

Photo by Becca Maddux/Cover design by Gerod Harder

Building a reputation

Communication Sciences & Disorders majors takes first in statewide video contest

By Richie Johns

The Ohio Speech-Language-Hearing Association (OSLHA) held its first university video competition and the Cougars came out on top.

Cleveland State University, Miami University and the Universities of Cincinnati and Toledo were the other contenders.

The winning video was submitted by majors in MVNU's Communication Sciences and Disorders program.

Royce Lyons was a freshman when the Communication Sciences and Disorders major started at MVNU. She has watched the program grow from five students to now 26 students.

The other universities entering the contest have 100 to 200 students in their programs, "which was very intimidating at first," Lyons said.

But, "winning this showed us that the numbers don't really matter," Lyons said. "A few passionate people can create major change — and that is what the pioneers of the CSD program strive to do and it showed in our video."

The upbeat video portrays a teacher reading a storybook to her class. The narrative is the history of the CSD program at MVNU.

Creating the one minute and 40 second video was a class effort.

Junior Katelyn Dufur came up with the plot of the video, many students within the major were actors and journalism and media production major Eddie Dilts produced the video.

His goal was to turn the students' vision into



Ohio Speech-Language-Hearing Association

"something that I was proud of, that I thought the department could be proud of," Dilts said. "I'm glad that we have the opportunity to partner with each other at this university to produce great things and gain invaluable experience."

Senior Hannah Loughman said the process was easier than she anticipated.

"Making the video was less challenging than I thought. Several students met up on one day and we shot the entire video within a couple hours. However, we couldn't have done it without the help of Eddie," Loughman said.

Program Director Florence Lim-Hardjono said she feels "very good" about the direction of the program.

"We must build our reputation. All the other programs now know about us," Hardjono said.

Communication Sciences and Disorders students at MVNU have access to work in a clinic on the first floor of Hunter Hall, a "unique opportunity that larger schools can't offer."

Though the major is growing, the small class sizes are beneficial for the students. The low student-to-teacher ratio allows the students to be supervised by a licensed speech pathologist while in the clinical setting.

"I feel like our clinic has a really good reputation so far," Hardjono said.



Photo courtesy of Hannah Loughman Senior Hannah Loughman and junior Royce Lyons display the first-place trophy from the OSLHA video contest.

Currently six student clinicians work with 12 patients on a weekly basis.

"We would love to have more students. The field really needs more speech pathologists. We would like to serve more," Hardjono said.

While they are seeking incoming freshmen for the major, this spring Loughman will be the first senior to graduate from the major.

"I am very thankful that God called me to MVNU and the major came just in time," Loughman said. "It has been an honor to learn from professors who have invested in my life academically, spiritually and emotionally. I will miss the community that MVNU has given me over the past four years."

To see the video and learn more about the Ohio Speech Language Hearing Association video competition, visit www.ohioslha.org/ about-us/bestinohio.

New health sciences degree = new opportunities

By Michaela Hughes

MVNU has launched a new health major, a Bachelor of Science in Health Sciences, that will begin in the fall of 2018.

This new major will allow students to pursue career opportunities in the medical field outside of the traditional nursing and patient care services. Possibilities include jobs in health education, records, communication, management, insurance, billing, marketing and sales.

The list of potential employers includes doctors offices, public health organizations, hospitals, health insurance companies, pharmacies, labs and long-term care facilities.

Dean of the School of Nursing & Health Sciences Dr. Carol Dorough said this new major is a good addition based on the current job market.

"Many of the fastest growing professions are in healthcare fields," Dr. Dorough said.

What sets this major apart from traditional health field majors is that it appeals to students interested in the healthcare field who do not want to work directly with patient and client care.

"This is a good major for students who begin college thinking they want to provide direct care to individuals, but later realize that is not the direction they really want to take," Dr. Dorough said.

Students will take classes in health sciences, psychology, biology, chemistry and business as part of their core curriculum for the new major.

Dorough said the major is a great combination of MVNU's existing liberal arts and professional programs.

As an interdisciplinary major, the BSHS curriculum will draw from courses in several departments for its core curriculum, "which is an excellent use of existing resources," she said.

As of now, no new faculty have been hired for this program. One student is registered as a BSHS major for the upcoming fall semester.

According to the Bureau of Labor and Statistics, a career in the health field does not require a graduate degree.

"However, there are graduate degrees available in several of the career areas," if students are interested, Dr. Dorough said.

Dr. Dorough is "looking forward" to seeing the benefits that this new major will bring to students interested in the field and those who are looking to change their major.

"There is much more variety in the curriculum than in most healthrelated fields, and it is expected students choosing to change their major to Health Sciences are going to be able to do so with considerably fewer complications than with other health majors," she said.

Caf staff to students: "We hear you"

By Lilly Buckley

Accommodation. That's the new name of the game for Pioneer College Caterers and the cafeteria at Mount Vernon Nazarene University.

Rob Stiltner, food services director of Pioneer College Caterers, and his team released a student-wide survey for the 2018 Spring semester. Stiltner and his team are taking the students' criticism and comments to heart.

About 25 percent of students living on campus responded, ranking aspects of the cafeteria such as mealtime options, special dietary needs, speed of serving lines and overall satisfaction.

On a scale of 1-10, the average ranking from the 26 categories was a 7.31. Similar surveys brought in an 8.39 average last fall and a 7.57 average a year ago.

