



STAMPEDE

A Tale of Two Marches: Milligan Students March Around the Country

Kennedy Weber, Staff Reporter | @xoxkennedyxo

Milligan students have found ways to get involved in politics though different marches and protests going on across the country.

On Jan. 21, the day after the inauguration, several Milligan students drove to Washington D.C., Asheville, and Jonesborough to participate in the Women's March.

While 2.6 million participants marched in cities around the world, 500,000 of them marched in Washington.

Rachel Simmons, a junior, drove to D.C. to march with her friends. "The energy of the crowd was empowering, and it was really cool to be in a crowd with a bunch of other people that are passionate about the same things as me," Simmons said.

The Women's March followed Inauguration Day, and many people felt as though it was a protest of the new president.

Simmons said that, though some were protesting President Trump, his presidency was not the main reason people chose to march.



See "Marches," p. 2

The participation in the Women's March in Jonesborough exceeded expectations. Photo by Kennedy Weber, The Stampede

The Two Amys on House Cleaning Staff

Gabe Logan, Staff Reporter | @GabexLogan

The scramble begins from building to building. Trash must be taken out, tables wiped down and floors mopped. Tables must be in their proper place, chairs in order and the bathrooms shining, even the commode.

This is only the beginning of a long day for housekeepers Amy J. Simmons and Amy Huckaba, and it's only 7 a.m. The ladies must be in and out of the designated buildings before any students or teachers arrive.

Both Amys have been working at Milligan for around five years but have been friends for 20 years. Simmon's husband even officiated the Huckaba's wedding. Huckaba got the job first and told Sim-

mons. about it, who then applied.

I worked alongside the two Amys two summers ago for about three months. Those three months were enough for me. The 5 o'clock morning with sometimes full eight-hour days of hand scrubbing bathroom floors and toilets were not the most enjoyable times, but I am grateful for them.

After working with the two Amys, I realized that every clean classroom I enter is because of the housekeeping ladies. I also began to notice that when the trash cans are empty, it isn't because they magically take care of themselves. No, someone hauls the bulky bags over their shoulder to the dumpsters.

The things I took for granted, like clean Derthick bathrooms, were only clean because these seemingly hidden people took care of it for me. After seeing the work that goes on behind the scenes, I gained an appreciation for the people that help make my day go a little smoother.

I caught up with the two Amys and asked them just what keeps them serving every day at a job that calls for little recognition?

"My family. My son is able to attend Milligan because of this job," Simmons said.

"My husband, for me," Huckaba said. "He is also to go to school at Milligan, but we also love making relationships

with the students who work with us. It helps us feel more a part of the school. It is special to see them during the day and say 'hello' or 'how are you doing?'"

"We don't expect to be thanked, but it does feel nice to be appreciated," Simmons told me.

Huckaba followed with, "I remember one time at a Milligan faculty and staff cookout, President Greer came and sat with three of us housekeepers. It meant a lot to us, because he is a celebrity at Milligan, and he always treats us as equal people and says hello."

The full housekeeping staff will continue to serve our community and do it often unnoticed, but it is important to remember if your pastor and the housekeeping ladies both went on strike, we would ask for the Amys back first.

Is There Enough Parking on Campus? Here are the Numbers

Brandon Smith, Staff Reporter | @brandons19941

Many students have been concerned about the number of parking spaces available to them, and for good reason. According to the Director of Property and Risk Management Brent Nipper, there are currently 806 parking spaces

available to students, not counting the parking spaces at Emmanuel Hill.

Here are the numbers of students with registered vehicles, provided by the Student Development Office:

- 372 - commuters
 - 349 - yellow stickers (Hart, Sutton, Williams, Milligan Village, and MSA apartments)
 - 183 - blue stickers (Webb, Quillen, and Kegley)
- These numbers add up to a total of



An example of one of the cramped parking lots on Milligan's campus. Photo by Brandon Smith, The Stampede

904 registered vehicles. While it should be noted that not every commuter is on campus at the same time, this undoubtedly raises some questions.

If one were to take out the commuter number, we would be left with 532

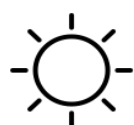
registered vehicles. This is far below the total of 806 stated by Nipper, so things are not as bad as they seem at face value.

But, in turn, this also results in another important question - is the parking being optimized to the best of its ability? Parking is prioritized by housing. Those with blue stickers arguably have the advantage, given that these students can park practically in the middle of campus.

During the 2016 school year, Milligan College issued a total number of 631 parking tickets.

See "Parking," p. 3

WEEKEND
WEATHER



FRIDAY
41° / 34°



SATURDAY
52° / 44°



SUNDAY
57° / 47°

Editor's note

Tiffany Florian, Editor in Chief | @Tiffytbagirl

When I was in grade school, Valentine's Day was a huge deal. It was the one day a year where kids could walk around on a sugar high with lollipop-stained teeth and pockets full of candy. And of course it was the day to hand out Valentine's Day cards. I don't mean long, sappy Valentine's Day cards; I mean the fun, simple ones. The ones that were about the size of an "L" if you made the shape with your thumb and pointer finger. The ones that included cheesy sayings, like "You're a purrfect friend" with a picture of a cat in the corner. The ones that, if you were lucky, included a scratch-and-sniff sticker or a temporary tattoo. These were the cards that filled my backpack every year on Valentine's Day, and I loved it. But, my favorite thing about the holiday was giving out these holiday gems. The day before Valentine's I would write down the names of every student in my class, so as to not forget anyone. I would handwrite each greeting on the card: To Rebecca, From Tiffany. The following day, I would read each name and give them to the corresponding individual. As I was handing out my handwritten valentine to one of my peers, he handed me one in return. It simply said: To You, From Me. I was shocked that someone handed me something so generic on a day that was supposed to be so personal. It didn't even have my name on it. It lacked every personal touch.

As you read through the stories in this print edition, our hope is that you feel like these stories were written in here just for you. We hope you find stories that will inform you, move you and inspire you, that we can be your microphone and write about the issues that you care about.

