

the Spectator

Student Run Newspaper for McPherson College

Issue 8, Volume 101

February 24, 2017



Creating a Masterpiece

Elements of LGBTQ Culture and Awareness on Campus

By Kody Bowden

The “gay community” was once the only name for those who identified or had a relationship with those of the same sex. Today LGBTQ addresses more individually diverse groups and stands for Lesbian, Gay, Bisexual, Transgender and Queer/Questioning. This topic has remained controversial throughout the years with emphasis on it rising after legislative laws legalized gay marriage and ability to allow people to use bathrooms to the gender they identify as a person. Massachusetts was the first state to allow gay marriage in 2003; slowly other states began to follow. There are currently 37 states that have legalized marriage, Kansas being included after a ruling in 2014 when a U.S. District Court stated that Kansas’ ban on same-sex marriage was unconstitutional. Although many states have legalized same-sex marriage, it remains a highly talked about subject with many people still against it.

Once legalized, a new light was shed on the LGBTQ community as a whole and the group became a debated topic among people in the United States. With the 2016 Presidential election, a major topic of debate for the candidates was centered on legalization of gay marriage, and in turn, the entire LGBTQ community. All over the United States, this has become a bullet point on national, state and local elections. Narrowing from a national level to a local level, the amount of acceptance with the growing LGBTQ community is becoming more common in today’s society.

Here in McPherson County, the level of acceptance varies with personal opinion.

McPherson College is associated with Church of the Brethren, which can lead people to ask how McPherson, both the community as a whole and the college campus, feels about this subject. On the McPherson College campus, the student club GLOW (Gay, Lesbian, Or, Whatever) offers ‘Safe Zones’ to show support to the LGBTQ community. GLOW was not created by McPherson College but was adopted and has proven to be a positive influence here on campus with a strong number of faculty and student involvement.

Many colleges around the United States have adopted GLOW and Safe Zones along with McPherson College. ‘Safe Zone’ is a phrase that is used to show that the person with the sign on their door or cubical is open to talking about and being supportive of anyone that identifies with LGBTQ. The signs on the doors are colorful and let students know that there are private and safe places around campus that they can find help, advice or just someone to talk to or have someone listen to them. Being a representative for this club does require some training which includes learning to listen to situations and counseling on how to help students if outside help is needed.

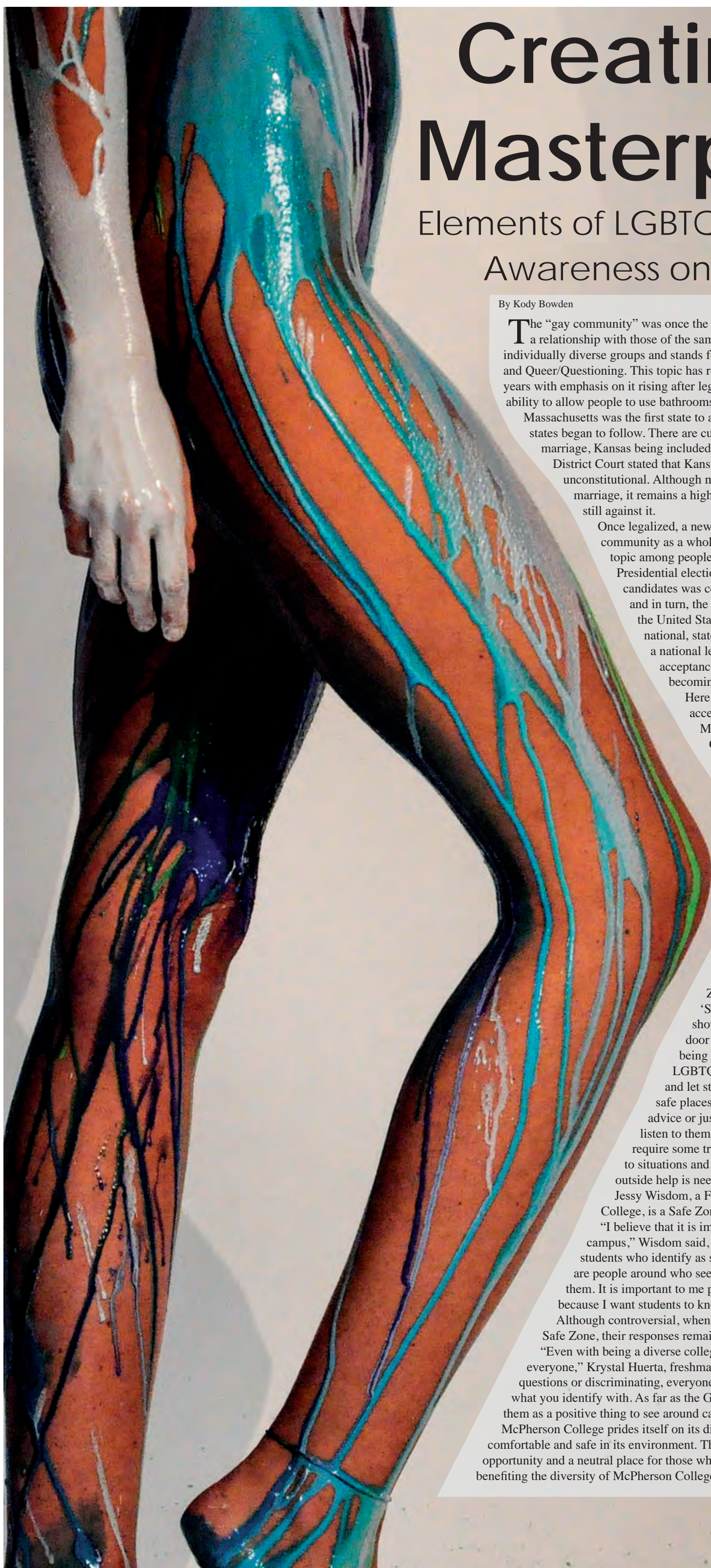
Jessy Wisdom, a Financial Aid counselor at McPherson College, is a Safe Zone sponsor.