Main criticisms focused on the quantity and quality of cafeteria fruit, the selections in the vegan bar, lack of gluten-free options, meat preparation and overall limited selections at mealtimes.

The survey garnered 45 negative comments about the fruit in the caf. As a result, MVNU students can now expect to see fresh fruit available in the cafeteria every day.

"It's tough to get good quality fruit," especially in the winter, Stiltner said. "It's a constant battle."

The vegan bar, introduced in November, is receiving a positive response, and students are requesting more options, including weekend offerings.

Stiltner acknowledges that the vegan bar needs improvements and said he and his team are working on adding more selections.

Another common complaint was the lack of gluten-free options at mealtimes.

Stiltner plans to hang a sign that tells the students gluten-free pizza is available, and the team is also looking into offering a gluten-free soup daily.

With dietary restrictions becoming more common, Stiltner said he and his team want to make sure MVNU students have a good array of options available to them.

"It's our job to make sure your dietary needs are taken care of," Stiltner said.

Stiltner said his staff has even prepared special individual meals for students on restricted diets in the past, and one year allowed a student access to the food prep area so she could make her own meals.

One of the most prominent complaints was about how thoroughly the food, especially meat, is cooked. Many students said the meat is undercooked, making them question its safety.

Finally, students also asked for more variety in meal choices, especially on the weekends.

The highest praise was for the beverage selection and ice cream and toppings. Other hits are the made-to-order subs, made-to-order/demo station, the grille line and the Ticket Nights.

Students also praised Stiltner and his staff for their friendliness and helpfulness, cleanliness of the serving areas and dining commons, and

Caf outlines plan to improve dining

Based on feedback from a recent Caf survey, Director of Food Services Rob Stiltner has outlined an action plan to address student complaints and improve the dining experience.

"It's critical that we up our game," by focusing on details and meeting students' needs, Stiltner said.

Ideas include:

- Fruit Offer fresh fruit items and fruit salad daily.
- Vegan options Add more options, including vegan desserts, and extend the vegan menu from a 3-week to a 4-week rotation.
- Soup Give diners at least one gluten-free soup to choose from daily.
- Pizza Try new crust options and seek student feedback on what they like best.
- Desserts Implement a "dessert from home" promotion where students can share their favorite dessert recipes with a chance to implement them into the dessert rotation.
- Monthly specials Seek input from a student food committee for ideas for menus for special events.

responsiveness of management.

Respondents, including 61 faculty and staff, rated their overall satisfaction with MVNU Food Services as 6.78.

Caf theme nights SPICE IT UP

By Daria Swisher

For the most part, meals at the Caf at MVNU are just another part of the daily grind for students, but once in a while the food service staff likes to do something to break up the routine.

Food Services Director Rob Stiltner and his staff plan special "theme nights" once a month at the Caf.

Sircilooli

Photo courtesy of MVNU Dining Commons Cafeteria staff get ready for the Food Truck Night in the dining hall.

The theme nights are chosen with input from workers, who "throw ideas around on what they would like."

The exception to this rule is the "Star Wars" night from last year. Stiltner says he didn't have to ask around about that one because they are "all Star Wars geeks in here."

The theme nights may involve both traditional meals and foods not normally served in a cafeteria setting. The special nights also involve unique decorations and costumes as food services staff go out of their way to create a memorable atmosphere and experience for the night.

Theme nights range from holiday motifs such as Oaktoberfest, Thanksgiving and Chinese New Year to Food Truck Night and the already-mentioned Star Wars Night.

While most of the theme nights draw praise, once in a while, one doesn't go over as well as expected. The recent Renaissance Night is one example.

Some people just didn't have "a taste for [the food]," sophomore Malisa Simco said. Renaissance Night was held in February, which is Black History month. Simco would have liked to see something more connected to black culture like soul food.

Overall though, students enjoy the theme nights.

"I think they should do more," Simco said. "People are excited."

Stillner says he enjoys the faces on the students and their appreciation when a theme night is a hit.

"My favorite part is decorations and doing different kinds of foods we normally can't offer," he said.

The recent Food Truck Night, offering foods like street tacos, stromboli, Italian sausage and funnel cakes, was a big success among the students.

"I loved it," sophomore Liz Crosby said. "It was amazing. I want it again. It was very greasy, but it was like a happy greasy."

Ticket Night is the most expensive to cater, so they swap that out with the theme nights.

The next theme night will be student appreciation, featuring students' favorite foods, contests and giveaways.

New Director of Residence Life excited for new

"Life-on-Life Opportunities"

By Daria Swisher

MVNU will welcome a new Director of Residence Life to campus in the fall. Joshua Kusch has worked with Residence Life at Colorado Christian University before coming to MVNU.



Joshua Kusch

Kusch graduated with a degree in music theory from Baylor University, then earned a master's in education, also at Baylor.

When Kusch graduated, he became a Resident Director at Colorado Christian for four years, eventually transitioning into the Director of Student Life for Colorado Christian University.

"My heart has always been working with college students," Kusch said.

While working with college students, Kusch said he "fell in love with life-on-life opportunities."

"I loved being able to just walk out my door and connect with students," he said.

Currently, Kusch and his wife live outside of Denver, Colorado, where he works for one of the largest K-12 public school districts in Colorado promoting community and business partnerships to help students reach college and career

Spaulding explains reasons behind football decision

By Richie Johns

Casey Cougar won't be scoring a touchdown anytime soon since University administrators decided not to bring football to MVNU.

