



STAMPEDE

WHAT'S IN A NAME? STUDENTS FIND THEIR POLITICAL MATCH

Tiffany Florian, Staff Reporter | @Tiffytbagirl

Milligan students were chosen at random to take part in a survey about the presidential candidates. Statements from the official websites of Hillary Clinton, Gary Johnson, Jill Stein and Donald Trump were given to each participant. Students were told to select the statement they most agree with in four categories: education, immigration, foreign policy and environment.

Sophomore Kelly Sosa discovered that she agreed more with the third party, favoring Stein's platform on both foreign policy and environment and Gary Johnson's platform on immigration and education.

Sosa supports the idea of creating jobs and bettering the environment, at the same time. "It's really a two-for-one deal that sounds pretty good to me," Sosa added.

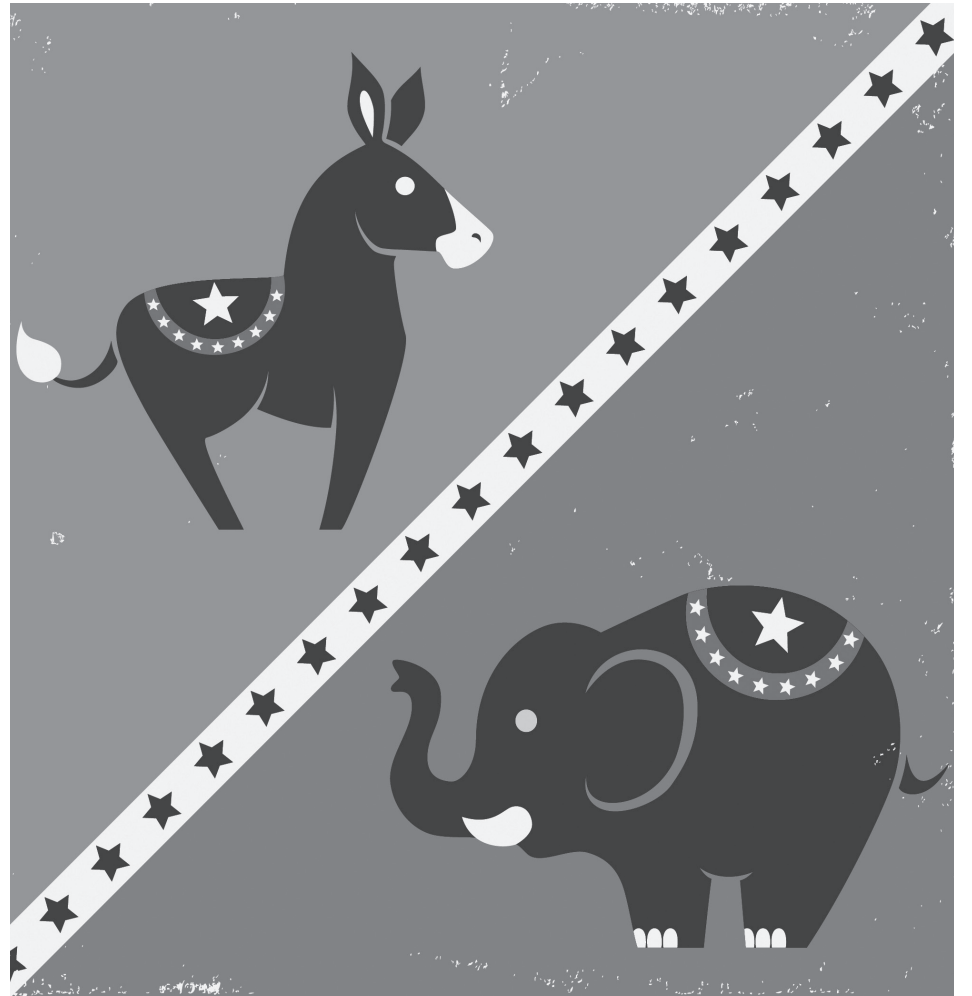
Green Party candidate Stein is known for her environmental-friendly platform, one of her goals being to "create 20 million jobs by transitioning to 100 percent clean renewable energy by 2030."

Sosa had not heard of Stein or Johnson before taking the survey, but hopes to do more research on both candidates before the election.

"I didn't really know voting third party was an option," she said. "Now I guess I'll have to Google them to find out more about them."

Other students, like Freshman Caleb Pennington, took the survey and were surprised with the candidates they agreed with.

"I didn't know I agreed with Hillary on anything, so this is surprising," Pennington said. *See Political Match, p. 4*



Graphic via Igor Serazetdinov



First Friday events take place on Main Street in Johnson City. Photo via Bailey Hight.

WEEKLY TOWN HAPPENINGS

Bailey Hight, Staff Reporter | @baileydhight

Despite its small size, Johnson City is a town brimming with events and activities perfectly suited for a college student who wants to get off campus. Grab a friend or a group and soak up some of the fun Johnson City has to offer!

First Fridays

Downtown Johnson City is where you need to be the first Friday of every month. From 5-9 p.m., East Main Street closes to traffic, and the community enjoys a free evening of entertainment. The options range from outdoor concerts, street performances, and vendors to storytellers and dancers. According

to DowntownJC.org, this event is full of "art, culture and life."

