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Cars sit on Emmanuel's campus. Photo by Caleb Perhne

Emmanuel experiences break-ins

Nick Baylor, Staff Reporter

Emmanuel has had a series of break-ins this semester, all of them involving vehicles. Most of the break-ins happened late in the night around 1-5 a.m.

While no signs of forced entry were seen at any of the events, victims did notice missing items from their vehicles. Items included purses, backpacks and computers.

Isaac Williams, a second-year Emmanuel student, was one victim who had his backpack taken. In that backpack contained textbooks, notebooks and an apple computer.

Emmanuel has had problems with

break-ins in the past but were not often--one or two a semester.

"This has been a problem in the past," Williams said. "However, this year it is a much bigger problem."

According to Williams and police reports, the break-ins at Emmanuel have been occurring weekly since the beginning of the semester.

"Most of the vehicles being targeted had stuff left in the open," Williams said.

He contacted the police when his car was broken into, but no report was found when Williams contacted the police the next day.

On Feb. 14, an adolescent was charged

with the break-ins. The young adult was caught by Emmanuel Resident Director Kevin Hurley.

Hurley was on the lookout that day after hearing a report that another resident had his ripstick, a type of skateboard, stolen. This was around two in the afternoon.

"With all the break-in reports, I decided to keep an extra lookout," Hurley said. "It was two boys; one had a backpack and both looked suspicious."

The adolescent ran away before police arrived, but one resident was able to capture video evidence, which was passed on to police.

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Cafeteria loses thousands due to missing dishes

Judith Garza, Contributor

Milligan College's cafeteria has fallen victim to the disappearance of many cups, bowls and silverware over the past two years. The café once held more than 320 green bowls. Last year there were close to 100, and now only about 10. Director of Food Services Mark Henry stated that thousands of dollars of café items have been taken at this point.

Assistant Food Service Director Cory Edmundson said the green bowls are used at the specialty bar and were bought for appearance. Each bowl costs about \$5 to \$7, plus tax and shipping. Additionally, Henry and Edmundson order 200-300 cups a semester because so many disappear.

"It's funny, but it's not," Henry said, as he shared a story about a time when he was looking at the café's dinnerware.

He had noticed there were no bowls and was wondering what happened to them when an employee walked up and informed him that all the spoons were missing too.

Milligan's SGA Student Affairs Committee gathered with Henry and Edmundson and devised a plan aimed at returning the taken or "borrowed" items.

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Milligan pride on and off the field

Taylor Martin, Contributor

February is over and that means the Winter Olympics have once again come and gone. However, this year happened to be a bit more exciting for Team USA with two openly gay male athletes representing the nation.

Skier Gus Kenworthy and figure skater Adam Rippon showcased their friendship and pride for both themselves and their country at the 2018 PyeongChang Open Ceremonies with an iconic kiss on the cheek that won over the hearts of America.

While there has not been any kissing on the cheeks here at Milligan, the same sense of identity and pride can be found amongst our student athletes both on the field and in the pool.

Sophomore Graham Denton and freshman Eva Bower both identify with the LGBTQ community and are successful student-athletes here at Milligan. Denton is a member of the men's swim team and Bower is on the women's soccer team.

"When I came out I thought I was going to have a Hallmark 'movie moment,' but all my friends just laughed and said they already knew," Denton said, jokingly.

Denton and Bower both agree their sexual orientation is a major part of who they are, but it is not the most important thing. For them, their results in the pool and on the field mean a lot too.

It is inevitable that there are varying beliefs and opinions concerning homosexuality, particularly on a Christian campus. Fortunately, for Bower, her team has been more than understanding when it comes to her sexual orientation.

"It's easier for females, especially playing soccer, because it's not that uncommon," Bower said. "My teammates and coaches at Milligan know what they believe, but they understand and respect me."

For Denton, being a gay athlete has not always been a dream come true. Swimming can be an especially emasculating sport, with men wearing nothing more than a speedo and their goggles. Denton explains that it is easy for male swimmers to feel insecure about themselves for not playing a more "manly" sport such as football or baseball, and they have to compensate for themselves.

"If I'm being honest, I've experienced some ignorance from the swim team," Denton said. "It's not that anyone intended to be hurtful, they just didn't realize it was being interpreted that way."

Both Bower and Denton look at the openly gay winter Olympic athletes as inspirations. Denton describes it as "empowering" to have athletes like Kenworthy and Rippon to look up to, especially for those who feel judged and incapable of competing due to their orientation.



Freshman soccer player Eva Bower guarding the goal. Photo via Eva Bower.

"It shouldn't have to be a big deal, but it is," Bower said. "We should focus on their athleticism, but (the athletes) are also using this as a platform and that's really awesome..."

See Pride on p 6

Editor's Note

Kennedy Weber, Editor in Chief

Could you feel it? Last week's weather was amazing. The sun was shining and birds were singing. I walked around campus in shorts. I left my window open and saw the breeze through my white curtains. Boy, do I love spring.

This past month and a half I felt as though I've been running around with my head cut off. I've bumped into things, forgotten important deadlines and just wanted to sleep. All. The. Time. For awhile there, I thought the sun would never shine again, that East Tennessee was destined to be groggy and a humid 40 degrees. The days of sunshine were few and far between.

Last week, I had a shift in perspective; maybe it was the sunshine, maybe it wasn't. Regardless, there began to be some clarity and excitement. Rather than slugging around all day, I perked up and sat outside, laughed with friends and went on walks just for the heck of it. It was an abnormal feeling for February, but it felt good.

I hope that's what spring break is like for you, Milligan College. I hope that you are able to sit next to a window and notice the breeze. I hope you can sit outside and go on walks just because you feel like it. We've worked hard (or at least I have) with our heads down for so long, struggling to reach where we need to go. It's time to look up, notice things and enjoy just being where we are. Have a fabulous break, y'all.

Results from SFP survey: What Brad Wallace and his team are doing next

Nick Baylor, Staff Reporter

The results from last year's Spiritual Formation Program survey are in. Campus minister Brad Wallace and his team of advisors have been looking through the results.