“I believe that it is important to have these symbols around campus,” Wisdom said, “because it is a small sign to those students who identify as something outside of the norm that there are people around who see them and are open to speaking with them. It is important to me personally to identify as a Safe Zone because I want students to know that they are not alone.”

Although controversial, when students are asked about GLOW and Safe Zone, their responses remain neutral.

“Even with being a diverse college, I think Mac is very inclusive of everyone,” Krystal Huerta, freshman, said, “I don’t really see people asking questions or discriminating, everyone gets included no matter who you are or what you identify with. As far as the GLOW tags on people’s doors go, I see them as a positive thing to see around campus.”

McPherson College prides itself on its diversity, allowing everyone to feel comfortable and safe in its environment. The groups on campus provide a learning opportunity and a neutral place for those who are in need or involved, further benefiting the diversity of McPherson College.





Taste of Home Welcomed

Restaurant to Open and Incorporate Cultural Experience in Dish Tasting Opportunity



Photo by Micah Gilbert

Owners of Delish plan to host an event of Friday evenings that provide a taste of different cultures.

By Joyce Muhizi

Who doesn't love trying new restaurants? If you need help finding a place where you and your family can start a tradition or where you can have a quick lunch with your co-worker, Delish may be just the place for you. After a few years of planning, Ann Koehn and Dan Gottneid are the

owners of the new hot spot that is opening in mid-march on main street. Their menu will concentrate on breakfast and lunch from Monday through Saturday and dinner on Thursday and Friday. They will also be serving alcoholic beverages during dinner time. The menu will be an elevated version of a traditional American menu. You can expect things such as scotch

eggs with biscuits and gravy for breakfast and bacon cheeseburger for lunch.

Ann and Dan having been in the food industry for over 15 years are not afraid to try different things. Friday nights will be dedicated to "taste-a-dish". They plan to have a variety of cultures and countries represented, a few of the ethnic foods that were mentioned were Scottish,

Moroccan, Swedish, Italian, African foods. They plan on supporting the community by employing people with special needs and by using supplies from local farmers. When asked why they chose McPherson, they both agreed that this was the community that was warm and welcoming. Let's all go out and support them.

Paving a Path for Musicians

Artist Series to Hold Upcoming Performance in Mingenback

By Kody Bowden

McPherson College's Lingenfelter Artist Series will add its second performer on Sunday, March 12. The Fern Lingenfelter Artist Series began in 2016 as a way for McPherson College to honor one of its late faculty members. Fern Lingenfelter was a piano teacher here at McPherson College and a fund was established to carry on her name and love for music. There are two annual music performances with special interest in piano.

This year's second performer is Simon Estes, an established bass-baritone opera singer with family ties to McPherson College. He started with the Deutsche Opera in their production "Aida" in 1965. Since then he has been involved in over 100 performances, 115 orchestras and appeared in 84 opera houses all over the world. He has performed for the pope as well as six U.S.

presidents including Barak Obama and over 13 famous singers. His list of achievements span back to opening for the Olympic Games in 1972, as well as singing at two anniversaries of the United Nations and the inauguration of the first African American governor in the U.S. in 1990.

As an African American, his more important roles focused on breaking down the barrier for people of color in the performing arts. Among his biggest known accomplishments was his nomination for a Grammy in the category of Best Classical Album of the Year. Although he is well-known, Estes credits his achievements to God and lets his Christian faith guide him through his career. He considers the opportunity to be a part of this artist series as an honor. Estes will be performing at 4 p.m., in the Mingenback Theatre on the McPherson College campus.

Stay Involved

Student Government Association Updates

By Diamond Blaylock- Norris

Here at McPherson we have tons of clubs and organizations to choose from but the supervisor of all of them, SGA, is one to consider if you're interested in getting more involved. The Student Government Association more commonly addressed as SGA seeks individuals that may identify as leaders or students who want to have more of a say regarding events around campus. Senior President of SGA, Austin Heibert, says that "Anyone who is willing to speak their opinions and represent not only their hall or organization but the campus as a whole" should consider joining SGA. Heibert has been a member of SGA since his Sophomore year and has served as a hall representative, treasurer, and now President. "It is a great group of people to be a part of and there are options to become involved in other committees on campus. And its a paid position." Heibert said.