This recommendation was made by an MVNU committee who had been studying the possibility over the last six months.

MVNU President Dr. Henry Spaulding said there were two deciding factors behind the decision.

"Two reasons: First, it would require a \$30 million initial investment, and second, there are concerns about possible changes to campus culture," Dr. Spaulding said.

Reactions from students vary.

Freshman Nate Koesel, a sports management major, felt strongly that the addition of football would be positive for campus.

"I think football would be totally great. It would bring a ton more recruits, money and overall students to our campus," Koesel said.

Junior Carter Wayne, early childhood education major, thought football would benefit the University, but have little effect on the community.

"I think football at the Naz would benefit just the University as a business," Wayne said. "It would benefit its image and its desire to be appealing, while striving to keep up with other colleges."

However, Wayne believes that football would "have little effect, positive or negative," on the rest of the community.

Other students are indifferent to the idea of football being included among the growing array of sports.

Junior psychology major Lenna Neokratis believes, instead, the University should invest in what it already has.

Although the University will not be adding football, students can look forward to the addition of three new sports next fall, competitive cheerleading, lacrosse and bowling.

President Spaulding said the University would possibly "tackle the issue again in the future."

success

He has also worked as the dean of students for the Colorado Virtual Academy and as the assessment manager in charge of statewide testing for ColoradoEd.

The commute to work will be shorter for Kusch when he comes to MVNU. Right now, he has a 45-minute commute and he's looking forward to the prospect of living where he works.

"We're excited to be moving from a big city to a slower pace small town in Ohio," Kusch said.

Besides the shorter commute, Kusch and his wife are "excited to get to know the students and MVNU better."

"Our hearts really come alive thinking about mentoring kids and helping them grow with God," he said.

As Director of Residence Life, Kusch will be implementing leadership through "a compelling vision."

"When it comes to decision making, I like to strive for a consensus," he said. Kusch admitted that although a consensus is "not always feasible or practical" it is a goal he strives for.

Aside from offering a compelling vision, Kusch finds it "important to care for the people" on his team, whether it be in "physical health or spiritual growth."

"I'm excited to see what Residence Life does well at Mount Vernon," Kusch said.



Photo courtesy of MVNU Marketing Rev. Joe Noonen inspires students during Chapel services.

Noonen to depart at end of semester

By Danielle Zoellner

Rev. Joe Noonen has resigned from his position as University Chaplain and Vice President of Student Life.

Noonen has worked for the University for the last 23 years. Faculty were informed of his resignation on March 27.

"I have been blessed with the opportunity to share this slice of life with hundreds and hundreds and hundreds," Noonen said.

Noonen has enjoyed strong ties with the University since his college days. He attended MVNU from 1976-1980. He began working on campus in Mission and Ministry Opportunities in 1995, and became University Chaplain in 2013.

Noonen said his plans after MVNU are "to continue placing my faith and trust in God" and continue pursuing a "life in service to Christ and kingdom."

The Viewer April 23, 2018

Taking root:

MVNU gardening club plans community garden

By Maddie Cogan

MVNU's Garden Project has bounced around from place to place since last year, but has found its home with the Sustainability Club on campus.

What started out as a final project for students in Environmental Justice took root to form its own club, the Gardening Club, which then gave way to a collaboration with the Sustainability Club.

The Environmental Justice class laid the groundwork last spring. Students created a plan for a community garden with the fresh produce being donated to the Salvation Army or another local pantry.

Students in the class teamed up to "get the green light from leaders on campus to have a garden," junior Kate Decker said.

Once they had permission, they put together a plan to make the project come to fruition.

The class wrote letters to Ariel Corporation asking for a grant. Soon after, Ariel gifted the club with a grant to start the garden.

Decker said there were many obstacles in the beginning. "We didn't know how to garden at first," Decker said.

Through the help of Assistant Professor of Social Work Dr. Danielle Giroux, Director of Campus Life Rochel Furniss and Human Resource Specialist Katie Sherman, students involved in the Garden Project learned valuable tips on how to raise a successful garden.

The seeds for the garden were donated by Kim Fry at Community Roots, who also taught the members of the Garden Project "how to start seeds and grow them."

When the class ended, Dr. Giroux encouraged students to continue working on the project to make it come to fruition.

At the end of the semester, the Gardening Club became an extension of the class project. Once the club began meeting, Decker said that they realized they held the same values as MVNU's Sustainability Club.

The Gardening Club and Sustainability Club merged and the garden project became an extension of the Sustainability Club.

The merger of the two clubs is beneficial because they are working towards the same goal and displaying community, Decker said.

"Our goal is to have a raised bed constructed and fenced by graduation day," she said.

The produce will be planted on May 12 with the help of resident directors and students who live nearby. The garden will include zucchini, pumpkins, watermelon, cucumbers, green beans, snow peas, carrots, radishes, regular and cherry tomatoes, basil and oregano.

The water for the garden will be provided by the Kokosing River. After the garden proves successful, Decker hopes it can help the community in more ways than giving produce to local pantries.

Students hope to eventually introduce Esther Jetter preschool children to the garden, host cooking classes for the community, allow the Environmental Science majors to test the soil and teach workshops showing the community how to garden.

"We want to get this started then see where it goes," Decker said. The garden will be located across the creek and on the east side of the path on the way to Lakeholm Church of the Nazarene.

For information on how the Garden Project is partnering with the Sustainability Club, visit lakeholmviewer.com.