The survey showed areas of spiritual growth that the college was doing well in and areas in which the college could improve.

The survey was designed to target students and find what matters to them when involving spiritual growth. It also showed how spiritually mature students are in their faith.



Senior Sam Bratton is happy with the professors he has had at Milligan. Photo by Nick Baylor

"The area that students feel Milligan is doing the best is with faculty and staff," Wallace said. "Students feel that faculty and staff model and reflect Christian values."

For senior business administration student Sam Bratton, this was a big part of him choosing to come to Milligan.

"One reason I chose Milligan was for the professors to help guide me in my spiritual journey," Bratton said.

Over 500 students from Milligan and Emmanuel responded to the survey. This was a 59 percent response rate.

"We were really happy with the response rate," Wallace said. "Normally a survey like this has a 20-30 percent response rate."

Wallace is looking to improve two areas based on the survey.

"The survey said that students value dealing with doubts and prayer time," Wallace said.

The survey could not narrow down in what ways students want to deal with doubts or prayer time.

Wallace has started to take on the issue of doubt by having the faculty sermon series focus on that subject.

Junior economics major Jonathan Russell thinks the faculty series on doubt is a great way for the campus ministry to help students.

"The faculty show their character to the students," Russell said. "The series combines what Milligan is good at with something Milligan needs to improve."

Russell wants to help campus minis-

try in helping students increase their faith.

"The more I know about my faith," Russell said, "the more I can influence others."

For Russell it is showing transparency to others to encourage them to start conversations about faith.

Other students, such as sophomore economics major Seth Nicol, see ministry clubs like Vespers playing a bigger role on campus. Nicol, who is a part of Vespers, has encouraged other Vesper team members to approach students about their faith.

"Vespers is much more than a series on Sundays," Nicol said. "We are here for others too."

For Nicol, ministry at Milligan extends beyond campus events.

"It takes a long time for an event to get planned," he said. "Things do not have to be under campus ministry for them to happen."

Nicol recalled several student-led prayer events that happened in the past.

As Wallace and the spiritual community continue to look over the results from last year's survey, Wallace looks to this year and hopes to do a different survey, one that is more specific.

Wallace encourages students with suggestions on how to improve campus ministry to talk with him.

"The big thing," he said, "is making sure the core of what we do is what students want to do."

A letter to the Editor

I was surprised to see the women's march as the headline story of the Feb. 8 issue and filled with glowing reviews and quotes without any mention of the controversial principles the march promotes. The women's march has many troubling principles listed on their website.

One such principle is uplifting, expanding and protecting LGBTQIA rights, the right to be free from gender norms. This was addressed a couple of years ago with Milligan's statement

concerning human sexuality derived from Christian scriptures, which is in stark contrast to the women's march principle. Another principle is reproductive rights, which states that all people should have access to affordable abortions. For the past 45 years, society has taught us that a baby in the womb is expendable, but many still believe that all human life is sacred. There are other principles of the march that Christians disagree on, and both sides have valid points, but I do

not believe that The Stampede should wholly support the principles of the march without discussing alternative principles as well.

I was in D.C. last year with my daughter on the day of the women's march. I was disgusted at the overwhelming numbers of women (and men) degrading themselves by wearing the pink hats, carrying vulgar signs, wearing anatomy costumes and chanting revolting slogans all while demanding respect. For this reason, I am against the march probably more than most, but I wonder if many who support the march know exactly what all the march

stands for. Since reading the article, I have been very troubled that The Stampede has shown total support for this group without any indication that some of the principles they march for are contrary to Milligan's mission as a Christian institution.

Thanks for your time!

Deidre Greeley

If you would like to write a letter to the editor email it to mcstampede@my.milligan.edu with the subject "Letter to the Editor."

Cafeteria, from front page

According to SGA Vice President Somang Lee, the idea of having to-go cups in the café came from the SGA suggestion box in Derthick Hall. Henry and Edmundson agreed to this suggestion but stated they would still need students to return the borrowed or taken items. SGA, Henry and Edmundson decided to put boxes out in each dorm in an effort to prevent more items from being taken outside of the café.



A cardboard box was set out by SGA for the collection of taken or "borrowed" café dish ware. Photo by Judith Garza

"SGA encourages people to be respectful and good stewards of resources that we have because the café is really open to cooperating with the students," Lee said.

SGA Student Affairs Chair Logan Mink has been working with the cafeteria on getting better food and beverage options, as stated Feb. 20 in Seeger Chapel during convocation. Mink sat with Henry and conjured up ways to make "students happier with the options that we have."

In an agreement with SGA, the café will allow students to choose what they want to eat on Ticket Thursdays, if the students return the dishes. The return of dishes, according to Mink, would help the café save money, eventually leading to the café's ability to make changes with the food.

Milligan café work-study freshman Colton Brookshire has been working in the café for about three months. He has seen people walk out of the café



Senior Abby Weinberger grabs a fork in the cafeteria during a Sunday lunch. Photo by Kennedy Weber

with items every day, the most frequent being cups. He has seen bundles of bananas and loaves of bread taken as well, which is against café rules.

According to another work-study student, sophomore Madeline Brama, if

they bring their own containers, people are allowed to take water from the café. Regardless, she sees students leaving with coffee, soft drinks and sometimes Powerade.



Dr. Dodgen-Magee exemplifies the addictive qualities that technology can have in an ever-changing world. Photo via doreendm.com.

Powered off: guest speaker aims to get students away from technology

Taylor Martin, Contributor

Wake up. Turn off the alarm. Check Twitter, Instagram, Snapchat. Check the weather. Get ready. Text your friends.

For many, that's how an ordinary day begins. For some, that's primarily what their day consists of. Freshmen are staring down art slides to cram for the next humanities exams via PowerPoint. Seniors are desperately searching for jobs and graduate schools via the Internet. Regardless, technology in 2018 impacts lives in ways that have never been seen before. Bring in Dr. Doreen Dodgen-Magee.