Enjoy,
Tiffany Florian
Editor in Chief

THE STAMPEDE

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Marches, from front page

"I chose to march for equal rights for women and minorities, like the LGBTQ community, Muslims, people of color and refugees," Simmons said. "I marched to stand up for those who can't stand up for themselves...and to bring awareness to and shed a light on the hate, sexism and racism in this country."

After the Women's March, President Trump tweeted, "Watched protests yesterday but was under the impression that we just had an election! Why didn't these people vote? Celebs hurt cause badly."

Following the tweet, social media was flooded with reactions, including extremely large backlash coming from citizens who didn't agree with the premise of the march.

Jan. 27, six days after the Women's March, the March for Life was scheduled with a different agenda.

Brianna Snyder, a freshman who attended a March for Life in Mountain City, Tenn., said the things she saw in the feminist movement and Women's March persuaded her to march in favor

of life.

"I think that the women's rights movement has become more than (women's equality) now, and it is beginning to infringe upon the rights of the unborn, which in no way is equal rights for all," Snyder said.

The March for Life is an annual pro-life march that did not draw as many people across the world as the Women's March. However, it did have Vice President Pence speak at the event in Washington and had a tweet of approval from President Trump.

"I have a special burden for the unborn, and I feel like their God-given right to life is being threatened by a large part of our society," Snyder said. "I want to raise awareness that Christians are not all out to judge and attack mothers in tough situations but to show Christ's love by promoting more wholesome options than abortion such as adoption."

While both Simmons and Snyder have very different views, they both marched to speak out for people who are unable to be heard. Both women also feel as though the country should unite,

though they disagree what America should unite on.

When Simmons was asked about the pro-life march, she responded, "If you believe in something, you should stand up for it. If people are pro-life, then they should absolutely march." She continued, "We can't be like this forever. We can't keep fighting and hating each other. I know it's a far stretch, but I think what this country needs is a lot of love."



Brianna Snyder shows her sign at the March for Life in Mountain City, Tenn. Photo by Brianna Snyder

OPINION: Trump on the Environment

Shaun Whitson, Staff Reporter | @whitson_shاون

Donald Trump officially stepped into presidential office Jan. 20, and, with it, the White House's official website received multiple updates. A number of changes were made to the site, including a complete revamp of the "Issues" section. Links to news on science and all mention of climate change, which took up several pages before, were removed as well.

Arguably the most controversial aspect is the America First Energy Plan. It states that "President Trump is committed to eliminating harmful and unnecessary policies such as the Climate Action Plan and the Waters of the U.S. rule." The stated goal is to take advantage of \$50 trillion worth of untapped shale, natural gas and oil and to use the revenue to fix our infrastructure. A professor at the University of Colorado in Boulder, says this number is "a huge mischaracterization." The plan implies that this is the best way to end our energy dependence on other nations despite the large growth of jobs from renewable

energy. It also states that the Trump Administration is "committed to clean coal technology." In support of this plan, Trump signed off on both the Keystone XL and Dakota Access pipelines even after a recent Iowa diesel pipeline spill of 138,000 gallons of diesel fuel. This plan leaves out crucial details, such as how this will be done or the possible impacts from these decisions.

According to National Geographic, coal represents the dirtiest of all fossil fuels, producing nearly 40 percent of global carbon emissions. Environmentalists say that clean coal is a myth, because carbon capture and storage is an extremely expensive and inefficient process that takes up many acres of land. At the Mountaineer Power Plant in West Virginia, the first national attempt at making any coal power plant produce lower emissions through carbon capture and storage was a project that cost \$100 million dollars. I calculated that this project was only able to capture one to three percent of the 8.5

million tons of the carbon dioxide emitted during the year it was operational. This suggests that we do not currently have the technology to make "clean coal" a reality.

According to Bloomberg, last year in the US there were 100,000 jobs in wind energy. The solar industry has produced over 200,000 jobs in the last decade alone. The coal industry has been rapidly declining for years, which has reduced their workforce to around 68,000. Add this to the fact that China plans to produce 20 million jobs in renewable energy before 2020, and it would seem that investing in these jobs would be wiser.

These past few weeks the EPA has had a large amount of pressure against them. Shortly after becoming president, Trump instituted a "media blackout" which barred EPA officials from speaking to the public. Vanity Fair reported that the White House has ordered the EPA to remove their climate change webpage.

See "Trump & Environment," p. 3

Trump's Inaugural Speech is One Similar to Ronald Reagan's

Kennedy Weber, Staff Reporter | @xoxkennedyxo

After a harsh election season, many people were looking forward to a unifying speech from President Donald Trump at his inauguration on Jan. 20.

What President Trump did give was a speech similar to those his supporters would have heard during election season. In fact, Trump's speech reflected the same themes he would have addressed during his campaign in states heavily affected by globalization, like Pennsylvania or Michigan.

Seemingly riding off the "drain the swamp" rhetoric that he used during the campaign season, President Trump said, "What truly matters is not which party controls our government but whether our government is controlled by the people."

Dr. Amy Edmonds, professor of political science, said Trump's speech - while encouraging to his supporters - "revealed a dark view of America. He

depicted an America where 'factories closed,' where crime and gangs are rampant and where the education system leaves students 'deprived of all knowledge.'"



Trump gives his inaugural address to the American people. Photo by USA Today

According to President Trump, these issues are caused by the "elites" in Washington, who have "reaped the rewards of government while the people have borne the cost."

This rhetoric is vaguely similar to that

of President Reagan's inaugural speech. "Similarly to Reagan, Trump focused on the government as the source of America's problems," Edmonds said. "However, Reagan insisted it was the goodness and creativity of ordinary Americans who were the key to American renewal, if only government growth wouldn't stifle them."

"In contrast to Reagan," Edmonds continued, "Trump seems to suggest that he, as the voice and representative of the people, is the leader who will save America by ensuring the government focuses on the Americans who have been 'left behind.'"

The driving point of his speech was to drill in the slogan that will be his administration's theme for the next four years: America first. America will be first economically and internationally through smart trade deals and a hard-line plan to "destroy" radical Islam.