LABC



Photos by Becca Maddux

Brent Overholt waters and tends to the plants in the MVNU greenhouse. Overholt, one of four full-time grounds workers, maintains the greenhouse and flowerbeds all across campus and downtown at the pavilion next to Buchwald Center.

By Maddie Cogan

"The genius behind t is Brent Overholt accor-Edwards.

Overholt, a member charge of the flowerbed with an Associate of Sci agricultural branch of the

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Ben Cook, assistant of hours maintaining

ROFLOVE

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of the MVNU grounds crew, is in and greenhouse. He graduated ence in Landscaping from the he Ohio State University. He about eight years ago behind existing parking lot is now. Stor of Facility Services Ben Cook shouse has been a way for the ey from the beginning. He will used, but the University brane. The "reconstructed and he cost less that year than it did to ole campus, Cook said. greenhouse, Overholt has been

able to increase the quality and variety of flowers planted on campus. The greenhouse is home to about 3,000 seedlings, with 10-15 different perennials and 10 varieties of annuals.

Maintaining the greenhouse is a "labor of love" according to Cook.

"Brent has been instrumental in all of it," Cook said. "We wouldn't be where we are today without his care and effort."

For Overholt, caring for the greenhouse and landscaping on campus is a way to use the talents Christ has given him.

"I am doing what I enjoy," Overholt said. "I love landscaping and I get more and more excited each year to do it."

Overholt said his work helps him continually appreciate God's creation.

Overholt hopes that through landscaping he can portray the love of Christ and to use his talents to glorify God.

"It's an opportunity to minister and build relationships," he said.

Besides the routine maintenance of caring for the flowers in the greenhouse, Overholt has made sure that every aspect of the greenhouse is suitable for optimal flower growth.

Overholt installed a new irrigation system in the greenhouse after noticing that some flowers were not getting the same amount of water as the others, resulting in different growth stages.

The greenhouse is kept at 45 degrees Fahrenheit.

"If we keep it too warm, things get too big too early," said Bill Fanning, head of the Grounds Department. "We had to find the optimal temperature and stage to plant the plants."

The 20- by 40-foot structure is also equipped with fans that help the flow of humidity to stay even.

The greenhouse has been instrumental for the grounds department by cutting their budget for flowers in half.







o be outdoors:" Grounds team loves to work in all types of weather

ploys four fulls, but during the doubles (or even res student workers acre campus

ass and planting crew is in charge l shrubs and University lawn

s use and maintain ers, three tractors,

r and about 12 other large pieces of equipment plus other edeaters and leafblowers.

to the director of Facility Services, said the crew spends a lot equipment. Maintenance is vital to extending the life of the



Graphic by Gerod Harder

machinery, he said. The grounds team works under the umbrella of Facilities Services.

In the winter, the grounds crew clears and maintains the sidewalks and roads of the University. During snowy nights, the team may work 16-hour days to ensure the safety of students and faculty going to class and work. No one knows the exact number, but one employee estimated they clear up to 11 miles of sidewalks on campus.

For the most part, the grounds crew enjoys being outside no matter the temperature. Bill Fanning, head of the grounds department, said

his team is a dedicated and enthusiastic group who love their jobs in all seasons and all types of weather.

To find people who are "driven to be outdoors everyday is interesting," Fanning said.

Dependence of a Nation

Fighting back: New Mount Vernon treatment center helps "put families back together" after addiction

By Daria Swisher

The new Riverside Recovery Services treatment center in Mount Vernon offers support and assistance to those struggling with drug and alcohol addiction.

Located at 213 E Chestnut St, Riverside Recovery is a rehabilitation center to help those struggling with addiction get back on their feet.

Riverside Recovery also offers assistance to Mount Vernon's large homeless population.

Amy Smart, executive director and owner of Riverside Recovery, labels the drug problem in Mount Vernon "an epidemic."

Smart called the fight against the epidemic a "team effort. It takes each and every one of us in social services working together," she said.

"The overall goal is to see our clients be able to live productive lives without mind altering substances," Smart said. "We work with them to put their lives back together."

The courts often refer clients to Riverside Recovery for treatment.

The treatment center provides non-intensive

outpatient services, including counseling and assistance finding employment and housing for those recovering from addiction.

"Anything to help put families back together after addiction," Smart said.

Riverside's main office is in South Point, Ohio. South Point is a village along the Ohio River, about 40 miles south of Portsmouth.

Prior to the Mount Vernon branch opening on Nov. 1, 2017, there were few resources in the Knox County area for those in recovery, Smart said.

Riverside Recovery has the first women's recovery house in Knox County with plans to open a men's recovery house.

Currently, the women's recovery house, which can house up to 14 women, "remains full and has a waiting list for women who are seeking and wanting treatment."

"We are already in the searching stages for the right house to fit our needs" to have a men's recovery shelter, Smart said.

Riverside Recovery also has volunteer opportunities for MVNU students to get involved.

Junior social work major Quincey Vosburgh is excited about the opportunity Riverside brings to Mount Vernon.

"I think it is important because we didn't have anything like this already and it can be beneficial to those who are struggling," Vosburgh said. "In turn, it can make Knox County a better place to live."

Students can help with data collection, or compile reports for

future growth and programming services.

Students can also help with website maintenance, or just observe.

"There are many ways for students to get involved," Smart said.

Riverside Recovery has been met with positive response.

