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St. Patty's Day: The History and Kansas Tradition

By Deiah Curtis

HAPPY ST. PATRICK'S DAY!!
Too bad it's the day he died. Holidays come around every season, we dress up, sing certain songs, and wear specific colors, but do we ever know why? St. Patrick's (or Patty's) Day has become a celebration all around the world including countries like America, Australia, Argentina, Brazil, Canada, and of course, Ireland. The holiday is a celebration dedicated to Leprechauns, shamrocks, beer, dancing and just being Irish. But is that the truth behind it or did the holiday come about for something other than a Shamrock Shake every March?

St. Patrick was an actual person; he was one of Ireland's patron saints. He is also accredited with bringing Christianity to Ireland and then establishing Ireland as a Christian nation after teaching the gospel. St. Patrick died on March 17, 461 AD, hence why St. Patrick's Day is celebrated on and around that day. It is a day of feast to celebrate St. Patrick and his life. Funny thing was, he wasn't even Irish, he was in Ireland as a slave, escaped back to England, became a priest, then went back to Ireland

to bring Christianity to the Irish. After his death, the tribute was made to his life. Migrants led off to new lands, and the Irish traditions followed them. Many countries celebrate the commemorative holiday, most areas with high populations of Irish immigrants or one that was founded by the Irish, giving the holiday its global status. There are nearly 33.1 million people just in America who claim Irish heritage, while Ireland only holds 4.3 million people (that's 8 times the amount). Now, around the 17th of March every year, one of the national Irish colors is used by millions to celebrate the global, green holiday.

Another big part of the holiday is the color green, the shamrock, the "luck of the Irish." But in fact, it is believed in Irish folklore that Leprechauns are tricky little devils that love to pinch you if they can see you. Wearing green made you invisible to a leprechaun so the tale goes. If the little trickster saw you, you'd get pinched. In 2018, entire cities would be invisible to the tricksters with everything going green. Green drinks, green hair, green streams, green

streets, glowing green buildings, and green bodies everywhere. The legend of the Leprechaun has changed the way we see green, especially in March.

Next is the shamrock, or "the luck of the Irish." The shamrock is actually an exceedingly common plant that grows all over Ireland (and probably in some of your back yards if you've looked around). Those were actually used by St. Patrick to help explain and represent the Holy Trinity and the three divine powers. The "lucky" four leaf clover is actually extremely rare as there's only one in every 10,000 clovers that bloom with the four-leaf mutation to the plant. St. Patrick explained the four leaves stood for faith, hope, love, and luck, making the clover the "lucky clover" the world knows today.

Now even if you're 5,000 miles and a continent away from the source of the tradition, Kansas has never been known to sit out of a good time. Manhattan, KS has some of the highest populations of green people flowing in and out for the weeks surrounding St. Patrick's Day.

Aggie Ville will have hundreds of thousands

of visitors from over five surrounding states, making the holiday that much more fun. All Manhattan police and officials are on duty that entire weekend, and surrounding towns and vendors are ordered in just to keep up with the masses.

There are concerts, parades, fireworks, food, and lots of drinks. It's a good time for everyone, in Kansas and the rest of the country. Of the 33.1 million people that claim Irish heritage, nearly 60% will celebrate the holiday and then 50% of America as a whole will celebrate the festivities. In 2017, Americans spent 4.4 billion dollars on beer alone.

So whether you're Irish or not, believe in Leprechauns or not, Christian or not, March 17th is a holiday to not only celebrate the life of St. Patrick, but a day of great feast. It's a time to eat and be merry, to enjoy others company, to glow with green, and to find the luck of the Irish.



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We Love Coffee A “Latte” Alumni Opens Pennant Coffee Roasters

By Emmy Goering

Coffee is much more than a caffeinated beverage to McPherson College alum Nick Unruh; it's his passion and his business. Nick first began his journey into the world of coffee while employed at The Well, a small coffee shop located in downtown McPherson. Although Nick enjoyed his work there, he was lukewarm about coffee at best, until a friend from Seattle hosted a hand-brewing course. Those early lessons in the coffee-making process percolated into a calling for Nick to pursue the art and science of truly good coffee.

A lifelong McPherson native, Nick majored in Marketing and Graphic Design at McPherson

college. In 2013, he began working at Craft Coffee Parlor, a startup coffee shop owned by fellow MC alum Phil Parrish. Nick graduated from McPherson College in 2015 and was promoted to manager at Craft Coffee Parlor, where he is instrumental in expanding both its menu and customer base.