Dodgen-Magee is a licensed psychologist based in Portland, Ore. She travels internationally, where she speaks on the immense amount of research she has done on how technology influences the brain and interpersonal relationships. When it comes to finding inspiration for her talks, it comes easily to her.

"I have an undying love for people. I want people to be more human, and technology is our easiest way out of that quiriness," Dodgen-Magee said. "I want people to learn there's so much more than that."

Recently, Dodgen-Magee's research has been turned into a book into which she has poured her heart and soul. The book, entitled "Devised!: Balancing Life and Technology in a Digital World," is both relevant and enticing.

"Reviews have said that (the book) is very people-affirming and does not shame technology use," Dodgen-Magee said, adding that it was hard to balance the two in the book, as research shows the addictive qualities of technology, yet it is such a beautiful part of everyday life.

If there's one thing that Dodgen-Magee wants college students to take away from her week here at Milligan, it's to think about violence and sexuality in the media.

"Be thoughtful about the platforms you engage with that highlight violence and sexuality," she said. "Only engage with these platforms in the way that these platforms think about themselves and others."

All in all, Dodgen-Magee asks simply one thing from the attendees: Ask difficult questions of yourself about how you choose to tune out from the world.

"I know my time at Milligan is going to be my best yet," Dodgen-Magee said. "I love that there are spaces on campus where I can hang out with students."

In addition to speaking in convocation and chapel, Dodgen-Magee will have a "Powered Off Zone" in SUB 7 from 1-5:30 this afternoon. At this time, Dodgen-Magee will provide a time to tune out the world in a brand new way, through crafts, puzzling and more, all while keeping the technology away for a little bit.

Webb Hall hosts recycling battle

Erin Donovan, News Editor

Milligan has been working toward becoming a more sustainable campus through many different means. Most recently, Webb Hall has taken this challenge pretty seriously with a dorm-wide recycling battle.

The RA who came up with the idea was junior Joshua Mangano. He realized Webb Hall did not participate in recycling, and after taking the environmental science course taught by Associate Professor of Biology Dr. Brian Eisenback he wanted to do something about it.

"I credit it to Dr. Eisenback and environmental science; everyone should take it," Mangano said.

After learning about how the world functions in Eisenback's class, the class ended the semester with how to take the concepts they learned and apply them to their lives.

"I was thinking about how it would be cool if Webb didn't throw everything in the dumpster," Mangano said. "We wanted to give the residents of Webb incentive to recycle. And so we decided to create a competition between each RA's residents."

There are six RAs in Webb, two on each floor. So each RA and their residents make up one team.

Webb Hall will be recycling paper, plastic and aluminium cans. The residents are bringing all of their recycling to their RAs and will weigh how much is brought in. The competition started in February and will end early April. The winning RA and their team gets a special dinner.

"We wanted to do it for a large chunk of the semester to emphasize it and learn consistency, because it's not just a one time thing they do ... and just make them aware of how if we're not careful how much waste we produce," Mangano said in response to why he thought the competition was important.

Junior RA Jon Guy and his residents have had an interesting experience with the program.

"They're excited about it; they love it," he said. "I really like walking into my room and just finding trash there. I'm like, 'I've been pranked--oh, wait, no, this is the program.'"

In exchange for dishes that have been taken from the cafeteria, Milligan's

SGA has negotiated the use of take out containers for drinks and ice cream. This, however, also raises the question of how sustainable this extra waste is.

Sophomore Jenee Boston, parliamentarian of SGA, explained how and why they did what they did.

"I don't think that the to-go containers affect the sustainability of Milligan considering the overall lack of motivation to recycle at Milligan. If enough students think that the to-go cups are a sustainability problem, we are 100 percent willing to back and talk to Mark and Corey again," Boston said, referring to the cafeteria's food service directors. "This is our first response to what has been asked of us, so we are willing to make improvements if need be. We did not specify the material of the to-go containers; that was not an SGA decision."

She went on to add, "We just voted the recycling club into existence. Our events committee is working with them to hopefully have a recycling event to bring attention to the issue. These issues can sometimes take longer than we expect to be resolved."

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Do you know your rights? A look at FERPA Erin Donovan, News Editor

Most students I recently surveyed have no idea what FERPA is, or have even really heard of it. FERPA is The Family Educational Right and Privacy Act. There are four parts to this act.

Once a student is 18 years old and/or attending college, he or she becomes an “eligible student,” and all rights formerly given to parents under FERPA transfer to the student, so it is important that students know their rights. If students are unaware of their rights, they do not know if they are being violated. Privacy is an important matter for everyone involved.

Educational Records are records that contain information directly related to the student and are maintained by an educational agency or institution.

1. The right to inspect and review their information

A school must provide an eligible student with an opportunity to inspect and review his or her education records within 45 days following its receipt of a request.

2. The right to seek to amend their educational records

An eligible student has the right to request that incorrect information in his or her education records be amended. The school is not required to amend

education records in response to the request, but the school is required to consider the request. If the school decides not to amend a record in accordance with the request, the school must tell the student of his or her rights to a hearing on the matter. If, after the hearing, the school still decides to not amend the record, the student has the right to insert a statement in the record setting forth his or her views. That statement must remain with the contested part of the student’s record for as long as the record is maintained.

However, while the FERPA amendment procedure may be used to challenge facts that are inaccurately recorded, it may not be used to challenge a grade, an opinion or a substantive decision made by a school about an eligible student.

3. The right to have some control over the disclosure of information from their educational records

A school cannot disclose personally identifiable information from an eligible student’s education records to a third party without written consent from the student.

There are exceptions to this right, and under these exceptions, schools are permitted to disclose personally identifiable information from education records without consent. One al-

lows “school officials,” which includes teachers, to obtain access to personally identifiable information contained in education records if the school thinks that they have “legitimate educational interest” in the information. Another exception allows a school to disclose personally identifiable information from a student’s education records to another school in which the student seeks or intends to enroll. A third exception allows a school to disclose personally identifiable information from education records when the disclosure is to the parents of a “dependent student” as that term is defined in Section 152 of the Internal Revenue Code. If either parent has claimed the student as a dependent on the parent’s most recent year’s income tax statement, the school may non-consensually disclose the student’s education records to both parents under this exception.