Farmer's Market

Wednesdays and Saturdays from 7 a.m. to 2 p.m., the Johnson City Farmer's Market is found downtown on Commerce Street, full of fresh vegetables, flowers, home cooked goods and a variety of other local treats. Farmers from all over the area bring their best reaps for the community to enjoy. You can also find fresh kettle corn and Amish donuts and perhaps get to pet a couple puppies!

See Happenings, p. 3

150 YEARS OF MILLIGAN COLLEGE: DERTHICK HALL

Patrick Lines, Staff Reporter | @patricklines

Henry Derthick, the eighth president of Milligan College, arrived on campus for the first time on June 10, 1917. Only three buildings on campus, one of which doubled as the local church, confronted him. Derthick would remain president until 1940, after bringing the school through World War I, raising over \$3 million to renovate the campus,

and keeping Milligan open through the Great Depression. In the 660,000 miles he traveled as president, Derthick never returned without pledges to help Milligan stay afloat. To anyone who researches President Derthick's contributions to Milligan, it's no surprise that our main classroom building is named after him. But if one researches

Derthick Hall itself, they quickly realize there is much more to learn than simply its namesake.

Although the version of Derthick Hall that currently stands wasn't completed until 2003, the very first building on Milligan's campus was built on the same spot. In time, it evolved into what we see today.

The original building was constructed in 1867 and was the only building on campus. Built for use by the Buffalo Male and Female Institute, it also doubled as the local church building. A third floor was added in 1881 as well as a side addition.

See Derthick, p. 2



Henry Derthick poses for a portrait. Photo via Milligan College

WEEKEND
WEATHER



FRIDAY
85° / 63°



SATURDAY
86° / 62°



SUNDAY
84° / 62°

Editor's Note

Amanda Florian | @Amanda_Florian
Sept. 22, 2016

Iridescent leaves--led by sturdy winds--collectively dance in the air, uninterrupted by the routine of everyday life, and for a moment, we catch a glimpse of autumn in its glorious choreography. And with this new season comes a feeling of warmth, along with a side of nostalgia, as the good 'ole days make an encore.

It's 2016--we live in a time in which typewriters, Polaroids, record players, film cameras and fedoras are all coming back. And newspapers? You bet.

You may have already noticed, but this year The Stampede is jiving to a more classic tune, throwing it back to a timeless black-and-white design (authenticity and transparency included free of charge).

As you read through the stories in this paper, our hope is that you not only gain information, but that the stories within the paper move you; challenge you; cause you to pause and ponder over new ideas; bring about change.

Consider the leaves that are ever-changing. The colorful, shapely items remind us over and over again that new seasons and new opportunities are beautiful. With this, let's embrace the past and see it not as a blemish but as another beauty mark; a freckle of sorts. The good 'ole days are far from gone. In fact, you might just discover that the good 'ole days are ever-present in this familiar yet freshly formed season.

MILLIGAN RANKS NO. 2 FOR THE BEST COLLEGE IN TENNESSEE

Emma Ellis, Reporter



Derthick Hall back in the day. Photo via Milligan College

Milligan College was recently ranked as the No. 2 college in Tennessee by bestcolleges.com, outranked only by Vanderbilt University in Nashville, Tennessee.

Best Colleges bases its criteria on what students may be interested in when choosing to attend a school and then creates a comprehensive evaluation of colleges based on academic quality and affordability. Qualities that prospective students would find important are also included, such as location, length of programs, graduation rates and student experience.

This exciting honor was celebrated by many in the Milligan community. Upon the release of this article on Best College's website, President Bill Greer sent out an email to students and faculty members, informing them of the award and the criteria behind it.

In a later interview, Greer stated that this is one of many recognitions Milligan has received recently, including the ranking of Milligan as one of the top regional universities in the South by U.S. News.

Speaking on these recent recognitions, Greer

said he is very proud of Milligan.

"I love what we do here," he said. "I knew we were among the best in Tennessee. It was flattering to be ranked No. 2."

Those who have attended Milligan know that, in comparison to other schools featured on this list, one of its most notably distinct features is its recognition as a Christian liberal arts university. The combination of scholarship in challenging academics--which in President Greer's words can be considered a "well-respected degree"--with a strong, Christ-centered community is what some say truly makes the school stand out.

In addition to being an honor for the school itself, according to President Greer, this should also be a source of pride for students attending Milligan.

"I think, for students, it's a great thing to be connected to an institution whose reputation is so strong," he said.

Read the full list of schools and criteria behind selecting Milligan College on bestcolleges.com or at <http://www.bestcolleges.com/features/best-colleges-in-tennessee/>.

DERTHICK from page 1

Within two years, over \$200,000 had been raised, and the Administration Building was reconstructed along with the renovation of Hardin Hall and the construction of Pardee Hall. This new building was considered state-of-the-art for its time, with three floors, an auditorium and science labs.

The Administration Building would remain the same until 1968. At that time, Milligan President Jess Johnson began a campaign to renovate the oldest building on campus. Once completed, the new building featured a 250-seat auditorium, modern science and language labs, and internal heating and cooling systems. Officially rededicated as Derthick Hall on Nov. 11, 1978, by President Johnson, the building had now taken a shape that would be familiar to Milligan students today.

Derthick Hall was renovated twice more, with the addition of today's southern entrance in 2001 and the Mary Sword Commons and red brick

walkway in 2003. The majority of what currently stands is a result of the 1968 renovation, but Derthick Hall history stretches back to the very beginning of Milligan College.