Starting Your Semester Strong

Bailey Hight, Contributor | @baileyhight

New year, new you, isn't that what they say? This is usually our intention, but we end up falling into the same habits we wanted to change. Our intentions are only the starting point; it is our mindset that needs the discipline. Developing healthy habits takes time, repetition and a good attitude. Whether you are a freshman with many semesters to go, a senior with one semester left to prove yourself, or anywhere in between, here are a few tips that might help your semester start off strong before chaos ensues.

Buy a good planner. And use it!

Planners save lives, I mean grades. Don't let your daunting pile of syllabi haunt you. Get a planner that fits you

(plain, cute, pocket-size, desk-size, spiral-bound, a wall calendar, etc.), buy some cool pens, set aside an hour, go to a coffee shop and secure those important due dates into your planner. You'll be thankful you did. Especially you visual learners.

Schedule times specifically for homework and free time

Yes, this may sound a tad meticulous, but balance is just so important. If you discipline yourself to a consistent schedule, you'll find that you have plenty of time to either recharge and do nothing or spend some time with friends. Pick a time slot where you are completely devoted to homework and a time slot where you do whatever you choose. Most importantly, don't neglect one or the other!

Make a semester bucket list

With all the projects, exams and assignments looming over your head already, combat the inevitable pre-stress by making a list of things you want to do this semester. Whether that is traveling somewhere, hiking to a certain view, making it to the gym or trying out

new restaurants, jot it down and set out to cross those fun things off that list.

Bring meaning to your mornings

I can't speak for all my peers, but I have a feeling most of our mornings look very similar: waking up to the "this is the last possible alarm I can set and still get to class on time" alarm, rushing to get ready, grabbing a quick breakfast (aka granola bar) and rushing out the door, eyes still barely open. There is so much value and benefit in a morning routine. It is so important to give yourself plenty of time in the morning to wake up, eat a wholesome breakfast and spend some time in scripture. When your mornings have a purpose, it makes for a (hopefully) more productive day.

Get to know your professors

You already know you'll be spending a lot of time with your professors this semester, sometimes in more than one class. These individuals are experts in their field, and they have so much knowledge and wisdom to give - soak this up while you have the opportunity. It will make going to class a little more enjoyable.

Parking, from front page

Let's say for some reason, a student must depart campus in the afternoon. If that student gave up their parking space, left, came back and the space had been taken - and there were no available spaces in their designated area - it is possible a student would deliberately have to park in the wrong area in order to avoid being late for a class. Sure, this is merely speculation and theoretical, but the number of parking tickets speaks for itself.

This may not be why there are so many parking tickets, but it may be a factor. Most of the parking areas near academic buildings are for faculty, staff, or commuters and not for residential students.

While it seems there are usually enough parking spaces for students on campus, and, at other times, not enough, this does not mean parking on campus is simple, especially given the parking tickets. For instance, many buildings do not even have parking.

The communications building on campus, located at 300 Derthick Loop, has a single 10-minute parking space designated to the right side of the structure. Usually, students - as well as staff - will park here or in front of the building's main entrance or on the sidewalk next to the science building.

Further down the road, there is a parking space for service vehicles. Near the front entrance to Webb Hall, there is a service vehicle spot that students often park in for brief periods of time, though occasionally a vehicle will be parked there for hours. While this could merely be an employee working on the building - a service person - who is out of sight, students do park in this spot when parking is full.

What needs to be done about parking issues? That is not entirely clear, but the issue has been raised and considered in future advancements.

Last fall, in a question and answer session, President Bill Greer said, "Of course, there are plans for more parking and housing, but all of that depends on how quickly the student body changes and the availability of financial resources. This could take a number of years, and it may be that the plans change before it happens. There are several things out on the drawing board over the next 20 years."

Annual Biology Trip is Led by Dr. Eisenback and Dr. Whitney

Kristen Williams, Staff Reporter



Biology Trip 2016 Buffaloes in Canada. Photo by Milligan College Sciences Department

Biology professors Dr. Brian Eisenback and Dr. Michael Whitney are leading students on the annual Biology trip this year. The trip will be a 14-day tour of Texas, New Mexico, Arizona and Colorado from May 6 through May 20. The trip is open to everyone, including all majors, alumni and faculty and is a good opportunity for students to travel to places that might not have been otherwise available to them.

The annual Biology trip has been a longstanding Milligan tradition since 1972. On the trip, attendees will view both beautiful landscapes and wildlife. The trip was initially hosted by Dr. Lura and Dr. Wallace until a few years ago when they retired. Eisenback and Whitney have taken the reins and will continue the tradition this summer.

When asked about the trip Lura said, "It is not glamorous living conditions, but it is a heck of a lot of fun."

On the trip, students will be visiting national parks, going camping and sleeping in tents and vans. Participants will need to pack for both really, really hot weather and really cold weather.

On this journey, students, alumni and faculty will come together and enjoy the splendor of the great outdoors.

"This trip is a cool way for different majors to come together and make connections," Eisenback said.

The cost of the trip is \$560, which will cover travel, excursions, camping, camp

supplies, entrance fees and laundry but not food.

Students on the trip may take it for course credit, but there will be additional work. The tuition fee will be \$65 per credit hour. The Biology trip is considered an independent elective that will not count for any particular major but will go toward graduation requirements.

"I plan on teaching science for middle schoolers," junior Haley Greenwell said. "I think going on this trip would be good for me to see what I am going to teach about and to have pictures to show my students."

The annual Biology trip is currently accepting reservations. To reserve a seat get a deposit in as soon as possible to Dr. Eisenback or Dr. Whitney. There are only a limited number of seats available.

Trump & Environment, from p. 2

On the same day, the Guardian reported that all future data must undergo a review by "political appointees" before being released to the public.

According to the Guardian, Trump is the only current national leader to reject climate change. Even Bashar al-Assad of Syria and Kim Jong-un of North Korea have made statements accepting humanity's role. Whether or not this fact is true, developed countries such as the US are the only countries who can actually afford to transition to renewable energy by investing in the appropriate technologies. Others simply do not have the means to make this transition.

