



www.milliganstampede.com

Students React to Old Exchange Meal Policy Being Reinforced

Shaun Whitson, Webmaster

Beginning late last semester, the Fireside Grill began reinforcing a policy that prevents students from purchasing exchange meals if they have already been to the cafeteria during that same meal period.

Mark Henry, director of food services at Milligan, responded to questions regarding this new reinforcement.

"It has always been set up that, if you do not eat a meal in the cafeteria, you can exchange that meal for one in the Grill," Henry said, adding that the policy was always supposed to be enforced, though "we were a little more lenient with some."

According to Henry, many students were taking advantage of the policy, for example by ordering multiple exchange meals at once, which is why the policy is being enforced more now than in the past.

The reinforcement has upset a number of students, especially athletes who have practice during normal meal times, and those working in the Grill who have had to inform students of the sudden policy enforcement.

"For the most part, a lot of students were angry, and a couple even

screamed at some of my co-workers, making them feel unsafe in the work environment," said Dinorah de la Cerda, a senior nursing student who has worked in the Grill for four years. "It is definitely not fair. We have nothing to do with the policy or the rules. We just have to follow them. I know for a fact that I and another co-worker brought it up to management, begging for an email or a sign, or anything to announce it because we were tired of the backlash from our fellow students."

Henry said that he first thought there was a sign posted at the Grill informing students of this policy, but he was later informed that initially a handwritten note had been posted only for employees, not visible to customers. Since then, an official statement about the policy has been posted at the Grill.

"Hopefully, this will help clear up any confusion about the policy and how it works," Henry said.

de la Cerda said she understands "where they are coming from" in implementing the policy again, though she believes that management mishandled the situation.

"You can't just change something

in the middle of the second semester and expect people to understand and be like, 'Oh, OK, that's fine,'" she said. "Students had been getting two exchange meals for however many months or years, and all of a sudden, it's not allowed. So, of course, with no email or sign, (students) assumed we were lying and were doing it to avoid making their food, which of course was not true."

Henry said that the cafeteria offers a "Green on the Go" service, or a plastic to-go box, that allows students to take food out of the cafeteria with them. The box costs \$5 up front and is refundable when the student is finished with it. This service is specifically for students who are not able to dine at the cafeteria during regular hours. Henry also added that students should be aware that the Grill is always open later than the cafeteria, where students can go in and make an actual cash purchase as opposed to an exchange meal.

"As always, if anyone has any issues, needs clarification, or needs help getting meals in the evening, they are more than welcome to come meet with me to discuss special situations," Henry said.

Sophomore Cyclist Takes Home Title

AJ Trabold, Social Media Manager

Cyclist Madeline Bemis took the individual national title for 'Best Individual Overall' at the USA Cycling Collegiate Mountain Bike National Championships on October 21. This is the third individual title that the Milligan Cycling team has brought home since 2015.

Bemis competed in four different events: cross country, short track, downhill and dual slalom. Her scores in each race were then averaged together to determine she would take first and therefore take home a national title.

She explained what kind of training went into making this win happen. "Long hours with the team and intense interval sessions were a big part of getting ready" she stated. "For these events I felt more committed than ever; a big thing was working on the mental aspect and trying to find my limit."

Bemis has loved competing with Milligan's cycling team. She was inspired to pursue cycling by her father who used to ride motorcross. After an accident, her mother sold the bike which led to her father purchasing a dirt bike and bringing it along on their family vacations.

Bemis cycled throughout high school and competed in two 24 hour races, one in New Zealand and one in Italy. "I never had a consistent coach before coming here [to Milligan], so I have definitely enjoyed that."

To aspiring cyclists, she is honest about how her school and sport coincide. "It's a challenge to balance, but it is worth it. Riding motivates me to do school, vice versa. It can be overwhelming, but in the end, I wouldn't trade it for anything!"



Commercial free use image of cyclist on bike. Photo via Pexels.

Dr. Todd Green Speaks on Islamophobia

Brianna Snyder, Staff Reporter

Dr. Todd Green, associate professor of religion at Luther College and nationally recognized expert on Islamophobia, visited Milligan to lecture on the issue. Brianna Snyder, staff reporter for The Stampede, sat down with Dr. Green to further discuss this topic, as well as his background.



Portrait of Todd Green via Milligan College.

Snyder: What lens are you viewing this issue from? Tell us a little background of your personal faith.