In his dedication speech for the new Derthick Hall, President Johnson said, "If Hopwood was Milligan's founder, then Derthick was its preserver."



Derthick Hall Past. Photo via Milligan College



The soon-to-be-renovated Administration Building. Photo via Milligan College



Derthick Hall as it is present day. Photo via Milligan College

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COOKING IN COLLEGE: 6 DORM ROOM RECIPES

Lily Knott, Contributor | @LilyMKnott_

Whether it's your first year or your last, it's pretty safe to assume that, while the cafeteria is a great place to hang out with your friends and grab a bite to eat, the food offered is probably not your mama's cooking.

For those of you looking for a bit more variety in your diet, The Stampede has you covered with these easy, go-to recipes you can make in your dorm room.

For most of these recipes, you'll need a Crock-Pot. Mini slow cookers can be purchased at fairly reasonable prices, some for around \$10. Also, with Black Friday fast approaching, chances are you will be able to find some good deals on the products in a month or so.

Here are some recipes me and my roommate Michaela Wolfe live by.

Michaela's Barbeque Chicken

Supplies: Crock-Pot, measuring cups/spoons

Ingredients:

Chicken Breast
Sugar
Garlic Powder
Onion Powder
Apple Cider Vinegar
Barbeque Sauce

Directions: Place 2 chicken breasts in the Crock-Pot and add ½ teaspoon garlic powder, ½ teaspoon onion powder, 1 teaspoon sugar, ¼ cup apple cider vinegar, and ½ cup of your preferred barbeque sauce. Cook on low for 3 hours, shred the chicken, then cook for another hour to allow the sauce to absorb.

Burrito Bowls

Supplies: Crock-Pot, rice-maker (optional), knife, bowls

Ingredients:

Chicken breasts
Rice
Cilantro

Corn
Water/Chicken Stock
Black Beans
Lime/Lemon Juice
Shredded Lettuce
Garlic
Shredded Cheese
Onion Powder
Sour Cream
Salt and Pepper
Salsa
Guacamole

Chicken Directions: Place your chicken, 1 breast per person, and 4 or 5 stems of fresh cilantro in your Crock-Pot. Add ½ cup water, to ¼ teaspoons lime juice, and shake in some garlic, onion powder, salt and pepper to taste. Cook on low for about 4 hours or until the chicken shreds easily. If you're not ready to eat it, turn the Crock-Pot to warm.

Assembling the Bowl: Cook your rice—minute rice works just fine. Pour any canned vegetables into microwave-safe bowls and heat those up in the microwave. Cut up some fresh cilantro and make your guacamole. Layer the rice, shredded chicken, black beans, vegetables, guacamole, and other toppings into a bowl and enjoy.

Guacamole

Supplies: Knife, fork, bowl

Ingredients:

Avocados
Onion/Garlic Powder
Lime/Lemon Juice
Tomato/Salsa (optional)
Cilantro
Salt
Chopped Onion (optional)
Chips



White chicken chili makes for a delicious, dorm room meal. Photo via Michaela Wolfe

Directions: Cut avocados in half; remove the pit and squeeze/scoop into a bowl. Mash with a fork to desired consistency. Add the rest of the ingredients to taste. Michaela and I wing this recipe every time, so add what you want until it tastes the way you like. Just remember to start light and add more if needed—you can't take a seasoning out once there's too much.

Monkey Bread

Supplies: Crock-Pot, knife, measuring cups/spoons, cooking spray

Ingredients:

Canned Biscuits 5ct
Brown Sugar
Butter
Cinnamon

Directions: Cut biscuits into quarters. Melt 4 tablespoons of butter in the microwave and dip each biscuit piece. Set aside. Mix ¼ to ½ cup of brown sugar with 1½ teaspoons cinnamon. Coat

each biscuit piece in the brown sugar mixture and place into the greased Crock-Pot. Drizzle leftover butter and any remaining brown sugar mixture on top. Cook on low for 2-3 hours or until biscuits are thoroughly cooked.

Bonus tips:

If you have a waffle maker, put a can of cinnamon rolls inside (one in each quadrant). Cook for a few minutes, and voila! Just make sure you spray both sides of the machine so that you don't overcook them--no one likes a burnt cinnamon roll. Also, try not to cook anything right under the really sensitive smoke detector. Trust me, your suitemates and fellow residents will thank you.

And if you don't have much of a sweet-tooth, you can make a quick and easy breakfast sandwich. Just buy bacon and follow the microwave directions. Buy a can of biscuits and cook those in a waffle maker. Place the bacon inside the biscuits and sprinkle cheese on top.

HAPPENINGS

from page 1

Open Mic at Willow Tree »

Whether you've got musical talent or simply enjoy listening to live music, the Willow Tree Coffeehouse hosts an open mic night every Wednesday from 6-9 p.m. Senior Aki Medhurst says that Wednesdays at Willow Tree are a time to get "good coffee and listen to great music."



Willow Tree in downtown Johnson City is a great spot for hot drinks, friends, and studying. Photo via Amanda Florian



People take part in Johnson City's Umoja Festival. Photo via Amanda Florian

Music on the Square »

While the weather is warm, Music on the Square happens every Friday evening in downtown Jonesborough. Live concerts feature a wide range of music that everyone can enjoy. Enjoy dinner at a unique, downtown restaurant, stop for some ice cream at the General Store and stay for a fun evening of entertainment. "It's down-home and enjoyable with a community feel. The people are a lot of fun, and I love that it's free," said local resident Jill Clark.



