



STAMPEDE

'80s Ladies: a women's basketball team looks back

Kristen Williams, Assistant Editor



Lady Buffs basketball team 1984-85. Front row, kneeling, left to right: Cynthia Garner, Coach Joe Lewis, Wendy Garber, Regina Cornet Nutter. Back row left to right: Karen Barker Williams, Sue Fitch Lipinski, Judie Mason, Lori Gibson Mills, Helen Fuqua, Retta Harris, Sharon Butler Jewett, Kristi Robinson Bailey. Photo via Karen Barker Williams

The Lady Buff basketball players from the '80s will have the opportunity to reunite on Nov. 3. Growing up, I heard stories about Milligan's basketball team from my mom, Karen Barker Williams, who played in the mid '80s,

and the people and friendships she talked about made me want to attend Milligan.

One of my favorite stories that my mom tells about her time on the basketball team involved running sui-

cides. The team was running a ridiculous amount of suicides after already running "The Milligan Mile": 20 trips up the stairs at Steve Lacy Fieldhouse, 20 trips up the hill beside the stairs, 20 sprints and then having a two-hour practice. The coach was nowhere near letting them end practice. When my mom's roommate, Kelly McDuffie, stepped up and said, "Double or nothing--if I make 10 free throws then we're done. If I don't, we'll run double," the coach agreed. Mom and her teammates were ready to kill McDuffie when she made that deal. And McDuffie went on to make all 10. Her teammates all swarmed her. The coach told them to get out.

A few of the other ladies who were on my mom's team were Kristi Robinson Bailey, Michelle Reiner Cohea, Wendy Garber, Cynthia Garner, Sharon Butler Jewett, Wendy Johnson, Sue Fitch Lipinski, Judie Mason and Lori Gibson Mills.

It has been 30-plus years since these women have gotten together on the basketball court to play for Milligan. But their friendship extends past playing basketball in college.

Some of the ladies coming to the reunion gave me some advice for the current women's basketball team, and they shared some of their own favorite memories from when they played.

Kristi Bailey played from 1983-87 as an elementary education major. She is currently completing her thirtieth year of teaching and plans to retire at the

end of this school year.

Her favorite memory is from her freshman year at their first travel tournament.

"The team tricked me into jumping out of the van and running around it before the light changed. The whole team was supposed to do it but, about halfway around the car, I looked and they were all sitting inside the van laughing their heads off, including the coach," Bailey said.

Another teammate that a lot of students will know is Dr. Lori Gibson Mills, professor of psychology. Mills played from 1984-88. She also played volleyball.

Her advice to players now is, "Invest in the friendships you make during college and on your team."

"One of my memories is being 'initiated' by my teammates," shared Mills. "I was the only freshman on the team, and they kept telling me all year that they were going to initiate me. It was the last week of classes in the spring, and I thought they had forgotten about it, but they came to my room and told me to put on old clothes. They took me outside and tied me to the flagpole in the Hart Hall courtyard and painted me from head to toe. Then, they had girls from Hart throw food out their windows to them (that had been in their refrigerators all year). They smeared it on me. When they finally untied me, I chased them all the way through the dorm."

See '80s Ladies on page 7

Student live streams on 'The Thursday Show': Q & A with Brent Doolittle

Gloria Vazquez, Contributor

Sometimes, the best escape from college stress can be found in creating content for entertainment, expressing talent, or even having simple conversations. Several students at Milligan College use their free time to unravel their creativity into YouTube videos.

Brent Doolittle is a senior majoring in communications who is currently hosting live streams and video skits on his channel. Doolittle started using YouTube when he was 10 years old, uploading several videos that are now private. While attending Milligan, he started another channel for his portfolio and used a second channel to alleviate boredom by hosting live streaming on "The Thursday Show." This show features several college students including Brent having conversations with a live chat. The Stampede was able to sit down and ask several questions about the livestream channel.

Q: What are your plans for your YouTube channel?

A: I've not really got any plans for this channel, other than to keep doing what we are doing and document our lives. I'd like to come back in a few years and look at the last little bit of my life in college, through the wonders of the Internet in high quality.



Brent Doolittle is the producer of "The Thursday Show." Photo via Brent Doolittle

Also, I want to keep practicing production, even if that means directing with a mouse and keyboard in my dorm room between a couple of cheap webcam feeds to YouTube.

Q: Do any other Milligan students help you?

A: The only Milligan students that help me are my suitemates/crew Michael Kelly, Daniel Peacock, Drew Baldwin and occasionally my brother

Aaron and Daniel's fiancée Kennedy Weber.

Q: Is it hard to create and upload videos?

A: So far, it hasn't been hard to come up with ideas for videos that accompany our streams, but as I've learned the hard way, it is incredibly hard to keep up with four schedules plus whoever we are making a video about that week, or what equipment we need, or what have you.

Q: What all equipment and software do you use?

A: We use some old (and one new) webcams that I have had lying around for some time, and a heck of a lot of cables that I don't use often that crowd up my drawers. Cables and components are like Legos to me; every once in awhile I pull the drawer out and dig around and see what I can build with what I have lying around. That's where the stream got started. To edit video, I use Adobe products (After Effects, Premiere, Audition, etc.) but for live production I use Open Broadcaster. It's tricky to figure out, but it's a good, open source, free tool.

See Thursday Show on page 4

IJM walks in Knoxville to shed light on modern-day slavery

Kennedy Weber, Editor in Chief

Milligan's International Justice Mission chapter marched in downtown Knoxville with A21 in a Walk for Freedom. The club left at six in the morning on Oct. 14 and walked in all black with hundreds of other advocates for people in slavery.

Students covered their mouths with tape and held signs with facts about slavery, one sign stating that only one percent of slaves are ever rescued.

"It was a really great experience," Praise Gichuru, IJM's president, said. "It was great to have everyone there walking to raise awareness."

The walk happened during the morning of a University of Tennessee game against South Carolina. Football fans flooded into the downtown area. It was a prime time to be raising awareness on an issue like slavery. However, when game-goers passed or drove by, some booed or yelled "go home."

See A21 on page 7

Editor's Note

Kennedy Weber, Editor in Chief

Ah, Homecoming. The leaves have finally turned (though they are a bit late) and the air is finally becoming cooler. Homecoming at Milligan has always given me a sense of nostalgia. I love seeing faces look at the new buildings, remembering where Pard-ee Hall stood and the crazy times that were had. I love introducing myself to alumni who tell me stories of climbing Roan Mountain and experiencing Milligan traditions like Wonderful Wednesday. If any school does homecoming right, it's Milligan.

During this time of nostalgia, it's good to look at what Milligan was like and how it has grown and improved over the years. This issue of The Stampede has stories about our SGA being compared to other schools, states plans for a walkway and features alumni looking back on their time at Milligan. It also features stories about how our IJM chapter is seeking to end slavery and how a staff member is improving the foster care system in Washington County.

Our hope as a staff is when we see something that needs to be improved, we improve it. Whether it is a new walkway on campus that will make the trek to class easier or a march in Knoxville to show the truth about worldwide, modern slavery, never stop trying to improve where we are.

We hope you enjoy this homecoming edition of The Stampede. Happy Homecoming!

SGA needs student feedback before proceeding with pathway plans

Gabe Logan, SGA President

Gabe Logan is the student body president and leader of Milligan's Student Government Association.

The 2017-18 Milligan College SGA approved building a brick pathway with students' names engraved on it. The pathway will be located between the library parking lot and Blowers Blvd. It will be roughly 25 feet and modeled after the sesquicentennial plaza.

Why is this important? And what does it mean for the school?

The location of this pathway is prime real estate; it is used daily as a shortcut when walking from the library steps toward Derthick and Hardin. For all the years that the current SGA executive members have been on campus, countless numbers of students have expressed interest in paving the area.

Using the sidewalk to walk a few extra steps around the grass is a valid option, but it is clear that students will continue to take the shortcut. The grass becomes worn out and unaesthetically pleasing. Especially when it rains or snows at Milligan, the grass turns into a mud path.

At the beginning of the year, President Bill Greer charged the SGA executive team in two ways.

First, he wanted "students to take ownership of the school," which the pathway helps accomplish through

hearing the students' desires and taking action together to solve the issue.

Secondly, he challenged the SGA to "not think one year at a time but rather five years out and then advance the organization 20 percent of the way each year." The pathway will also accomplish this mission by providing a sturdy, brick walkway to benefit students in the future.

The main target audience is the senior class, but the entire student body will be allowed to purchase bricks in order to ensure our achievement of the goal. The name-engraved bricks will be sold at \$100 and at least 50 bricks should be sold to cover the cost.

The SGA believes that the brick pathway will not only solve the issues of providing an aesthetically pleasing landscape and an alternative for muddy shoes but also create a sense of pride among the students. For graduating seniors the pathway will remain on campus as a lasting legacy, and for the returning students it will strengthen their presence.

The SGA hopes to see Milligan College grow and cultivate a lasting sense of community. The pathway is another way to make our campus more beautiful and memorable.