Dr. Green: My background is Presbyterian. Before I became a professor and went back to get my Ph.D., I was a Presbyterian minister for a few years. So that's my background; I was formed in a Christian tradition. I am no longer a minister. I still am someone who recognizes the importance of Christianity in terms of theology and in terms of my moral commitments and how it shapes those impulses into action. In this case, an action that challenges Islamophobia, recognizes the humanity in our Muslim neighbors, and tries to create a more just society in which they are more fully included. My current identity is probably a little bit more complicated. I don't go to church much anymore, but that doesn't mean I rejected Christianity as such. My practice of Christianity takes place not so much within the walls of the church but out in the world.

Snyder: In your own words, what is Islamophobia?

Dr. Green: I define Islamophobia as fear, hostility and hatred of Muslims or Islam that is rooted in racism and that manifests itself in discriminatory, exclusionary and violent practices targeting Muslims and those perceived as Muslims. It's not just individual misgivings about Muslims or Islam. Its systemic practices,

behavior and military and foreign policies that have real consequences for Muslims and those perceived as Muslims that can include violence and hate crimes. This is not whether or not you believe in the theological claims of Islam, it is about the practices that really do harm to Muslims.

Snyder: Many Christians believe that salvation is only given through a relationship with Jesus Christ, so where is that line between loving and showing kindness and respect to our Muslim neighbors, and legitimizing Islam as a true and viable path to salvation?

Dr. Green: I would push back in terms of whether that [Christian Exclusivism, the belief that Jesus is the only means for Salvation and the only ultimate truth.] is "the" Christian way to understand it rather, it is "a" way to understand it. There are lots of theologians today who challenge such assumptions who believe that in the tradition of Christianity. There actually are resources for understanding that there is truth to be found in other traditions. There is wisdom to be gained from other traditions, and there is the possibility that people from other traditions are a part of God's divine or salvific plan. We should be willing to have a pretty critical conversation about theological exclusivism.

See Islamophobia on pg. 2

Islamophobia, from front

Dr. Green: This notion that Christianity is the only way, historically, has at times also been used to justify violent practices that limit the freedoms of people who are not part of the Christian tradition.

Snyder: How would you push back against this idea that so many Muslim majority countries are particularly hostile to the United States?

Dr. Green: There are a number of Muslim majority regions that are quite critical of the United States, quite angry at U.S. foreign policy, and that's a reality we have to understand and accept. My question is always "Why is that the case?" The anger that the populations of many of these Muslim majority countries have towards the United States is something we haven't taken seriously enough. We have some good data suggesting that there are a lot of Muslim majority regions who admire democracy here in the United States, and yet, they feel frustrated that the United States doesn't support these democratic impulses in its own foreign policy in the Middle East, so it comes across as hypocritical. In fact, they might point to instances in which the United States has undermined democratic movements. (U.S. CIA conspiracy with Britain in the 1950s to overthrow Mohammad Mossaddegh in Iran) It's not to dismiss that the anger isn't there, but to try to explain why it is there and how that anger can feed conditions that generate, on the extreme end of the spectrum, terrorism. Until we start questioning [U.S.] policy in terms of U.S. involvement in Muslim majority regions, we will never move forward in diplomatically, and we will never move forward in terms of our relationship with the Muslim majority world.

Snyder: Why should we not ask Muslims to condemn terrorism?

Dr. Green: There are three reasons why we shouldn't ask Muslims to condemn terrorism. The first is that asking Muslims that question wrongly assumes that Islam is the cause of terrorism. That is a false assumption to make. Most scholars who study terrorism will conclude that a lot of the primary forces driving terrorism are political or social. (Examples include: real or perceived U.S. military occupation or western imperialism, social exclusion/discrimination in Europe or the United States.) Religion might be used as the justifier, but it's not the cause. The majority of terrorist attacks in the United States and Europe are carried out by non-Muslims. The second reason is that asking Muslims to condemn terrorism ignores the many instances in which Muslims do condemn terrorism, and it's not hard to find lots of examples of Muslims condemning terrorism (He suggests a simple google search). Third, finally, and most importantly, the reason we shouldn't ask Muslims to condemn terrorism is because in our obsession with Islam and terrorism/violence, we divert attention away from our own violent past and our own violent complicity today in the world order. You can take every major category of violence that we attribute to ISIS from persecution of religious minorities to slavery to attempted genocide, and you discover that all of those categories apply to our history as well. We project onto Muslims a kind of violence that we assume has nothing to do with us when, in fact, it has everything to do with us, and until we stop being distracted and start coming to terms with our own sins, take the log out of our own eye, as Jesus might have said, we will never be able to

figure out terrorism, what drives it, and how to counter it.