Environmental rhetoric has caused many officials around the world to become concerned. France's former head of state Nicolas Sarkozy stated that if the US were to leave the Paris Agreement he would "demand that Europe put in place a carbon tax" of one to

three percent for all products coming from the US. The US joined the Paris climate agreement in order to influence, the other highest polluters, China and India to join. If they backed out of this agreement, China and India would have less incentive to stay in. However, Fox News recently reported that Myron Ebell, Trump's EPA transition leader, said he expects the US to back out of the Paris Agreement within "days." Last year, Barack Obama said, "What makes climate change difficult is that it is not an instantaneous catastrophic event ... It's a slow-moving issue that, on a day-to-day basis, people don't experience and don't see."

Out of concern for our planet, California Governor Jerry Brown signed into legislature a bill that requires their state to cut greenhouse gas emissions to 40 percent below the levels of 1990 before the year 2030. Whereas Wyoming is proposing to place fines on companies

that use solar or wind instead of fossil fuels. Reuters recently reported that Republicans have repealed a law that helped keep pollutants from coal mining out of surrounding streams. Ending environmental regulations such as these will inevitably slow down and possibly reverse the progress we have made. The reversal of the effect that chlorofluorocarbons (CFCs) had on the environment is an example of the length of time it takes to make progress.

In 1987, the Montreal Protocol was signed, which banned all future use of CFCs. An article in the journal Science last year elaborated on how effective the ban has been. While there is proof it has been effective, it took us 30 years to get to this point. But Trump has also stated that innovation in the field of science does not require long-term investments. A group from the Massachusetts Institute of Technology took data during the month of September

for 15 years in a row and determined that the ozone hole has shrunk by more than four million square kilometers, which equates to about half the area of the contiguous US, since the year 2000 when the ozone was depleting at peak levels.

In an interview with the New York Times, Trump was asked if he thought human activity had a connection with climate. He responded, "I think right now ... well, I think there is some connectivity. There is some, something. It depends on how much. It also depends on how much it's going to cost our companies. You have to understand, our companies are noncompetitive right now."

I believe that life changing decisions on climate change should not be mandated purely off of making the highest profit. What will these actions mean for our country and its influence on the world? Concerned scientists are organizing a "March for Science" that is being scheduled for this year's Earth Day, April 22, in Washington D.C.

Restaurants to Try During the Course of the Semester

Cody Carlson, Staff Reporter

As the spring semester moves along, there are a few restaurants in the Tri-Cities area that are sure to fill up your belly and make your taste buds sing.

Wild Wing Cafe

Wild Wing Cafe, a new restaurant in downtown Johnson City, has arrived with an incredible range of delicious meals on the menu. Though the restaurant is known for its various types of wings and wing flavors, Wild Wing Cafe also serves delightful wraps and sandwiches. If you want to catch the big game or just share a delicious meal with family or friends, then Wild Wing Cafe is the place for you.

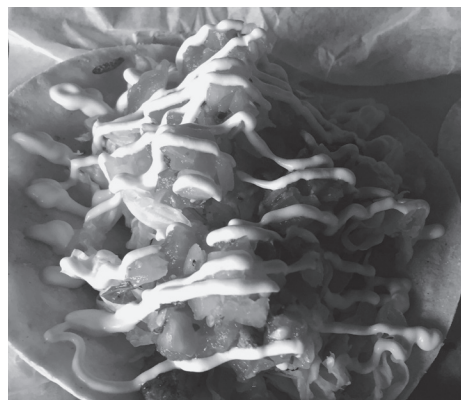
Wild Wings Cafe is located at 71 Wilson Ave, Johnson City, TN 37604



Wild Wing Cafe recently opened downtown. Photo by Cody Carlson, The Stampede

White Duck Taco Shop

If you are in the mood for some unique taco flavors, then White Duck is a must try taco shop in downtown Johnson City. From a simple steak-and-cheese taco to a mole-roasted duck taco, White Duck Taco has it all. While you wait for your food, make sure to get the chips and queso appetizer. After a satisfying meal, challenge your family or friends to an assortment of arcade games located in the back of the restaurant.



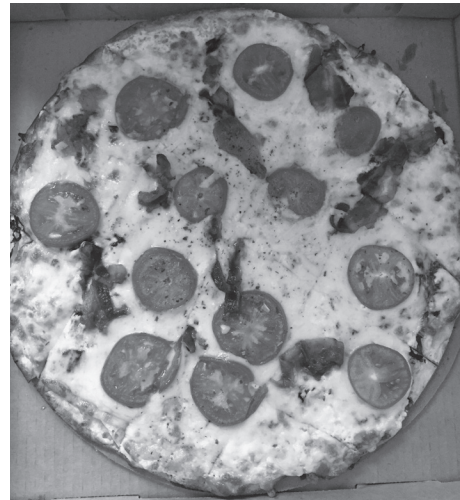
One of White Duck Taco Shop's delicious tacos. Photo by Cody Carlson, The Stampede

White Duck Taco is located at 126 Buffalo St, Johnson City, TN 37604

Cootie Brown's

There is no other place like Cootie Brown's. This unique restaurant features an exquisite menu that highlights certain dishes like burgers, italian dinners and creative pizzas. From the classic Margherita pizza to the Sunny Side Up pizza with sun dried tomatoes and eggs, Cootie Brown's is sure to grab your attention from the moment you glance at the menu if not when you pull up in the parking lot and see the eclectic decor. If you still have room for dessert after your meal, then you could try one of Cootie Brown's famous house-made pies. Whether you are meeting friends or joining your family for lunch or dinner, make sure you check out Cootie Brown's.

Cootie Brown's is located at 2715 N Roan St, Johnson City, TN 37601



Cootie Brown's famous Margherita pizza. Photo by Cody Carlson, The Stampede

China Garden

When you first glance inside China Garden, you might not think much of it. However, that is a mistake that could cost you great food. This Chinese restaurant takes pride in making authentic Chinese food, and it has certainly delivered. Personally, I love sesame chicken. I recently ordered the sesame chicken to go, and I ended up paying only \$5.42 for my entire meal. If you're on the go or craving good authentic Chinese food, then check out China Garden.