Food trucks in Johnson City offer select varieties of food, including tacos and Caribbean treats. Photo via Amanda Florian



Crowd gathers to enjoy Music on the Square in downtown Jonesborough. Photo via historicjonesborough.com

Monday Meal Deals «

When the struggles of being a broke college student sink in, treat yourself to an extra cheap meal on Mondays. Several restaurants in the Johnson City area hold special deals every week. Johnny Brusco's, a pizza restaurant, has pizza by the slice for \$1. Mellow Mushroom, another pizza restaurant in the area, offers this same deal. A fan favorite, Barberitos has a special deal each week called "Mini Monday" that features a \$5 mini burrito with a drink and, of course, the always free chips and salsa.

Presidential Debate Schedule

Sept. 26

Presidential Debate (Hillary Clinton • Donald Trump)
9 p.m. on NBC News

Oct. 4

VP Debate (Tim Kaine • Mike Pence)
9 p.m. on CBS News

Oct. 9

Presidential Town-Hall Debate
9 p.m. on CNN

Oct. 19

Presidential Debate
9 p.m. on Fox News

VOTE, BY GOLLY!

Kennedy Weber,
Contributor |
@xoxkennedyxo

Ah, yes—everyone's favorite topic: politics. For me, politics has been a front-runner in my mind, something that I eat, sleep and breathe. It makes sense, after all—I am a political science major.

As many people know, this election has brought some major issues into public view. In fact, it seems as though whenever someone asks me about my major, I have to follow up with “I also have a concentration in international politics.” (As if that really makes it better.)

Most people often reply with, “Well, who are you voting for then?” To which I normally respond, “I’ll vote for the candidate I agree with most.”

The person I’m conversing with will often start bashing one of the presidential candidates. I understand their frustration. But it’s important for everyone to note that, while Trump’s rhetoric may be a reason for concern and Clinton’s emails sketchy, both candidates (or the ideologies behind the candidates) want to make America “better.” They have very different ways of going about that, no doubt, but they do want what they think is best for the American people.

Everyone has a right to their opinion.

Also, I will not say that the world of politics isn’t corrupt. Sometimes the system is very confusing, and people do sometimes take advantage of that.

If you have watched the news or the national conventions on TV, the divide is clearly very big and very ugly. And here’s the kicker: One of the reasons there are two polarized parties is because moderates/independents/apathetic people don’t vote. Think of it this way:

According to a 2012 Pew Research study, almost 46 percent of eligible voters are moderates. These moderates don’t think anyone accurately represents them, so they don’t vote. So, guess who does the voting? Extremists on both sides. Politicians know this, so what do they do then? Appeal to the extremists on both sides.

See where I’m going here? If moderate/apathetic people would just vote, then politicians who appeal to their needs would get nominated! In the 2012 election of Barack Obama, the millennials (18- to 29-year-olds) decided the election, but only 24 percent of them actually voted. This means one thing: Our voices are not being accurately represented. So, what do we do about this? You and I need to vote—we all do. Before election day in November, look up all the candidates or take a quiz (a great resource is isidewith.com). And please, vote. Vote for the candidate that best represents you. The great thing about democracy is that voters do matter, and public policies are created by, well, the public. If you want something changed, it starts with you.

POLITICAL MATCH from page 1

“The way I see modern America is a country wanting to do good,” Rice said. “We want to do good, but we need Allies, because we can not do this on our own.”

Rice agreed with Johnson’s platform on the topics of foreign policy, immigration and education. He said the results of this survey don’t surprise him. Rice has been researching each candidate and is currently leaning toward Johnson.

“I think if he makes it, I will vote for him,” Rice said. “I mostly agree with him, not 100 percent but I don’t think there is a candidate I agree with 100 percent. So right now, I am leaning more toward Gary.”

Johnson is known for his stance against Common Core, but Barcenas said she noticed he does not mention free college tuition, like the other

candidates do.

Stein is fighting for tuition-free education from preschool to college. Clinton is known for her belief that all students should have the option to graduate from a public college or university in their state without taking on student debt.

While some view free tuition as positive, Barcenas believes removing the cost completely may only cause more problems.

“Making colleges free of tuition might help college students not have debt, but it could put taxpayers in debt, which would not be a good thing,” she said.

Contrary to Barcenas, Jesselle Blanco favors Clinton’s idea on education and thinks that free college tuition could be beneficial.

“Being in debt after college is a struggle and finding a job after school with a large debt is also really hard,” said Blanco. “If tuition was made free for college students or even more affordable that would really help.”

Blanco’s survey also revealed that she agrees with Clinton’s stance on both foreign policy and immigration.

“I don’t think it should be easy,” she said refer-

ring to Johnson’s stance on immigration.

According to Johnson’s website, the candidate wants to “make it simpler and more efficient to enter the United States legally.”

Blanco said citizenship shouldn’t be easy, but rather a process in which individuals are treated respect.

“They should consider families and be considerate of bringing families together,”

Blanco said she also agrees with Clinton’s platform of focusing on deporting those who pose as a threat to public safety.

Echoing Blanco, Barcenas said public safety is very important to her.