Before we continue the project, we would like to know from the student body if this is a project that you support and believe will help the school.

Milligan's SGA compared to the student council at KCU

Erin Donovan, Staff Reporter

In order to better understand Milligan's Student Government Association, The Stampede has started a series where we will be comparing our SGA to other schools'.

We recently interviewed Kentucky Christian University's student body president, Bram Koeller. KCU is located in Grayson, Ky., and has a total enrollment of 613, according to their school website.

1. What is the student government called?

KCU: We call our student government just plainly Student Council, but more often it goes as StudCo.

Milligan: It is formally called Student Government Association, but most students and faculty call it SGA.

2. How do students become elected?

KCU: The faculty advisor and the president from the last school year work together to get the ballots ready, and we pass out the ballots in Chapel one day towards the beginning of the fall semester. We elect one president for the whole student body, one vice-president, one secretary, one treasurer and then two representatives from each year.

Milligan: The freshman class elects their class president, vice president and four representatives in Milligan 100 every fall. Upperclassmen choose their representatives and executives in a campus-wide email. To become a part of SGA, students must petition to be

on the ballot, and the respective class votes. The executives get voted in the same way, except they have to make a (promotional) video that is included in the campus-wide email as well as the petition.

3. What does the student government organize?

KCU: We have multiple things that we do; a majority of our time is spent planning events like Homecoming, Halloween, Christmas and just other general fun things to get students involved. Along with the fun stuff, we also have the job of being the voice of the students, and advocating for them, and working with them when there are problems going on that affect them. We also plan a semi-frequent music/coffee night on campus called 'Grounds and Sounds.'

Milligan: We organize lots of events. Specifically homecoming! I guess you could say we are organized within our committees as well, because we get in contact with the right staff and faculty to make whatever needs to happen, happen.

4. How do student governments get things done?

KCU: When we have jobs that need to be done, it is mostly on a volunteer basis within the student council, if someone is passionate about something we are doing they will take the head on a part of it, but most things are planned by us as a whole.

Milligan: Whatever the issue at hand is, we figure out who needs to take care of it by committee. There is an Academic Committee, Advertising Committee, Student Affairs Committee, Student Events Committee and Service and Spiritual and Spiritual Life Committee.

5. Who is the faculty advisor and what do they do?

KCU: We do have a faculty advisor, her name is Lori Smith-Ward. The faculty advisor does a lot of the same things that I do, but also she moderates the meetings and brings up things that (as a student) I do not have control over.

Milligan: Dr. Edmonds, a political science professor, is SGA's faculty advisor. She is supposed to be our stepping stone between faculty and students. When we have a question or we are unsure how to do things on a higher level, she helps by putting us in contact with the right person.

6. What does the president do?

KCU: As president, my main job is to work with my student council and plan things. I also work with students and faculty with any questions or ideas that they may have.

Milligan: They do a lot of things. It is mostly a partnership between the president and vice president. Gabe Logan and Somang Lee partner up to make the agenda; they meet every week for a president's meeting where they talk about what needs to be done and how to tackle it.

THE STAMPEDE

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Students host a night of Latin American dancing, food and games

Gloria Vazquez, Contributor

Students host a night of Latin American dancing, food and games

Gloria Vazquez

Pan dulce, tostadas, aguas frescas and lotería--the campus community gathered to share the Latin American culture through food and activities at the Latin American Festival on Oct. 19 from 7-9 p.m. in Lower Seeger.

The Latin American Festival is an event hosted and sponsored by Multicultural Affairs, Spanish Club and the Goah Diversity Scholarship Program.

Rachel Owens, the director of MCA, said the purpose of the Latin American Festival is to have "students display a pride of their heritage while being here at Milligan. They also share that heritage with other students."

Students from the sponsoring committees displayed such heritage with student-prepared foods, desserts and drinks, such as tostadas, chips and salsa, elote en vaso (corn in a cup), buñuelos, fruit juices and horchata. One of the more popular desserts was the "brigadeiro," a Brazilian dessert made of condensed milk, cocoa powder, butter and chocolate sprinkles.

Freshman Jasmine Guerrero and junior Karen Barcenas contributed a Mexican tradition by lining the hallway and walls of Lower Seeger with handmade, brightly colored paper flowers.

And what is a Latin American festival without traditional music? Students learned the steps to several dance styles and participated in musical chairs. The committees donated two Dunkin' Donuts gift cards as a prize for winning musical chairs--John Hockema won first place while Mikayla Brama won second.

The final activity, lotería, a game played in Mexico, is like bingo except it uses images instead of numbers. Junior Dinorah de la Cerda called out the images from a deck of cards in both Spanish and their English translation while students marked the pictures on individual sheets and called out, "Bue-

nas," when they filled a line.

While the committee's students enjoy celebrating their own cultural heritage, the Goah Diversity Scholarship Program encourages students outside of the involved groups to also participate and share their cultural experiences.

"This festival is an opportunity for students to learn about other student's heritage and by sharing other's cultural differences and similarities as it makes us all aware about our community,"

Owens said.

"This displays and highlights how God's Kingdom looks like."

This year the festival represented Latin American countries such as Brazil, Dominican Republic and Mexico.

Senior Mitchell Marquez, student co-president of MCA, would like to motivate more students with Latin American culture or experiences to volunteer next year so that other Latin American countries can be represented.

Marquez said she enjoys the event because she likes seeing different cultures and how people respond to it, especially the food. She wants people to enjoy themselves and give them a chance to ask questions about the culture.

"We look forward to host more events like this for different cultures as well," Owens said.

yamunda who have been married 10 months, Kari and Eric Patton of Calvary Church who have been married 24 years and have six children, and Milligan students Sue Harrod and Gabe Logan who have been dating two and a half years.

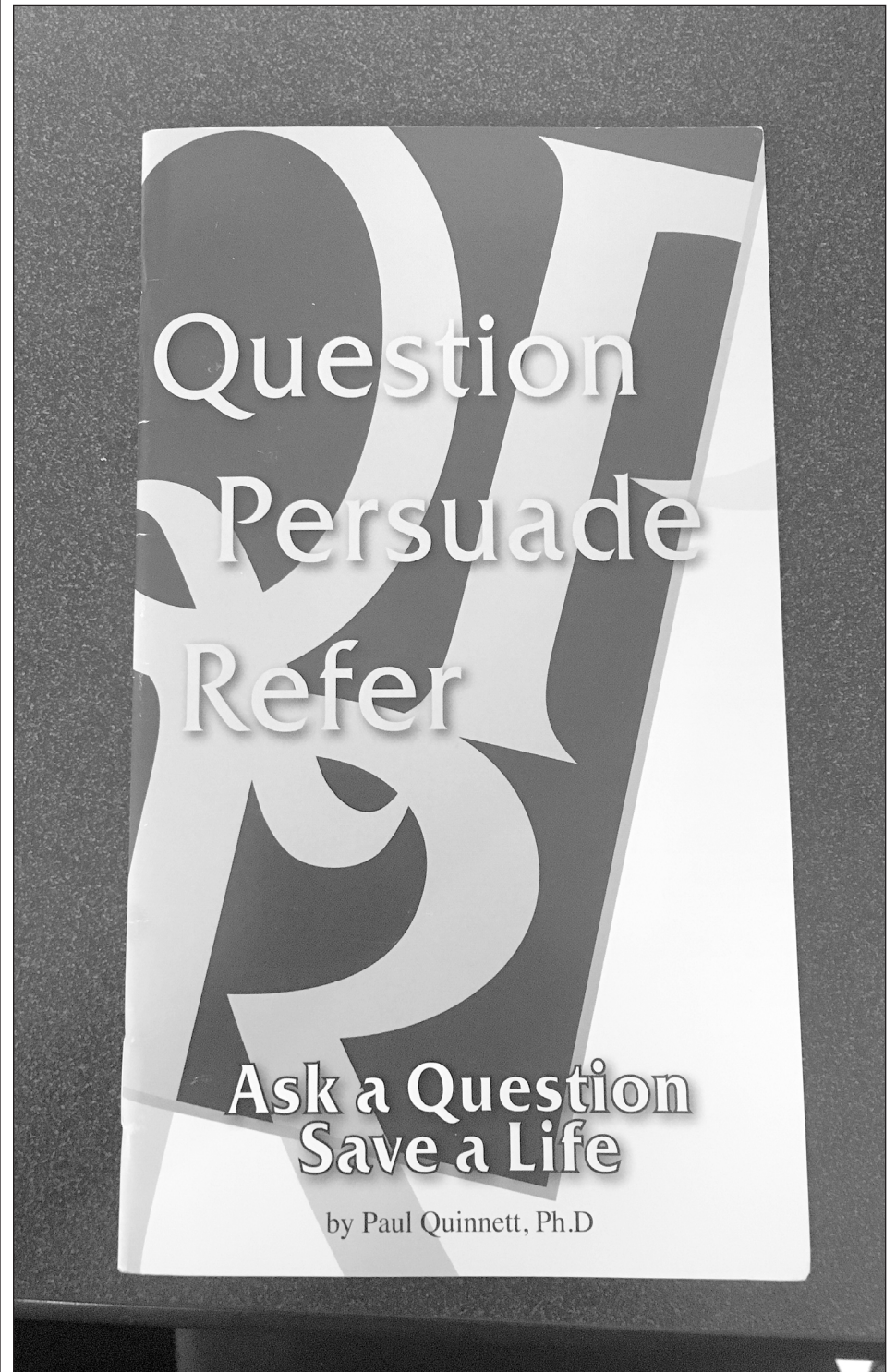
The event was co-hosted by Brianna Tuscani, a Milligan student. Tuscani volunteered to help with the event as IJM's values, especially "freedom for all" is something she believes in.

