

# Football team wins its first game of season at home

TERRANCE GRANT  
*Spectator Staff*

Reed Mac2Mac Scholarship Game. Evan Clary, sr., defensive line, was presented the Blake Reed Scholarship during halftime.

In the first quarter, Kansas Wesleyan University showed their offensive strength as they moved the ball up the field getting ahead early 10-0. With about five minutes left in the first quarter, McPherson College got some points on the board as freshman quarterback, Cody Groff, hit Michael Ramos, sr., wide-receiver, with a long pass to make the score 10-7.

The Kansas Wesleyan University scored early in the second. Carrying over their

first-quarter momentum, the Bulldogs were able to also get a score from Miles Balthazor, fr., running-back, right before the end of the half, making the score 17-14.

In the second half, McPherson College dominated the scoreboard with their earned points as the team scored 16 points to take the lead 30-24. With about a minute remaining, the Bulldog's defense captured an interception to insure their victory.

Groff said, "The team played with passion and enthusiasm. We wanted to go out and challenge ourselves and prove that we wanted it more. We never got down on our

mistakes and didn't get to high on our success. We took it one play at a time and were rewarded like we deserved with a big W."

The McPherson College Football team is now 1-3 on the season and 1-1 in the conference. This win was big for the football team because the conference outlook is wide open and any team can get beat.

The McPherson College Football team travels to Ottawa College Saturday, Oct. 4 for their next conference game at 7 p.m.



Photo by Miranda Clark Ulrich

Miles Balthazor, fr., running back, dives for touchdown against Kansas Wesleyan University. The Bulldogs won their first conference game at home, Saturday, Sept. 27.



## Football team takes victory at first home game



Photo by Miranda Clark Ulrich

Jimmy Wilson, a senior in physical education and health, tackles number 82 for Kansas Wesleyan University.

**2** McPherson College obtains device for studying life in near-zero gravity conditions

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## NEWS BRIEFS

**Students can submit comments to HLC**

In December, The Higher Learning Commission (HLC) of the North Central Association of Colleges will come to McPherson College to determine whether the college will still be accredited.

Part of the evaluation will include the college's self-study, which includes comments from people involved with the school, including students, staff and faculty.

People can submit their comments about the school to the Higher Learning Commission website <https://www.ncahlc.org/HLC-Institutions/third-party-comment.html> or to the following address:

Public Comment on McPherson College  
The Higher Learning Commission  
230 South LaSalle Street, Suite 7-500  
Chicago, IL 60604-1411

People should take note that disputes and complaints should be sent to a separate department handling complaints. Details can be found in an email sent by Cari Lott.

**Students, faculty can now study plants in simulated low-gravity**

JOEL STOCKSDALE  
*News Editor*

Scientists have many opportunities to study how plants and animals grow and live on earth, but doing so in space in microgravity (near-zero gravity), is nearly impossible for many researchers. McPherson College recently received a tool to make the process easier.

Jonathan Frye, professor of natural science, wrote a proposal for McPherson College to submit to the United Nations Office of Outer Space Affairs. The proposal was to get a clinostat through the Human Space Technology Initiative started by the U.N. The purpose of a clinostat is to simulate microgravity.

A clinostat simulates microgravity by spinning a sample perpendicularly to the ground. Frye said that the idea

behind the clinostat is not new, but the unit the school now has is precise and high quality.

Its computer controlled and can spin up to 90 times a minute. The spinning motion functions similarly to a plane following a parabolic flight trajectory to simulate weightlessness through free-fall. NASA used planes to do this to help train astronauts.

Frye said the clinostat will be used by students individually and in classes to conduct research on various plant seeds. He explained that the clinostat spinning keeps starches known as statoliths floating in the middle of plant cells.

In normal gravity, the starches float to the bottom of the cell to indicate how the plant should grow. Keeping them floating in the middle may cause different results.

Frye said a variety of plants will be studied that include plants that are local, agriculturally important or are often studied in other experiments.

When students do research, they will learn the process of experimentation, and they will produce research that will be shared around the world.

Frye said the U.N. program was designed to give researchers in countries without access to outer space resources a way to do microgravity research. In the McPherson College proposal, Frye said he mentioned a willingness to work with other researchers who received clinostats. This way everyone could benefit from each other's findings.

Because the clinostat only arrived a few weeks ago, no one has done any research with it. Frye said he will perform a trial run with it this month.

**Enrollment numbers show increased student retention**

JOEL STOCKSDALE  
*News Editor*

McPherson College's enrollment numbers have been tallied and the results indicate a smaller student body, but an improved retention rate.

A number Hartshorn highlighted was the college's improved retention rate. This year, retention increased 3 percent. She said this is significant and that many schools would be very happy with a 2 percent increase.

According to Christi Hopkins, vice president of enrollment, she hasn't had a chance to examine the reasons for the retention improvement.