4. The right to file a complaint with the Department of Education if a student believes that a school has failed to comply with his or her request for access to education records, for amendment of inaccurate information in education records or failed to offer the student an opportunity for a hearing on the matter, or believes that a school has improperly disclosed personally identifiable information from his or her education records to a third party,

that student may complete a FERPA complaint form schools must also annually notify students in attendance of their rights under FERPA. This annual notification must include information in regards to a student’s right to inspect and review their education records, the right to seek to amend the records, the right to consent to disclosure of personally identifiable information from the records (except in certain circumstances), and the right to file a complaint with the Office regarding an alleged failure by a school to comply with FERPA. It must also inform eligible students of the school’s definitions of the terms “school official” and “legitimate educational interest.”

Milligan’s statement regarding FERPA says “only directory information, such as name, address, telephone listing, date and place of birth, major field of study, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, degrees and awards received, and the most previous educational agency or institution attended by the student is released without the student’s consent.”

According to Milligan’s statement, the directory is only used within the college, and if a student wishes to be removed from the directory they may file a form in the Registrar’s office.

Why does Milligan have its own ZIP code?

Daniel Peacock, Contributor

Milligan College is unique in many ways, with its beautiful campus and rich history, but it has one unique feature that really sets it apart from other colleges of similar size: Milligan has its own ZIP code.

It isn’t unheard of for large universities to have their own postal code designations; the University of Texas in Austin has its own ZIP code specifically for its campus. But that school has over 50,000 students, whereas Milligan only has 1,200 students. So why would the United States Postal Service give such a small population its own ZIP code, especially when Elizabethton and Johnson City are so close by? To learn the truth, we have to look at the history of Milligan College.

Josephus Hopwood founded the Buffalo Male and Female Institute in 1866, creating the campus that would later become Milligan College. The same year, the East Tennessee and Western North Carolina Railroad was chartered by Tennessee’s state legislature to run from Johnson City to Hampton, Tenn. The rails passed close by the newly founded Buffalo Institute, so the residents of the school convinced the railroad company to create a stop at the school to help transport mail and persons coming to and from the school. With the founding of this stop along the railroad, the Buffalo Institute now had a much easier way of receiving its mail and thus created an official campus post office to help distribute the mail coming to or leaving campus.

As the Buffalo Institute expanded,



The post office that serves Milligan College, located at the front of campus. Photo by Daniel Peacock.

it retained the railroad stop and post office, with the ET&WNC continuing to deliver mail to the campus as late as 1950. Today, Milligan College still retains its own post office, but mail is delivered via the United States Postal Service, not through the railroad. The ET&WNC is no longer in use as a railroad but has received a new life as the Tweetsie Trail, a walking and biking trail that was completed in 2014.

That explains the presence of Milligan’s post office but still doesn’t answer why it has a unique ZIP code.

The ZIP code system, which stands for Zoning Improvement Plan, was introduced by the United States Postal Service in 1963 as a way to help better organize mail delivery across the expansive United States. The first three digits of the ZIP code denote which Sectional Center Facility that specific piece of mail should be sent to. At these SCFs, mail is processed and sorted by the final two numbers in the

ZIP code, which denote a specific mail office within that SCF’s jurisdiction. From there, mail is sent to specific post offices based on the final two numbers of the ZIP code, where it is then delivered to specific addresses or P.O. boxes. The SCF that serves Milligan College is located in Johnson City, and its numerical code is 376. The post office at Milligan was given its own designation when ZIP codes were made mandatory, giving Milligan College its own unique ZIP code of 37682.

Milligan College has always been closely entwined with the history of the area it resides in, and the story of Milligan’s ZIP code is no different. From a simple stop on a grand railroad to the brick building that greets everyone at the gates of campus today, Milligan has maintained an independent postal service from its earliest days as an institution, and that is why Milligan students can call 37682 their own.



This historical marker is close to the spot where the ET&WNC railroad once dropped off mail and passengers to be delivered to Milligan. Photo by Daniel Peacock

Justice Week spreads awareness of modern day slavery

Jordyn Morel, Features Editor

This past week marked the annual Justice Week on campus, organized by Milligan's International Justice Mission chapter.

According to senior Praise Gichuru, chair of the chapter, the purpose of this year's Justice Week was to raise awareness and educate students on human trafficking and sex exploitation--issues that are a serious reality even within Milligan's own region of East Tennessee.

"We believe that awareness equals action," Gichuru said. "I think if people are truly aware of what it looks like for somebody to be enslaved and not have a voice, then they have to do something. I have to believe that about human beings."

Monday through Thursday of this week, members of the chapter sat outside the cafeteria with red sharpies for students to draw a red "X" on the backs of their hands, an awareness-raising

technique used by End It Movement, a coalition of organizations that often works alongside IJM to fight modern day slavery. Thursday marked the official Shine a Light on Slavery Day, when people all around the world drew a red "X" on their hands and shared a photo on social media in a stand of solidarity against the growing issue.

"It's beautiful, because people ask what (these red Xs) are, and then you can tell them that we are choosing this week to spread awareness on this particular issue," Gichuru said, adding that this is a simple way for anyone to use their own voice to speak up for those who are silenced in slavery.

Additional events included a letter-writing station on Wednesday, in which the chapter teamed up with the Apostolos club to write to Milligan alumni Brandon Ellis, who is now serving as an intern with IJM in Uganda.

Gichuru said that this year's Justice Week has been received "beautifully."

"We've seen a lot more students get

involved," she said. "We've also seen a lot of students that didn't know human trafficking was a thing come to an awareness of it."