"A lot of folks are very interested in what we're doing," Smart said. "We're very excited to be here."



Riverside Recovery Services
Where Recovery Brings Hope

Addiction hitting hard in Ohio's rural areas

By Daria Swisher

Addiction has "devastated hundreds of cities and small towns," Danville Lieutenant Mark Perkins said.

Danville, a village east of Mount Vernon, sponsored an event this spring with the hopes of addressing the growing drug crisis in Knox county.

The Danville Police Department invited community members to a Skype session with author Sam Quinones.

Quinones is author of the book "Dreamland: The True Tale of America's Opiate Epidemic." Quinones is a journalist who spent a decade working in Mexico and another 10 years covering immigration, drugs and gangs for the Los Angeles Times.

Although the drug crisis is widespread, Columbus, Ohio, is part of what Quinones called "ground zero" in the epidemic.

Quinones said the drugs come in from Mexico to Columbus and then out to clients and distributors. A large percentage of the drugs end up in communities like Knox County because there is a smaller risk of a drug bust in smaller towns and rural areas.

The drug crisis largely involves opiate addiction, such as heroin trafficked from Mexico.

"We have a drug problem that is not Mexican, it is not American, it is binational," Lieutenant Perkins said. "It is complicit."

Quinones began writing "Dreamland" because he wanted to "understand why Mexican heroin trafficking is doing such brisk business."

Historically, an increase in demand has meant an increase in prices. But now, the cost of heroin has plummeted because of the everefficient manufacturing process.

According to Quinones, the drugs come from Tajuana, Mexico, where they can be ordered and delivered "much like a pizza."

The drug market expanded further into Columbus around the time pharmaceutical companies began promoting narcotics as a solution to pain.

However, narcotics—even those prescribed for legitimate medical purposes—are addictive. Eighty percent of heroin users reported using prescription pain killers first.

The Mexican cartels come into play because Mexican heroin is a cheaper and more powerful alternative to pharmaceutical narcotics, so many users eventually turn to heroin

"These folks are messing with some dangerous, bad stuff," Lieutenant Perkins said. "Heroin is no joke."

Ohio blames pharmaceutical industry for state's growing opioid crisis

The state of Ohio is engaged in a lawsuit against five pharmaceutical companies for allegedly contributing to the opioid epidemic.

The lawsuit claims the companies downplayed or failed to disclose the addiction risks of prescription painkillers. Between 2011 and 2015, more than 3.8 billion doses of opioid medication were prescribed in Ohio.

The result is the Appalchian region, including the states of Kentucky, Tennessee, West Virginia, Ohio and Pennsylvania, now embroiled in the worst drug epidemic in history.

The suit seeks hundreds of millions of dollars to help in the state's battle against opioid addiction.

Ohio ranked second in the nation with 4,050 overdose deaths in 2016, behind only West Virginia. The state reported 5,232 Ohio overdose deaths from July 1, 2016 through June 31, 2017.

Overdoses are the leading cause of death for Americans under 50. They now claim more lives than car crashes, gun deaths and the AIDS virus did at their peaks, according to an NBC News story in June of 2017.

The lawsuit names Purdue Pharma, Endo Health Solutions, Teva Pharmaceutical Industries, Johnson & Johnson and Allergan as allegedly misleading doctors into overprescribing opioids as painkillers.

The Knox County Commissioners have decided to join the lawsuit.

Defining healthy relationships

Senior honors project calls attention to severity of intimate violence

By Matt Harden

National movements such as No More and Take a Stand are calling attention to domestic violence and how to prevent it.

Senior social work major Bailey Sapp is determined to further spread awareness through her senior honors project, College Perceptions of Intimate Violence.

"Perceptions need to change in order to move forward," Sapp said.

According to Sapp, intimate partner violence is different than domestic violence.

"Intimate partner violence is toxic patterns and abusive behavior that develop in relationships," Sapp said. "Domestic violence is typically violence when people live together or have previously lived together."

Sapp said intimate partner violence is a term usually reserved for "relationships where people are not necessarily committed."

"The main misconception about violence is that the victim of abuse can just leave, when really it is much more than that," Sapp said. "It can be complicated and blaming the victim or minimizing their situation should never happen."

There are a variety of reasons why college students should be knowledgeable about this topic, Sapp said. One reason is that intimate partner violence is present within 21 percent of relationships,



Bailey Sapp

according to a study by the University of Michigan.

"This can be physical abuse, sexual violence, verbal abuse and other different methods of abusive behavior," Sapp said.

Sapp's research involved sending a survey out to the MVNU students. Hoping to get back at least 60 responses, Sapp was "excited to

review the data" when she received 200 responses.

"Seeing a lot of people contribute to learning more about intimate violence was exciting," Sapp said.

The survey included different scenarios of physical, emotional and verbal abuse, which students rated in severity using a five-point scale that ranged from "not abuse" to "extreme abuse."

In one scenario the male was the aggressor and the other scenario the female was the aggressor.

"Some perceptions of intimate violence currently in colleges is that men largely rate the severity of abuse lower than women do," Sapp said. "Women tend to think abuse is more severe and more of an issue than men do."

With the high number of responses she received on the survey, Sapp then created another online survey to find out demographics about the students. She was especially interested in finding out if students considered themselves feminists.

"Identifying as a feminist positively impacts the way a person perceives the severity of abusive situations," Sapp said. "When people identify as feminists, their tendency is to rate the severity of abuse higher and rating the severity of abuse highly is a good thing."