In October of 2017, Nick Unruh partnered with Phil to begin his own coffee roastery, Pennant Coffee Roasters. Nick's expertise in coffee has been cultivated by extensive research, trial and error in roasting beans in his own home, and continuous networking with others knowledgeable in the field. Nick explained that when he first found his love of the science behind every cup of coffee, he started to

roast coffee beans at home with a simple popcorn popper. He jokes that this would result in accidentally smoking out his house on many occasions.

Nick's upbringing in McPherson and course of studies both contributed to the creation of Pennant Coffee Roasters. His networking skills and partnership with Parrish have helped him create a strong following of customers for his roastery. Craft Coffee Parlor uses Pennant beans to make the majority of their coffee and tasty coffee-based drinks. What started as a hobby for Nick Unruh has grown into a business dedicated to making specialty-grade, great-tasting bagged coffee beans accessible to everyone.

Seventeen: Ending Violence in Schools

By Tomi Simmons

March fourteenth marked the one-month tragedy of the Parkland High School mass

shooting. In response to this, many schools decided to perform a walkout as a protest to gun violence at ten am. Although there

passed away.

When asked about what made him come up with the idea, Professor Kirchner stated, “I had heard about the nation-wide movement to do something, and for something to happen here, I felt there needed to be structure to it.” In addition to the professor, the Brethren Church Youth group also helped organize the event at the local high school.

At noon near the gazebo on McPherson College's campus, around thirty people showed up to pay respect for the seventeen people who passed away. Seventeen people were given a name of a victim from the Parkland Shooting to read aloud during those seventeen minutes. After a name was read, the entire group stated in unison, “Today we stand together to say enough.” Student Courtney Weesner said about the event, “Today was really powerful, and I'm so proud to go to a college where these discussions are encouraged. I came out today because students shouldn't be afraid to go to school, an institution that is supposed to be a safe place. I came out today because I want change.”

March fourteenth, though a tragedy, seems to have been the wake-up call for America to be discussing change and safety in schools. This starts even right here at McPherson College.



Photo by Courtney Weesner

were many protests and memorials at ten am, McPherson College held a memorial for seventeen minutes at noon at the gazebo on campus. Students, faculty members and community members were invited to attend. It was held at noon in hopes of a higher participation due to the fact it was midterms week.

The event was created by Professor Shane Kirchner when the nation began talking about doing one after the Parkland shooting. The entire nation has begun to speak up about violence in schools and what needs to be done to stop it. The walk out was one of the efforts to raise awareness about gun control, violence, and it served as a memorial for the people who have

Wichita Citizens' Review Board

By Armond McCray

After years of talking and speculation, Wichita has finally joined the wave of putting together a citizens' review board. The citizens' review board will provide the Wichita Police Department and council input regarding racial and biased-based policing issues. It will replace the existing City Manager Review Board. The board will also assist in policy development, public education, community outreach and other activities related to racial and other biased-based policing. The board will consist of seven members, and six alternates

that come from a variety of demographics from around the city. The members of the board along with others who have pushed for this in the past believe that forming this board will result in more accountability and improved relationships with the police department and the people of Wichita. Police chief Gordon Ramsey also stated that he was looking forward to the opening of this board, saying that the citizen involvement will be good for both sides.

The idea of having this board was brought up originally during a WSU assessment of the police depart-

ment that was done in 2016. There was no reason given as to why they finally decided to move forward with the board. But when they did, the Police department started by giving out word that there were positions open for the board. When it came down to picking, there were over one hundred applications that had to be looked through to determine who all would be best to serve and hold a position.

One of the Applicants was Lawanda Deshazer, an active leader in her community who thought that the board could benefit from her previous work. “I think

that it will be good for the community, I think that I will give the people an inside look at what is going on behind closed doors and will put a good amount of people at ease when things occur in the city.”

From the looks of it, only good will come of this board, but only time will tell. The first meeting date has not been scheduled yet but will presumably be sometime in the near future. Until then, we will be on standby waiting to see what comes of this.



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

By: Andrew Tanner

It is a well-known fact around campus that there are lots of unique old cars owned by the automotive restoration students. It is a lesser-known fact that there are perhaps even more unique old cars stuffed away in storage units near campus, awaiting repairs to be presented at the annual car show. Until early this year, Winston Stauffer's 1966 Imperial Crown was one of those cars. Stauffer purchased his Imperial his freshman year in the spring semester from a person just outside of Wichita. The seller was a "derbier," meaning he liked to strip out old cars and take them to demolition derbies to compete for profit.