Snyder: Why is it that we don't often hear Muslims speaking about Islamophobia, but rather members of secular or other religious communities?

Dr. Green: It's not because Muslims aren't doing these things. It's because they aren't given the platform or the attention in the media in many cases for their voices to be heard. So, we need to start thinking about ways that that can be changed, so that what Muslims are actually doing in terms of trying to counter Islamophobia in telling their own stories about the challenges they face with being Muslims in the United States will be given a place. The allies of Muslims, people like me, and I'm not Muslim, are also speaking out. One of the reasons you are hearing this is because of a growing recognition that the challenges Muslims are facing are reflecting the worst impulses of our nation and the worst impulses in our politics and that Islamophobia, by almost every metric, has been getting worse in the past eight years or so in the United States so you are starting to see more and more allies speak out. If there is a silver lining in the past seven or eight years or so, it's that this greater move towards Islamophobia in the United States is generating a lot of activism on the other side.

*Green further explains this question in his new book *Presumed Guilty: Why We Shouldn't Ask Muslims to Condemn Terrorism*.

A Letter to the Editor,

To the editor of the print edition of The Stampede:

The last letter to the editor regarding the article "Students and Staff React to TriPride Rally," though carefully considered theologically, was egregiously wrong. Avoiding the TriPride Rally is not outside of Jesus' commands, but doing so certainly fails to demonstrate the kind of mindset and practice Jesus employed among the people of His day.

Christ made an effort to be among people called "sinners" – everyone from prostitutes to Pharisees. Jesus ate with sinners in the home of a known Roman collaborator named Levi (Matthew) who stole from his own people (Mark 2:13-17). He entered their world in a way that challenged the social structures of the day. He forgave sinners like us and asked them to use that moment of grace and mercy as motivation to leave sin behind (John 7:53-8:11). Moreover, even Christ was accused of engaging in the same sin as his followers because of his active,

boundless love for the lost (Luke 7:34). If Jesus brought the Kingdom near to those far away, who are we to do anything less?

Two quotes come to mind in this instance. From noted theologian Dietrich Bonhoeffer, in "Outline of a Project:" "The church is only the church when it is there for others... It must participate in the worldly affairs of the human social order, not ruling but helping and serving." From the song "Nuclear" by Christian metalcore band MyChildren MyBride: "A torch in a lighted room reaps no harvest from its labor, but that same torch in a cave or tomb provokes the lost to find a savior."

Christ himself took on our sins in shame, becoming the lowest of us all for our greatest good. When we approach the world from the perspective of a sinner in need of God's mercy, we can enter its darkest corners as those with a glimpse of the light. We bring faith, hope, and love into a world that desperately needs all three and is unaware

of each without us. Our success comes by being the people of God where He is unexpected and even unwelcome, in being Jesus to people by being a humble servant of the least of these.

Christ did not send us out to be enclaves of comfortable Christianity where we do not engage with culture for fear of endorsing sin. Paul went to the Areopagus (Acts 17) and Peter went into the home of a Roman centurion (Acts 10). In choosing to boycott or walk away from culture rather than get in the trench of human existence where Christ's light is most needed, we have dimmed it. That doesn't apply to gay pride rallies only; Christians have lost bars, Hollywood, and other valuable inroads in society as part of a plot to play "pure." We ought to follow the example of Christ and the apostles by sharing hope where there is none, telling truth where there are lies, and being present in places where darkness reigns. I imagine He expects no less of us.

Steve Goodwin
First Year Master of Divinity,
Emmanuel Christian Seminary

THE STAMPEDE

Editor in Chief

Jordyn Morel

Assistant Editor

Alyssa Boyér

Copy Editor

Olivia Dycus

Webmaster

Shaun Whitson

Graphic Designer and Analytics Manager

Gloria Vazquez

Social Media and Promotional Manager

AJ Trabold

Ad Manager

Judith Garza

Staff Reporters

Brandon Smith
Brianna Snyder

Contributors

Erin Donovan
Kennedy Weber

Faculty Adviser

Jim Dahlman

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.