"However, it is my opinion we have done a better job across campus of identifying and addressing issues related to students leaving and have addressed those issues in a timely manner," according to Hopkins.

On campus, the student body consists of 666 students. This includes all students



Photo by Marissa Patton

Part of McPherson College's 666 on-campus students gather outside for class.

attending classes on-campus. Of these students, 580 are full-time, on-campus students.

Although the student body as a whole is smaller, the number of international students increased.

"I think it helps students have a more global perspective," said Tricia Hartshorn, McPherson College's new registrar

The percentage of the student body

making up international and minority students is 30 percent this year.

Kansas is still one of the main sources of students for McPherson College.

Among other statistics are an increase in the number of transfer students, and the student to teacher ratio is 15 to 1. Hartshorn said she is proud of the college's class sizes and the effort to add sections to large classes to keep the sizes small.

**Volleyball digs deep to break losing streak****Volleyball team now 2-5 in KCAC play**

TERRANCE GRANT  
*Spectator Staff*

The McPherson College Volleyball team had a tough week playing three conference games in the span of four days.

Coming out of their schedule, the volleyball team grabbed a win against Bethany College on Sept. 27 after having consecutive losses to Friends University and Ottawa University earlier in the week.

In their first game of the week against Friends University, the McPherson College Volleyball team jumped out to a quick lead. A timeout by Friends slowed the Bulldog's momentum as the Falcons were able to battle back and eventually take the lead. The McPherson College Volleyball team kept the set close but fell short 25-22.

In the second set Friends University took the early lead. McPherson College lost another set 25-19.

In the last set of the match, the Falcons did not cease to jump ahead quickly. The Bulldog's fought hard again to keep the score close, eventually tying up the game. A 10-2 run by Friends was game over for the volleyball team as Friends defeated them in three sets, with a game-ending score of 25-18.

Cortlyne Huppe, jr., middle-hitter, tied her career-high in kills with 17 on 29 attempts. Phoebe Barton, sr., setter, tallied 15 assists while sophomore, setter Taylor Johnson tallied 12. Sophomore, libero, Emily Warner lead the team in digs with 17.

Sept. 26, the McPherson College volleyball team took on Ottawa University.

Despite leading early in every set, the McPherson volleyball team lost 3-0 to Ottawa University. This made the Bulldogs 6-8 on the year and 1-4 in the KCAC.

Similar to the match against Friends University, McPherson was able to get ahead quickly in each of their three sets, but were unable to hold their leads. The scores of the sets were 25-19, 25-22 and 25-20.

Junior, middle-hitter Taryn Lee and Huppe both had 10 kills with Johnson contributing a team-high of 21



Photo by Miranda Clark Ulrich

Taryn Lee, junior, middle-hitter, goes up to attack a ball against Ottawa University Friday Sept. 26. The Braves defeated the Bulldogs in three sets.

assists.

The McPherson College Volleyball team ended their losing streak with a 3-1 match win against Bethany on Sept. 27.

The scores to the victorious sets were 25-22, 25-23 and 25-20. Power duo, Lee and Huppe combined for

31 of the team's 58 kills. Johnson completed 41 assists, dug 17 balls and also tallied five kills.

McPherson College moves to 7-9 overall and are now 2-5 in the KCAC. The team's next game is Oct. 4 where they will travel across town to play college rival, Central College, at 6 p.m.



# Bulldogs stay strong by placing high at Tabor Invitational

## Runners look to improve times for conference performance

CHRIS RAKOWSKI  
*Spectator Staff*

The cross country team went to Hillsboro this past weekend on Saturday, Sept. 27 to attend and compete at the Tabor Invitational. The men's team scored a total of 52 points at the invite which gave them a second place finish losing to Friends University who had a total score of 48. The women's team totaled at a 100 points to end the meet. Placing them

at 4th place as a team coming behind Sterling at 3rd, Dodge City at 2nd and Friends University who took the crown with a score of 40 points.

The average time for the men's team was 28:32.04. Dixon Cooney, sophomore in mathematics, led the Bulldogs with a time of 28:06 giving him an 8th place finish followed by Chris Le, senior in history, who finished 10th. Kurt Katzdorn, sophomore in business, Chris Newell, senior in history, and Michael Janzer, sophomore in sociology, all fin-

ished tightly together coming in at 13, 14 and 16th.

Top runners for the girls were Savana Cross, junior in psychology, who won the women's side with a time of 20:02.22 and Laura Gibson, junior in physical education, placed seventh with a time of 20:41.38.

"It feels great to have won the Tabor Invite," said Savana Cross.

"These last two races (Hutchinson Blue Dragon Invite and Tabor College Invite) have helped raise my confidence a lot. Some of the girls I am running with and even beating this season were a full 30 seconds or a minute ahead of me last year. There isn't particularly one or two girls that are a lot faster than the rest of the conference and predicted to be the champion at the conference meet, but a good 10 or so girls that are good and will be contenders."