Imperials have long made for great derby vehicles, but now they have become collectable enough to save. The person Stauffer bought

his car from opted to sell the Imperial to him to be restored because he felt it was too nice to destroy. When Stauffer received the car, it was complete but in need of a full restoration. Upon inspecting the condition of the engine, he found what looked like a crack in a cylinder wall. By this time, Stauffer was in Advanced Engines class and decided to rebuild the 440 V8 as his class project.

After the original engine's cylinder walls disintegrated during the machining process, he was forced to find a new block. The first one he purchased as a replacement had equally as bad damage to the cylinders, so he purchased yet a third 440 block from a young man in Hutchinson. The third time was the charm, because that block was solid. After fully rebuilding the third

engine block using as much of the original 1966 parts as he could, Stauffer began the process of reinstalling the engine after it had been out for nearly a year and a half. After tuning the engine, replacing the front pump seal in the transmission, and rebuilding the brakes the Imperial was driving under its own power!

This year the car will be making its first appearance at the car show in functional condition. In the future, Stauffer plans to make it a high-quality driver restoration that he can enjoy, but also take to shows. Once restored, it will be painted in the original shade of white with the interior changed from red to white and black. Stauffer hopes to soon be able to sail his "land-yacht" across the United States!

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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.

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





Teaching in the Windy City

Education Class takes Interterm Trip To Chicago

By Tina Payne

For interterm 2018, a small group of education students, including myself, boarded a train around three in the morning to travel to the beautiful city of Chicago. Vicki Schmidt and April Counts accompanied Reven Bradbury, Aida Sandoval, Juliana Munoz, Stevie Stockham and me. The purpose of this trip was to complete our Introduction to Education Practicum course in a more diverse setting.

With the help of Lane Chesebro, our wonderful guide and director of the Chicago Center,

we spent our first couple of days exploring the city and adjusting to our surroundings. Once we unloaded our bags at the hostel, we were taken to Chinatown where we explored and had our first Chicago dinner. We also had the pleasure of visiting a couple of museums and going on a mural tour in Pilsen. On Tuesday, we were given a thorough class on how to use the city transportation and had to map out our own game plan to get to our assigned schools in a timely manner without getting lost.

We spent the last few days observing

classes in our assigned inner-city schools. Aida Sandoval and I, as secondary education majors, were sent to Kelly High School. Juliana Munoz, Reven Bradbury, and Stevie Stockham spent their time in an elementary school. As Education majors, we had a choice between doing our Intro to Education Practicum in Wichita or Chicago. Going to Chicago gave us the opportunity to immerse ourselves in a lifestyle most of us weren't used to and experience new cultures as well. Getting on the train to come back home was a bitter sweet goodbye.



Photo Submitted by Tina Payne
Tina Payne and members of the Intro to Educational Practicum class in Chicago, IL

April Fools Then to Now

By Taylor Cunningham

There are many theories as to how the tradition of April Fools began, but there is one that seems to be the most popular. Legend has it that April Fools began when the western world switched from the Gregorian calendar to the Julian calendar. When the

switch happened, it moved the date of the New Year from April 1st to January 1st. Those who celebrated the New Year in April still were deemed "April fools", because they couldn't remember the change.

However April Fools really started, today it is a day of pranks and fun. Most

of the gags are considered harmless, although there a few crazy ones that have been done. Some of the more common pranks include pregnancy scares, funny phone calls, cling-wrapping objects, and so on. More extreme ones that have been done include covering rooms and cars

with sticky notes or tin foil, giving people caramel onions instead of apples, or scare pranks.

Personally, the craziest prank I've experienced was when one of my high school friends convinced me that he got his girlfriend pregnant. He got our art teacher in on it, and had my

friend and me fooled all day long. It was so serious; he had fake tears going and everything!

What pranks did you do for April Fools? What are some of the craziest ones you've experienced? Share them with us! Tweet or DM to @



macollegespec, or share on our Facebook page @macollegespec. We would love to hear from you!