The Student Government holds a lot of responsibility here on campus. Austin gave us an idea of the tasks one undergoes as a member of the board. "SGA in charge of all the clubs and organizations on

campus. We are also responsible for budget allocations for all the clubs." Though being a member of the association is time consuming there are also various events that are hosted by SGA that make it all worth it. "Recently we have had a few things on our agenda. The first of which is Campus Blowout. An annual event held by SGA for the students on All School's Day. The second item is a campus wide communication system, which will involve screens being placed across campus with bulletins, ads, and other information that may appeal to students" Heibert added. Be on the lookout for Campus Blowout information and any new implications of a new communication system here on campus.

If any of these responsibilities, events or ideas intrigue you, perhaps you have an idea of your own, SGA takes applications near the end of every spring semester. If interested keep an eye out for emails with information regarding the application process. Feel free to ask any member questions. "We are here for the students, and would like to extend our hand to anyone who would like to be a part of the team" said Heibert.

Flu Close for Comfort

Nasty History of Influenza the Origins and How it May Still be a Threat

By Tessa Szambecki

In 1918, the Influenza Pandemic swept across the world and killed more people than The Great War, with some sources reporting 20 to 40 million deaths. More people died of influenza in a single year than in four years of the Black Death Bubonic Plague from 1347 to 1351.

Even though it was known as the "Spanish Flu," it actually began in Kansas. John M. Barry, author of The Great Influenza, argues that the strain of influenza that later became known as the "Spanish Flu" actually started in Haskell County, Kan., and was carried to Camp Funston on Fort Riley. According to Barry, a cook who had the flu infected a group of soldiers

who then were deployed overseas. Thus, the spread of the Influenza Pandemic began to spread.

The spread of the flu came full circle when it came back to Kansas. It also affected McPherson College. According to a 1919 Spectator issue, classes were canceled, students were sent home and the dorms were converted into hospital-like buildings during the pandemic of 1918. Only one student passed away.

After nearly a century, the flu is still an issue people face every year. The Center for Disease Control (CDC) reports that the current annual death toll ranges from 3,300 to 49,000 people. Scientists and doctors have created

multiple flu shots to help reduce the number of possible infections but the flu can still cause epidemic size problems all over the world. This year, McPherson College has seen a large spike in the number of students missing class due to flu-like symptoms. The CDC recently released data saying that the number of influenza infections has reached epidemic levels here in the U.S.

The CDC has several suggestions to avoid the flu during the epidemic influenza season: get the flu shot; avoid close contact with people who are sick; clean your hands; avoid touching your mouth, eyes, or nose; and practice good health habits. If you are

already sick, stay home to avoid infecting others. If students need to leave their rooms, make sure to cover both nose and mouth when sneezing and to wash their hands.

While the flu is typically a few days, needed to be spent in bed while staying hydrated, it can become more dangerous. If you have any symptoms like difficulty breathing, a long-lasting high fever, skin color appearing bluish or gray, severe dehydration, abdominal or chest pain, mental confusion, and severe or persistent vomiting or seizures, you should immediately seek emergency medical attention as these could lead to serious harm or even death.

Expectations Held High

Positions in Student Life Open After Resignation

By Daniel Hartman

Sue Yowell saw her last day here at McPherson College Jan. 31. Yowell began her position here at the end of September last year as the Dean of Students and also the vice president for Student Life.

Now that Yowell has resigned, Schneider is working in two different ways to move forward and fill the position. He is working with Student Life and other colleagues across campus in order to prepare the Student Life team for the next Dean

of Students. He is helping to layout a lot of the work that Yowell began and is also setting expectations related to initiatives and the strategic plan that has been set.

"We want to continue a lot of the work that got started by Sue Yowell and Ben Coffey in relation to our infrastructure and team building," Schneider said.

Schneider is also making sure that the Student Life team is provided with plenty of extra support and leadership to help lift up their work and get them ready. The second part

of the focus in filling the position is focusing on the search itself.

"It's a challenging position, faculty and coaches spend important time with students but it's only a portion of the rest of the time you have as students," Schneider said. Schneider and the Student Life team want to find someone who can help meet the needs of the students, but not just meet the needs of the students but also make the experience better. The problems a dean can face range from simple disciplinary problems to

highly sensitive safety issues to anything between, so for Schneider and the Student life team, someone who has the right kind of experience combined with the right kind of energy and leadership is a major key.

"This position is all about balancing energy and expertise," Schneider said. "We want someone who wants to focus on the plans of today, so that when you come back for your 50th reunion, you're blown away."



Advice From Alumni Class of 2011

By Jessie Wisdom

I came to McPherson College to study mathematics. It is not a common phrase to hear, but I was one of the few and the overly proud. I spent a majority of my time in Melhorn 122, a room known mainly by the math majors. I spent hours there studying for my Calculus 3 final, completing my senior project over Aliquot Sequences and recently working on tutor practice problems.

Imagine a basketball player in the locker room listening to their pre-game playlist to get in the zone; that is what I look like when I am at a chalkboard with my headphones in solving parametric equations. Understandably, the word “nerd” is interchangeable with my name in the Admissions Office where I work in Financial Aid.

Recently, while working one of the Presidential Scholarship days, a coworker and I were in Melhorn where the student interviews were being conducted. One of our student workers who were doing interviews in Melhorn 111 came up to me and said that I would love doing math in the classroom she was in.