She opened the event and challenged the audience to have an open mind, setting the tone for the evening by say-

See Relationships on page 5

Social Work Club trains on suicide prevention

Erin Donovan, Staff Reporter



Each student was given a manual on QPR to refer back to after the training event. Photo by Erin Dnovan

Milligan's Social Work Club hosted a suicide prevention training event on National Mental Health Awareness Day, Oct. 10.

Cicely Alvis, division director of specialty services for Frontier Health, was the trainer at the event. She taught the Question, Persuade, Refer, or QPR method, which is one of the easiest methods to teach and learn.

The night started out with just basic facts about suicide, which are not always talked about since it is a difficult subject. Suicide has become a very taboo topic, but if this stigma is not broken, suicide rates will not drop.

Alvis then went into the QPR method. The first step, Question, involves stopping and questioning someone if you think there is a chance that they could be considering suicide. Alvis emphasized the point that though this will be uncomfortable, it is so important. You need to show them that you care.

Following questioning comes persuasion. Persuade them to talk to someone. Persuade them to realize suicide is never the answer. Persuade them that there is hope.

The final step is to refer them to a professional that can actually help them. While you are a good first step, if you are not a professional you cannot give them the help they need. Referring

them to a professional is the next step they need to take. Absolutely offer to go with them, but let them know they need to see someone. It's the same thing you would do if they had broken their arm. If someone is sick, whether physically or mentally, they need to see a professional about it.

The National Suicide Prevention Lifeline number is 800-273-8255. It is available 24 hours a day, seven days a week. If you or anyone you know is experiencing suicidal thoughts or actions, this is always an option. Talking to your friends is also a great option. They will not judge you. They will be grateful that you opened up to them and that you are seeking help, because they love you and want you around.

Milligan also offers free counseling services for any Milligan student, professor or staff member. You can call 423-461-8500 or email Counseling-Center@milligan.edu to set up an appointment. It is free and confidential and will help students work through depression, anxiety, suicidal thoughts and things of this nature.

Frontier Health's number is 877-928-9062, which is a more local hotline if that is better for you. There is no need to walk through this alone. There are so many options and revenues to make sure you or your friends are safe.

IJM hosts interracial relationships event during Freedom Week

Helen Mitchell, Contributor

This past week the International Justice Mission hosted Freedom Week at Milligan College. On Wednesday evening the group held a talk on interracial relationships in the Village Jeanes Room. Many Milligan students attended the event.

Many Milligan students attended the event, which included an open talk with a panel of three interracial couples. They spoke on their experiences while they have been together, the reactions or responses they received from their wider communities, and the joys and challenges they face every day.

The couples included recent alumni Paidaiwanashe and Christina Musha-

Creative buffs show off their work

This month, The Stampede decided to display creative work by students in our print edition. We are featuring two poems from two extremely talented students.

Two Feelings

By Adam J. Trabold

Lost, Alone.
I felt these feelings often;
Chilled me to the bone
that I was somewhere
Far away from home,
With no way back.

As my family drove off that day in August
I came to the conclusion that I must
learn the ways of in this foreign land.

Classes began, the work had begun
Now that everything was all said and done;
I had locked myself into the system of Milligan.

Soon I started to find a way in
to circles of people I now call my friends.
And now as I go through this sophomore semester
I realize my life could never be better,
Than this.

In some way, we become a Sister or Brother;
We all call this home, one way or another.
We are a family strong, Past Present and Future.

Loved, Found
These are the feelings I have now.
The feelings I have, Milligan bound,
Waiting to see the people I love.
This place is my solid ground,
And forever my home.

Interested in showing off your creative talent? The Stampede would love to display your poetry, photos and short stories! Send us your work or questions at mcstampede@my.milligan.edu.

Thursday Show, from front page

Q: What do you do during your livestreams?

A: We basically just talk. It's sort of like a video podcast really; we just talk about whatever comes to mind. Sometimes we have specific guests and topics in mind, but usually once we are live it's just a free-for-all.

How to decorate your room for fall and winter

Lily Knott, Contributor



A candle warmer and pumpkins are essential for a fall themed room. Photo by Lily Knott

If you are anything like me, appropriately decorating your room for the season is a must--especially in the autumn and winter months. I know, I know. Poor college students don't necessarily have the budgets to perform a complete room makeover every four months. But here are a few cheap tricks to give your dorm a cozy, seasonal vibe.

If you really love the autumn décor, Fresh Market is selling bundles of three small pumpkins/gourds for \$5 a bag. This is a super inexpensive item to add a little more festivity to your room. And since you don't carve these pumpkins, they will last through the rest of autumn.

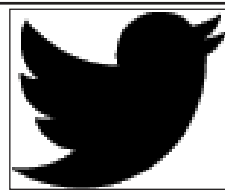
Another way to dress up your room is to buy a flannel fleece blanket. Academy Sports sells fleece blankets for under \$3. I picked up a red and black flannel print for my room. Investing in a fall scented candle and a candle warmer is another great way to bring fall into your dorm. I recommend looking at Bath and Body Works and Target for candles. Bath and Body Works often has deals on their 3-wick candles, but a cheaper option would be to get their single wick candles. They smell just as good and are usually under \$15. To tie the room together, seasonal pillows are great, but I know they can tend to be pricey. I recommend shopping around TJMaxx or Walmart to find the best

deals on seasonal pillows.

If you want to change your décor again for winter and Christmas, one thing I definitely recommend buying is a strand or two of Christmas lights. I prefer the white lights with the white cord since they can be used throughout the year, but if you love the multi-colored lights then go for those. Another thing you and your roommate can invest in is a mini Christmas tree. I bought one last year for around \$25 from Target and it included lights. Add a few ornaments and a star to top it off. The great thing about red flannels--and blankets in general--is that they work great for both fall and winter. Go ahead and switch out your fall pillows for some Christmas-y ones and you're good to go. A lot of stores, like Target and Walmart, will also sell really cute stockings for pretty cheap if you and your roommate want to dress up the walls even more.

And now your room is ready for you to curl up with a warm cup of hot chocolate and watch the snow fall out your window--that is, if the weather decides to cooperate by the end of the semester.

I hope this gives you a few ideas if you're wanting to add some seasonal decorations, and definitely tweet the Stampede if you try them out! Happy autumn y'all!



@ThursdayShowYT

STREAMING THURS 9PM & SAT 10PM

Students can follow "The Thursday Show" on Twitter @ThursdayShowYT.

Q: Would you recommend students to upload content?

A: I mean, do whatever you want to do to be happy. If you want to try and make the next viral video, or whatever, go for it. The days of sustainable monetization of YouTube videos are

over, or at the very least not what they used to be, so I don't think that it's in everyone's best interest to quit school/their jobs and make this a career, but it can be an entertaining pastime and a good way to document your past for free.

if i should have a child

By Erin Donovan

(based off of Sarah Kay's poem "If I Should Have a Daughter")

if i should have a child,
their name will remind them where
they are from
forest
standing tall and proud of your roots
river
swift and sure of your path

if i should have a child,
they will see all colors
and they will not be colorblind
they will know the beauty of the color
spectrum
supremacy will leave a bad taste in
their mouth
they will know that Columbus day is
really not a day to be blindly celebrat-
ed
they will know that true success comes
from their own hard work and not
exploiting others
they will know that MLK day is not
just a day off from school
but rather a remembrance that we
killed the man that was trying to make
sure each painting has all of the colors

if i should have a child,
love is the first thing they will know
how to give and to receive
they will give their goldfish
and their love
grace will be their middle name
and sharing their favorite hobby

if i should have a child,
they will know pain and heartache
i know i won't be able to be their
momma and their superhero forever
so their nickname for me will be tram-
poline
because i will help them bounce back
after every heartbreak that ice cream
can't fix,
and the ones it can fix

if i should have a child,
politics will never make them pause
they will jump right in and tell their
friends
how jesus wouldn't actually cut health
care
and that we shouldn't put anyone in
office who is ever hateful

if i should have a child,
they will decide who they are
no pink or blue baby rooms
dolls and footballs for river and forest
gender norms will never get in their
way
pants will be options for both
dresses will be options for both

if i should have a child,
i will teach them that their thumb goes
on the outside of their fists
not for the sake of fighting
but to make it easier to spread their
palms wide open
so that they can always reach and grab
whoever needs a hug

and if i should have a child,
when they are told that they are too
idealistic
that they won't make it in the real
world
that we can't actually all be friends
they'll tell them
that they can't wait for them to meet
their momma

Library hosts annual Book+Art event

Gloria Vazquez, Contributor

During Homecoming week, the Welshimer Library at Milligan hosts a showcase featuring art created by using books. The Stampede sat down with Jude Morrissey, the user services librarian, who oversees the showcase this year.