China Garden is located at 2111 N Roan St. Suite 5, Johnson City, TN 37604



Yummy and cheap cuisine at China Garden! Great news for every college student. Photo by Cody Carlson, The Stampede

Wheeler's Bagels

Wheeler's Bagels is the top-of-the-line restaurant for breakfast. Wheeler's serves some classic breakfast favorites including delicious bagel sandwiches, sweet muffins and pastries. With New York style bagels made from scratch, this bagel shop offers a wide assortment of bagels, from the yummy asiago cheese bagel to the sweet and tasty cinnamon crunch bagel. If you are in the mood for some coffee, then order a cup of joe with your bagel at their state of the art customizable coffee station.

Wheeler's Bagels is located at 230 Marketplace Blvd #160, Johnson City, TN 37604



One of Wheeler's Bagels' classic breakfast sandwiches. Photo by Cody Carlson, The Stampede

A Letter From Your (Not So) Secret Admirer

My dear beloved,
Are you listening? Pull up a chair and lean in a little closer.

I want to tell you something. Are you ready for it?

You are loved.

One more time for the people in the back:

You are deeply loved by the Master of the universe, and there is nothing you can do to change that.

You don't need a Valentine's card that says "mine" because I have already called you mine.

You don't need to pick petals off of a flower and wonder if "he loves me" or if "he love me not."

Because the final answer is "He loves you."

You don't need to define your beauty in how someone else sees you, because I have made you, and I say that you are fearfully and wonderfully made.

Your worth can not be measured in cars.

Find your worth in me and as heirs to my kingdom.

Don't become enthralled with flowers and candy-coated holidays, because my love for you is constant every day.

HEY YOU!
Yeah, you!
Have something
to say?
**THEN WRITE
FOR US!**

The Stampede team meets
every Tuesday night

6:30 pm
Paxson 108

To all the Single Ladies...and Gentlemen:

Lily Knott, Contributor | @LilyMKnott_

So, it's Valentine's Day, and you're single. Don't worry. I was alone on Feb. 14 for 19 years. Until my sophomore year of college, no guy had ever asked me out on a date, I had never had a boyfriend; boys didn't even ask to "hang out" with me in high school. And I was okay with that; I spent my Valentine's Days with my girlfriends, a celebration now referred to as Galentine's Day (thanks Leslie Knope).

Don't be ashamed of your singleness this Valentine's Day - embrace it. You can eat garlic and onion and not worry about whether or not your breath smells when he goes in for a kiss. You can lounge around in sweats, dirty hair and no makeup and no one will judge you. You can buy those heart-shaped

boxes filled with chocolates, and you don't have to share it with anyone, unless your equally single roommate is your date for the night.

Guys, go out with your friends, get some wings, play some games, watch a game or ask that girl out that you've been crushing on. It's Valentine's Day after all.

But don't be ashamed of your singleness. Don't feel like you have to have a significant other for life to be complete.

Probably the most important thing I learned in my years of being single was to just enjoy it. There is so much freedom and independence in your single years that you don't realize until you're in a relationship. And while being in a relationship is wonderful, you have an-

other person to consider. I waited years through middle school and high school for a guy to notice me and ask me out. All my friends had boyfriends, broke up, had more boyfriends, and then broke up with them, too.

I'm actually so thankful that I didn't date in high school; it saved me from the trouble and heartbreak that I saw so many of my friends go through. Seriously, one of my best friends dated this guy for three years of high school and was sure he was "the one." They planned on buying promise rings and everything, and a year after graduation, they broke up. She was devastated.

Whether you're in a relationship or not, don't find your worth and your purpose in your significant other or in

the presence or lack of a relationship. I learned to accept myself and to be happy with the life I was living. I stopped hoping that guys would ask me out and instead focused on being happy, making friends and living in the moment. Once I did that, I was asked out by the same man who will become my husband in less than a year.

So whether you're in between relationships, or you've never been in one to begin with, don't think of this Valentine's Day as a reminder that you're "forever alone" or wallow in self-pity that you're spending it in your room binge watching Netflix and stuffing your face with chocolate. Ask your other single friends to go get dinner and have a good time. Celebrate you and your friends. One day you'll celebrate with your boyfriend/girlfriend, fiancé, husband/wife, but enjoy you while you're single.

Happy Valentine's Day!

Local Church Hosts Special Needs Prom

Vanessa Quinones, Staff Reporter
@nesquinones

On Friday, Feb. 10, Crossroads Christian Church is hosting Night to Shine, a prom for individuals with special needs. This event, sponsored by the Tim Tebow Foundation, is only one of 350 proms happening across the world.

Crossroads will be participating in Night to Shine for the first time, and they are looking forward to giving people in the community a night to remember. Rita Booher, the Milligan contact for the event, explained that the concept behind this event is to provide “the best night and have that best night be a night at church.”

Throughout the course of the evening, attendees will be given the “royal treatment,” which will include a hair and makeup station, a shoe shining station, and a stroll down a red carpet with paparazzi. Afterward, refreshments will be available for all the guests, coupled with dancing to the beats of a live DJ. To top off the night, every attendee will receive a crown of their own as prom king or queen.

To pull this night off, Crossroads is in need of more volunteers. The ideal amount of volunteers for an event of this magnitude is over 100 so that individual attention can be given to each attendee.



Event promotion for the Night to Shine. Photo by Crossroads Christian Church

Milligan senior Sidney Bailey volunteered for a similar event where she acted as the paparazzi as attendees strut down the red carpet. “It was definitely an act of love from everyone who came to support, and it made a difference,” she said.

Guests and volunteers flooded the dance floor with hopes of giving everyone a night to remember.

“I remember dancing with one girl, and she lit up like no other,” Bailey said. “She was so joyous, and it was contagious. Hanging out with them for the night was so worth it and more.”

If you are interested in being a part of this prom night and volunteering for Night to Shine, contact Rita Booher at REbooher@milligan.edu.