Before the Tabor Invitational, the cross country team opened up the season by traveling to Hutchinson to compete in the Romp at the Ridge where the women placed seventh and the men placed fourth.

On the men's team Le was the first to finish for the Bulldogs and was followed closely by Cooney and a pack of Bulldogs which included Katzdorn, Newell and Janzer.

The women's team was led by Cross and was followed by Gibson, Heidi Lyne, a junior in business administration, and Miranda Clark Ulrich, a junior in communication.

The Bulldog's cross country team will travel to Lawrence, KS on Oct. 11 for their next meet.



Photo by Miranda Clark Ulrich

Kurt Katzdorn (left), and Michael Janzer, (right), both run for time at the Tabor Invitational last Saturday Sept. 27.

# McPherson hosts 21st annual Scottish Festival

RYAN KRESKY  
*Spectator Staff*

Students and McPherson residents alike attended the 21st Annual Scottish Festival on Sept. 27 to Sept. 28 at Lakeside Park.

The festival started at 9 a.m. and ended at 4:30 p.m. on Saturday and 9 a.m. to 4 p.m. on Sunday. Saturday also featured the opening ceremony, which started at noon with a bagpipe band march featuring a trio of bands.

The festival also had vendors that provided a variety of merchandise such as books, Celtic music, the Tartan weavers, Scottish goods and food vendors.

Students from McPherson College attended the festival, some of whom included Alexandra Moore, a junior in mathematics, and Samantha Brandyberry, a sophomore in management and accounting. Both Moore and Brandyberry said some of their favorite attractions at the festival were the live music and sheep herding.

In addition to the music and sheep herding, visitors could go to the Highland Athletics Competition, in which players participated in events such as the stone throw. The British Car Club of Wichita also participated in the festivities by showcasing an array of British automobiles.

The Scottish Festival also had entertainment and attractions for kids such as the Kid's Train and Kid's Highland Competition. People could also visit live animals including Scottish Highland Cattle and the Sunflower Clydesdales.

On the south side of the festival were the clan tents and the genealogy booth. At the clan tents visitors could learn about clans of Scotland and the names used in the clans. At the genealogy both, people could trace back their ancestry.

The festival ended Sunday with a closing ceremony with awards and a bagpipe band at 4 p.m.



Photos by Seth Sterling

McPherson's annual Scottish Festival lasted from Sept. 27 to Sept. 28 and featured many traditional Scottish events and activities such as the Highland Games and river dancing.



## NEWS BRIEFS

### Business office now has different open hours

The business office has new hours.

Hours for the business office now start at 10 a.m. According to an email from Rick Tuxhorn, the business office after having lost staff is shorthanded and needs more time to get work done. The new hours were instituted to allow a two-hour block from 8 a.m. to 10 a.m. to work uninterrupted.

If students need to pick up checks or gift cards in that block of time, they can pick them up at the front desk.

According to Tuxhorn, this should be a temporary situation.

### Miller Library extends hours for midterms

Miller Library is extending hours during most of the week of midterms.

The new hours begin on Sunday, Oct. 5 and last through Friday, Oct. 8. From Sunday to Wednesday, the library is open one hour later, closing at 11 p.m. On Thursday, Miller Library will be open from 7:30 a.m. to 5 p.m., and on Friday from 8 a.m. to 3 p.m.

The library's regular hours will resume on Sunday, Oct. 12.



## Miller Library, Circle Drive undergo renovations

LORA KIRMER  
*Spectator Staff*

Circle Drive and Miller Library are getting face lifts this fall.

Circle Drive will be repaired and Miller Library will have an Americans with Disabilities Act (ADA) ramp installed.

Tim Cheatham Construction, LLC began repairs of Circle Drive Sept. 29. The plan is to have repairs done by Oct. 10. Marty Sigwing, director of facilities, said he wanted it done in time for homecoming.

"It's literally falling apart," Sigwing said. "We would have liked to have done the whole thing, but it is too pricey." This means that instead of replacing all of Circle Drive including the roadway, only the sidewalk and curb will be replaced.

The construction will inconvenience students who regularly park on Euclid Street near Circle Drive. During construction, the section of Euclid that runs from Circle Drive to the alley between Dotzour Hall and the McPherson Church of the Brethren is closed.

According to an email sent by Tim Bruton, maintenance and safety supervisor, the empty grass lot west of Miller Library was converted into a temporary parking lot construction to make up for lost spaces.

The sidewalk repairs will use gray concrete rather than the red-dyed concrete found elsewhere on campus. Dyed sidewalk concrete fades over time, so the school will no longer use it. All other campus sidewalk repairs will also be done with gray concrete. Eventually all sidewalks on campus will be gray.