Confused, I followed her into the classroom, a room that I never set foot in my four years as a student and my year as an employee. Low and behold, the classroom has a vertical sliding chalkboard, allowing you to utilize one board, push it up and continue working on the one below. Two emotions came over me: pure joy and annoyance.

I had spent so many hours in this building cramming work on to one board when I could have been here, living the nerd dream. Naturally, I have utilized this classroom since discovering it, but it has made me realize that in four years as a student there were places around campus that I had never seen.

My advice to students is to explore the campus. If you only go to the library to print, venture upstairs into the stacks and see the view from the top windows. If you live in Dotzour, study with someone in the Morrison common room on a Sunday night. If you are a non-athlete, explore the athletic building and maybe play some racquetball (yes, there is a racquetball court on campus). It is incredible what is hidden on this tiny campus and even in this tiny community.

Given A Voice

A Look Into LGBTQ Terminology

By Diamond Blaylock

Within the last couple of months we have experienced nation-dividing legislation, elections, political appointments and social movements. Amongst all these changes are the constant arguments heard from differing parties regarding the LGBTQ community. LGBTQ stands for lesbian, gay, bisexual, transgender and queer (and/or questioning) individuals. Such individuals have been faced with an overwhelming amount of discrimination and prejudice due to the lack of understanding for their sexualities and/or identities. Some areas of America have even gone so

far to pass bills to provide “protection” from people that belong to the LGBTQ community. Ironically, LGBTQ people have higher chances of being attacked than those outside the community. Where are the laws protecting them? If America was founded upon the belief that citizens should have free will and the opportunity to live according to their own agency, why is it that we so often find ourselves defending such rights to the very government that said we deserve them?

According to The Federal Bureau of Investigation, LGBTQ members are twice as likely to be victims of hate crimes as African Americans. As an Afro-

Latina myself, it is hard to fathom that this community is targeted even more than that of my own. In 2016 alone we lost more than 250 men to police brutality and the death toll is higher for those of the LGBTQ community. Let that sink in. A lot of crimes targeted against the community go undocumented, thus, leaving us without an exact rate of deaths but those that are documented show that America is not the land of the free for LGBTQ people. This is unacceptable. America is a place people come to be free, a place to seek refuge yet those that are native to the nation are being attacked based off the premise of their sexual preferences and preferred

identities. We too often forget the foundation of America and the very reason this country was established. That is to be free from an oppressive government and to live free of condemnation for beliefs that oppose those that hold a higher power.

Instead of critiquing the way these individuals have chosen to live their lives we should take a stance to be more tolerant. A stance to protect the LGBTQ community, because no matter what, they are still and always will be human. As a very patriotic American, despite the disregard this country has shown for minorities like me, I wholeheartedly believe that this country is

the best place to be when advocating change. Years upon years, American people have used their voice to stimulate and provoke change within our nation to protect human rights. Regardless of your beliefs, it is important to come together to fight for the freedom and equality of your fellow citizens. Imagine an America without the protests and the unsilenced voices of the oppressed people. And with that I leave you with this question: If these same oppressive behaviors were being inflicted upon the community you identify with, how would you feel if the rest of the world remained stagnant during your storm?

Uncommon, Unusual, Unwanted

Cars on the Corner with Andrew Tanner



Photo By Andrew Tanner

By Andrew Tanner

It seems the common theme of 80s and 90s ‘Malaise’ era cars is white paint with red interior. Many teens end up with these leftover relics of a time in which many of them barely existed, and this is exactly what sophomore Geoffrey Smith found himself driving.

When he was in high school, Geoffrey wanted a car; something different, something that set him apart, something cool, but

most of all, something he could afford. When he was 15-years-old, he found the perfect car: a 1988 Mercury Cougar Special Edition with a V6 engine, and it fit the most important criteria: it was \$550.

The old V6 engine called it quits during Geoffrey’s senior year of high school. He took this opportunity to slide a 306-cubic-inch Ford small block V8 in its place and suddenly he was closer to the car he envisioned. After a long journey from where he started, including

engine replacement and an unfortunate encounter with a horse trailer, Geoffrey found himself at McPherson College.

In 2015, his freshman year of college, the automatic transmission in the Cougar no longer had any interest in functioning, so once again seizing the opportunity, Geoffrey installed a Ford T5 manual transmission. Suddenly, this common Sunday driver found itself equipped to perform with the best of them. Equipped with a

Sophomore Geoffrey Smith is the owner of this 1988 Mercury Cougar

Cougar XR7 hood and sitting on 1990s Mustang wheels, the Cougar is a ride fit to tear up the streets alongside (and with more class than) most Mustangs around.

This Cougar now has a Ford 8.8 rear axle with a 3.55 gear ratio. The rear axle upgrade coupled with bigger, four-wheel disc brakes was plenty of reason for Geoff to upgrade to five lug wheels, as they are stronger and have more wheel options available than the factory four

lug wheels. The current Mustang wheels were a cost effective and readily available option.

This car may look like your standard, 6-cylinder grocery-getter, but underneath it is far from it. With the engine and transmission currently removed for a quick refresh and upgrade, Geoffrey hopes to have his preferred mode of transportation fully functional in time for drag-racing season in March and the McPherson College car show on May 6.

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The McPherson College Spectator is published by the Student Government Association of McPherson College, P.O. Box 1402, McPherson, Kansas 67460. The Board of Publications, a sub-committee of SGA, directly oversees the publication of The Spectator.