In an effort to continue the conversation past Justice Week, Milligan's IJM chapter will host a campus-wide viewing of the movie "Heart of Man" on March 13, which, according to Gichuru, deals with the demand-side of human trafficking and the ways that it is fueled and perpetuated in our world. On March 14, the chapter will host a campus conversation as a "next step" for students to discuss the issues that this movie raises.

Milligan's IJM chapter has events planned for every week of the month of April, which is Sexual Assault Awareness month. These events will include a Rally for Freedom, which is a day set apart across the nation to call legislators in an effort to influence Congress to join the fight against modern day slavery. More details to come on these events.



The banner announcing Justice Week hanging outside of Sutton. Photo by Jordyn Morel

Anyone who is interested in joining the Milligan IJM chapter may either send a direct message with their email to the group's Instagram page @milligan.ijm, or simply email Praise Gichuru.



The panel sits at the front of Hyder Auditorium for the "Lenses of the Black Experience", organized by Milligan students. Photo by Shaun Whitson

A look back at Black History Month on campus

Sue Ellen Harrod, Staff Reporter

Today, March 1, marks the end of Black History Month, having lasted the entirety of February. Milligan's campus hosted two main events for Black History Month: a panel titled "Lenses of the Black Experience" and a sampling of cultural foods followed by a panel discussion.

Black History Month originated in

the 1970s at Kent State University and occurs every year in the months of October and February. The honorary months were created in hopes of spreading awareness and the celebration of African-American history and are observed in the U.S., Canada, Germany and the Netherlands.

In past Black History Months, Milligan students have helped plan events aimed at furthering awareness of di-

versity on campus. "Lenses of the Black Experience" was the first of such events this year and was organized by Milligan students.

Jalen Glass, junior social work major and one of the organizers of "Lenses of Black Experience," said of Black History Month and its importance, "This month is a time for us to all get together and celebrate black culture for its beauty and strength and to reconcile

damage that has been done."

The event kicked off Black History Month at Milligan and was held Feb. 6 in Hyder Auditorium. The panel, worth 2 SFP, was meant to serve as a campus conversation and featured speakers Professor of Psychology Dr. Lori Mills, Associate Professor of English and Humanities Dr. Michael Blouin, Professor of Ministerial Formation Dr. Gary Selby, Professor of Theology and World Christianity Dr. Samuel "Kip" Eolia, and visual arts director and seminary student Trevor Wentt. Over a hundred people attended this panel as the speakers shared their stories and words of wisdom regarding the black experience.

The next Black History Month event, Satisfy the Soul, was held on Feb. 15 in SUB 7 and featured different cultural foods for attendees to sample while also featuring a panel discussion. The food was prepared by freshmen Aamir Bullitt and Sarah Baker, sophomores Teve Mushayamunda and Rebecca Urges, and junior Jalen Glass.

"I think overall the events were a success," Glass said. "I believe they act as a stepping stone to do more, but there can still be more done in general to promote diversity and reconciliation outside of Black History Month, like more campus conversations, movie showings like '12 Years a Slave' and even campus vigils for victims of police brutality."

Is there a misconception about anxiety and stress?

Mackenzie Guy, Contributor

Roughly 4.5 percent of Milligan students go to the counseling center on campus, a percentage that is just over the national statistic of 3.3 percent, according to the Anxiety and Depression Association of America.

"Anxiety is our No.1 reason for students coming in," Dr. Rebecca Sapp, director of the counseling center, said. "It's both school related anxiety and outside (factors)."

Sapp said she thinks that there are more students on campus struggling with anxiety and other mental illnesses who have not come to the center yet perhaps due to lack of promotion

and availability. The counseling center is currently open only for 20 hours a week.

"I think (the Counseling Center's hours) will increase as we are here longer," Sapp said. "This is just our fourth full year. I think the word would continue to get out; we plan on growing."

According to the Center for Disease Control and Prevention, the United States experienced a considerable jump in anxiety disorders from 2005 to 2011, but from 2011 to 2015 its had leveled off.

Perhaps this statistical increase in anxiety orders is not only in response to high work standards and societal pressures, but also because of the

awareness and respect for those struggling with mental illness has increased as well.

"It's possible that people are more aware of mental health than they used to be, and I think that people are becoming more open to sharing when they're struggling," Heather Jackson, director of student success and disability services, said.

The counseling center specializes in test anxiety, depression, premarital counseling and more. The counseling center is located in the Taylor-Phillips House on campus, by appointment. Call (423) 461-8500 or email counselingcenter@milligan.edu for more information and to schedule an appointment.



Dr. Rebecca Sapp, director of the counseling center. Photo via Milligan faculty and staff directory

Pride, from front page

"It shouldn't have to be a big deal, but it is," Bower said. "We should focus on their athleticism, but (the athletes) are also using this as a platform and that's really awesome. I would have loved to have all of these badass athletes to look up to when I was growing up."

All in all, both Denton and Bower have enjoyed their time at Milligan and have no intentions of taking their athletic talents anywhere else. Being openly gay on campus has not caused either of them harm but has caused for some political pushback.

"Some people are genuinely just curious about (homosexuality)," Bower said. "If curiosity is their default, I think things are starting to get better and more progressive."

Denton's experiences have been similar to Bower's on campus and on the pool deck.

"Though there has been some ignorance, I overlook it because everyone has questions," he said. "People don't comprehend subjects they don't understand, like homosexuality, even though they want to."

Whether it's for the "badass women" or the empowerment that comes with it, both Bower and Denton are thankful for the inspiration that Team USA has provided them with this winter and hope to do the same for other Milligan students in the future.

Basketball teams rally hard but fall short in the conference tournament

Megan Williams, Staff Reporter

On Feb. 17, the men's and women's basketball teams wrapped up their seasons against the St. Andrews University Knights from North Carolina. After the games finished, both Milligan teams came out on top of their rivals.

The Lady Buffs were up first and battled hard in their win against the Knights. The final score was 81-50, helping to secure a sixth place spot in the regular season American Athletic Conference standings heading into the conference tournament. A tough season for the Lady Buffs led them to end the regular season with a 14-10 record.