Unless otherwise indicated, views expressed in the Stampede do not represent the views of Milligan College, its administrators, or the student body as a whole.

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!**

Swim Coach Named to Team USA Triathlon Roster

Alyssa Boyér, Assistant Editor

Among the myriad of successful athletes that Milligan has trained and produced over the years, there is a new name that you should remember: Kelly Essler.

You might recognize her former name, Kelly Chism. She is a 2014 Milligan graduate and the current head coach of the Milligan men's and women's swim team. In her time at Milligan, she was a standout swimmer in her freshman year, breaking five school records consisting of breaststroke and distance freestyle events. After her first year, Essler changed gears and joined the cycling team where she remained for her following three years at Milligan.

During her freshman swimming season, Essler decided to try something new: triathlons. Over the years, she has competed in numerous races, using her pre-existing skills in swimming and cycling to get ahead of her competitors.

"[During a triathlon] I know that if I can get out in front in the swim and hold it on the bike, I should be in a pretty good place," said Essler.



Photo of Coach Essler via Rober Kell.

"I love triathlons because while I am not extremely good at any one discipline, I'd say I'm fairly decent at all three. So triathlons are a pretty good mix of my athletic skills."

With the support of her husband, Peter Essler, and her personal trainer, Shane Beer, Essler competed in her second national championship last month in Sarasota, Florida.

For the second year in a row, the swim leg of the triathlon was canceled due to weather and water safety reasons. Frustrated and disappointed, Essler had to push away the negative thoughts as her best leg of the race was now gone and focus on the duathlon that was ahead of her.

"The race consisted of a 1.5 mile run, a 12.8 mile bike and then a 5K run," Essler recalled. "My first running leg was very strong, and I was holding off some women that were already on the USA team in previous years. Following the run, the biking leg was extremely difficult for me- it was very apparent that the other women I was racing against were primarily cyclists. So, I was getting frustrated, trying to keep positive thoughts in my head. I kept going at my own pace and tried to hold them off as well as I could. The last running leg was pretty decent for me considering how hot it was. My primary goal throughout the entire race was just to stay more positive than my first national championship. I told myself to stay focused on what I could control and ignore what I couldn't."

Essler finished the race in 11th place, missing the USA triathlon team by one place.

Most people would be devastated by working so hard towards something and missing it narrowly, but Essler remained confident.

"I was proud of myself because of two things: I persisted despite not having a swim, my strongest leg in triathlons, and I kept a better mental attitude throughout this race than



Photo of Coach Essler via Robert Kell.

I ever have before," Essler said.

"It was a great experience to race with some of the best triathletes in the nation. I got to see what really fast triathletes look like and I realized how much work I still had to do." But Essler's story doesn't end there.

On October 22, Essler received one of the most important emails in her life. She was in her office next to the pool in the Steve Lacy Fieldhouse when she opened an email telling her that she had moved up a spot and was now officially a member of the USA Triathlon team.

"I literally fell on the ground after I had reread the email multiple times," said Essler. "I just couldn't believe it, I thought it had to be fake, and I balled my eyes out."

But the email was, in fact, an official email from team USA saying Essler would be competing in Switzerland next fall for the world championships.

When asked who she believes she owes her success to, Essler answered immediately. "I owe my success first and foremost to God, because in reality, I don't feel that I should have made the cut. But with His guidance, I trusted in Him and worked extremely hard, and here we are."

Essler also wants to thank her personal trainer, Beer, for training her over the past year for the national championship, along with all of her previous swim coaches for pushing her over the years to be her best in her primary sport.

Last but certainly not least, Essler wants to thank her husband Peter for being her constant support throughout her years of competing and training. He has never missed a race and is always motivating her to be the best athlete she can be.

"I cannot wait to compete in a different county," Essler says. "I have never been outside of the United States, so I am super excited to get the chance to compete in Switzerland for my country."

Essler says she is looking forward to the "parade of nations," where she along with the rest of Team USA will be wearing matching USA gear, "just like in the Olympics." Essler also says she is excited to "see all the different cultures competing," knowing that she is representing her country with the "best athletes in the world."