A guest enjoys herself as she dances at an event similar to the Night to Shine event. Photo by Sidney Bailey

Great Dates That Won't Break the Bank

Shaun Whitson, Staff Reporter |
@whitson_shاون

Go to a Second-Run Theatre \$

If you are really strapped for cash, you can see a double-feature at a second-run theatre such as Real to Reel Theatre in Johnson City. You and your date can each pick a movie for cheaper than the price of one movie at a regular theatre. Make sure to take advantage of discounted concessions on “Wacky Wednesday.”

Enjoy Live Music \$\$-\$\$\$

For any music Buffs out there, there are two places in downtown Johnson City that host live musicians. Wellington's Restaurant hosts a jazz event on Thursday nights called JC Jazz Jam.

Even Milligan's own professor emeritus Rick Simerly occasionally joins the “jam.” Another ideal spot for live music is the Down Home, an eclectic music room that hosts concerts throughout the week and weekend. Down Home was even featured in the New York Times as a venue whose “entertainment ranges from local acts to nationally known stars.” You can grab a bite to eat at both Down Home and Wellington's Restaurant. On the menu at Down Home you will find items such as burritos, nachos and salads; Wellington's has steak, chicken and seafood dishes. The JC Jazz Jam is included in Wellington's entry fee. Concert tickets at the Down Home range from \$10-\$20.



Down Home, an eclectic music home in Johnson City. Photo by Tiffany Florian, The Stampede



A homemade Lumberjack waffle at Open Doors Coffeehouse. Photo by Sarah Carrion, the Stampede



A handcrafted latte at Dos Gatos. Photo by Tiffany Florian, The Stampede

Get Your Game On \$-\$\$\$

You and your date can spend the day together at the Silverball City arcade in downtown Johnson City. The arcade is open until midnight on Fridays and Saturdays. With your \$10 all-day wristbands, you can pop out for lunch at Freiberg's, Tupelo Honey Cafe or Label and come back to keep playing for as long as you please.

Grab a Cup of Coffee \$

Would you prefer going somewhere a bit more laid back? Then go grab a cup of tea or coffee. This would be the best casual way to get to know someone on a first date. A Milligan favorite would be The Coffee Company in downtown Elizabethton; however, it is better suited for a lunch date since the coffee shop closes at 5 p.m. daily.

Other popular coffee shops in the area include: Acoustic Coffeehouse, Dos Gatos Coffee Bar, The Willow Tree Coffeehouse and Music Room, and Open Doors Coffeehouse.

Take a Trip to the Theatre \$-\$\$\$

The Tri-Cities area also has a number of excellent theatres such as Barter Theatre, Johnson City Community Theatre, Jonesborough Repertory Theatre, Kingsport Theatre Guild and Theatre Bristol. These theatres run shows yearly, and the types of shows range from comedies to romantic plays to musicals. Jonesborough's Repertory Theatre is often praised for showcasing the most impressive performances at a decent price.

Sports Recap

Cody Carlson, Staff Reporter

Milligan's men's basketball team dropped their game at Truett McConnell on Sat., Jan. 28, by a score of 83-74.

Milligan played well in the second half of the game, but it was the first half that troubled the Buffaloes. At the half-time break, the Buffs trailed the Bears 42-20. The second half was a different story as the Buffs trimmed the lead all the way down to an eight-point lead for the Bears, but, with some clutch free throws in the final minute of the game, the Bears pulled out the win.

Jacob Cawood carried on his momentum from his career night against Montreat as he dropped in 19 points and picked up six rebounds. A career night for Aaron Levarity helped the Buffs trim the lead. Levarity added 13 points and 11 rebounds off the bench.

The Buffs fell to seventh place in the conference at 7-8 in conference play and 11-12 overall. This loss ended the Buffs two-game win streak.

Milligan's women's basketball team came out of the game on top of Truett McConnell on Sat., Jan. 28, with a score of 71-67 in an overtime thriller.

The Lady Buffs had a 22-point lead in the second quarter, but with about 1:21 remaining in the fourth quarter, the Lady Buffs found themselves trailing by four points to the Lady Bears. With clutch baskets from Kelly Barnett and



Tyler Nichols beats the opponents to a shot in the Truett-McConnell game. Photo by Milligan College

Sarah Robinson, the Buffs forced the game into overtime, where MacKenzie Raizor gave the Lady Buffs the lead.

A huge 3-pointer from Hayley Wyrick with about 1:13 left in the game gave the Lady Buffs a four-point lead. Raizor and Wyrick both ended the game with 14 points.

With this win, the Lady Buffs continued their win streak and pushed it to a six-game win streak. The Lady Buffs improved to tied for first in the conference at 13-3 in conference play and 17-7

overall.

Milligan's men's basketball lost a close game to the Rams at Bluefield on Wed., Feb. 1, with a score of 83-82.

The game remained close throughout the entire the game. Both teams entered halftime tied at 40 points. The Buffs jumped out of halftime and controlled the tempo of the game for almost the whole second half. With 10:42 left in the second half, the Buffs held an 11-point lead, but the Rams stormed back to eventually take the lead with three seconds left in the game. The Rams would go on to win the game.

Another strong performance from Jacob Cawood helped the Buffs stay in the game as he finished with 20 points and six rebounds. Tyler Nichols and Alex Biggerstaff provided some key points off the bench as they scored 17 and 14 points, respectively.

The Buffs fell to seventh place in the conference at 7-9 in conference play and 11-13 overall.

Milligan's women's basketball team lost their game at Bluefield on Wed., Feb. 1, with a score of 57-54.

The Lady Buffs were winning for most of the game, but a big run from the Lady Rams late in the third quarter gave the Rams an eight-point lead going into the fourth quarter. The Rams went on a 19-3 run to close the third quarter. The Buffs stormed back in the fourth quarter to take a big lead of 54-53 with 1:58 remaining in the game. A huge 3-pointer from the Rams with 10 seconds left closed the door on the Buffs.

The leading scorer for the Lady Buffs was Sarah Robinson with 16 points and eight rebounds. Hayley Wyrick added 13 points and five rebounds. The Lady Buffs shot just 37.7 percent from the court and made only 50 percent of their free throws.

The Lady Buffs ended their six-game win streak and fell to second place in the conference at 13-4 in conference play and 17-8 overall.