Hutton Construction will install the ADA ramp. A cement slab was poured Sept. 23 to prepare the area for the ramp. Hutton Construction will return Oct. 13 to continue construction with completion

set for Oct. 27. A hole will be cut in north side of library for a door, but there will be minimal disturbance to patrons inside.

"We are not required to build one, but we want to do one to provide a service to the students," Sigwing said.

The ramp that is currently on the west side of the library is not up to ADA code, and therefore cannot be suited for wheelchair access.

*Photo by Aly Hennager*

**Employees of Tim Cheatham Construction work on removing the sidewalk and curb from Circle Drive.**



## New students will have opportunity to join email list

MARISSA PATTON  
*Spectator Staff*

Students sell possessions, ask for help and send other requests and notifications through the Community email list. But that's only when students have access and knowledge of the list. Not every student does.

Although the Community email was created last year, there are still many who haven't heard of it or are not signed up for it.

James Kelly, a junior in communication, said, "This being my first semester here, I haven't been told much about it."

Hunter Nolen, computer services, explained the uses of the Community email, "The Community email is for non-

college-related notices. 'I'm selling this textbook.' 'My cat had kittens, who wants one?' 'I am bored, who wants to come play "Call of Duty?"' Things like that."

The Community email was created last year by computer services to help clear up clutter in student's mailboxes.

"This list was abused in the past," Nolen said. "So hence the switch to the two mail lists: one official and on which all students are automatically members and one unofficial and voluntary requiring manual sign-up."

Its purposes are similar to the Students Notify list that faculty and staff use to inform students about information about classes or events like Assessment Day.

"The Students Notify list is for official college business and is locked down to

faculty and staff use," Nolen said.

Although the Students Notify is for faculty and staff only, students may ask faculty to send a notification out for them.

"I'm sad that [the Community email] doesn't go out to everyone," Danna Jacks, a senior in graphic design, said. "In order for it to reach all students, then you have to have faculty send it out because Community email only goes out to those who are subscribed."

Computer Services plans to send out an email invitation for students to subscribe to the Community email. Students who have not yet subscribed will be able to follow the instructions in the invitation to join the list and view and send Community emails.

## Intramural volleyball scheduled to begin after homecoming

CHRIS RAKOWSKI  
*Spectator Staff*

Intramural sports are currently not being played right now.

Many of the flag-football games were cancelled last week because many people did not show up or because of poor weather conditions.

When intramural sports begin again, games will be every Sunday evening. As a goal for all intramural sports, each

team will usually play two games.

"I really look forward to playing basketball this year because it's something I did in high school and I can still enjoy it while in college at a somewhat competitive pace," said Chandler Dohe, sophomore in music education.

Intramural sports are available to everyone on campus and also open to people off campus for a small personal fee.

Intramurals will not continue until after homecoming weekend due to the busy

schedule.

Plan to play six-on-six volleyball when intramural sports pick back up. Teams can have as many people as they would like, but must meet the minimum requirement of six players. Students and staff alike may compete.

If you're a student athlete who plays volleyball for the college, you may not compete in the volleyball intramural sport. Students should check their student emails for a sign-up sheet.

"Volleyball is always a good time," Dohe said. "My team and I had a lot of fun. Everyone seems to have a good time, even though we all get a little too competitive once in a while, but that happens. I look forward to signing up again."

Resident Director Dusty Kitchen is in charge of all intramural sports. If anyone has any comments or questions, they can call him at 785-424-0331 or email him at kitchen@mcpherson.edu.

## High hopes for men's soccer in KCAC season opener

CHRIS NEWELL  
*Spectator Staff*

In their last two contests, the McPherson men's soccer team has now gone through two complete double overtime games against their opponents. On Sept. 21 and 26, the Bulldogs fought tough but weren't able to grab a win in either game leaving them 4-3-1 in preseason play.

The first, a 1 - 0 loss against the University of Great Falls that happened on their Utah trip, a trek that the Bulldogs went even with 1 win and 1 loss. The later overtime game ended in a 1 - 1 draw with Johnson and Wales University which traveled from Denver, Colo.

In this marathon of a game the Bulldogs scored early in the contest, as junior striker, Kevin Ndongo scored the game's first goal off of a Nick Torres, sophomore forward, assist in the 16th minute of the game.

Johnson and Wales equalized fairly quickly, as they scored their lone goal in the 31st minute. But that concluded the scoring for the game as both teams went scoreless the next 79 minutes, but that didn't mean the Bulldogs had plenty more chances to break this tie.

McPherson outshot their J&W University opponents at a large amount of 31 shots to their 12. Out of their 31 shots, 12 were on goal with only one being able to get past the keeper.

With such a large amount of shots and not being able to convert, the Bulldogs left the game with some sort of accomplishment after getting so many shots throughout the contest.

Alex Ronnenburg, a junior mid-fielder, led the team in shots with 7, while he put 3 on goal for the Bulldogs. Oscar Cortez, sr., mid-fielder, and Nick Torres each put 2 on goal.