After automatically qualifying for the national tournament the past two years, this year the Lady Buffs will have to win the conference tournament to make it to nationals. Although head coach Rich Aubrey is disappointed about their current standings, he plans on using the tournament to alter his team's outcome.

"On the one hand, I wish we had found our identity sooner. It took me too long to determine the most effective paths for strategy and for personnel," Aubrey said. "On the other hand, I am extremely happy for this team and the lessons we have learned together on our journey. We have learned about dealing with adversity and how to help those around us grow."

Heading into the conference tournament, Aubrey plans to prepare the team in the same way he has all season. He expects the team will continue

to play well and change their fate about the national tournament.

The men's basketball team also fought hard and ended their season on a high with a 92-65 win over the Knights. This high scoring game helped the men secure a second place finish in the regular season AAC standings. After starting the season with a 2-9 record, the men went on to win 13 of their last 16 games to end the season with a final record of 13-7.

"I am very happy about the end of the season," men's basketball head coach Bill Robinson said. "The guys are having fun! And we are playing our best basketball at the right time of year."

Robinson could not be happier with how his team finished the season. With the tournament coming up, Robinson plans on preparing his team for the competition they will face.

"The overall game plan will remain the same for the tournament, but we may add and subtract a few of the offensive sets that we have run," Robinson said. "It's always nice to have a few new things in at tournament time. New sets and new (Out-of-Bounds) plays can be very beneficial late in the year."

On Thursday in Kingsport, Tenn., the men's team fell 83-75 to Truett-McConnell University and ended their AAC tournament run. Even though the men's team lost in the first round, they will be heading to the national tournament over spring break in South Dakota. The women's season also ended in the first round of the conference tournament to Bryan College, losing 69-64.



Senior David Casaday attempting a 3-point shot in Thursday's game against Truett-McConnell University.

The U.S. and 94 other nations gathered in Pyeongchang County, South Korea, this Feb. 9-25 to compete in 102 different events within 15 different sports. These sports ranged from tricky alpine skiing to intense speed skating, the classic biathlon to the unique sport of curling. In total, there were 2,914 athletes competing, 242 of which were from the United States.

The first event of the Winter Olympics, figure skating, saw several disappointments and under-performances that discouraged the U.S. team members. Eighteen-year-old Nathan Chen was set to be an immediate gold medalist. To the disappointment of his team, he fell four times during his first Olympic performance in the men's figure skating event, coming in 17th.

Disappointments like these were tough on team members, however, that did not stop the U.S. team from giving all they had. As of Feb. 23, the U.S. had 21 medals, just behind Germany with 25 medals, Canada with 27 and Norway in first with a staggering 37 medals.

The United States struggled to gather traction early on in the Winter Olympic games. However, towards the end, the U.S. was becoming a force to be reckoned with. Though they faced hundreds of talented athletes from several different nations, many of the U.S. athletes managed to pull off some incredible feats. As of Feb. 23rd, the US had eight gold, seven silvers, and six bronze medals.

The U.S.'s first Olympic medal came on February 11 (day two), a gold medal received in men's slopestyle snowboarding by Redmond Gerard. At age



Chloe Kim, 17-year-old gold medalist in women's halfpipe snowboarding. Photo via Washington Post

RECAP: US finds victories in Winter Olympics

AJ Trabold, Staff Reporter

17, Gerard is the youngest Winter Olympian to receive a gold medal, and he's the first Olympic medalist born in the 2000s. Later that day, Chris Mazdzer won silver in the men's singles in Luge.

Feb. 12 gave the U.S. two more medals, this time a gold and bronze. Jamie Anderson won gold in the women's slopestyle snowboarding event, and the American ice skating team, which included Nathan Chen, won a bronze medal in the team figure skating event.

February 13 gave the U.S. yet another gold and bronze. Chloe Kim won gold in women's halfpipe snowboarding. At age 17, she is the youngest woman to win an Olympic snowboarding medal. Arielle Gold then won a bronze medal,

competing in the same event.

Feb. 14-15 gave the U.S. one gold medal each. Shaun White won gold on the 14th, competing in the men's halfpipe snowboarding event. Mikaela Shiffrin, a 2014 gold medalist, once again took gold home for competing in the giant slalom alpine skiing event.

Feb. 17-18 each harbored a silver medal for the U.S. John-Henry Krueger, who won silver in men's 1000 m in short track speed skating. Nick Goepfer won silver the next day in men's slopestyle freestyle skiing event.

Feb. 20 gave the U.S. two bronzes. Alex and Maia Shibutani received one in the ice dancing figure skating event. Brita Sigourney won another in women's halfpipe freestyle skiing event

Feb. 21 gave the U.S. a string of medals, consisting of one gold, one silver and two bronze. Jessica Diggins and Kikkan Randall, the cross-country skiing team, won gold in the women's team sprint event. Lauren Gibbs and Elana Taylor won silver in the two-woman bobsleigh event.

Lindsey Vonn won the first bronze of the day in women's downhill alpine skiing event. The women's speed skating team won the second bronze in the women's team pursuit event.

The U.S. received a high payout of medals on Feb. 22, receiving two gold and three silver medals. The women's ice hockey team won the first gold, and David Wise was given the second gold in the men's halfpipe freestyle skiing event.

The three silver medals went to Mikaela Shiffrin for women's combined alpine skiing, Alex Ferreira for men's halfpipe freestyle skiing and Jamie Anderson for women's big air snowboarding.



Redmond Gerard, 17-year-old gold medalist in men's slopestyle snowboarding. Photo via WYKC

The Stampede inquires about political involvement on campus

Megan Williams, Staff Reporter

Democracy is based on the assumption that people will communicate as to what they believe is right. Without students taking part in politics, some changes may not be made. The Stampede began to investigate Milligan's student interest in political involvement by interviewing Dr. Amy Edmonds, assistant professor of political science, and junior Tessa Stevenson, a political science major.