The Spectator is published six times a semester, allowing for the interruption of school holidays. Student activity fees subsidize publishing costs, and all McPherson College students are entitled to a copy of each issue without cost.

Subscription information for non-students is available from the The Spectator Editor-In-Chief at 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 wallcha@bulldog.mcpherson.edu.



Taking the Scenic Route

New Art Exhibit Focuses on Landscape Art



Student, Daija Isley, freshman, views Michael Knutson's "State of Obscurity" piece in Friendship Hall.

Photo by Kody Bowden

By Ryan Kresky

Landscapes is the theme of the recent art exhibit in Friendship Hall. Titled, "Finding Balance: The Role of Landscape in Contemporary Art," all based on scenery and the environment, the show feature eight artists, totaling 46 pieces. The purpose of the art exhibit is to shape "the experience that forge our understanding of what is the human condition," illustrating different perspectives from each artist.

Different kinds of artwork are shown including: oil paintings, acrylics, watercolor, mezzotint, watercolor monotype and drawings. Most the artwork is for sale with a listed price on each artwork's title card.

"It evolved," Wayne Conyers, professor of art, said, "I have been wanting to get the work of Leland Powers here for a long time."

Conyers originally wanted an exhibition showcasing Leland Powers' artwork, similar to the solo exhibition of Joel Dugan last semester. Initially, Conyers contacted Powers last year about doing a solo exhibition, but said Powers did not have enough work to fill an entire gallery.

Conyers then proposed the idea of having an exhibition displaying Powers and other artists, possibly even calling the show "Leland and Friends," like other exhibitions in the past. Powers then contacted Joel Dugan about bringing this show to McPherson.

"It became a collaborative kind of a thing between Joel Dugan and Leland Powers."

Conyers, understanding

Powers both professionally and artistically, trusted him to bring in other artists. By the time the exhibition came to, Conyers had no idea who would be involved. He even guessed at what kind of an artist each person was and type of artwork it would be because he only had titles up until the artwork was sent to him.

The artists included in the show are: Matthew Ballou from Columbia, M.O.; Jacob Crook from Syracuse, N. Y.; Joel Dugan from Hays, Kan.; Michael Knutson from Garden City, Kan.; Eric Norby from Minneapolis, Minn.; Leland Powers from Hays, Kan.; Gordon Sherman from Hays, Kan.; and Jared Tadlock from Evergreen, Colo. Four of the artists Conyers did not know but were friends of Powers and Dugan.

The biggest problems Conyers said about creating the exhibit was working around every artist's schedules, lack of communication and artwork previously shown in Dugan's last exhibition. But when the artwork came in, Conyers said he was pleased with everything coming together with new artwork to show.

"I love it when serendipity works in your favor," Conyers said.

However, doing a reception with everybody was not going to work out because multiple artists were from out of state. Even though there were problems, Conyers said he was happy with the show overall and that it worked so well.

"I had a lot of fun hanging the show," Conyers said. "I think it's one of our strongest shows we've had here in a while."

February

28 Assessment & Professional Development Day

March

3 End of first five weeks

STUDY HACKS

The end of the first five weeks is almost here. Are you ready?

WORK
Scheduling all of your activities in a planner helps as a visual aid

BREAKFAST
Jump start your brain with healthy foods in the morning

MEETINGS
Schedule extra check-ins with an advisor to stay on track

DINNER
Get plenty of sleep to maintain a strong immune system

DINNER
Keep your diet regular and maintain a dinner schedule

Have a hack you want to share? Email us!
spectator@mcpherson.edu



Fitness Opportunity

Zumba Class Encourages Fitness on Campus

By Kody Bowden

McPherson College students are invited to participate in a free Zumba class here on campus as a way to get more people out and active. Zumba is an aerobic fitness program based on various styles of dance, rooted around Latin America, which engages you in a full body workout to popular upbeat songs. It was created in the 1990s and has only increased in popularity since. Today it

is a class offered in almost every exercise gym and is breaking into many levels of schooling as well. Zumba promotes its famous phrase, "Ditch the workout, join the party" as a way to encourage people to try something new instead of just going to the gym or doing the same workout everyday. Each Zumba class is different, offering new dance moves that integrate cardio and agilities and new music for each session. Flyers have

been posted around campus encouraging students to attend, bring a friend and enjoy doing something fun and new together, starting on Wednesday, Feb. 22, and continuing every Wednesday following it. The point of the Zumba classes is to provide students with a fun and healthy outlet that promotes social interaction and energy levels. Classes will be held on campus in the Melhorn Science Building in Room 87.

Entrepreneurial Spirits

Horizon Fund Updates

Here at McPherson entrepreneurship is encouraged and 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.