The Bulldogs continued to work in their own two goalie system on the defensive side. Aaron Parrot, soph., goal-keeper, started the game and recorded one save while allowing the lone goal. Tanner Horton, fr., goal-keeper, was substituted in at halftime and finished the match, tallying three saves of his own for the game.

McPherson will have one more non-conference game before they begin their KCAC season. They will begin conference play with a match against Bethel College on Saturday, Oct. 4. The game will be in Newton at 4 p.m.



*Photo by Miranda Clark Ulrich*

**Mens soccer team looks toward first conference game on Oct. 4 at 4 p.m.**



# Music man reviews latest top hits: volume two

Ty Dolla \$ign is a multi-talented artist who has been creating a lot of buzz in 2014 by being extremely active in providing catchy hooks and features to some of the most popular songs. He just recently put out his own project called "\$ign Language" which has the hip hop community noticing his creative production and huge features.

His style of music can be best described as "ratchet R&B." A mixture of soothing R&B with hard hitting beats. This mixtape is a great listen with amazing R&B featured interludes at the end of each song, seamlessly weaving each track into the next.

Hip-hop fans from the South are no stranger to Big K.R.I.T. For the rest of us, it's time to catch up and listen to the so

called "Savior of the South."

K.R.I.T. is different from the more mainstream southern rap which most commonly consists of trap beats and repetitive hooks.

Rather he focuses on old school hip hop beats that can be familiarized with the legendary sounds created by OutKast and Pimp C.

After listening to the project, there is no doubt his album releasing in November will be a strong competition for album of the year.

His effort and passion is something that you don't see in hip hop artist nowadays.

Travi\$ Scott is a gifted producer and rapper who is a member of Kanye West's G.O.O.D. music label. His popularity

began to rise with his successful mixtape, Owl Pharaoh, in 2013. The tape displayed his unbelievable skills to create a dark beat-thumping atmosphere in each track.

His impressive ability to create this rare sound continues with the release of his 2014 free album "Days Before Rodeo."

The project consists of 12 tracks and has features from Atlanta's top young artists; Migos, Rich Homie Quan and Young Thug.

Personally this has been one of the best

projects out this year. My reasoning being how incredible the quality of production is put into each track.

The use of the synthesizer is right on point and any fan of Kanye West's last two albums should definitely give "Days Before Rodeo" a listen.

## MUSIC MIX WITH J. WHITT

Jared Whitten



## ON THE FLY

### What do you think about Late Night being back and its new location?

"If you are an athlete and you have to stay for practice, its a good idea."  
Laura Puente, jr., business



"It's a good way to hang out with friends late at night."  
Lauren Wankum, fr., accounting



"It's nice when I am up late studying and I get hungry. I don't have to go to McDonald's."  
Josiah Oyebefun, fr., Biochemistry



"For the students who are studying or athletes who don't get to have dinner, it's a good option."  
Thomas Potter, sr., communication

"It was good to have late night during SAB activities last year. I like how they set up the basement."  
Colby Patton, sr., Spanish education



"I'm glad that they brought late night back and the new location is perfect for hanging out."  
Matt Goist, soph., automotive restoration

# New case manager provides health, transport services to students

JOEL STOCKSDALE  
News Editor

McPherson College recently added a new position to the student life department.

Lynette Tia is the new mental case manager for student life for McPherson College. Tia said her duty is to be the liaison among the mental health professional who comes to campus each week, the health clinic and the students. This means she can help refer students to health resources if they wish to have help.

However, health isn't the only thing Tia does.

"I'm here to help with everyone's well-being," she said.

She said that she helps with student's personal lives. That can include helping students with tasks and items such as applying for food stamps, finding childcare and even getting transportation.

Transportation is also related to a project she's working on. She already provides transportation services to students who need it, and she wants to expand the transportation services. It will be called Bulldog Express.

Her other major project is mental health-related. Tia said she wants to have the mental health therapist who comes to campus start coming more frequently.

Tia said one of the reasons she does this job is because she would have appreciated some of this help when she first came to McPherson. One of the things she remembered having difficulty with was finding child care. With her current career, she can help students that are in similar situations where they may not know what they're doing and need some help and guidance.

Students who wish to get in touch with Tia can email her at [tial@mcpherson.edu](mailto:tial@mcpherson.edu), call her at 620-242-0400 or visit her at her office in the Royer Center on the main floor of Miller Library.



Photo by Marissa Patton

Lynette Tia, mental case manager for student life, works in her office in the Royer Center in the Miller Library.



# The Hot spot

BY: MEGAN HAMLETT

A GLIMPSE INTO THE LIFE OF  
LORA WORKMAN EELLS, ASSOCIATE PROFESSOR OF SOCIOLOGY



#### WHERE DID YOU GROW UP?

Seward, Neb. It had a population of around 5,000 people.