She said she hopes her research helps bring awareness to the topic and helps men and women better understand and recognize abuse, and promote positive dating relationships.

"I am hoping that the project will help us identify where we need to implement more education on the subjects of feminism, equality and intimate partner violence," Sapp said.

Although the project was "overwhelming," Sapp said the project "gives insight to students on a Christian campus."

After Sapp finishes her project, she will continue spreading awareness.

"There's a lot of different issues that haven't been addressed yet."

In the end, Sapp hopes her project "helps students understand the difference between healthy relationships versus unhealthy relationships."

'We the Women' group fights stereotypes

By Michaela Hughes

A new group has been established this semester that focuses on empowering and uplifting the women of MVNU.

We the Women is a group that is working to create an environment that is inclusive, allowing young women to come together, listen and share with one another.

MVNU junior Emily Rahe facilitates the group while others who attend are free to voice their stories and opinions during the sessions.

"This meeting started because I believe our campus needs a space for women to know they have a safe space each week to freely discuss topics within womanhood," Rahe said. "I wanted women to know they will be listened to, loved and empowered in this hour each week."

NOMEN

Each meeting the women can look forward to sharing and listening to life experiences, topics of equality and how prayer plays a role in womanhood. Above all else,

the mission of We the Women is unity.

"Our vision for each meeting is togetherness," said Rahe. "We hope to understand ourselves and empathize more with

women through each meeting, but we also pray that we can find ways to reach equality and better representation for women."

The sessions give students a safe place to experience unity, develop relationships and promote a sense of community.

"Our weekly meetings allow us to talk through a range of topics that I believe are necessary to address," said Rahe. Because the sessions also build relationships, participants can then "continue these important conversations outside of meetings."

Students who have attended agree that the group gives them a greater sense of community and helps them feel a part of campus. The group also acknowledges women for who they are, what they hope to be and what stereotypes they hope to change.

"I think it's important to be part of the group because there are more things to be done on behalf of women. It's more than just being second to the other gender, it's feeling like as a woman you are expected to be a certain way, and you're seen as an object," said MVNU student C'enna Baisch.

"We want people to understand that it is deeper than equality among men," she said.

We the Women hopes to empower and bring awareness to social issues, as well as everyday problems women face.

Rahe hopes that the group can continue to grow together and welcomes anyone who would like to come. Meetings have had 15-20 people attending so far.

Although We the Women is not an official club yet, Rahe is in the discussion phase with Director of Community and International Ministries Catie Hayes about the possibility of it becoming a school-sponsored club in the future.

The group meets in Foster Hall every Wednesday at 9 p.m.

Campus CRAFTSMAN



Photo by Danielle Zoellner Director of Carpentry Jim Clark has served MVNU for 36 years.

...what I enjoy most are the opportunities to interact with students.

~Director of Carpentry Jim Clark

By Danielle Zoellner

The Facilities building is shrouded in mystery for most students who see staff only when something needs to be fixed. One overlooked member of the facilities staff is Director of Carpentry Jim Clark.

For 36 and a half years Clark has worked at the University carpentry shop. He began working on campus in the fall of 1981.

Clark's job consists of "anything and everything that does not involve pipes or wires."

"It's loosely defined as 'building related' if it's not mechanical. That is, if it's not plumbing, not electrical and it's not heating or air conditioning," Clark said.

That means if it has to do with doors, walls, windows and all building surfaces, Clark is the person for the job.

"I'm involved either directly or indirectly," he said.

Ben Cook, assistant to the director of Facility Operations, said Clark is modest about his work.

"He does some extraordinary builds and custom cabinets and other things around campus," Cook said. "Anything

Photo by Danielle Zoellner Director of Carpentry Jim Clark prepares to fit the carpet to the new wheelchair ramp he's constructing for the Chapel stage.

that's made to fit, he saves the University a lot of money by being able to build those things in house rather than outsourcing."

Clark may not be in the spotlight, but his work is. Clark has been the craftsman behind projects such as the new Welcome Center in Admissions and the renovated Prince Student Union building, the Student Life office suite, the broadcast boxes in Ariel Arena for WNZR and the shelves in the cardio and weight rooms.

Clark's current project is designing and crafting a second handicap ramp for the Chapel.

"There's a wheelchair-bound graduate this year," Clark said.

"Administration was concerned that she would get equal footing," Director of Facility Services Tony Edwards said. "That was a really neat thing and Jim is a part of that."

Clark not only builds and repairs on campus, but he does repairs for the Grand Hotel in downtown Mount Vernon and MVNU's satellite campuses in New Albany and Mansfield.

No matter what project he is working on, Clark keeps busy.

"There's always more to do than time to do it," Clark said.

Edwards said Clark doesn't just work in the carpentry shop, but he helps in other ways on campus.

"He's also a CDL licensed driver that will, on occasion, drive the shuttle," Edwards said.

Clark is the only facilities employee with his CDL license outside of the shuttle drivers.

"A lot of people have the perception that we have a plumber that does the plumbing, a carpenter that does the carpentry," Edwards said. But, "the mood of the campus may dictate what Jim or anyone else is doing at any given time."

"We don't have enough people to specialize," Clark said. "We have to be general."

Clark said he never knows what to expect on any given day.

"I never know and that's a good thing," he said. The Facilities Department uses a computer system to track day-to-day work assignments. When work requests are submitted, they are reviewed by the front office or by Ben Cook.