Q: When did the Book Art event start?

A: We began Book+Art in 2013, so we are now on our 5th annual Book+Art event! We thought it was a wonderful way for the library to engage Milligan College students, faculty and staff, as well as alumni coming in for Homecoming. It also serves, we think, as a nice fall complement to our Spring Edible Books Festival.

Q: What is the purpose of the event?

A: We are well aware that books can outlive their usefulness, for various reasons. Some, like well-loved novels, simply wear out from too much handling. Children's books often get shown extra love by kids who decide to add their own illustrations, which can sadly leave them unreadable. Others contain outdated information and should be replaced by current editions--medical books from 20 years ago, for instance, can actually be more dangerous than helpful! Still others are no longer relevant for technological reasons--periodical guides, for example, have been replaced by database search engines, which are honestly so much easier to use. For whatever reason, then, these books no longer fit in our collections.

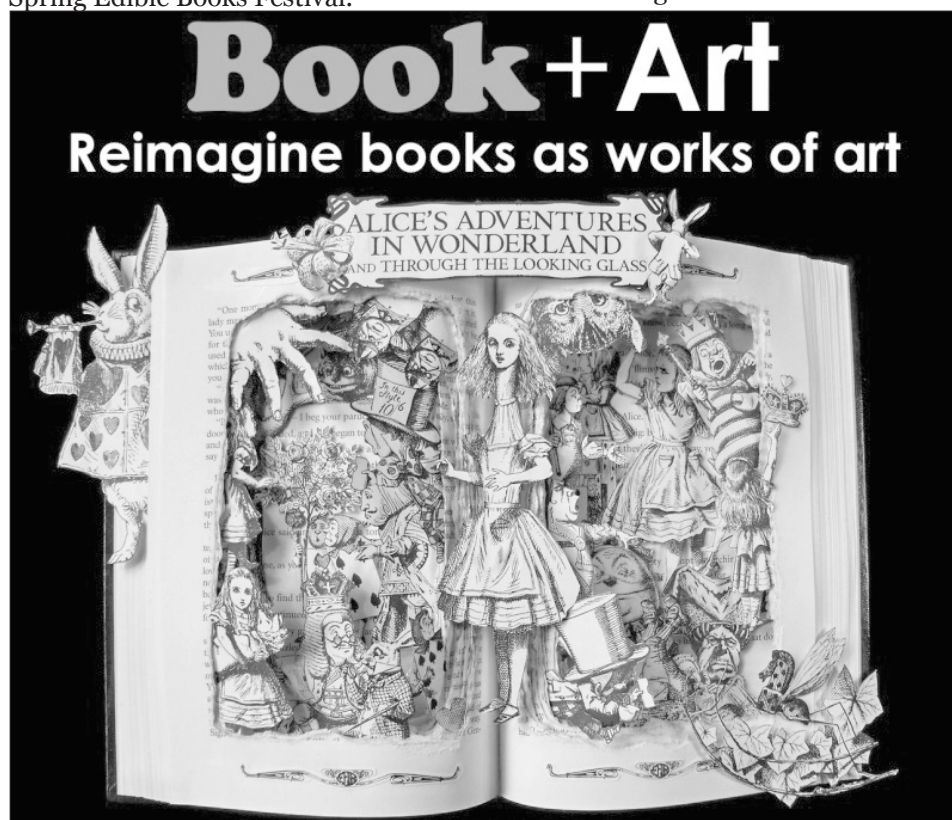
We wanted a way to celebrate what books mean to us and to encourage others to express their love and appreciation for books by transforming these books, which have served us well but no longer do, into something beautiful (or, at least, interesting)!

Q: How has the event changed from the previous years?

A: We have not actually changed the event itself much, although we do find new ways to encourage participants and provide some inspiration. Every year, we have provided the basic raw material--books and periodicals that outlived their usefulness and are ready to be made into something marvelous! This year, we have also provided a station with stencils, colored pencils, pages pre-cut to origami size, etc., so that those feeling a bit hesitant can play with some of the ways books can be turned into art. We have also posted some inspirational examples from other participants over the years, to show how wide the possibilities are, and we're excited to see what new forms people come up with.

Q: Is there anything else you would like to add?

A: There's still plenty of time to create something for this year's event! Entries will be displayed beginning on Friday, October 27, and we'll finish up on Thursday, November 2. We hope everyone gets a chance to come over and check out the artwork, too--it's very neat to see up close how much love was put into each piece. Entries will also be posted on Twitter, Facebook, Instagram and our blog--so if you can't make it to the library, make sure you're following us online!



Graphic via Milligan Libraries

Relationships, from front page

ing the "expectations are life killers" and we should be wary of them.

Each couple had different experiences. There seemed to be a generational shift toward race.

The immediate families of the Mushayamundas, Logan and Harrod had been more open to accepting their relationships, but the Pattons faced some challenges in the beginning, stemming from Eric's mother's initial dislike of Kari. Harrod's grandmother had been the person most closed minded about her relationship with Logan.

The couples highlighted that we are all a "product of where we come from," but that does not define us like our

choices and how we choose to act do.

Racism is often viewed as white supremacy, however the feeling can work both ways. Eric Patton said his mother thought it was "degrading for him to date a white girl." Her view however has come to change and now his mother has come to love and would defend Kari in every way.

The couple now mentors others and has found fellowship with Pai and Christina Mushayamunda. They urged a solid foundation with Christ and stressed a community acting like Christ as an ideal society.

The couples also noted "love as genuine," and highlighted love as the reason for their lasting relations. They said, like any relationship, it isn't easy and requires work. They highlighted a phrase people have come to use, "I

don't see color," as inaccurate. Pai Mushayamunda stressed that color exists and rather than ignore it we should embrace and learn from one another. Pai and Christina Mushayamunda share in culture and "humanity" as they enjoy doing things together.

All the couples were open to all the questions directed at them. It became clear that the couples were drawn to each other's personalities, and they highlighted communication as key. For Logan and Harrod, it was her sister being in the hospital that solidified their closeness. They had to "work on [their] communication" with each other especially in the beginning to get to know one another.

Most students found the event insightful and interesting as seen by the attentiveness throughout and the en-

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WEDNESDAY EVENING,
NOVEMBER 1

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Graphic by Caleb Perhne



The panel couples sit and tell their stories at the IJM event in the Jeanes Room. Photo via Paidiwanashe Mushayamunda

couraging noises in response to comments and stories shared. An eruption of conversations and loud atmosphere at the end showed the event had provoked thought.

Several students, however, pointed out that all the couples included Caucasian women and African American men and said it would have added value if the event included at least one couple where this was the other way around so that the perspectives could be a little more diverse.

Praise Gichuru, the IJM president at Milligan, feels strongly about IJM and works on campus to build awareness for the cause. She was happy with how the interracial relationships event turned out. Milligan is a small community but racial tension is a larger issue that causes tension worldwide, and such events create awareness in a larger context.

The event centered on a Bible quote that is fitting as a lasting take on the event. The verse is Galatians 5:1 and reads, "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

In the context of the event it meant do not come to be limited by ignorance; be open minded and embrace the diversity God has created so that we can come to live in peaceful community.

'The Menaechmi' and the journey of the theater department

Cara Clark, Staff Reporter

As Homecoming approaches, so do annual Milligan events such as the fall theater production. This year, the theater department is performing "The Menaechmi," a comedy by Plautus. The play revolves around the newly reunited twin brothers, Menaechmus I, played by sophomore Colby McKeehan, and Menaechmus II, played by

freshman Drew Hawkins, and situations involving mistaken identity.

McKeehan, a Bible major, explained how preparing for the role of Menaechmus I has differed from his role last spring in "A Toby Show."

"I've had to learn how to play a character who is much different than I am personality-wise. In past shows, my character has always been similar to who am. This time around, I've really had to work to make Menaechmus come alive on stage just as Toby did in the show last year."

When deciding on what play to do, Richard Major, professor of theater and director of drama productions, explained he wanted a play that was entertaining as well as educational and that also had a fair amount of roles with equal line distribution.

The play in its original form lasts around two hours, but Major condensed the runtime down to about 60 minutes to help the

pace of the show.

The sets for "The Menaechmi" and all Milligan productions are made in-house by students under the creative direction of Pamela Adolphi, the theater's technical director and scenic and lighting designer. Before Adolphi begins designing the set for a show, she talks to Major to understand his creative vision for the play and does research of her own.