Sarah Robinson competes for control of the ball at tip-off in the Truett-McConnell game. Photo by Milligan College

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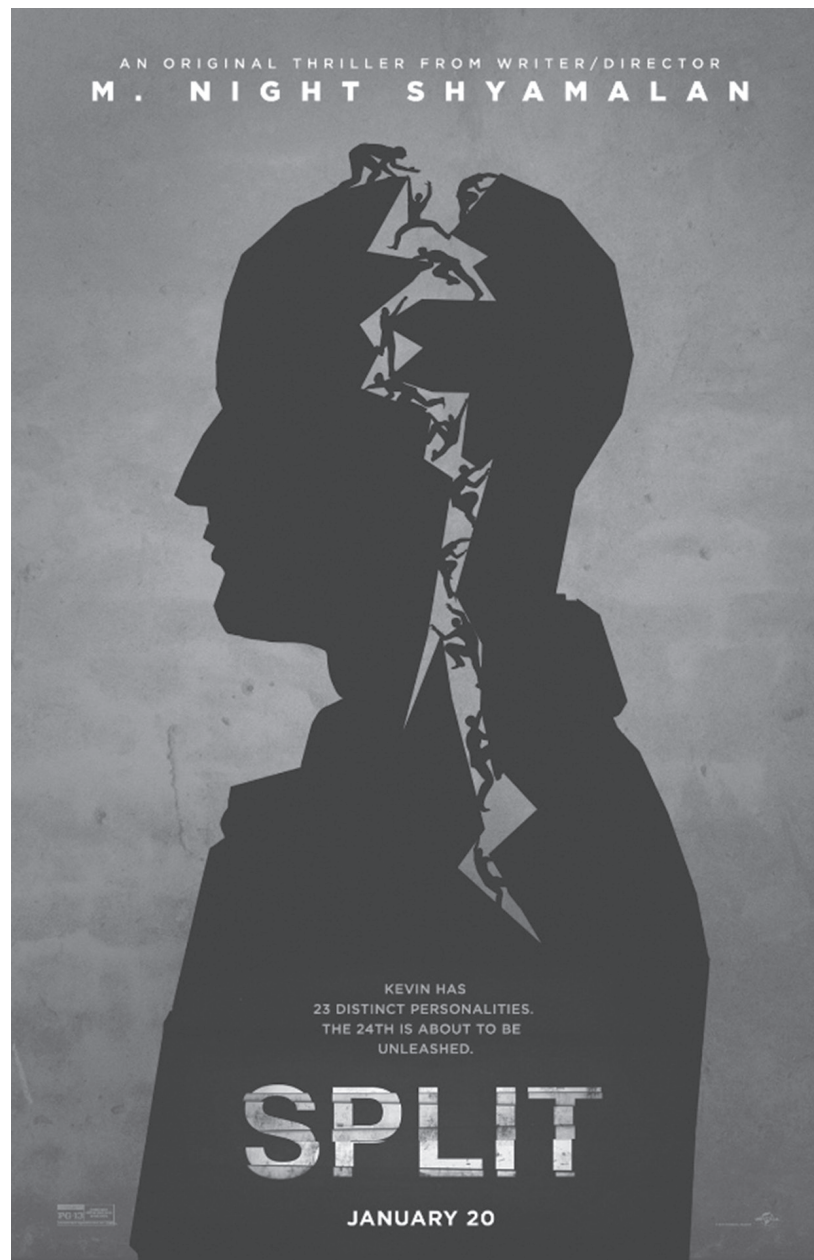
CHANNEL 2.1

Film Review: *Split*

Jeanette Hartsough,
Contributor | @jhart334

Split, written and directed by M. Night Shyamalan, is a thriller of Shyamalan-ian proportions. The story is about the battle for survival of three teenage girls, Casey (Anya Taylor-Joy), Claire (Haley Lu Richardson) and Marcia (Jessica Sula), after they are kidnapped by a man with 23 different personalities, Kevin (James McAvoy), who is that patient of mocked psychiatrist Dr. Karen Fletcher (Betty Buckley) who struggles to convince the world that not only is dissociative identity disorder (DID) a true disorder but that it may also be the key to unlocking unlimited human potential.

Honestly, trying to write a review for this film without giving away the end is like trying to tell someone how to change the oil before you explain what a car is. As is typical with Shyamalan films, the plot thrives on the big plot twist that, as an any audience member familiar with his films, we are all undoubtedly waiting for. I won't ruin the ending, but I will say that in this reviewer's opinion the director did nothing but turn a solid B, maybe B+. Having McAvoy dance to dubstep in a tracksuit definitely upped the film's enjoyability from a disappointing C film. He turned



via Universal Studios

what could have been an amazing, psychological thriller into a confusing film with less of an impact, simply because Shyamalan sells movie tickets based on a reputation built on shocking his audiences and throwing them for a loop. If you are a fan of his films, and especially if you have seen most of them, you will surely disagree with my assessment and try to convince me that this is already the film to beat in 2017. You are welcome to try, but I doubt I'll change my mind.

I will say, however, in the film's defense, that the first hour and a half left me excited to find out what happens at the end. And while I was disappointed, I cannot write off the film as a whole just because the last hour was a little silly. It raises some interesting questions about the limits of the human psyche and whether or not it is possible to live with two, three or even 23 different voices and personalities in one's head. I also appreciate that Shyamalan did not simply create a world where DID was an accepted disorder, but rather he addressed the controversy of it and gave the character of Dr. Fletcher room to be an advocate for Kevin and all others like him. Not to mention James McAvoy excels in his role of Kevin, playing multiple people, including two women and a nine year old. I have no negative words to say about his performance.

If you're looking for a film that will keep you on the edge of your seat this weekend, I highly recommend *Split*. Just don't go in expecting any kind of logic or reason.

Athlete Spotlight: Liz Maller

Kristen Williams, Staff Reporter

Lucius Seneca, a philosopher, said, "It is a rough road that leads to the heights of greatness." Many collegiate athletes can identify with this statement, but maybe none more than Milligan College's own track team member, Liz Maller.