"He's in touch with everyone's work flow and who perhaps has time and the skills to do a particular assignment," Clark said.

Scheduling is "an ongoing issue" because in certain areas "there's only a small window of time that we can actually be where we need to be," Clark said.

Clark said his work stays at work, mentally that is. "That's by choice, but it's also a discipline," Clark

said. "That's so that I can make an effort to be more in the moment with my family."

He carries a card of paper where he keeps his own daily to-do list, so "I can leave it there [at work] instead of storing it in my memory," Clark said. "I try not to clutter my mind with stuff I can remember in other ways."

The carpentry shop is not exclusive to Clark, but is accessible to all staff members of the Facilities Department.

"I'm kind of the bad guy out there as far as trying to keep it orderly and functioning properly," Clark said

Clark shared why he has returned to the university over the years.

"I don't want to sound cliché, but what I enjoy most are the opportunities to interact with students."

Clark said he also loves the unique projects that come his way.

"My personal disposition is I don't prefer repetition," Clark said.

While some projects are one-day jobs, others take extended time to complete.

For example, Clark renovated the WNZR radio station over a decade ago, and he said that was a long-term project spanning two months.

"I had to work with Mark, the engineer, but we didn't have a lot of space," Clark said. "I'm left trying to incorporate these concepts into the space we have to work with."

But that's OK, because Clark likes a challenge.

"I enjoy problem solving and I like to think that I am able to think outside the box and not be bound by preconceived paradigms," Clark said.

Clark said he embraces his trade as both a commodity and a craft.

"It really is a form of art, isn't it?" Edwards asked.

"It is," Clark said. "I see art all around me that was never intended to be art."

Even a white wall in a building is a work of art for Clark.

"Somebody, somewhere, sometime, invested their time and energy to make that smooth and flat white wall," Clark said. "Not everyone embraces the craft or the skill that is involved."

Track & Field seniors: with the program since Day 1

In the end, your times and marks you hit don't follow you out of college. The people you meet will.

~Senior Nick Sharpes

By Anna Chrysler

MVNU Track and Field, in its fourth season, has "come a long way."

Coach Chip Wilson said the team has progressed despite the hardships that come with being a new program at a small school.

"Our athletes know what they are getting into. We have to be creative with facilities, flexible with schedules, but this program has grown and come a long way. I couldn't be happier with where we are at," Wilson said.

Wilson has high expectations and goals, no matter how big the program is. Team members have embraced those goals, he said, and the upperclassmen have grown to be leaders even through adversity.

Wilson said the seniors are special to this program because they have shaped MVNU Track and Field into what it is today.

"We have some fantastic upperclassmen who lead and help to keep unity," he said. "A lot of them have been with us since day one. We will miss their leadership and positive encouragement."

Seniors from the team reflected on the growth of the program and said the trials and victories of their sport have been well worth it.

Mid-distance and mile runner Nick Sharpes said it's been rewarding to watch the team grow in work ethic, cohesiveness, character and drive.

"Great seasons never come from doing the bare minimum at practice every day," Sharpes said.

Sharpes said favorite memories include long overnight bus rides, spring break meets, hanging out on campus with the team, and late nights on the track cheering for teammates.

"It's important to enjoy every moment with everyone you get a chance to compete with. In the end, your times and marks you hit don't follow you out of college. The people you meet will," Sharpes said. "It's been amazing to watch complete strangers become inseparable friends through the track program."

Stew German has been a part of the program all four years at MVNU, competing in the long jump, triple jump, 4x100 meter relay, and 100 meters.

As the track and field program has grown, German has learned to be flexible with time and creative with workout equipment during training.

"When things get rough and school and track start to become overwhelming, just keep pushing on and fight through the adversity," German said.

Darian Pacula highlighted the program's development during his 4 years as a long distance runner.

Pacula said the team has much more depth now, but the same unity as when it started.

"Our team continues to grow, but we still are able to have fun and not be serious all the time," Pacula said.

Sam Nordquist was a part of the track team for four years, doing long and high jump.

Nordquist qualified this year for the indoor nationals in both long and high jump, which he had been striving for throughout his career. Then, Nordquist injured his hamstring a week before nationals, preventing him from competing.

"It was not easy but God gave me peace through the situation," Nordquist said.

Despite his hardships, the people have kept Nordquist going.

"We are just a bunch of weirdos who love to run in circles, fling their bodies into sand and mats and throw heavy objects as far as they can. We have a lot of fun and love to see each other thrive at each event," Nordquist said.

Alexis Kandel, who transferred to

MVNU her junior year, ran the 1500, 800 and 400 this spring. During her 2016-17 season, Kandel worked through injuries preventing

her from competing.

"It has taught me that sometimes it is worth it to push through trials, even when it hurts. The things that you can gain make it worth it," Kandel said.

"I think it gives you the ability to figure out just how mentally strong you really are and how much you can push yourself, even when you maybe do not want to anymore," Kandel said.

Rebekah Mullins, a 5k runner, has been a part of the track and field team for four years. Mullins said that the development of the women's team has been incredible.

"We only had four distance runners and one thrower our first year, and now we have members of our team in the majority of the events. For a program to grow that much in such short time is absolutely remarkable, and I'm so thankful to have been a part of that," Mullins said.

John Wells, who ran the 400 and the 800, was a part of the MVNU Track and Field team all four years of his collegiate career.

Wells said that track and field has taught him to give his all in whatever he does, even outside of his sport.