“I was born on the border and I am very aware of the violence in Mexico with drugs and the drug cartel,” Barcenas said. “Even though we would like to think that everyone is good, they are not and we need to focus on the well being and safety of our citizens first.”

Barcenas learned that she agreed with Trump on the topic of immigration, but she said she plans on researching each candidate before the election in order to make a well-informed decision.



Via Pexels

ABSENTEE BALLOT DEADLINES APPROACH

Maddie Barnett, Staff Reporter

Voting in person is as simple as showing up to your local polling station, but the paperwork involved in getting there can be tricky, especially for first-time voters. Below are some resources for those who need to register to vote and/or for those who require an absentee ballot because they are far from home.

In all states, citizens are eligible to vote as long as they are 18 years of age before the election (except Alaska, where those within 90 days of their 18th birthday can also vote). Every state (except North Dakota) also requires, however, that all legal adults also register to vote in their state of legal residence before showing up to the voting booths.

The national deadline for voter registration is in early October, though the exact day varies by state. To discover your state’s deadline, find your state of legal residence here.

For those who have registered to vote, but whose county of legal residency is too far away to reach

before the presidential election on Nov. 8, you are still able to vote via mail-in ballot. In order to have your ballot mailed to you, however, you must first fill out your state’s unique absentee ballot application form.

To access any state’s version of the absentee ballot application form, as well as the deadline for the application to be received, Google has provided a useful tool. To open and download your state’s form, simply select your state from the drop-down menu under “how to,” select “by mail” and click on the PDF button for a PDF version of the form. Download the file and follow the instructions from the Google tool.

To mail your voter registration form and/or absentee ballot application form, find out which office you must mail your paperwork to (which can be found using the Google tool above), and address the envelope accordingly. From there, find a nearby post office, drop it in the appropriate box and send your form off.



Via Pexels

REVIEW: 'SULLY' BREAKS ALL THE RULES FOR ALL THE RIGHT REASONS

Amanda Florian, Editor in Chief | @Amanda_Florian

Runtime: 1 hour and 36 minutes

Tom Hanks doesn't like to play it safe. In his latest film, "Sully," Hanks takes on the role of Chesley Sullenberger, a heroic pilot who isn't quite ready to show off his cape.

Directed by Clint Eastwood and based on a true story, the film wastes no time introducing viewers to the humble protagonist and his co-pilot, Jeff Skiles (Aaron Eckhart). As seen in the theatrical trailer, Captain Sully successfully lands U.S. Airways Flight 1549 on New York's Hudson River, and although all passengers and crew on board are rescued, the pilot remains troubled by the incident, having multiple flashbacks to the emotionally and physically exhausting day: January 15, 2009.

On top of that, the National Transportation Safety Board (NTSB) acknowledges the fact that Captain Sully safely (and successfully) made the swift, emergency water landing, yet the board members still want answers, opening up an investigation after the so-called miracle on Hudson takes place.

From the start, viewers will root for Captain Sully, hoping that his story finishes without a crash-and-burn ending. But the machine vs. human debate soars to new heights as the pilot fights

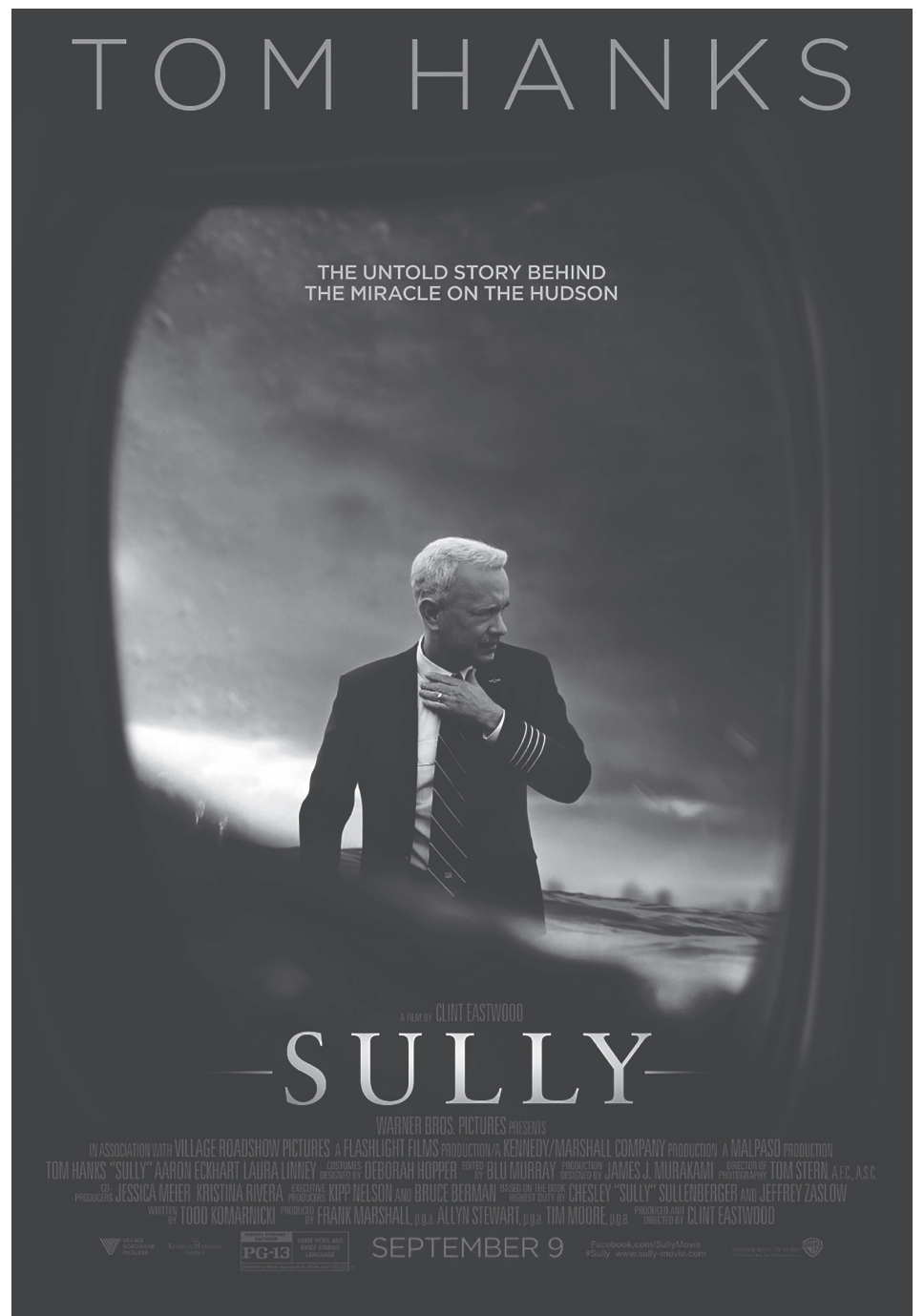
to defend his swift choice.