"Because it's Ancient Roman classic, I just started looking there," Adolphi said.

Adolphi noticed the abundance of arches, columns and stone work and wanted to incorporate these elements into the set.

This marks Major's thirty second year and almost 10 years in the Elizabeth Gregory Center. When Major first began in 1985, theater was only a minor and the theater was housed on the second floor of Derthick. When the college decided to renovate Derthick in 2001 and begin building the Gregory Center, the theater department had to come up with creative decisions until their new home was finished.

"What this meant was we did not have a dedicated place to do theater," Major said.

A stage was temporarily built in SUB 7 and the theater department produced a few shows from there. During these years, they also collaborated with East Tennessee State University and Jonesborough Repertory Theatre.

"Then we felt like we needed to re-establish our presence here," Major explained. "For a couple of years we did



A piece of "The Menaechmi" set in the early stage of production. Photo by Cara Clark

productions in Seeger."

Major and the theater department had not done productions before this point in Seeger because of how heavily Seeger is used by different associations on campus. Major added he also did not want to impede on the music area's space.

While in Seeger, the theater department was able to work with the music department and it was at this time that the musicals "Oklahoma" and "The Gospel According to Jazz" were performed.

"The Gospel According to Jazz" was performed in the 2006 fall semester and was written by former Milligan professor Rick Simerly. This show was also performed by Milligan students at the American College Theater Festival.

On Feb. 1, 2008, the Elizabeth Leitner Gregory Center opened and became the permanent home for Milligan's theater department. The first play performed there was William Shakespeare's "The Comedy of Errors," which was derived from Plautus' "The Menaechmi."

MILLIGAN COLLEGE THEATRE PRESENTS

A HILARIOUS ROMAN COMEDY OF MISTAKEN IDENTITY

THE MENAECCHI

BY PLAUTUS

DIRECTED BY RICHARD MAJOR
DESIGNED BY PAMELA ADOLPHI

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The play is being shown Oct. 26-29. Graphic by Keila Lau-Lopez

'80s Ladies' from front page

Mills' husband also attended Milligan, and her son Gibson Mills is currently a sophomore.

Another player who is known at Milligan is Kelly McDuffie. McDuffie is co-founder of Get Real Ministries and partners with Mills' cross cultural psychology class to minister to the homeless in downtown Atlanta. McDuffie played from 1982-84 as a health and physical education major with a minor in biology. She recently retired from 30 years of teaching at Banks County High



Karen Barker Williams, Sharon Butler Jewett and Sue Fitch Lipinski talking after a game. Photo via Karen Barker Williams

School in Baldwin, Ga.

Her advice to players is, "Don't waste your opportunity. Not everyone has the chance that you have, and you will never pass this way again. So give it your all."

When asked about her favorite memory she said, "Honestly, we were so much like family and we hung out on and off the court so our memories were made daily."

The player closest to my heart is my mom. She played from 1982-86 and also played softball. She majored in health and physical education with a minor in biology and currently works at First Baptist Church in Jonesborough.

Her advice to current players is, "Enjoy your time at Milligan. Cherish the friendships you make there and make the most of the opportunities you have while you are there."

Williams recalled one of her favorite memories: "When we had to come back early from Christmas break for practice, we were not allowed to stay in the dorms. We had to stay in the building that is now the (business office). But to us it was the house from Amityville horror."

Her second favorite memory was from her freshman year. They played six or seven Division One schools, like Appalachian State and Marshall University. With only one loss to Marshall, Milligan's women's team was a force to

be reckoned with. They went on to win the Volunteer State Athletic Conference tournament.

Sharon Butler Jewett played basketball from 1983-87. She also played softball. She was an English and secondary education major. She teaches sixth grade Language Arts in Cary, N.C.

Her advice to players is to "take time to enjoy where you are, and don't always think about the future and what you need to do. Don't wish your life away."

Jewett had two favorite memories. Her first one was during a game when Jewett was trying to fight through a

screen, and the other player would not get out of her way. It turns out the other player was her teammate, Karen Barker, my mom. They both shoved each other out of the way and kept playing. Her second favorite memory was beating East Tennessee State University her senior year.

"The best memories are not about the games but about the people," Jewett said.

The women are not only teammates. They have become lifelong friends who are still a part of each other's lives. Trust me, I know. These ladies have been a part of my life as well.



Cynthia Garner shooting free throws against conference rival Tusculum College. Photo via Karen Barker Williams

Homecoming: then and now

Mackenzie Guy, Contributor

Over the years, we have celebrated the good times during homecoming, like when Dr. Bill Geer was inaugurated as Milligan President in 2011 or when he rode a buffalo down the Blowers Boulevard for last year's sesquicentennial.

We have also recognized the hard times. During homecoming in 1998, Milligan held a service for the church bus crash that had recently occurred in Carroll County, Ky.; it was a drunk driving accident that caused 27 fatalities and 34 wounded. As of 2016 it was the third-deadliest bus crash in United States history.

Many things have changed as the years have gone by, but many traditions still remain the same. Homecoming has always been one of Milligan's largest annual events.

Milligan has a long tradition of holding school plays during homecoming weekend. There is written record of it as far back as the 1940s, and the tradition probably originates at an even earlier date.

In 1941 they performed "Kind Lady" by Edward Chodorov. According to the summary, it was a sort of 1930's version of "Inception." The play is a psychological-thriller, where a nefarious conman and his crew infiltrate the household of a well-off woman, where they begin to convince her friends and family that she is hopelessly insane in the hopes of gaining the woman's monetary assets.

This year, the drama department is presenting "The Menaechmi," the Ro-



Float sits in front of Sutton during the 1965 homecoming parade. Photo via Holloway Archives at Milligan College

man version of "The Parent Trap" (or is "The Parent Trap" the modern version of "The Menaechmi"?). Either way, it's humorous to find that the younger generation is the one performing classical plays and not the other way around.

Here are some other events that have changed over the years:

Then: Jeff Wallace, class of '97, always enjoyed Milligan's homecoming events, from participating in alumni vs. student flag football and enjoying

the concerts and plays to simply sitting back and enjoying the fall foliage with friends.

Now: Milligan junior Heather Van Cleve's favorite part of the homecoming celebration is marching in the parade, handing out candy to the small children who line the street of Blowers Boulevard each year.

Then: Pat Smith, class of '87, never really attended homecoming during

her time as a student, but she enjoys meeting up with old friends during their reunions.

Now: Milligan junior and first chair violist, Ellie Mullin's favorite part of homecoming is the music concert each year, though she could not comment much on the other events because of the time she spends preparing with the orchestra.

Then: The homecoming football and basketball games were alumni vs. alumni or alumni vs. current students.

Now: The homecoming events include the Powderpuff games, or women's flag football, as of 2008 and the homecoming parade, circa 2001.

Then: In 1993, so many alumni were coming back to visit that the hotels were full, and additional housing had to be requested within the nearby neighborhoods.

Now: So many alumni are coming in for the fiftieth that additional cars needed to be found for the parade on Saturday.

Then: In 1965, Milligan celebrated its one hundredth birthday with "Project Homecoming," in which each class made a homecoming float.

Now: Milligan held The Buffalo Project fundraiser in 2015 for a real live buffalo. Students could take pictures and the president rode the buffalo down Blowers Blvd.



Float drives by the Library during the 2003 homecoming parade. Photo via Holloway Archives at Milligan College

A21, from front page

Many people just stared.

"It's difficult to be in those situations where people would rather be ignorant of an issue than do anything about it," Gichuru said. "It makes me very frustrated but also thankful for A21 for doing their job of raising awareness."

A21 is a Christian-based nonprofit, non-governmental organization that seeks to end slavery through interacting with governments. It is currently operating in 11 different countries focusing on sexual exploitation, child soldiery, forced slave labor and bonded labor. They also use education to prevent slavery.

The Walk for Freedom was a world-

wide walk. The walk in Knoxville has been organized for two years. This year another walk in Kingsport was organized. Local churches and college clubs attended the walk in Knoxville and the morning started with prayer and worship before attendees began walking in a single file line down the sidewalk. They walked for almost two miles before returning to their original area.

"Last year, people asked us what we were walking for," Gichuru said. "This year, no one did. The environment was more tense."

According to the A21 website, there are an estimated 27 million slaves in the world today that generate an industry of around \$150 billion.



Milligan students march wearing all black in Knoxville carrying signs. Photo by Kerael Matthews

Successful scheduling of weight room requires creativity

Cara Clark, Staff Reporter

As the Milligan athletic program steadily increases in size, coaches and athletes are learning to utilize the areas provided, especially the Steve Lacy Fieldhouse weight room.

The fieldhouse is open to all students except for during basketball and volleyball games as is the weight room except when a team has reserved it.

Scheduling for the weight room is handled and coordinated by the coaches.

“It’s the best option we have right now, and from my perspective our student-athletes are getting what they need,” Chris Layne, cross country and track coach, said. “We just have to be a little more creative with the time we have.”