Maller grew up in Gillette, Wyoming, and is no stranger to the "heights of greatness" Seneca spoke of. In high school, she qualified for all state four times and was the runner up in shot put.

Maller initially went to Morning-side College in Iowa but transferred to Milligan for her sophomore year. She throws shot put, discus and hammer for the indoor track team and has been throwing for seven years. As an exercise science major, she wants to eventually become a coach at the collegiate level for throwing.

At the Mountaineer NCAA Indoor Meet, Maller broke Milligan's standing record (12.63 m) for the women's weight throw, throwing 13.10 m. She then proceeded to qualify nationally in shot put.

Maller was given a B standard along with other Milligan athletes, like Hannah Segrave, who has also qualified for nationals. Near the end of the indoor season, Chris Layne, the track and field coach, will pick three athletes per gender at Maller's standard to compete for the school.

"It was really exciting, because it shows you that all our hours of hard work paid off," Maller said.

Not only is Maller a phenomenal athlete, but she is also a servant leader off the track. Over the summer, she worked as a camp counselor at the Campbell Recreation Center. She is known as a friendly individual who seeks to help

student athletes achieve their goals and help them better themselves. Her hope, as an exercise science major, is to become a coach and to push her athletes to achieve their "heights of greatness."

Her favorite Bible verse is Joshua 1:9, "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Maller said she likes to think of this verse when she is feeling down or facing a tough situation.

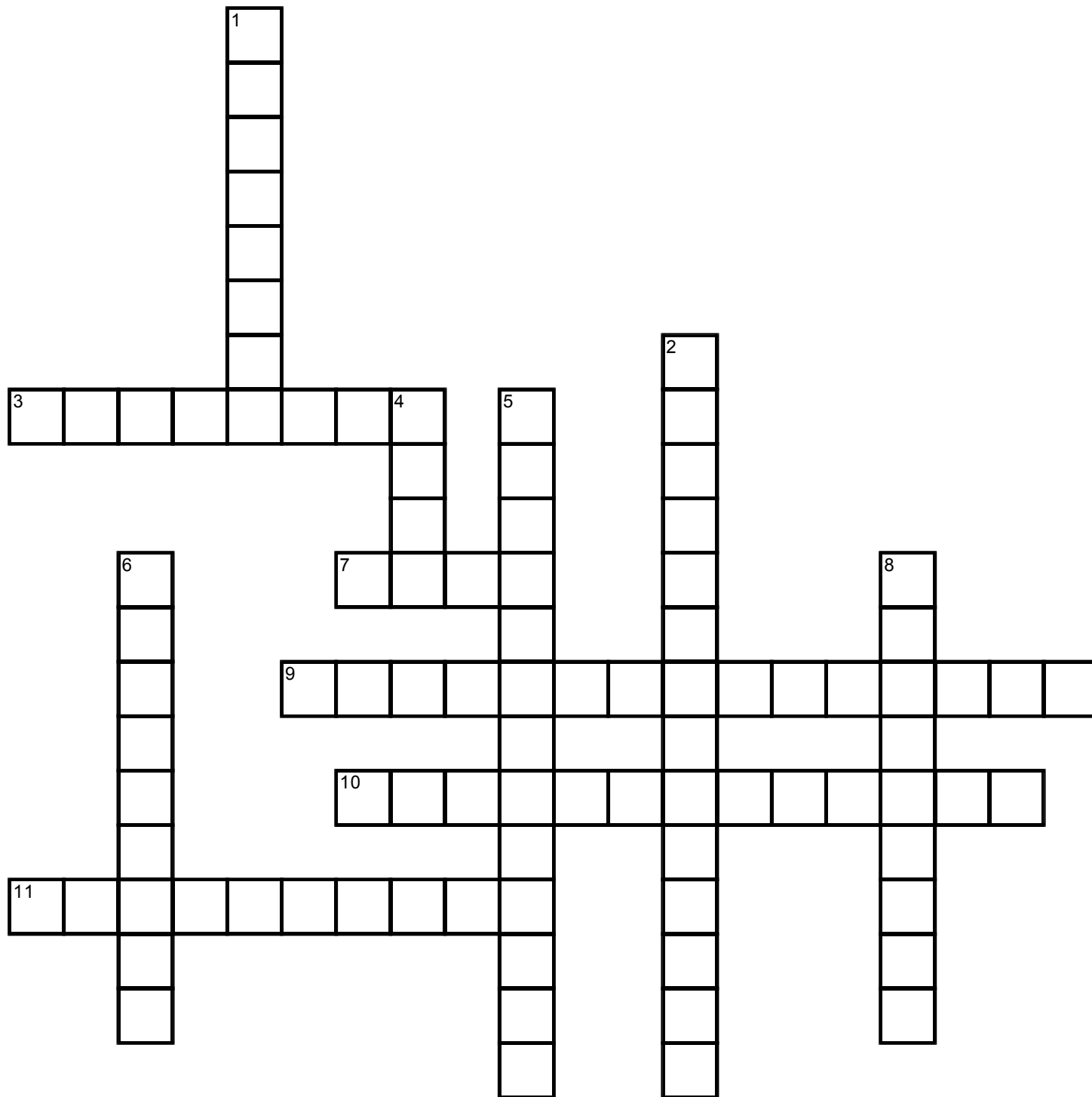


The mountains are calling: Maller enjoying a hike. Photo by Liz Maller



Maller competing at Appalachian State University early in the indoor season. Photo by Liz Maller

February Crossword



Across

- 3 Happens every four years (2 words)
- 7 Better than like
- 9 Everyone's favorite day of convo
- 10 Means "equal night", occurs on about March 20 in the northern hemisphere (2 words)
- 11 Life is like a box of...

Down

- 1 The only month to have less than 30 days
- 2 The Roman Priest whose holiday is associated with poems, flowers and candy (2 words)
- 4 The word "red" in Spanish
- 5 Leslie Knope's Favorite Holiday (2 words)
- 6 the annual championship game that takes place on Feb.5 (2 words)
- 8 If he sees his shadow it means six more weeks of winter weather.

* Payroll
 * Tax Returns
 * Bookkeeping

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