#### HOW LONG HAVE YOU BEEN AT THE COLLEGE?

I am in my 19th year. When I first came here I was the Director of Assessment and I was the provost for a time as well.

#### WHERE DID YOU GO TO SCHOOL?

All three of my degrees are from The University of Nebraska. I have a Bachelor of Arts, a master's and a Ph.D in sociology

#### WHAT DO YOU LOVE ABOUT THE COLLEGE AND THE COMMUNITY OF McPHERSON?

I have never seen a group of students

more caring, respectful or committed to the college. We truly have a community sense here, you don't just come to class and that's the only time we interact. It has a slower pace and I know my neighbors.

#### IF YOU WERE NOT TEACHING WHAT DO YOU THINK YOU WOULD BE DOING?

If wasn't teaching, I would probably being doing some type of social activism. I believe that we are meant to be on this earth to make it better.

#### WHAT IS SOMETHING INTERESTING ABOUT YOU?

I have an undying passion for sports, especially football. I taught my dog to bark four times to say Go Big Red Yes.

## New group gathers on campus



Photos by Marissa Patton

Fellowship of Christian Athletes meets for a barbecue on campus. T.J. Eskildsen, assistant men's basketball coach, Kaven Denno, senior in business administration (top) and Tim Swartzendruber, head coach of men's basketball, gather around the food (bottom).



### LEAD EDITORIAL

## Sickness caused by changing of weather myth busted

The myth of changing weather bringing sickness has been disproved.

Ah, the sound of winter around the corner. As the colder weather comes, so does sickness, sleep deprivation and the fast arrival of midterm exams and the issue date of downgrades.

There are so many students blowing their noses, coughing and sniffing that the addition of the physicians' assistant on campus could not have come at a better time.

How many times do people say "I always get sick around this time of year"? Those statements reinforce the cultural myth of changing weather causing sickness.

According to the National Institute of Allergy and Infectious Disease

(NIAID) it is not the weather alone but characteristics of the weather change.

According to the NIAID, the humidity is lower in winter months making the air more dry. The dryness in the air makes the mucus in our noses and lungs thinner and we are more easily infected by the viruses that during the summer we would have been protected from.

Another reason it gives is that the strands of viruses can survive longer in the colder weather than in the summer heat.

The third reason it gives for sickness being more rampant in the colder months is that people tend to stay indoors more than they do in the summer.

When people live together and are

in close contact for extended periods of time, things tend to travel, including gossip and sickness.

A few ways for students to tell if they have the common cold rather than something more serious are the symptoms.

The Centers for Disease Control (CDC) lists seven different symptoms that include: persistent sneezing, coughing, a runny or stuffy nose, sore throat, body and headaches and watering eyes.

The CDC says that if the patient has a temperature higher than 100.4 degrees or symptoms persist for longer than 10 days they should go and see a doctor.

The center also says antibiotics should only be taken if they are absolutely

necessary and prescribed.

Taking antibiotics when they are not needed can create a resistance to the medicine and later when its needed will not be able to fight the bacteria.

In order to stay healthy, students should follow a few easy guidelines.

The Harvard Medical School says that maintaining a healthy lifestyle will help people to remain healthy.

Their suggestions for a healthy lifestyle include eating lots of grains and vegetables and getting enough sleep.

The CDC adds to the list and says that students should also rest and try over the counter medications as recommended.

So the myth is busted. The weather does not cause the sickness, the infections do.

## Tips help students keep their minds off missing home, family

The first few weeks of school can be a bit lonely. There is not alot to do for classes beside read through a syllabus and sign the dotted line to prove comprehension.

Waiting for books to come in and checking your Facebook and Twitter newsfeed so many times you lose track during opening convocation.

Thinking about all the people you left behind at home and wondering how will ever make friends with the hundreds of people on campus.

Here are five tips that can help you miss home a little less.

Number one: Meet new people.

College is all about beginning a new chapter, so don't keep re-reading the last one. As with any new place, it is going to take some time, but meeting new people will help make the transition easier.

Don't stay in the dorms when classes and meals are finished. Going to campus

events are a good way to meet new people.

Number two: Smile

Smiling makes people feel better about themselves, and a positive attitude is attractive. Even at 8 a.m.

People don't want to be around others with bad attitudes.

Number three: Keep an open mind

College is all about learning new things and having new experiences, but it doesn't happen with set-in-stone ways and a closed mind.

It's hard to leave family and friends at home, but not making new friends will only make the homesickness worse.

Number four: Be Involved

The best way to meet new people is to get involved in a club or a sport.

There are so many different clubs on campus that are always open to new members.

With the various options there has to be at least one club for everyone.

If for some reason there is no club fitting students' wishes, they can always form their own.