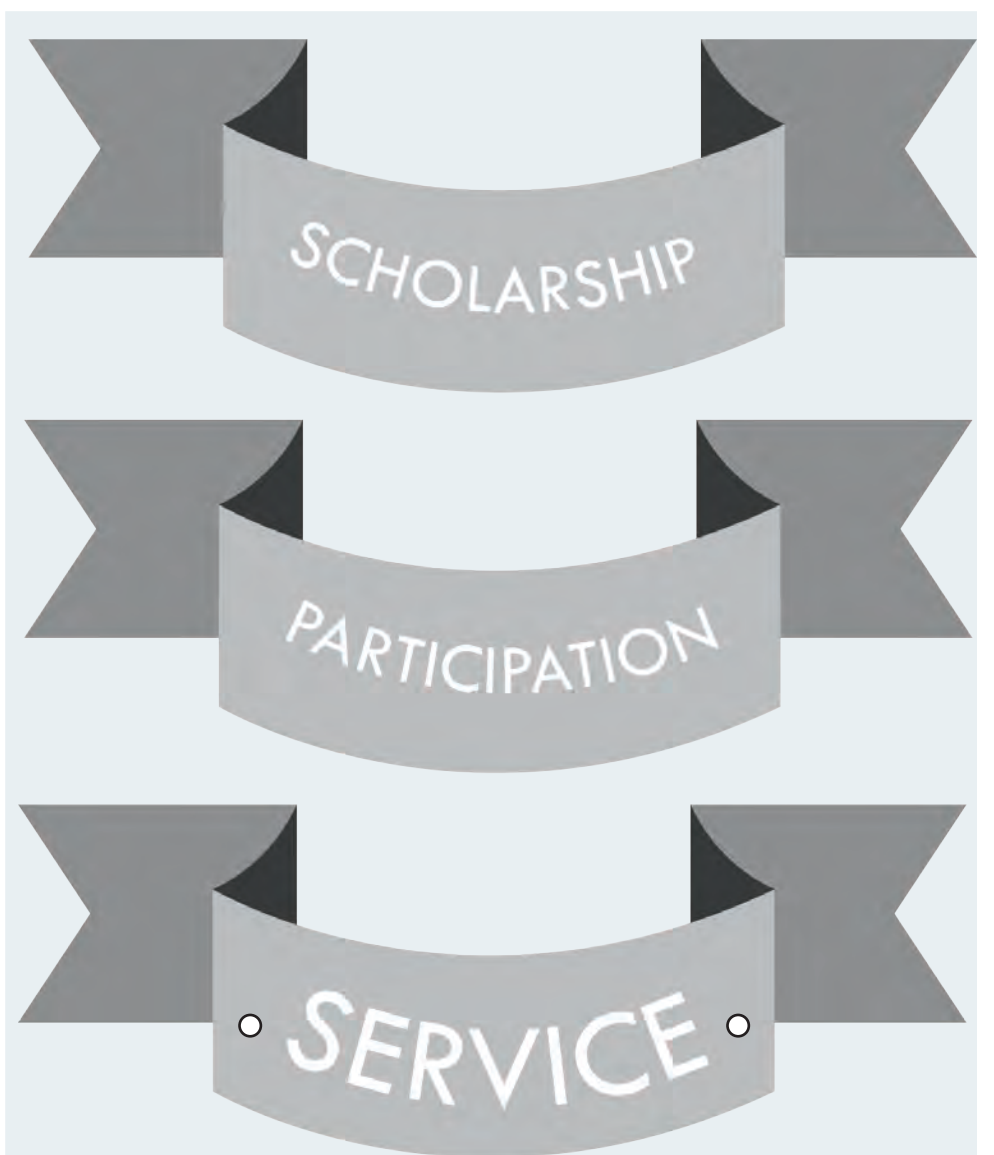
By Joyce Muhizi

"After moving from California, where there are many Mexican candy stores I saw a need for one in McPherson, we only have

Walmart as an option and sometimes its just too far, my friends liked my idea and I went for it." Felix Cervantes Lopez, Junior History major said. He will soon have a candy stand a few days a week in the cafeteria.

"At first I was really nervous about applying and wasn't confident, but my idea was to open A dance studio but ended up turning into a zumba class" Kylee Martin, Sophomore said. Applying for this fund doesn't just help you start your own idea but it can

also help you network. "A friend who also got the fund, wants to start a Custom shirt business, we plan on organizing a zumbathon, I host the event and she will make the t-shirts and all the profit will go towards donations". This helped her see that she can expand her idea and go from a Zumba class to a teaching at YMCA, Zumba fitness, Zumba strength, Zumbeme, Aqua Zumba. "I know I can reapply, because I need a little more help but I'm hoping to be doing better by my 4th year"



Fulfilling the Mission

Students' Featured for Recognition

By Jen Jensen

Samuel Nobo is known on campus for many reasons, including being a member of the men's soccer team, an ACE mentor and a biochemistry major. In only his second year at McPherson College, Sam has taken advantage of getting involved in many service opportunities here.

One of his most memorable service experiences has been with the soccer team, teaching a weekly youth soccer camp during the spring semester last year.

"Watching the kids improve and learn more about soccer every week was always fun," Nobo said. "Plus, the kids are

awesome and seeing their smiling faces each week is a highlight for me."

Most recently, he helped host the American Red Cross Blood Drive on Feb. 14 with the Pre-Health Professions Club. The club exceeded their donation goal due to the passion and dedication of the club's student leaders.

Sam believes that sometimes service impacts the future of the volunteers as much as the people or cause they serve.

"Volunteering in work pertinent to your field shows initiative and speaks to your level of commitment to a profession. You also get the opportunity to learn about what you're serving.

A possible employer or school may take that into account in the future."