The film doesn't linger on action scenes for long. Rather, it allows engaged viewers to take a break with its moderately paced flow. Pauses, or caesuras, allow for moments of reflection, and it's in those moments that viewers gain a better understanding of the humble hero.

Bombastic noises and quick, jarring cuts immediately bring viewers to the forefront of the action. The opening scenes, full of calamity, contain the element of shock, reeling viewers in through a series of flashbacks. The sequences are accompanied by a majestic score, along with a montage that gives viewers just a sample of the pilot's overwhelming, internal thoughts.

"Sully" is one film that breaks the rules when it comes to having a typical narrative structure, especially since it's not the heroic-drama most viewers expect to see when thinking of the genre. Captain Sully, who's been flying for 42 years, isn't asking for attention. The humble hero is merely trying to make sense of the complex event and move on.

All in all, Hanks and Eastwood deliver a film that humanizes the hero in the most authentic form. "Sully" is a must-see for those looking for a stellar window-seat drama.



Via Warner Bros.



Via Netflix



Via Fox

Netflix has a wide variety of shows that you can watch in an instant. If you are looking for a new series to watch, here is a short list to get you started!

Stranger Things

"Stranger Things" is a suspenseful show about a group of four elementary boys. One night, one of the boys goes missing. The other three boys and their small town go on a mission to find him and wind up uncovering a mystery involving secret experiments and a mystery girl named "Eleven," or "Elle" for short. The first season was extremely successful and the second season is scheduled to premiere on Netflix in 2017.

Lost

After their plane crashes, a group of survivors must work together to survive on a seemingly deserted island. As they learn more about each other, they also begin to learn more about the island, which is filled with puzzles. Each episode ends with a cliffhanger, making it easy to binge-watch all six seasons at once.

Gossip Girl

Want to know what it's like to live in the upper east side of New York? "Gossip Girl" tells the story of a group of wealthy friends that go to school and live luxurious lives--all while trying to uncover the identity of the mysterious blogger, Gos-

FALL FLIX: WHAT TO WATCH ON NETFLIX

Becca Guthrie, Staff Reporter | @reguth4

sip Girl. Although they may be rich, money can't solve all of their problems when it comes to relationships and family. Netflix provides all six seasons for you to enjoy.

New Girl

When Jessica "Jess" Day moves in with three male roommates shortly after a rough breakup, it makes for a variety hilarious misadventures. Although her roommates are at first skeptical about her moving in, they quickly take her under their wing and show her the ways of the world. This comedy series touches on relationships of all forms, the craziness of day-to-day life and what it takes to make it through life. There are four out of the five seasons out on Netflix.

One Tree Hill

"One Tree Hill" tells the story of half-brothers Lucas and Nathan, and their group of friends.

The young adults of Tree Hill try to keep their friendships intact while balancing their schoolwork, jobs and relationships. Throughout the nine seasons, "One Tree Hill" follows the young adults as they try to discover their callings in life. The series ends when the members of the group are adults and shows how all of their life choices affect their adult lives.



Via Walt Disney Studios

HOW MUCH DO YOU ACTUALLY KNOW ABOUT CYCLING?

Becca Guthrie, Staff Reporter | @reguth4

In 2016, Milligan's cycling team won the USA Cycling Collegiate Road Race National Championships for the second straight season. The women's cycling team helped them win five of the six events that make up the national road race championship by earning a gold in the women's time trial. The cycling team is hoping to achieve this goal once more in the 2017 season.

"A lot of stuff goes into the sport of cy-

cling," said Diana Ramos, the backup sprinter for the cycling team. "It would take hours to explain the whole sport."

Track, cross and mountain bike races all take place in the fall; road races occur in the spring.