Women's History Month The Time is Now

By Tomi Simmons

Girl power is taking the world in its grasp with the #metoo and #timesup movements. There has been much conversation about sexual assault, gender wage gaps, and reproductive rights within the past two years. This March marks Women's History Month around the world. Many celebrate the past successes of women, many celebrate the present strong women in our lives, and others take it as a moment to demand more for women from our societies.

Initially before Women's History Month in The United States, there was a week for it made in 1978 for the first time. Slowly states began to back up the idea for there to be an entire month dedicated to women's success and history. By 1986, fourteen states made it official and the other states soon became inspired as well. Today the world preserves women's history and educates its youth. In addition, there have been movements for

girls to be encouraged to look up to the strong women of history. The company Barbie released the "Inspiring Women Series:" which includes the dolls of pilot Amelia Earhart, NASA Katherine Johnson, and artist Frida Kahlo. This creates an example for youth while also introducing women who come from different backgrounds. This year there has been a larger movement for inclusion of all women and races.

It's been evident that intersectional feminism has left out women of color creating a divide and confusion about the goals of women's rights. One of this year's goals was to have inclusion and representation.

During the month there is International Women's Day, which falls on March eighth every year. This is a time for people to celebrate women's achievements and to demand more for who they are. There were a couple of different themes for this year's day of

women. The main one that International Women's Day created was a "#press for progress," which was to demand gender inclusion from one another. Their overall idea was to create conversation for how to make women more visible in education and workplace, while encouraging others to shut down gender stereotypes.

The United Nations Women section's theme was the "Time is Now." They acknowledged the momentum of the current feminist movements to better women's lives, and they were encouraging women to keep working towards their full potential.

In addition to these, many communities encouraged the celebration of International Women's Day, and reminded people that in November there will be midterm elections. Overall the month of March, encourages women to celebrate their progress and the more that will come to them if they refuse to stay silent when it comes to their values and rights. The importance of this time is to raise the women and children in communities to understand their worth and where they come from.

"Another Antigone"

By Toni Snyder

The McPherson College Theatre Department's season drew to a close on March 10th with "Another Antigone." "Another Antigone" is a play by A.R. Gurney about a college student who tries to submit an essay based off of "Antigone," but gets rejected by her professor. In a scramble to graduate on time, she decides to put it on as a play for her school in an attempt to get credit for her work.

This show was a small cast that included Erin Fralik (Junior), Tanner Trigg (Sophomore), Ashley Burch (Junior), Mark Sizemore (Freshman), and was managed by Bailey Short (Senior). The show began on March 8th with a showing specifically for McPherson College staff and students, followed by showings on the 9th and 10th in Mingenback Theatre. This show was unique because of the black

box style performance. The audience was seated in bleacher type seating on the stage around three sides of the set. "The hardest part about putting on this show was trying to portray a real person while trying to perform for everybody in the audience," said Freshman Mark Sizemore, "If I could redo this show I would probably try to re-evaluate my character better so that I would have a stronger performance overall."

This show was originally chosen as a 40-year anniversary of the departments first-nighter program. When the department first began serving the dinners to the first-nighter members in 1978, they did the show "Antigone" with 30 members as part of the dinner. 40 years later, they decided it would be a great idea to put on "Another Antigone"! When Rick Tyler announced his

retirement, the show also became a celebration for his time at MC.

When asked his opinion of this show, Director Jd Bowman said: "It's always great in educational theatre because everybody has a chance to learn different aspects of their acting abilities, and how to use them on stage. It's also an amazing opportunity for people to take risks! I think that everybody involved successfully took risks on and off stage. Rick Tyler tried something new with the marble floor painting, Courtney Weesner ran lights for her first time, Ashley and Erin had never done that kind of accent before, and Tanner had never performed in a drama here on campus, so it was kind of a risk for him to get emotional and vulnerable on the stage. For me, risk-taking is an ultimate goal, so I would consider this show successful in that aspect."

MC Spring Choir Concert

By Toni Snyder

The McPherson College Choir held its first concert of the semester on March 12th, 2018. This concert was peculiar as it was held in collaboration with the McPherson High School Choir and also incorporated the McPherson College band director, Kyle Hopkins. The College performed a total of six songs, two of which were

sung with the High School choirs. During this concert, both the High School Director and McPherson College choir director, Nick Griggs and James Bowyer respectively, agreed that they hope to make this joint concert an annual event. If you missed this concert, everyone is welcome to attend an open house concert in the choir room on April 13th, 2018. The choir will be performing

multiple pieces for anybody who decides to wander in. During this, you will experience the beautiful talent of the McPherson College Choir, see how the class is run, and hopefully even decide to join our growing family yourself. If the welcoming atmosphere, or the amazing talent isn't enough for you, the McPherson College choir is also planned to tour around Jamaica in January of 2019!