Although there are many advantages of learning through service opportunities, Sam believes some of the greatest benefits of serving are intangible. For instance, service helps him remember to keep perspective of what is important to him.

"I think we have a responsibility as humans to treat others well and serve them to the best of our abilities. Service makes me feel like I'm a part of something bigger than my everyday life. It's just nice to do good."

WHY DO PEOPLE BECOME ENTREPRENEURS?

Top 5 reasons why people start their own business

- Money
- Control over decision making
- Flexibility of being your own boss
- Pick the team you want to work with
- Legacy: Leaving your footprint





Bulldog Winter Sports Conclude Seasons

Cheerleading and Basketball Seniors are Recognized

By Madison Hoffman

Both Bulldog basketball teams concluded their seasons at home on Saturday, Feb. 18. It was senior night in the Sports Center as graduating members of the men's basketball team and Diamond Dogs dance team were recognized. The five seniors recognized by the men's basketball program included: Carson Clay from Choctaw, Okla., DeAndre Henson from Aberdeen, Mar., Ryan O'Hara from

San Antonio, Tex., Reed Rowell from Topeka, Kan., and Jared Whitten from Topeka, Kan.

Clay played on the varsity basketball team during his first two years at McPherson College and continued to participate in the program by serving as a student assistant coach this season.

Henson has been on the men's basketball team during all four of his years here, holding a starting

varsity position in his final year and playing a vital role for the team as he averaged 13.8 points per game and 5.6 rebounds per game.

O'Hara joined the program his junior year after transferring from Cedar Valley Community College from Lancaster, Tex. In his last season as a Bulldog, O'Hara averaged 2.3 rebounds per game and held an 81 percent free throw shooting average. He plans to return to McPherson

College next year to finish his degree in sociology.

Rowell was a starter for the Bulldogs the past two years after previously attending Butler Community College in El Dorado, Kan. Rowell, a 6-foot-8-inch forward, averaged 20.1 minutes per game and 4.6 rebounds per game.

Whitten has been part of the men's basketball team all four years, serving as a student assistant coach this

past year.

The Diamond Dog dance team recognized two seniors, Callie Atkins from Stillwater, Okla., and Tara Gladding from Marquette, Kan.

Atkins played basketball at McPherson College for two years before joining the dance team and is currently involved in the theatre program as well as McPherson College Singers and is a member of Resurrection Duo.

Following graduation, Atkins intends to go to graduate school.

Gladding, a music and psychology major, has been involved in the theatre program, Awaken Club, Orientation Team and McPherson College Singers during her four years in addition to being a member of the dance team. Gladding plans to search for worship leader positions in the surrounding area after graduating.



Photo By Micah Gilbert/McPherson College Athletic Communications

Cheerleading and Basketball seniors were recognized at Saturdays game in between the women's varsity and men's varsity game.

Fellowship of Christian Athletes to be New Club on Campus

By Taylor Hires-Caulk

The Fellowship of Christian Athletes (FCA) is a club that is run by the head softball coach Ashley Spencer. Anybody and everybody is welcome to come. They meet every Tuesday night at 8:30 p.m. It is not only for athletes, but they do base a lot of what they talk about back to sports. At the beginning of every meeting

they play games, such as giants, wizards and elves, and even have bonding activities with each other. Some days they will just play games and some days they will read chapters out of the book called Heart of an Athlete. They will have open discussions about each chapter. They take prayer requests from everybody about anything and have a big prayer at

the end. They also do bible verses, which anybody can bring in and read. They also host big events like The Field of Faith and The Night of Champions that have happened this year. They also help out our community by doing community service. They are always having fun no matter what.

“I really like that we relate everything back

to our sport and being an athlete because it makes topics easier to talk about and comprehend,” Ali Smith, freshman outfielder in softball and member of the FCA, said, “we play a lot of random games and they all get super intense and competitive because we are all athletes, and it's just always a good and fun time with everyone”



Photo By Taylor Hires-Caulk

Sophomore, Erica Almarza is reading a “Heart of and Athlete” at Fellowship of Christian Athletes on Tuesday, February 21st.

Athlete Spotlights



6-6 Forward from San Antonio. playing 28 games and starting 22 games at his time at McPherson. Henson had 192 defensive and 33 offensive rebounds in his career and had a 40% shooting rate

Ryan O'Hara



Participated in Cheer team, main base and assisted with choreography

Tara Gladding

Participated in dance team, major contributor for choreography and leads workouts on Wednesday's

Callie Atkins



6-8 Forward from Topeka, Kan. playing 20 games and starting 16 games at his time at McPherson. Henson had 124 defensive and 36 offensive rebounds in his career and had a 41% shooting rate

Reed Rowell



6-4 Guard from Aerdeen, Md. playing 45 games and starting 18 games at his time at McPherson. Henson had 87 defensive and 46 offensive rebounds in his career and had a 37% shooting rate

DeAndre Henson



Photos By Micah Gilbert/McPherson College Athletic Communications



McPherson Baseball has a Strong Double Header

By Kody Bowen

The McPherson College baseball team traveled to Texas for the second time this season, this time competing in a double header on Saturday, Feb. 18, and a single game on Sunday, Feb. 19, in Fort Worth. The Bulldogs rounded out their weekend with a 0-3 finish against

Texas Wesleyan University. In their games on Saturday, the Bulldogs came up short, going 1-8 in the first game and 5-7 in inning 12 of the second game. The final game on Sunday ended with a 2-10 loss to the Rams at LaGrave Field. The team's goals for this season are to win more games and finish strong with a winning record. The guys have gone

6-6 so far in this season, but are looking forward to the rest of the year and fulfilling their goals.