Milligan has 22 men and women’s intercollegiate sports teams, so schedul-



The weight room in Steve Lacy Fieldhouse can be used by all students except during a basketball or volleyball game, or when a team has reserved the space. Photo by Cara Clark



The lower level open area that can be used for conditioning and training by all sports teams. Photo by Cara Clark

ing the weight room can be a problem that needs creative solutions.

“We do not attempt to schedule a block of time,” golf coach Tony Wallingford said, “but rather encourage our players to work out based upon their class schedule and practice or match schedule.”

Baseball coach Nathan Meade stressed that the success of scheduling is contingent on “communication” and that athletes and coaches must be willing to work with the facilities provided.

Athletes are also able to utilize the aerobics area opposite the weight room along with what Vice President of Student Development and Athletics Mark Fox calls “the lower level open area” for conditioning, strength training and practicing golf, baseball and softball swings in the netted area.

OPINION: The caf is not healthy for vegetarians

Erin Donovan, Staff Reporter

The cafeteria at Milligan feeds students every day. They have a hot line, pizza bar, deli bar, bagel bar, cereal bar, salad bar and a specialty bar. These are all great. But a problem has arisen in the Milligan cafeteria. While the food is decent, there is a huge lack of vegetarian options. I have been a vegetarian for six years, and I’m used to not always having a huge variety to choose from, but students need a vegetarian option on the hot line. I am tired of having to eat pizza, bagels and cereal or going to the deli or specialty bar because the only main dishes on the hot line include meat.

While I realize that not everyone at Milligan is a vegetarian, there are vegetarian-friendly options that can please everyone. Mac ‘n cheese is a great example. I have heard vegetarians and non-vegetarians alike talk about how much they like it. There are so many other foods like it that can please everyone without having meat on it. Meat is easy to add on, but once it’s on, it automatically becomes a non-option for vegetarians.

Some people talk about how there are enough other options in the cafeteria that it shouldn’t matter if there isn’t always a vegetarian option. However, vegetarian options in the cafeteria are not healthy enough to sustain a diet on. There is a salad bar and cooked vegetables and occasionally some fruit. But cereal, bagels, pizza and the deli bar

are all simple carbs. The specialty bar is normally carbs but sometimes can have protein. Everyone needs protein in their diet and the cafeteria rarely offers a vegetarian protein source. There is sometimes tofu for the special tossed salad bar or some of the specialty bars, but not often enough for it to be a regular protein source.

A lack of protein is not good for any-

See Veggie on page 9



Even though the food is decent in the cafeteria, there are not enough vegetarian options to sustain a healthy diet. Photo via pexels.com

Dear Brutus: Homecoming

Brutus, Columnist and Life Coach

Dear Brutus,

My family is coming to Milligan for the first time for Homecoming. What do you suggest we do while they’re here?

Sincerely,
Out of Ideas

Dear Out of Ideas,

Homecoming is a great time for family to visit! The weather is finally starting to cool down and the mountains are beautiful with the leaves changing. On campus, we have several events going on. First, we have the annual performance by the theater department. This year they are performing “Menaechmi” in Gregory. It is a comedy about two twins and mistaken identity. The showtimes are Friday and Saturday at 7:30 p.m. and Sunday at 2:30 p.m. Saturday is when most events are taking place. The Homecoming parade will be held at 1:30 p.m. along Blowers Blvd. After the parade, I suggest going to the concert in Seeger at 3:30. This year’s theme is “On Broadway” and should be very good. The women’s soccer game starts at 4 p.m. on Anglin Field, and the men’s game follows at 6:30. If your family wants to stick around for powder-puff, it starts right after the men’s soccer game ends.

If you’re looking for things to do off campus, I recommend you get outside and take them hiking. Like I said, the mountains are beautiful this time of year. Buffalo Mountain and Roan Mountain are two great hiking places and, if you ask around, many people have their own personal favorite hiking spots they can recommend. For meals, introduce them to a local restaurant. Some of my favorites are Scratch Brick Oven Pizza, White Duck Taco Shop and Cootie Browns. If you want a nice breakfast place, check out Tupelo Honey Cafe and The Main Street Pizza Company. You could also take them to Bristol and visit Blackbird Bakery for some delicious desserts--just remember, they’re closed on Sundays.

Hope this helps!

Happy Homecoming,

Brutus



Have a question for Brutus? Email The Stampede at MCStampede@my.milligan.edu

Ronda Paulson's Jesus is reflected in Isaiah 117 House

Kennedy Weber, Editor in Chief

Ronda Paulson walked into our interview five minutes late, without make-up and carrying a 7-month-old baby. It was obvious that she had been busy, and I felt bad for making her take time out of her packed schedule to say things that she had said many times before. After all, she's been getting a lot of attention lately. Nevertheless, she called my name from across the Grill, walked my way and sat down right next to me.

Everything about this woman screamed "Southern." From her a-bit-louder-than-inside voice to the warm greeting, I instantly felt at ease when I introduced myself. She may have recently become famous in the Tri-Cities area, but she has always been well-known around Milligan's campus. Her love for Jesus could be considered legendary.

Two years ago, I began my college career at Milligan. Soon after I arrived, I was invited to an event where the college coaches shared their testimonies. Paulson, the cheer and dance coach, told her story. I sat there, listening and intrigued. She kept referring to Jesus as "my Jesus," and I thought, Huh, that's kind of odd.

Now that I have officially met Paulson and spoke to her one-on-one, I do not think it is nearly as odd. She is so honest about her struggles and not afraid to be blatant. Her faith is very real, and she exudes joy in a way that someone can when they have experienced real love.

Paulson has always had a heart for others. Since she was young, she has wanted to adopt a child. Her husband, Corey Paulson, however, had a different view.

"On Adoption Sundays, I'd be down on my knees in the pew, you know, ugly crying," Paulson laughed. "My

husband would just lean down and say, 'No, Ronda, not happening.'"

Years later, he would be helping her start a nonprofit organization that would help children in the foster system have a warm, welcoming house to go to before being assigned a foster home. The Paulsons also became foster parents themselves.

According to the Tennessee Commission of Children and Youth, 7,786 children were in the state system; around 4,000 of them were in the foster care system in 2013. It wasn't until Paulson tricked her husband into attending a Parents As Tender Healers class, a class foster parents must take in order to be certified parents, that he realized that he wanted to really become a foster parent.

"He told me, 'You and God, you wrecked me,'" Rhonda recalled. "Now I know that there are children who need a home, and we have a home. Now I know that there are children who need love and we have love. How can we not do this?"

During the seventh PATH class, they visited a Department of Child Safety office in Washington County. It was there that Rhonda and Corey Paulson found out that children have to spend the night in that office while the DCS is finding them a foster home. Many times, the children will come in with nothing but trash bags to sleep on, also lacking any hygiene products.

"When I heard about that I just laid my head down and cried,"

Paulson said. For her, it has never been about the DCS not doing its job.

"They have a stack of papers a foot high to sort through and are trying to watch a child. What Isaiah 117 wants to do is to love the children and let the DCS do their job."

Paulson excitedly explained that the Isaiah 117 House, named after Is. 1:17 and the Paulson's first foster son, will be a home near the DCS office where volunteers will host children waiting to be placed in a home. This home will have beds for children to stay in, a fully stocked kitchen and bathroom and loving volunteers who will "play with and love on those kids." It will also have an office for the DCS officer to work in.

The Paulsons officially began the nonprofit in Jan. 2017, to which someone reminded her was "1/17."

"It was like after three years of God asking me what I was going to do, I finally knew that this was it," Paulson said.

She asked Milligan's administration to allow her to only coach--at the time she was also teaching anatomy--though this meant a pay cut. But for Rhonda the sacrifice was entirely worth it to see how successful the Isaiah 117 House is now.

In February 2017, they had set a goal to raise \$75,000 to buy a home. On Aug. 1, they had their financial kick off, and by Aug. 31 all \$75,000 had been raised. Recently, they closed on a home, though they still need to do repairs on the foundation of the house, which will cost a significant amount of money.

Paulson, an Elizabethton native, and her husband attended Milligan and graduated in 1996 and 1997, respectively. It's no wonder such a large portion of their support comes from the staff, faculty and students at Milligan. I see the "Love, you're not alone" shirts that they sell around campus very of-

ten.

"It's crazy being a wife, mother, coach and heading up a nonprofit,"

Paulson said. She claims the only way she could do it is through God giving her the strength and peace to carry on. It was ironic listening to her say that just as her youngest foster-son, Eli, stared up at her and giggled. She said that both Isaiah and Eli, biological brothers, were gifts and that God has encouraged her through them and her biological son, Mac, and daughter, Sophie, every day.

It's clear that besides being a universally-loved Milligan coach and an equally successful nonprofit business creator, Paulson loves Jesus and her family. And even though she doesn't have it all together all the time... who does? She is not afraid to show who she really is and who God made her to be. She will be the first to tell you that she is not perfect--but she is humble. She clearly believes that Jesus gave love to all, gave a father to the fatherless and gave hope to the hopeless.