Track races take place in a 250-meter, bowl-shaped track. Track race events include the "team pursuit," "flying 200" and "scratch race." These races are won individually, but the overall team score

is decided by adding the individual points.

Cross races range in difficulty. They consist of obstacles, hills to climb and wood obstacles to jump.

Mountain bike races are on a short track and are designed for the "climbers" on the cycling team to compete in.

Everyone on the cycling team competes in the road races. These races allow for more tactics and "blocking." Each year's tactics vary and depend on the cyclists on Milligan's team as well as the cyclists on the other teams. There are few "sprinters" on this year's cycling team.

CYCLING DEFINITIONS & TERMS

Blocking--When the whole cycling team moves to the front, makes a "wall" and doesn't let anyone cycle past them.

Kit--The whole cycling outfit.

Chamois (Sham-mies)--The bottom pants part of the kit.

Chamois time is training time--Anytime the cyclists are in uniform should count as training time.

Bonked--Completely out of energy.

Climbers--Cyclers whose specialty is cycling up hills.

Mechanical--Term used when something goes wrong with the bike.

Yelling "Up"--A way to tell a fellow cyclist on the same team to go faster, because another cyclist from a different team is approaching or "attacking."

Yelling "Stick"--Telling another cyclist to stay where they are, because they are being passed.

Dropping--Falling behind and losing the front or lead pack of cyclists.

Tan lines--From chamois, both a sign of pride and annoying at times.

COMMUNITY AND THE KAMWASIRS: MY STUDY ABROAD EXPERIENCE

Michaela Dove, Contributor



While in Africa, Michaela Dove milked a cow. Photo via Michaela Dove

It's 4 a.m., and I'm tossing and turning in bed.

I'm surrounded by walls made of sticks and mud; feeling overwhelmed. My perspective on life is changing.

So many of my opinions and beliefs had been shattered on this four-month study abroad trip to Uganda.

"What did it mean to love my neighbor as myself? Was American culture leading me to a selfish lifestyle?"

As I wrestled with these thoughts, I went outside and became mesmerized by the beauty of the stars. The vastness of the sky was enough to remind me of how small I was in the Kingdom of God.

My time in Uganda challenged me to become part of something greater than myself--a community. Warm memories come to mind when I think back on the week I spent with the Kamwasirs, a rural family in the cool mountains of Kapchorwa. It was there that they welcomed me to become one of their own. They taught me to milk a cow for my own hot chocolate, carry sweet potatoes on my head and cook posho (mashed corn flour) over a fire. What I loved most of all were the nights I spent with my host siblings, sitting for hours in darkness while patiently waiting for a meal of bananas and g-nut (groundnut)

stew. We didn't have much--in terms of electricity or entertainment--but we had enough. We were content with the company of one another.

In America, we are constantly bombarded with distractions that isolate us from one another. Our culture demands that we "put ourselves first" at the expense of the people in our lives. Living with my selfless

Ugandan family convicted me of this, and I --over time--learned to embrace life in a more intentional, community-centered way. In order for me to learn this lesson, I had to escape "the familiar," and venture out of my comfort zone.

This is what spending a semester abroad is about. When we are in situations of discomfort, we are better able to hear the voice of God because we recognize how much we need Him. This helps us grow in our faith and moves us toward our goal of becoming effective servant-leaders in the community. Studying abroad is a transformative experience, and in the near future, I hope Milligan increases opportunities for more students to take part in that experience. Every student who wants to grow in Christ and in character should be allowed the chance to do so.

STUDENTS SHARE THOUGHTS DURING SUICIDE AWARENESS MONTH

Tiffany Florian, Staff Reporter | @Tiffytbagirl

The month of September is nationally recognized as Suicide Prevention Awareness Month. Milligan students and members of the counseling center spoke to The Stampede about prevention and encouraging students to have open conversations about suicide and mental health.

The number of suicides in the United States has been on the rise since 1999 in individuals between the ages of 10 to 74. This public health problem has grown to become the third leading cause of death among adults, yet it is rarely talked about.

"Whenever a conversation about suicide comes up, we don't really know how to handle it and so we don't really talk about it," Sophomore Eric Meadows said.

Dr. Christine Browning, a psychology professor at Milligan, said students tend to shy away from talking about this topic, because it's extremely personal and can be difficult to talk about with others.

Sophomore Bethany Witherspoon said that while these conversations may be difficult to have they are essential for good mental health.

"Vulnerability is such a huge thing and opening up and getting past those tough conversations is really important," she said.

Browning said said one of the biggest misconceptions about suicidal thoughts is that talking about it encourages someone towards harming themselves.

"One of the biggest things we can do if we notice a change if a friend's personality is ask, Have you had any thoughts about hurting yourself?" she said.

Browning said many people are afraid to ask that question, because they think it might drive a person to do something harmful, but in reality it shows the per-

son you care.

"That invitation to talk about it really helps, because it tells the person I care enough about you to notice and ask about you," she said. "By not saying anything, you are actually saying I don't care enough to ask."

Witherspoon said that sometimes individuals are under the misconception that if we ignore the problem it will fade away on its own.

"I think that sometimes people think that if we ignore the problem, that it will just go away, but that's not the case," she said. "We need to talk to talk to our friends about their problems and ask about self harm."

Meadows said that everyone goes through low points in their life, but talking with family members about mental health can be greatly beneficial.