Number five: Use technology to keep in touch

Just like any new place, adjustment is needed. Keep in touch with the family and friends back home while adjusting.

Although it may not seem like it, there are quite a few students on campus. It can be hard to learn names and keep

track of everyone. You can use Facebook, Twitter, Instagram and other social media networking sites to remember names and faces.

The hope is that over time students will use social media to keep in contact with their friends on campus more than with friends and family back home

### HOMESICK HELPER

Megan Hamlett





# Small town offers new experiences for students

With open incredulity, some of my friends ask me what it's like to go to a small college, in a small town, in Kansas.

The questions come from friends who grew up in and around Denver, and attended high schools not much smaller than McPherson College. They also come from people who live in subdivisions bigger than the town of McPherson. People like me.

Here's what I tell them.

At this small college, you get to know the faculty and staff by their first names. They, in turn, will call you by your first name. They'll know you.

At this small college in Kansas, you'll know many of the people mentioned and pictured in the school newspaper. As friends.

In this small town in Kansas, I believe

competition for business is less than fierce. Family comes first, then friends, then customers. As a customer at any given business, you'll need to get used to being in last place. Or, to move up the customer service hierarchy, make friends with the people who wait on you.

In Kansas, hot weather is hotter, and cold weather is colder, compared to my semi-native Colorado. Humidity in the air makes heat more oppressive and cold more threatening.

In my opinion, Kansas is flat. Flat geographically and culturally. Don't expect to find cross-cultural experiences.

True story: in a small-town Kansas café, I was told that the daily special was fish. When I asked what kind of fish, the waitress had to check with the cook. The answer? Fillet. The fillet boats had just

come in, I guess.

I think the range of lifestyles and opinions in this Kansas town are narrow, with a standard deviation smaller than a Kansas mountain. But you should know many Kansans are only a few generations removed from the pioneers that settled here.

More accurately, survivors of the pioneers who settled here. I would bet pioneer parents didn't get attached to their babies because many children died before

learning to walk or drawing a breath.

I gather that hospitals and doctors were a town or two, and hours, away.

Farm accidents were frequently fatal.

According to my grandmother, laudanum addiction among pioneer women was rampant. Weather was an enemy, year round. It wasn't that long ago, across the great Midwest, that survival was the first priority. We're still imprinted with that experience.

All in all, McPherson is a remarkable town and college.

## OLD IRON

Scott Versaw



# Letters to the editor

Any student, staff or faculty member can submit a letter to the editor for the Spectator.

Letters should be limited to 350 words in length. The letter must be accompanied by the signature of the authors; letters may not be sent anonymously.

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

All letters should have a point

that is constructive or contributes to the enhancement of the student body; the newspaper staff will not print libelous material.

Anyone can submit a letter to the editor at any time if time of publication isn't vital to the author.

Letters can be printed and then submitted directly to any member of the newspaper editorial staff or emailed directly to the Spectator at [hamlmeg@bulldog.mcpherson.edu](mailto:hamlmeg@bulldog.mcpherson.edu)

## Views Expressed

The viewpoints pages provides diverse views on contemporary issues to stimulate discussion and promote the shaping and progression of ideas. Editorials are the official position of the newspaper, but are not the official views of the student body, staff, administration or McPherson College. Other views are the opinions of the individual authors or artists.

# Students pair up for Newly Friend Game

CLAIRE CROSSMAN  
*Spectator Staff*

The Newly Friend Game was in the Student Union this past Thursday, Sept. 25. Students entered the game in pairs and were asked questions about one another.

Around thirty students showed up for the game, and there was no lack of fun or excitement to be seen.

While some questions may have seemed simple and straightforward, students laughed when asked whether in a zombie apocalypse their friend would "kill them, themselves or fight off the zombies."

Breelyn Petty, a sophomore in sociology, and Cheyanne Smith, a freshman in business administration, were confident

in how well they knew one another. As teammates on the soccer team and roommates, there was no hesitation when asked how well they knew about each other.

Petty said, "It is a good idea for bringing people together, meeting and interacting with people."

The winners of the event were Tiffany Fraser, a junior in biochemistry, and Alia Khalidi, a sophomore in biochemistry.

The man in charge of putting this together, Dusty Kitchen, director of housing, said, "We had seven teams compete and from what I could, tell they had a lot of fun."

Kitchen said, "Although it wasn't necessary the biggest group, it felt almost like a fun family game night."



Photos by Alaina Johnson

Amy Stockton, a junior in sociology; Octavio Villa, a senior in biology; Tiffany Fraser, a sophomore in bio-chemistry; and Megan Acklin, a junior in sports management, take quizzes to see how well they know their friends. The Newly Friend Game occurred in the Hoffman Student Union.

# Theater performs first play



Photos by Marissa Patton

Logan Schrhe, a freshman in business management and marketing (top left), Addie Johnson, a junior in theater education (top right), James Covell, a junior in history and political science (bottom left) and Joshua Hall, a sophomore in performing arts (bottom right) perform "The Heir Apparent" in Mingenback Theatre.