"The most difficult thing has been balancing my schedule. I have had to learn how to balance my school work and making sure that it is a top priority while still doing well in my sport," Wells said.

Joe Schmitz, former basketball player for MVNU, is running the mile, 800 and the 400 for the Cougars this year. Schmitz said anyone is welcome on the track.

"When it gets to the point when you're not doing anything in the spring, do track. It's a great experience. They'll welcome you with open arms," Schmitz said.



Alexis Kandel



Darian Pacula



Joe Schmitz



Nick Sharpes



John Wells



Stew German



Rebekah Mullins



Sam Nordquist

Making a run for nationals

MVNU Men's Track and Field will send five members to the national stage for the NAIA Outdoor National Championships from May 24-26 at Gulf Shores, Alabama. Qualifiers include senior Darian Pacula (marathon) and juniors Mitchell Soviak (shot put), Joey McDonald (shot put and discus), Carl Jones Jr. (200 meter dash) and Brennan Crawford (marathon).

Lone Senior Leads by Example

By Lilly Buckley

As postseason tournaments approach, the MVNU baseball team (21-20-0) is sitting in the middle of the Crossroads League.

Coach Keith Veale said "things have been up and down as far as results thus far."

The team has been doing well at the plate, but "we've struggled more on the defensive side of the ball than I thought we would," Veale said.

Some significant injuries have also set the team back this season, Veale said.

Leading the team into battle this year is lone senior outfielder, designated hitter and first baseman Jesse Standt

"Jesse is having a great senior season to date," Veale said.

Heading into today's game, Staudt is batting .372 and is leading the Crossroads League with 12 home runs and is tied for first in the league with 40 RBI.

Staudt transferred to MVNU his junior year from Mercyhurst College in Pennsylvania.

"It's weird knowing that I am the only player who will definitely not be playing on the team next year," he said.

Being a veteran and the lone senior, Staudt said he tries to lead by showing up every day, working hard and being mentally prepared for every situation.

"The best leadership skill Jesse brings to the team is his consistency day in and day out," Veale said. "He is respected by his teammates and we know that he will show up every day ready to compete."

In spite of the "ups and downs" of his two seasons



Photo by Gerod Harder

Senior Jesse Staudt leads off from first base in Saturday's game against Indiana Wesleyan University.

at MVNU, "I have loved being able to be around the guys on the team and I love getting the chance to go out and compete with them," Staudt said.

Throughout his college baseball career, Staudt has learned that being a student-athlete is much harder than he originally thought it would be.

"I have also learned how important it is to cherish every opportunity that I get to play baseball," Staudt said, "since not a lot of people get the opportunity to play sports past high school."

Staudt said he learned along the way not to take anything for granted.

"Four years seems like a long time, but it goes by a lot quicker than it seems," he said.

Staudt is a sports management major, and after college, he would like to be a college baseball coach.



Photo by Gerod Harder

Junior Ashton Myers gets psyched to take the field during introductions before the final home game of the season Saturday against Indiana Wesleyan University.

"Let go and have fun"

Seniors reflect on 4 years of softball memories

By Matt Harden

The regular season is winding down, and the Lady Cougars are looking to finish strong and head into playoffs at the top of their game.

With just one week remaining, the team has put together a 21-13-1 record (13-9-1 in the Crossroads League), and the players are feeling optimistic about the conference tournament.

"We're a lot stronger all around this year," junior pitcher Jenn Kurelic said.

Early in the season, the Lady Cougars put together an 11-game winning streak.

The team has four seniors who have been an important part of this season's success. Savannah Bryner, Natalie Carpenter, Anna Boue' and Emily Kauble have all been with the team for four years.

For them, their sport is more than just a game; it's family, friendship, fellowship and pure joy.

"My freshman year I was told not

to worry about what happens in the games because in 10 years from now, you won't remember if you got a hit or made an error, what you will remember is the bonds that were created with your teammates," senior Savannah Bryner said.

Bryner said she "never knew what that meant — until now."

But with the end of her senior season approaching, "I look back and see all of the memories that were made with my teammates, and most of those memories were outside of softball," she said

Bryner embraces the family aspect of the team.

"These girls have become more of my sisters than teammates," she said.

Seniors say many of their favorite memories came from the annual spring break trip to Florida.

"That was when we were really able to get to know each other on the team," Boue' said.

Kauble agreed: "The laughter, and



Anna Boue'



Emily Kauble



Natalie Carpenter



Savannah Bryner

the bonding moments — those are memories I will have for a long time."

As the seniors reflect on their softball careers, they are thankful for the lessons learned in their sport.

"Being a leader has helped me prioritize my time and has helped me problem solve in the softball world and school life," Bryner said.

Kauble said softball has taught her to be a role model.

"A lot more people than you realize are looking up to you and are expecting a lot out of you on the field and in the classroom," she said.

"It is fun and exciting to be able to help and be a leader in other people's lives, but you have to understand people are watching what you do and embrace it."

Carpenter said softball also helped her learn to balance her responsibilities.

"I have learned that prioritizing your time is one of the most important things a student athlete needs to learn," Carpenter said.

While all are looking forward to graduation and a new stage of life, they are sad to say goodbye to their team and their sport.

"I've played since I was 10 years old so knowing that playing softball will be all over after this season is sad to think about," Boue' said.

All four offered similar advice for the younger players.

"Let go and have fun because before you know it, it will be over," Carpenter said.