Malich Barry, freshman and first baseman, is confident in the team's abilities this season.

"The team's strengths are definitely in our cohesiveness and unity," Barry said. "Along with the experience and talent

of the upperclassmen with the underclassmen bringing in new talent to the table as well."

During the off-season the baseball team worked hard to prepare for their opening games in Dallas, TX. The hard work paid off with them coming up on top and starting the season off with a 4-0 record. They plan to grow on their existing wins

as the season continues.

The Bulldogs will travel to El Dorado, Kan., on Tuesday, Feb. 21, for their doubleheader games against Southwestern Christian University in McDonald Stadium at 5 and 7 p.m. With only two days between games, they will take on Evangel University for back-to-back doubleheaders in

Springfield, Mo., on Friday, Feb. 24, and Saturday, Feb. 25, both days playing at noon and 2 p.m. The Bulldogs plan to continue with their goals and come out of this week successful. The season is just getting underway with the Bulldogs planning a strong season.



Photo By Micah Gilbert/McPherson College Athletic Communications

Junior, Dylan Fontenot is throwing the ball across the baseball diamond to first base on Saturday.



Photo By Micah Gilbert/McPherson College Athletic Communications

Junior, Bryce Stecker and teammates Junior, Dylan Fontenot and Junior, John Feaster stand for the National Anthem.



Photo By Micah Gilbert/McPherson College Athletic Communications

Junior, Dylan Fontenot is in motion running to first base after he contacts the ball on Saturday.

Senior Features with McPherson Athletes Nathan Stitcher Sheryl Evans

By Daniel Hartman

Nathan Stitcher is from Rose Hill, Kansas and has attended McPherson College for 3 years and been a part of the Men's soccer team for all three years he has attended. Stitcher will be graduating this spring with a bachelor's degree in business administration with emphases in accounting and finance. Stitcher didn't know what he wanted to do when he first attended Wichita state university his freshman year, and bounced around majors for a while until realizing that he wanted to pursue a career in accounting and also play soccer at a collegiate level. After already hearing about McPherson through his roommate at the time and friends in high school, Stitcher applied and was accepted. Now in his last semester

of college, Stitcher has a job lined up working for Koch industries in a subsidiary called Flint Hills Resources as an entry level accountant. Stitcher's goal once graduating is to advance through the company to become a CFO, a chief financial officer, or a controller which is the over seer of the whole accounting department. Stitcher also aims to save as much money as he can while working for Koch industries and living in Wichita. Stitcher is appreciative of the "real world knowledge" he has gained from the professors he has had such as Rod Gieselman and Dave Odell who have valuable experience working in the fields they are teaching. "I feel like I have gained a lot more worth out of my education than I would anywhere else."

Sheryl Evans

By Daniel Hartman

Sheryl Evans is from Nassau, Bahamas, and has been a member of the Women's soccer team for 2 years. Evans came to McPherson from a junior college in Oklahoma. Evans discovered McPherson College after her coach at the time came into contact with Mark Olsen an assistant coach here. Evans will be graduating with a bachelor's degree in science with her major being in biology. After college, Evans plans to return home to the Bahamas where she wants to get her certified

medical assistants license. After attaining her medical assistants' license, Evans plans to work in a medical technology lab for a couple of years before going back to school in order to get a medical technologists degree. Evans is thankful for the knowledge she has gained while attending McPherson, for the experience of living on her own, and being able to meet new people from different backgrounds and cultures. Evans wants her peers to know, "don't procrastinate, procrastination is the devil."

Brain Works

Sports Psychology with Morgan Little

By Morgan Little

The way you compete and what you accept as success reflects what you have gathered from past coaches, teachers, mentors and teammates. Whether you realize it or not, these experiences have created you, they define you; they have designed your mental game and how you compete. Some episodes you may consciously remember daily, but others you remember only how you felt: defeated, angry, broken down, victorious, passionate, fearless.

The most successful athletes are motivated by these emotions. Ways for self-motivation are: choosing to maintain a positive attitude, setting goals, dealing effectively with people, using positive self talk, mental imagery, managing anxiety and maintaining concentration. The proposal of Sports Psychology is to generate a mindset of the hardest working and most dedicated athletes that want to achieve the greatest amount of success that they individually are capable of. As this field of knowledge becomes more prevalent, coaches have been able to recognize the dramatic impact of the athletes' mindset during competition.

Psychologists in sports have found ways to help motivate athletes to compete at their highest potential throughout athletic competition.

Aiming to be a champion, achieving greatness and becoming the best version of yourself should be the goal of any athlete. When you discover who you have become and what you want to succeed in, sports psychology and mental toughness can be the next step in achieving all of the above.

I encourage you to ponder these words from Marianne Williamson: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves: Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." Everyone deserves a chance at greatness.



Photos By Isaac Murphy

Senior, Nathan Stitcher and Senior, Sheryl Evans.





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