"There was a time when I struggled with depression and thoughts of suicide because of the medication I was on, but my family and faith really got me through it," he said.

Witherspoon said, "Depression and suicide can affect anyone; even the person that looks like the happiest person in the world, I mean look at Robin Williams," she said referring to the comedian and actor who took his own life in 2014.

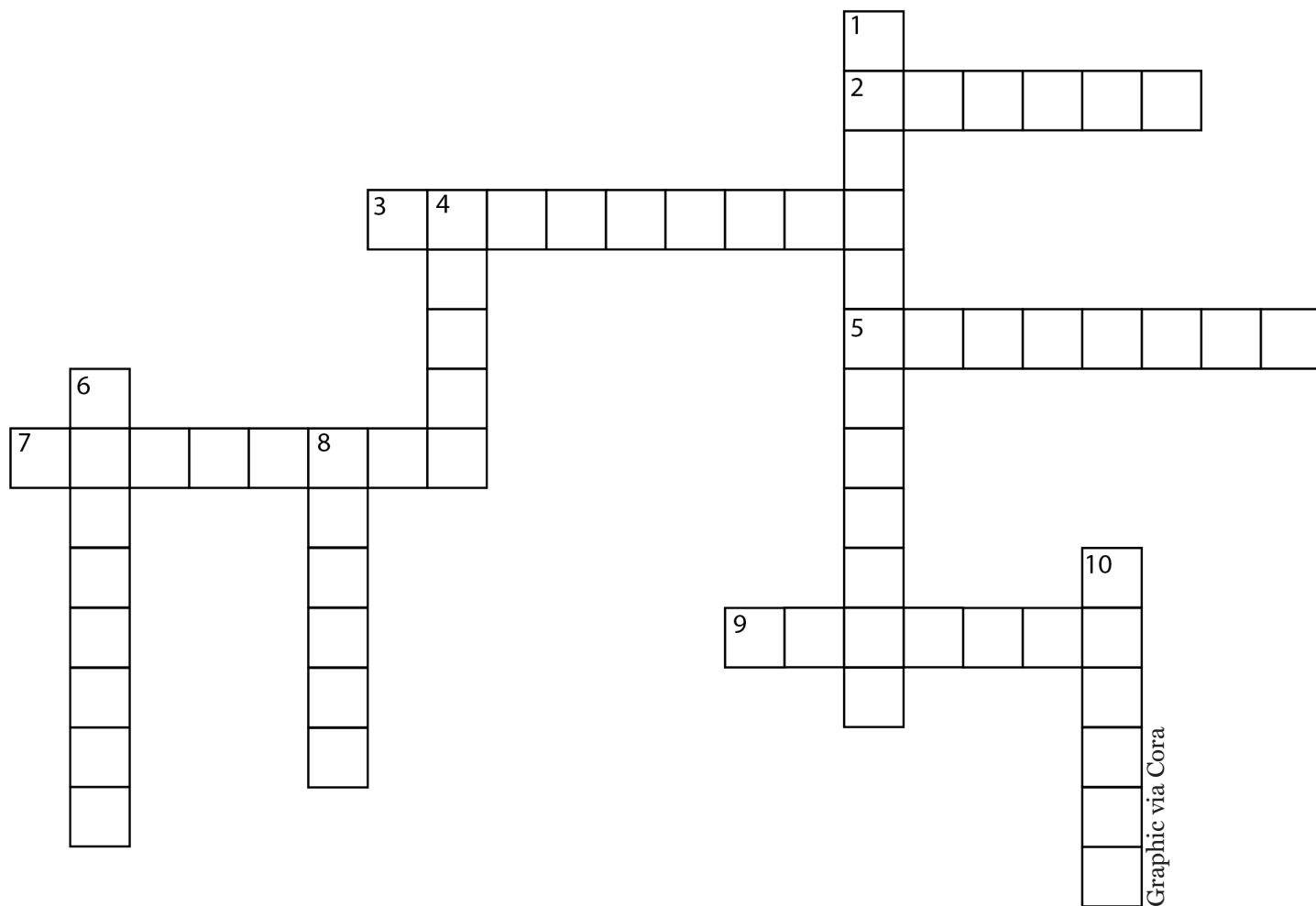
"Depression and suicidal thoughts don't discriminate so it's important we check up on our friends," she added.

The Milligan College Counseling Center offers short-term services to students, faculty and staff free of charge. To make an appointment call (423) 461-8500.

The Stampede Write for us!

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Autumn is Coming



Graphic via Cora

Across

- 2. An outdoor activity that involves walking through the woods or up a mountain
- 3. A holiday which involves dressing up and eating copious amounts of candy
- 5. An item of clothing most wear when the weather gets chilly
- 7. A labyrinth of crops with only one path out
- 9. Friends roast marshmallows at this outdoor event

Down

- 1. An American holiday where families gather and eat copious amounts of food
- 4. Fruit associated with fall; can be made into butter and cider
- 6. Sport that comes every fall; high school and college
- 8. Another term for "Fall"
- 10. A symbol of autumn; falls from the trees in this season

Answer Key: 1. Thanksgiving; 2. Hiking; 3. Halloween; 4. Apple; 5. Sweaters; 6. Football; 7. Cornmaze; 8. Autumn; 9. Bonfire; 10. Leaves

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