Edmonds believes students are interested in politics but are reluctant to get involved due to the possibility of facing topics with which they are unfamiliar. She also believes that students do not want to get involved, because they see politics as something they cannot change, so they would rather not engage on the topic.

Stevenson, who is also the president of the Milligan College Republicans club, agrees that students have political opinions but are afraid to get involved, because they do not truly understand what politics is and what it can be.

"It is absolutely essential to get politically involved," Edmonds said, "because democracy is based on the premise that people will engage to keep representatives accountable, and that if they see something they think is unjust, that they will work to change it."

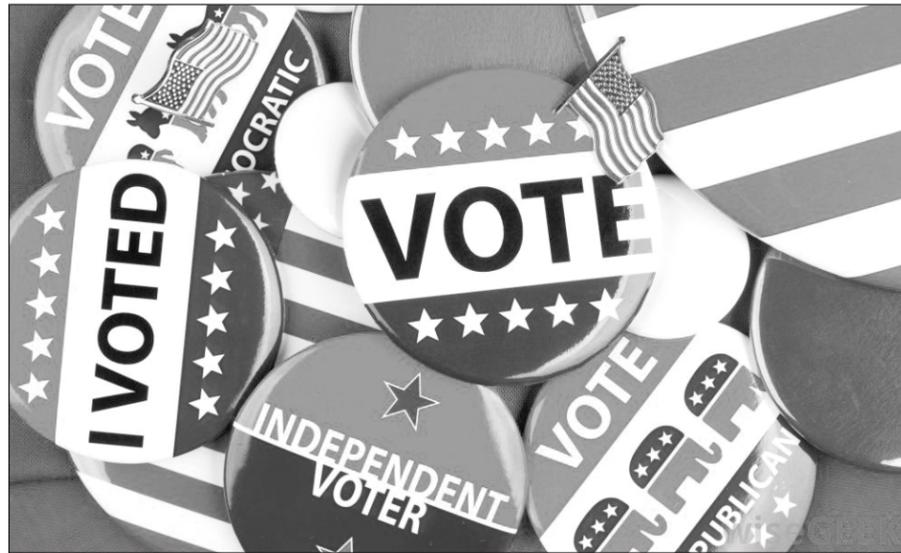
To understand the politics of our country better, students have to get involved and pay attention. People cannot be afraid to ask questions when they do not understand. Asking questions allows citizens to have a better understanding of what politics is and what it has the potential to become.

"What bothers me the most," Edmonds said, "is that I believe that Christians are called to be salt and light in this world, and if students care about promoting justice and making the world a better place, an under-

standing of politics is essential."

On campus, students have the opportunity to attend different clubs and organizations to gain a better understanding of politics, including Milligan College Republicans, Milligan College Democrats, the Student Government Association, Sustainability Club and International Justice Mission. These clubs will also provide a safe place for students to ask questions.

This article is part of a series of articles about political involvement on campus. Stay tuned for more updates!



Students can get politically involved on campus by joining SGA, Milligan College Democrats and Milligan College Republicans. Photo via wisegeek.org

REVIEW: 'Black Panther': Out of the shadows and on to the big screen

AJ Trabold, Staff Reporter

"You're telling me that a king of a third world country is running around in a catsuit?" Yes, I am, but the new Black Panther isn't just that. This movie is a fresh take on the Marvel hero Black Panther, and how his story fits with the rest of Marvel's cinematic universe.

Set after the events of Captain America: Civil War, King T'Challa/Black Panther, played by Chadwick Boseman, returns home to Wakanda, Africa, to serve as his country's new leader. Not long after he arrives, he is challenged for the throne by a vengeful outsider.

His nation is then threatened by outside forces, hellbent on dragging Wakanda into a world war.

T'Challa must then team up with C.I.A. agent Everett K. Ross, save his people, and reconcile with old enemies.

This was Black Panther's first standalone movie, directed by Ryan Coogler. This was not his first appearance on the big screen, however; Black Panther first appeared in Captain America: Civil War aligned with the Cap.

Andy Serkis and Martin Freeman reprise their roles as Ulysses Klaue (Klaw) and Everett K. Ross from Civil War respectively.

The cast also saw the in-

roduction of Winston Duke as M'Baku, T'Challa's cousin who fights for the throne but winds up defeated. Erik Killmonger, played by Michael B. Jordan, played the main villain in the film, managing to drive the Black Panther out of Wakanda.

Black Panther is notable for having an almost all black cast, save for Serkis and Freeman. Also, Black Panther became only the fifth movie ever to have an over \$200 million opening weekend.

The release of the movie also stirred up some controversy. Many people on social media have stated that they are happy that they finally got a 'black superhero movie'. There have been several forgotten black superheroes, such as Blade, Spawn, Meteor Man, and Blankman, just to name a few. The true 'first black superhero movie' can be found on YouTube: Abar, The First Black Superman.

Whatever the case may be, Black Panther is definitely a must see for die-hard Marvel fans or the action/sci-fi seeking movie goer. It combines action and risk perfectly with suspense and spots of humor. Just be sure not to challenge T'Challa for the throne: "I did not yield! And as you can see, I am not dead! The challenge continues!"



The Black Panther peers at one of his victims. Photo via Marvel Studios

Dear Brutus: Spring Break

Brutus, Columnist and Life Coach

Dear Brutus,

Sadly, I'm stuck here in East Tennessee for spring break and I'm not excited. There is nothing to do here, and I'm worried I will just sit around doing nothing. Do you have any idea of things that I can do around here?