Senior Spotlight Felix Cervantes

By Logan Hartman

Felix Cervantes is a member of the track and field team, cross country team, and will be graduating in May with a bachelor's degree in Political Science.

Cervantes was born in Michocan, Mexico and moved to Salinas, California when he was a child. Growing up, Cervantes enjoyed playing soccer but because of injuries decided to stop playing soccer and picked up running. After running in high school for the track and cross country teams, he knew he wanted to run in college and attended Hartnell college; a two year community college in his hometown of Salinas.

The decision to attend McPherson came to Cervantes after speaking with a friend from Hartnell who was attending McPherson and also part of the track and field team.

When he first arrived at McPherson, Cervantes struggled with whether he wanted to continue to pursue being a dentist, or if he wanted to change his major. He came to the conclusion that he wanted to change his major, and

he switched to political science. He is still pleased he made that decision.

Cervantes aspires to be a lawyer working with family cases or immigration cases one day. He currently has an internship for this summer with a law firm from Salinas, California where he will be exposed to the types of cases he hopes to one day be working himself. Cervantes has applied to three graduate degree programs in California to fulfill his aspirations; San Francisco State University, University of Santa Cruz, and California State University of San Bernardino. He is currently waiting on acceptance letters from all three programs.

Cervantes is thankful for the faculty and staff at the school, "I feel like they really do want to help you, they give you the tools you need in order to succeed," said Cervantes. In closing, Cervantes finishes his time here at McPherson this spring and wants his peers and future students to remember to "take advantage of the tools the school is giving you. Don't be afraid to ask for help, they are there for you."

Spring Broke Vacation Baseball Edition

By Tyler Dunn

The varsity McPherson Baseball team had a series of games over spring break, leaving the bulldogs stranded on campus. The dogs were left with college student funds and nothing to do, so naturally they broke out the hacky sack and video games to pass the time.

With the cafeteria closed and an NAIA budget, the dogs were left with PB&J's, cereal, and meals provided by the coaching staff.

Pictured is Freshman Christian Casados participating in the Spring Broke Activities, enjoying the hamburger and chip dinner the Dogs were treated to. Seeing this, the Church of the Brethren stepped in and provided a meal for the boys to show community support. Their big appetites made the dogs hungry for wins, and they were able to pull off wins against Hastings College and Manhattan Christian College.

It just goes to show that no matter the conditions, may they be bad weather, or empty stomachs, the Bulldog Baseball team will come out on top. It speaks to the character of the team, no matter what they have to face they feed off

each other.

Freshman Jake Herman

states "When someone is down everyone picks

them up. We can't point fingers because at the end of the day we don't lose as individuals, we lose and win as a team." That speaks to their culture. By motivating each other, they are accomplishing things that people would have scoffed at in the past. With this "team first" attitude, the boys have beaten McPherson Baseball's seasonal win record, previously 24, and are now well on their way towards setting a record that later teams will aspire to beat. Under Bryan Moses, Kasey Guinty, and Kyle MacKinnon, the Bulldogs are doing something special. By instilling a strong work ethic in their players the coaches are getting a season of hardwork from the dogs. They are setting a foundation that future teams can build off of. No one knows just how far the 2017-2018 team will go, but one thing's for sure, they will have the support of the campus and community.

As long as they work hard together and play with intensity and heart they will continue to have success in the weeks to come.





McPherson Softball Dominating the Diamond

By Tyler Dunn

The McPherson Softball team is on their way towards a season like no other; starting the year off with wins at the Cowtown Classic. Despite injuries, the team has managed to battle many teams that they have played; if they don't win they learn. When asked

campus in groups, laughing away. Jasmine goes on to say that this group of girls has a "chemistry" that brings out the hustle in each other. They play not only for the love of the game, but for each other. Pitcher Brittany Baroni says that chemistry is leading to

wrong; something other teams haven't been able to do. When something happens that could bring the girls down, they don't see it as an opportunity to point fingers, but instead they use it as an opportunity to be more than teammates. They become sisters, and

called, like Kylecia Taylor pictured left, and Ali Smith pictured right. Softball might just be a sport but each player is thankful that they were brought to McPherson with the dream of playing college softball, because they are leaving with life long friendships