Veggie, from page 8

one, as protein keeps you full and helps you maintain a balanced diet.

With the heavy hand of carbs and lack of protein, vegetarians are left with a diet that leads to weight gain if they are not careful. Carbs don't keep you full for very long, and so you end up eating more to keep yourself full and in the process end up consuming extra calories.

The average Milligan student on the meal plan pays \$1,725 a semester, or \$3,450 a year. While the cafeteria is a buffet and students can eat as much as they please, when vegetarians are stuck with the options that are presented (or not), there is no way that they are consuming \$3,450-worth of food a year. Getting off the meal plan is virtually impossible if students live in Sutton, Hart or Webb, so it is not like they could go off the meal plan and save that money to grocery shop for themselves. The only way to get off the meal plan is to either live close by or have a dietary restriction. Since being a vegetarian is a choice and not an allergy, Milligan does not consider it a reason for going off the meal plan.

The Grill is a great place for vegetarians to eat. They have grilled cheese, cheese/vegetable quesadillas, cheese pizza and veggie burgers available every day. The problem arises when you realize how quickly 25 meals can go. But when the only options in the cafeteria for you are the carbs that you've been eating all semester, you want real food. I have had to end up purchasing the meal plan plus so that I can get extra money on my card and go to the Grill when I don't want cereal, pizza, bagels or the deli bar, again.

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OPINION: Why is 'Obamacare' failing?

Shaun Whitson, Contributor

So, why is "Obamacare" failing? The answer may partially lie within the question itself.

"Obamacare" is more formally known as the Affordable Care Act. The ACA was a healthcare bill that took effect in 2010 during the Obama administration. It was the most significant instance of healthcare reform since Medicare and Medicaid in 1965.

In February, the New York Times reported on a poll by Morning Consult, finding that 17 percent of respondents thought "Obamacare" and the ACA were different policies and that 18 percent did not know if they were the same or not. The rhetoric used in referring to the ACA as "Obamacare" has affected the overall image of the bill as a whole.

Republican politicians have created

negative connotations about the bill and have presented it as being inherently flawed. One of the biggest issues pointed out is that insurance premiums have been rising. However, when the bill was originally passed, there were three stabilization programs. Each of these programs was intended to prevent premiums from rising.

A primary one was the risk corridor program, which intended to increase the number of insurers on the market to increase competition. The increased competition was anticipated to bring down premiums and allow for insurance to be cheaper, which worked for a short time; however, there was a flaw with the program. It was only set to last for the first three years of the ACA.

Republicans exploited this flaw by trying to end the program even soon-

er. The gap between what insurers were paying in and what others were requesting kept widening. Because of this, Congress voted down budget increases on a state-by-state basis, and in 2014 they passed a provision in the federal budget that the risk corridors had to be revenue-neutral. This prevented the Centers for Medicare and Medicaid Services from paying back the payments to insurers in full.

Marco Rubio was a large advocate for this provision and is quoted as calling the payments "a taxpayer-funded bailout for insurance companies." Except, this provision is a major cause of premiums to rise, which conveniently makes the ACA look even more flawed. This provision led to there only being 12 out of the original 23 nonprofit insurance cooperatives left less than a full year later, leaving only private insurance companies in many states, including Tennessee. It also lowered the competition between insurance companies, which further caused premiums to rise.

Healthcare reform was, and still is,

necessary. Health care costs per capita in the United States have risen every single year since 1960, according to the CMS. The 2016 Annual Euro Health Consumer Index ranked the Netherlands as having the best health care system in Europe. However, our health care costs have not been as low as theirs since 2001. The Netherlands' income tax is also only 15 percent higher than those of the average income in the U.S. Since the signing of the ACA in 2008, the number of uninsured people has gone down by 16 million.

The United States is a world leader, but what example are we setting by not providing insurance to our citizens? Before the ACA, 45,000 uninsured people were dying each year, according to the American Journal of Public Health. I believe this should not happen in the "greatest country in the world." As citizens we should be doing research before giving in to the rhetoric of politicians.

The steakburger shootout: Steak 'n Shake vs. Freddy's

Daniel Peacock, Contributor

Everyone loves a good burger, and college students are no exception. When it comes to the classic American diner experience, no two restaurants emulate that old school style quite like Freddy's Frozen Custard and Steakburgers and Steak 'n Shake. Both are excellent places in their own right, but I wanted to find out which was the greatest of the steakburger restaurants.

My journey began with the ubiquitous Steak 'n Shake. Unfortunately for Milligan students, the closest Steak 'n Shake is 45 minutes away, located at the Pinnacle shopping center in Bristol. Strolling in the front door, Steak 'n Shake has the 1950's diner aesthetic down to a science, with the bright red booths and the massive stovetops just behind the front counter.

Steak 'n Shake's burger was all that one could expect from a classic American steakburger: a greasy but undeniably tasty pair of burger patties smothered in melted American cheese between two toasted buns. The burger itself was a bit more greasy than I would have preferred, and it left my stomach feeling upset on the drive home, but other than that it was an excellent entree. To round out the meal, I got an order of shoestring fries that hit the spot perfectly and an old-school style, chocolate milkshake. The milkshake was delicious, but I kept hitting little chunks of ice that had made it through the blender unscathed, and those distracted from the otherwise excellent milkshake.

Needless to say, this wasn't the first time I had been to a Steak 'n Shake,

so I've been able to sample much from their menu, and I believe the huge number of options on that menu is one of Steak 'n Shake's biggest strengths. From cajun burgers to patty melts to Nutella milkshakes, there is just so much to try at Steak 'n Shake, it absolutely begs for a return trip. For this showdown, I went with the basic double steakburger, but the variety on offer is certainly something to consider.

Days later, I packed up and headed to Johnson City for Freddy's rebuttal, unsure of how it could stack up to Steak 'n Shake's food. Freddy's Frozen Custard and Steakburgers is a more modern take on the diner, with a noticeably smaller menu than its competitor. I ordered a similar meal to what I had at Steak 'n Shake but with one notable difference: instead of a chocolate shake, I chose the triple chocolate concrete. Freddy's flagship dessert is the frozen custard, so it felt appropriate to get that instead of the shakes.

Steak 'n Shake set pretty high expectations for the burger, but Freddy's had no problem keeping up. The burger

was every bit as savory as its competitor, but it lacked the heavy grease that kept the Steak 'n Shake burger from perfection. The fries were also just as good, but the frozen custard was the true standout. Where Steak 'n Shake's chocolate shake was plagued by little bits of ice, the custard at Freddy's was impossibly smooth. Every bite was absolutely divine, and it was the perfect way to finish up the Freddy's experience.

So who is the winner? Is it Steak 'n Shake's classic charm and sprawling menu or Freddy's tried-and-true combo of custard and burgers?

In the end, I have give the edge to Freddy's. The quality of the food is just ever so slightly better than Steak 'n Shake's, and the frozen custard is just too good to pass up. Plus, it's much closer to Milligan. If you're looking for something more exotic, though, Steak 'n Shake is well worth the drive, as you'll always find something new to try out.



The new Steak 'n Shake in Bristol opened in February of 2016. Photo via David Crigger from the Bristol Herald Courier

Just do “It”... or don’t

Taylor Martin, Contributor

Smiling clowns can sound like a fun time for some people. For others, it’s the worst nightmare imaginable. In the 2017 movie adaptation of Stephen King’s “It”, smiling clowns is a terrifying reality in the small town of Derry, Maine.

When Georgie (Jackson Robert Scott), a young boy with a passion for fun, goes missing on a rainy day, big brother Bill (Jaeden Lieberher) is determined to find out what happened. When years pass by with no signs of Georgie and other children missing, Bill begins to get suspicious. As the storyline progresses, Bill is joined by several friends who are also curious as to what seems to be going on in the small town. Little did they know that the town’s young children were being terrorized by Pennywise the clown (Bill Skarsgard).

While the film does an adequate job of portraying the terror felt by the group of friends, the real Most Valuable Player of the film comes from the performance of Pennywise the clown.

Skarsgard puts on a performance that is strong, yet subtle. Yes, the primary point of “It” is for audiences to be terrified at the sight or even thought of Pennywise, yet Skarsgard works well with the role in the sense that he does not put forth so much effort to “scare” the audience as much as he is just a terrorizing role in the film. This makes his spontaneous appearances in the film that much more

effective.