Please give me some ideas,

I'm Scared of Being Bored

Dear I'm Scared of Being Bored,

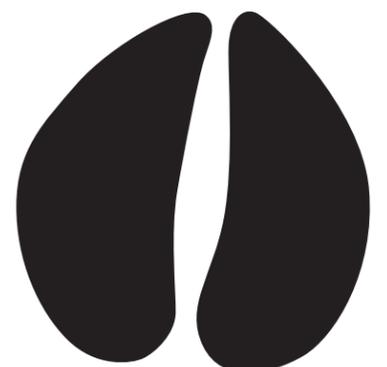
There is tons to do around East Tennessee. You can hike up mountains, like Roan or Buffalo. You can go on a restaurant walk and experience the growing downtown of Johnson City. You can even attend a local concert at Willow Tree Coffeehouse and Music Room. There's so much to do out here. However, do take note that you should seek to stay somewhere off campus if you don't live nearby. According to an email sent by Heather Jackson, there will be a \$25 per night fee to stay on campus.

I, personally, have enjoyed the warm spring weather lately and from what my senses tell me, it's still going to be warm over break. Enjoy the sun, walk along the river at Sycamore Shoals, just get outside after you've had to be inside studying for two months.

Another point to make, though, is one you may not like too much: It's OK to be bored. Whenever I get to spring break, I feel as though I'm crawling across the finish line, exhausted and in need of sleep. I encourage you to rest this spring break and, if you want to go out and do things, that's fine, but remember that we have the rest of a school year to finish out--and it only gets harder from here. Do things that refresh you and bring you joy, and get ready for the rest of the battle.

Good luck, and happy spring,

Brutus



*Break-ins,
from front page*

Name: _____

“One resident installed a GoPro outside their home,” Hurley said. “This was to try and find the culprits involved.”

Since then, police have been able to identify the burglars, and charges are being pressed. The 15-year-old boy did admit to taking the skateboard and another backpack that was taken later that day.

According to Elizabethton Police Detective Joe Harrah, this was not the young adult’s first offense.

While Milligan looks at ways to improve security at Emmanuel, students have come together to look out for each other’s property.

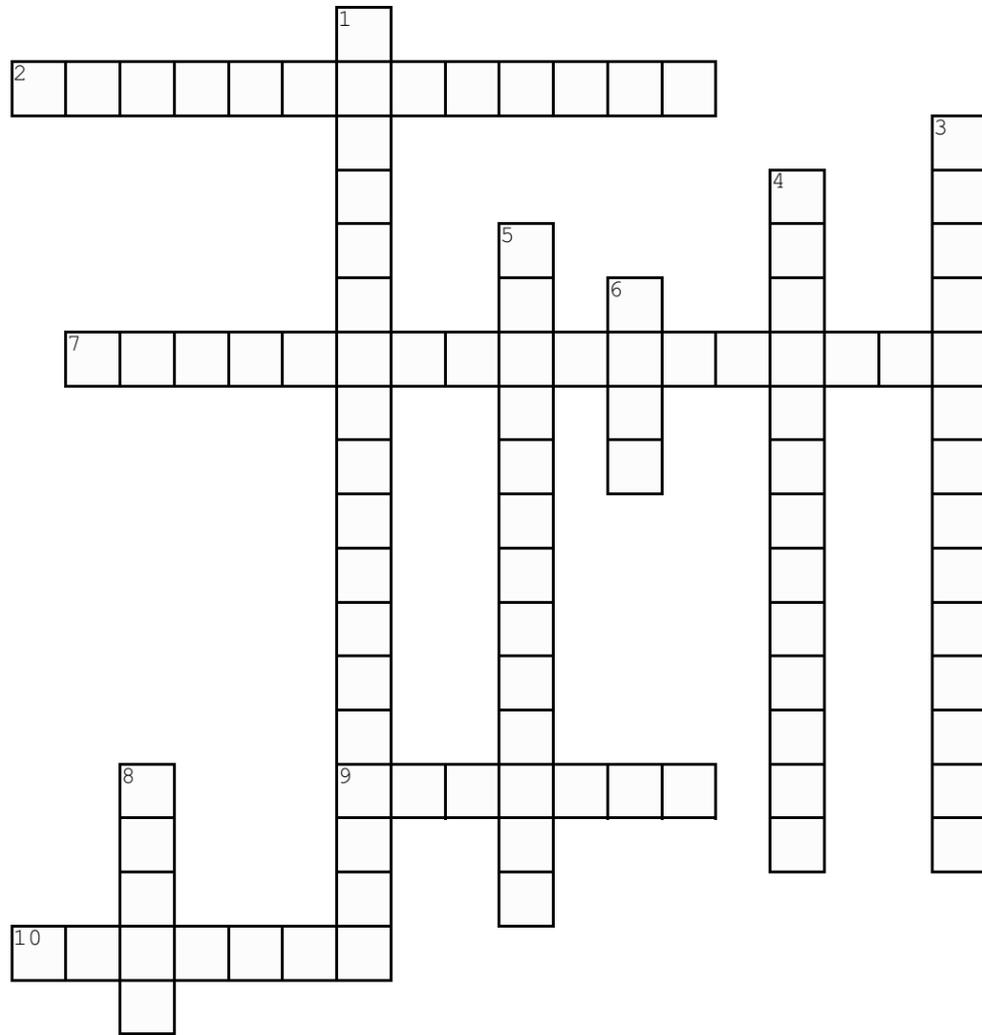
“The community has come together,” Hurley said. “Everyone is watching for things that might look strange or out of place.”

Hurley also said almost everyone had received their stolen property back.

“I would advise everyone to keep their vehicles locked,” he said.

One break-in was reported last semester. There have been three reports filed to Elizabethton Police this semester.

No Spaces. Good luck!



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

Across

- 2. Red X's are used by this group to raise awareness for modern-day slavery
- 7. Author of 'Deceived!: Balancing Life and Technology in a Digital World'
- 9. He is the King of Wakanda
- 10. Despite being a small college, Milligan has this unique feature

Down

- 1. According to last year's SFP survey, students value these two spiritual areas
- 3. If students return dishes to the cafeteria, they will be allowed a choice in what they eat on this day of the week
- 4. His textbooks, notebooks and Apple computer were stolen out of his car
- 5. First Olympic medalist to be born in the 2000s
- 6. This dorm is hosting a dorm-wide recycling battle
- 8. An act that includes four education rights for privacy

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!**