the difference between this year and last, Sophomore Jasmine Curiel says "It's the girls, we have such a tight bond together and we work so well together." The team is leaving its formerly cliquey mentality in the past, both on and off the field. The softball team can be seen around

better communication than they've seen in the past. She says that "high energy and communication is the key to our success," and by playing together they are simply outlasting teams. They have learned not to hang their heads in the face of adversity, but to motivate each other when things go

with these girls, nothing stands in the way of family. This sisterhood motivates and drives the dogs to do whatever is asked of them. Each transfer and freshman have a role to play, and they are glad to fill it. Every person is ready to rise to the occasion whenever their name is

that will carry them into their lives post graduation. Combining a love for the game with a love for each other, the team is on their way to a season to be remembered. One thing is for sure, when the walkouts come on, its Jaws out Paws out.



Senior Spotlight Chantelle Theron

By Logan Hartman

Chantelle Theron is a member of the track and field team and will be graduating this spring with a bachelor's degree in Biochemistry. Born in Johannesburg, South Africa, Theron lived there until she moved to the United States to attend McPherson College.

She began running when she was younger after her grandmother took her to a track and a local club track coach saw her running and wanted her to join. Theron ran track through high school and continued to run in college after receiving an offer from McPherson College.

Theron participated in the long jump, triple jump, hurdles, and the 100 meter relay for the women's team, but will not be able to participate this season due to a broken foot. She was looking forward to being able to compete in her final season, but this will not stop her from being the best team mate she can be, saying, "it happens" when talking about her injury. This slight misfortune is allowing her to focus on her academic goals. With big dreams she thinks back to where her

love began.

She attributes her love for science to her childhood. "I was always really inquisitive as a kid, I always got bug collecting kits and stuff like that, science just came easy," said Theron. She is currently preparing to acquire her permanent residency in order to stay in the United States and is hoping that once she acquires her residency, her application to be a chemist at the local pharmaceutical plant, Pfizer, will be accepted and she can begin her career.

She hopes to acquire her master's degree in the future since Pfizer has a program offering to pay for someone's master's degree, "but I need a break," Theron chuckled. Theron is thankful for her professors and her coaches here at McPherson. "They become more your friends than your teacher or counselor, my coaches are like my other parents, they are personally invested in you, they are truly amazing. Theron finished with offering advice to her fellow peers and future students. Her advice; "Be involved and soak up as much as you can."



Grand Spring Break A Much Needed Break

By Kody Bowden

For every college student, spring break is the week's break that everyone needs. Counted down from the day the semester begins, this magical week gives us all the stress relief we need to push through the last months of the semester. While many flock to the beaches either in Texas or Florida, other simply go home and enjoy being with family and friends. I had the opportunity to

spend time with family as well as seeing some of the most beautiful parts of the United States.

My mother and I began our spring break trip with an eighteen-hour car ride from Wichita, Kansas to Phoenix, Arizona. We originally had bought train tickets but some last minute hiccups forced us to go with plan B and drive the 1,000-mile distance. Leaving on Friday night around 8

p.m. we arrived at my sister's apartment in Phoenix later the next day. Although the trip was long, it was extremely worth it.

Throughout the week we got to experience new restaurants, locations, and spend quality time together. We spent one entire day driving to the Grand Canyon and hiking in the areas surrounding it. We took a guided tour through Antelope Canyon, and free

hiked at Horseshoe bend (a local free hike spot). On one of the sunniest days we took a horseback-riding trip through the mountains and down into a valley just outside of phoenix. I was able to do a photo shoot, get two tattoos, and go to the aquarium all in the matter of a day.

One of my favorite aspects of the trip itself was the food. On the way back from the Grand Canyon we

ate dinner at Salsa Brava, one of the stops Guy Fieri made on "Diners, Drive-Ins, and Dives." On the day of horseback riding, we ate dinner at Sushi Palace, a sushi place that serves dinner on a revolving belt and the food goes around your table. I tried Jack in the Box and In and Out for the first time and honestly loved both!

During the trip I was able to make new memo-

ries, relax, and enjoy some warm and sunny weather. Leaving the mountains, amazing weather, and new food places behind was not easy. My love for traveling has only increased on this trip and I highly encourage you to check out Phoenix if you are in that area. The weather alone is enough for me, but who knows what might catch your eye.



Photo Submitted by Kody Bowden