## The McPherson College SPECTATOR

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.

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# Non-traditional student achieves lifelong goals

CHRISTOPHER NEWELL  
*Spectator Staff*

They say that age is just a number. And for McPherson College's own Donald Bell, freshman in automotive restoration, that is all that it is.

At the young age of 64, Don Bell made the decision to return to school. But that's not all for Bell, as he decided to make a run at cross country by joining the team this fall, accomplishing a goal that he had in his earlier years to be a part of a college cross country program.

Since he arrived at McPherson College, he hasn't looked back.

"Being here on campus has really made me feel young again," said Bell "My last competitive race was in 1970."

Saturday, Sept. 27, in Hillsboro, he competed in the Tabor Invitational as a part of the McPherson team.

This was his first cross country race since the 1967 Kansas State meet. His last track race was in 1970 with Kansas City Kansas Community College.

The track of life has led bell in many different routes. Bell lived and worked in Kansas City and attended Rosedale High School. He was a railroad conductor for 40 years, from 1971 until his retirement in 2011.

Cross country isn't the only activity that Donald Bell stays busy with on campus. He's an auto restoration major and is on track to graduate in four years. While many people his age are prepping for retirement, Bell is chasing goals that he was unable to achieve in his younger years.

"I've always had a great interest in older cars and motorcycles. I knew they had a great auto restoration program, and coupled with my love of running, McPherson and the cross country program seemed like a perfect complement," Bell said.

Having Bell around the cross country program is something very new for Head Coach Cameron Magnall.

But the atmosphere and impact that Bell has made on the members of the cross country team, Magnall said, has been nothing but positive and the coach has embraced Bell as a new member of the team.

"He actually contacted me last season about the possibility of him joining the program," Magnall said. "I think it's very courageous of him and cool to try and get out there and be competitive with running."

Magnall has embraced the fact that he is coaching someone who is actually older than him.

"In his time with us so far, it's showed me that no matter how long it's been throughout someone's life, you can accomplish your goals and achieve them, no matter what," Magnall said.

Bell stays busy at the college. Between being a full time student and running with the cross country team, he also has a small plot in the community garden that he uses to plant and harvest vegetables for himself.

On top of that, Bell has an extensive



Donald Bell

collection of photographs that he says is "pretty close to around 2,000" that show train graffiti art that he's seen in his time as a railroad conductor.

Bell is not only a student and a runner, but also a husband and father. He still finds plenty of time to spend with his family in Kansas City on the weekends. Donald keeps a busy schedule and enjoys his time on campus.

"It makes me feel young again and my wife and family have been very supportive of me," Bell said. "I can't say enough about how much I'm enjoying my experience here. I can't remember being around a more friendly community."

Don Bell is a man who had a dream and has followed the path to the finish line.



Photos by Marissa Patton

Donald Bell, a non-traditional student, holds a radish from his garden plot on campus at the community garden.

# McPherson students support poverty week

JACOB O'GORMAN  
*Spectator Staff*

The Rotaract Club of McPherson College cultivated social awareness of poverty through Poverty Week, Sept. 22 through Sept. 26.

Rotaract the college level form of Rotary International and works to promote positive change, service projects and networking between young leaders.

McPherson's Rotaract Club organized Poverty Week as one of their service projects under the direction of Rotaract

President, Amanda Leffew, senior in religion and philosophy, and Vice President, Bailley McKinley, junior in psychology and studio art.

The week-long event consisted of three main events: "Charity Day," where local restaurants donated 15 percent of their profits to Feeding America, a national hunger relief charity. "Living On One Dollar," was a film showcasing a group of American Teens struggling to live on \$1 a day in a South American town. The final event was, "Shack City," which was a chance for students to construct and sleep

in cardboard shacks that illustrated the hardships of poverty and hopelessness.

The idea for Poverty Week came from Rotaract members who attended the annual Universities Fighting Hunger conference.

"We got the idea from the conference and it continually evolved over the course of last year to the event we put on this year," McKinley said.

Liz Lindsey, a junior in performing arts: music education, said, "We wanted to take the national awareness and make it a week-long event."

The cap stone event, "Shack City,"

brought out over 20 students who competed to build shacks on the campus lawn. Rotaract provided the materials for the shacks with students bringing a blanket and pillow at most. The event ran from Friday night to early Saturday morning with students participating in games and contests all while raising social awareness.

McKinley said, "The biggest take away for me was all the new people that I met and the fun we had with the event. Participating was really fun for me. I loved making my shack with my team."



Photos by Rissa McNichols

Jasmine Benson, a junior in physical education and health, participates in Poverty Week. Students set up cardboard shacks on campus near the gazebo and experienced what it was like to live on \$1 a day.