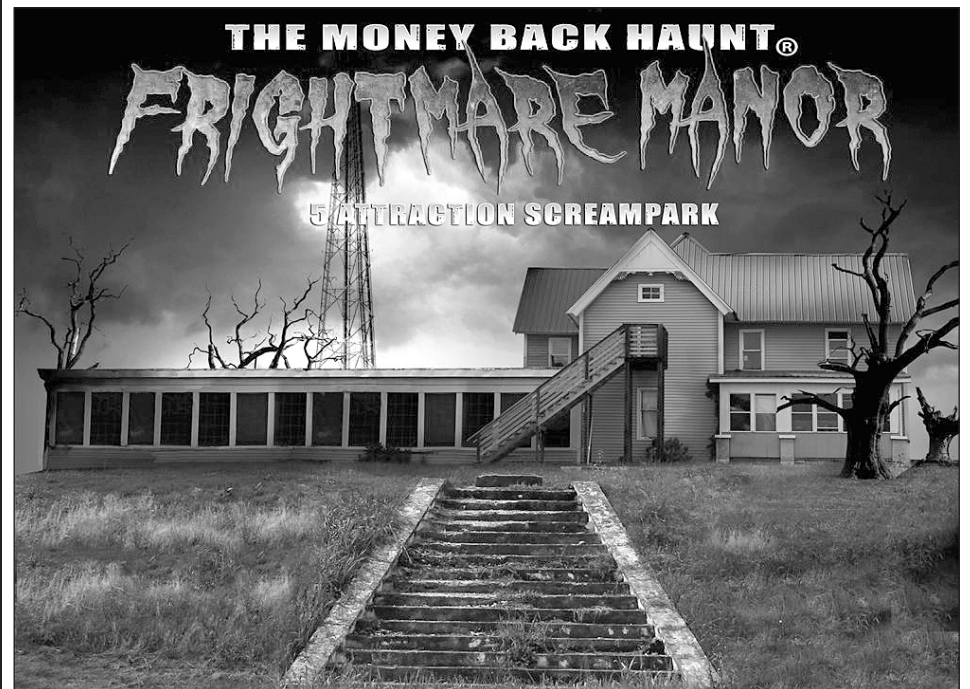
A group of children fighting against a terrorizing figure brings to mind a parallel between “It” and Netflix’s “Stranger Things.” It doesn’t hurt that leading cast member of “Stranger Things,” Finn Wolfhard, is a leading cast member in “It” as well. Both are set in the late twentieth century, once again showing the parallels between the two entertainment pieces. However, these equivalents beg the question as to whether or not the fan base of “Stranger Things” feel the same way about “It”?

Some criticism that comes with the film is the awkward love triangle that comes between Beverly (Sophia Lillis), Lieberher’s Bill, and Ben (Jeremy Ray Taylor)--who happens to be a native of Bluff City, Tenn. This love triangle between the three characters creates a side story of sorts that makes for discomfort and awkwardness for the audience. It also distracts from the actual plot line--a clown terrorizing the lives of young children in a small town.

Regardless, the film is sure to leave audiences unimpressed initially and foremost. Director Andres Muschietti created a film that is mediocre at first glance, but leaves the audience with something to think about upon leaving the theatre. So, not to burst your red balloon, but “It” may be a film worth waiting until the classic Redbox debut to watch.

Haunted House, hayrides and mazes, oh my!

Kristen Williams, Assistant Editor



It seems as if everyone loves October. With Halloween just around the corner, here are some fun places to go near Milligan if you want to get a good scare.

In Elizabethton, there is a place called the Haunted Forest, known during the day as Becky Mountain Corn Maze. It is located at 110 Corn Maze Lane, Elizabethton, 37643 and offers several options: haunted hayrides, a haunted maze and the murder manor. To do all three attractions costs \$20.

Another popular destination is Frightmare Manor. It is about an hour and 30 minutes from Milligan, located at 7588 W Andrew Johnson Hwy, Talbott, Tenn., 37877. Frightmare Manor is a haunted attraction that is based off of a serial killer that used to live there. The tickets are more expensive, however, if you buy the VIP pass for \$45 you can get into all five attractions with minimum wait time in lines. The five attractions are Frightmare Manor, Rage, Backwoods, Carnevil and Lexer

Jump. And if you are feeling particularly brave there is also Nightmare at Frightmare, which costs \$15, but if you successfully eat something, drink something and do something, then you can get your money back.

For a haunted attraction closer to Milligan there is a ghost walk that takes you on a tour through downtown Jonesborough, giving historical background on the ghosts that haunt Tennessee’s oldest town. It is \$30 a person for two people to do the ghost walk, but the bigger the group the smaller the price tag.

If you want to go to something that is not completely scary but still want a typical “fall corn maze” picture then Cleek Farms is the most affordable attraction on this list. For \$10 you gain admission into the corn maze, a hayride around the property and access to the other seasonal attractions on the property. This is located in Kingsport at 2233 Cleek Rd, 37660.



“It” was released Sept. 8 and was given a 7.8/10 on Imbd.com. Photo via Imbd.com

The Stampede is the **student operated news source** of Milligan College and a designated public forum.

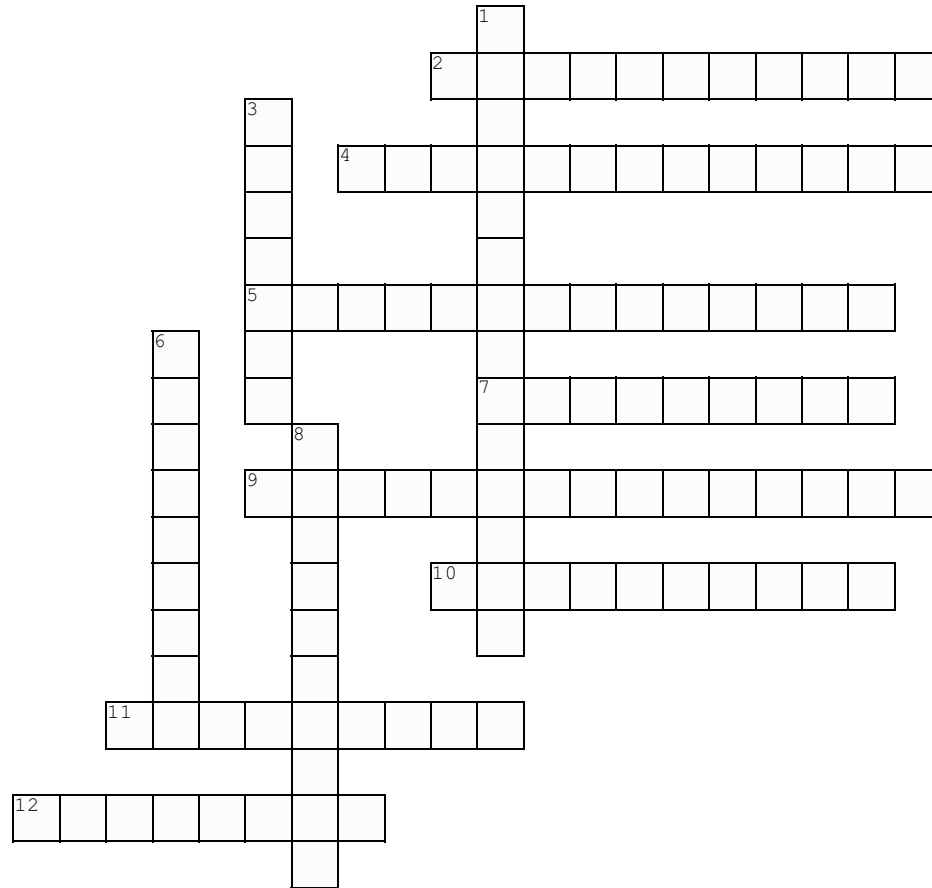
It is the mission of the Stampede to **report news, provide information and serve as a forum** for

members of the Milligan College community and the greater Tri-Cities area.

Letters to the editor are strongly encouraged. We accept letters by email and surface mail. You may write to: mcstampede@my.milligan.edu or address letters to: **Letters to the Editor, The Stampede, Milligan College, TN 37682**

All letters should include first and last names, and students should include their majors. However, you are limited to two letters to the editor per semester. Please keep letters fewer than 500 words in length. **We look forward to hearing from you!**

Name: _____



Created with TheTeachersCorner.net [Crossword Puzzle Generator](#)

Across

- 2. IJM hosted events including a interracial couples talk
- 4. Created Isaiah 117 House
- 5. Event to draw attention to modern day slavery
- 7. Professor that was tied to the flagpole by her teammates
- 9. Haunted House of a serial killer
- 10. The 'not so scary' option for a fun fall picture
- 11. Ancient Roman version of The Parent Trap
- 12. The library's fall showcase

Down

- 1. Thursday Show Creator
- 3. SGA wants to build this behind the library
- 6. Creepy clown from It
- 8. This dessert was at the Latin American Festival

Crossword by Kristen Williams.

HOW MILLIGAN ARE YOU?

Add 1 point per checkbox, then check your ranking below!

Coffee connoisseur

Tattoo
+1 if in Hebrew or Greek
+1 if a cross

Athlete

Chacos



Something monogrammed

Vineyards Vines merchandise

iPhone photographer

Odyssey Online contributor

WHAT IS YOUR SCORE?

- 0: Baby Buff
- 1-3: Coffeeshop aficionado
- 4-6: Cornhole runner-up
- 7-9: Full-time hammocker
- 10: Absolute trendsetter, possibly a real, live buffalo