**Alyssa Boyér is a member of the swim team.*

Student Works to Implement Campus International Club

Jordyn Morel, Editor in Chief

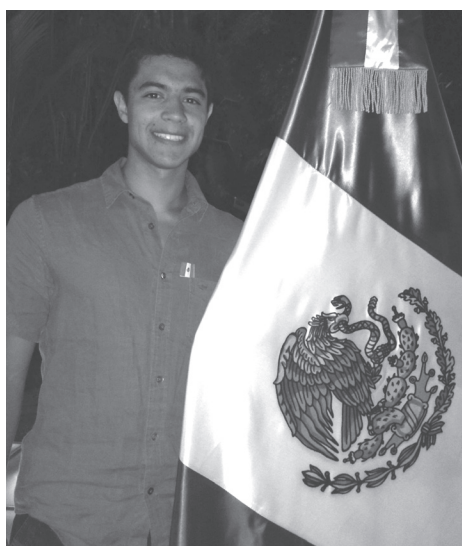


Photo via Luis de la Torre.

According to de la Torre, the club started mostly with Goah scholars, who are not necessarily international students. He spent a few months over the summer working to gear the club more towards meeting the needs of international students on campus-- anything from finding host families, to practical visa help, to refining Milligan's international student handbook.

"I want to build a community of internationals that support each other and help each other out," said de la Torre. "We share that one thing in common that not one of us is from here; we kind of stick out in different situations. It's good to have people to talk to about those things-- to get used to this life, reduce homesickness, provide a better experience, help (international students) if they want to stay in the States after."

de la Torre said that something that many people don't often realize about being an international student is how dependent they, by necessity, must be. "You depend on people for every-

thing, because you don't have papers, or you don't have a car, or because you don't know how things work here," he said.

One practical goal that de la Torre has for the International Club is to get international students set up with host families over breaks since going home often means thousands of dollars for many of these students.

Junior exercise science major Isiah Goddard-Joseph from Windsor, England, is one example of an international student who has benefitted from de la Torre's efforts towards the International Club. A soccer player, Goddard-Joseph arrived in the States for pre-season a few days before students were permitted to move onto campus for the fall semester. After contacting several people, de la Torre was able to find a family to host Goddard-Joseph.

"After Luis reached out to people in the area, the pastor at Hopwood, Tim Ross, was really keen," said Goddard-Joseph. "He picked me up from the airport, took me to the mall, took

me to the clinic to get some shots I needed, took me to sort my phone and my bank account out, and showed me what he knew of campus."

de la Torre said that the ultimate goal of the International Club is that it goes from being a student-run club to something that Milligan's administration initiates.

"The hope is that there will eventually be someone on staff that takes care of internationals and provides that help and guidance and time and space for internationals to get used to this life because it's hard," he said.

de la Torre said that a few professors have offered to get together and provide an introduction to East Tennessee culture for international students; he hopes that this idea will receive official backing from the administration.

Follow the International Club on Instagram @milliganinternationalclub for more information.

OPINION: A Look at the Midterms

Brandon Smith, Staff Reporter

Americans went to the polls for the midterm elections last Tuesday. Democrats ultimately took control of the House of Representatives, with a total of 228 seats, as opposed to the Republican total of 199, giving Democrats new power to challenge Trump for the next two years of his presidency. Democrats scored a notable victory within American suburbs; on the left, the midterm results filled a large gender gap among women. Rashida Tlaib and Ilhan Omar became the first Muslim women in Congress. Republicans found victories in states that had been popular for Trump during the 2016 election and increased their majority in the Senate.

The gubernatorial races produced a split result; Democrats won in Michigan, Illinois and, unexpectedly, Kansas; Republicans, however, won two significant races in Florida and Ohio, while Jared Polis of Colorado became the first openly gay person elected as a governor in the United States. As for Tennessee, Republican Marsha Black-

burn defeated former Democratic governor Phil Bredesen to become the first female senator for the state, while Republican Bill Lee became governor, defeating Democrat Karl Dean. The Florida Senate election, meanwhile, headed into a mandatory recount due to close results. Trump and Florida Governor Rick Scott claimed, without evidence, that widespread voter fraud occurred in the state during the midterm elections. Despite a Thursday recount deadline, at least one county, Palm Beach County, said that its recounting will not be completed by Thursday.

The president also had a role to play in the elections. In the months prior to the polls opening, President Donald Trump was making several campaign stops in support of Republican candidates. As Election Day approached, Trump also made false statements and ignored Republican aides who warned that his divisive style could cost Republicans the House of Representatives. Trump's remarks included state-

ments such as, "The Democrats want to invite caravan after caravan of illegal aliens into our country. And they want to sign them up for free health care, free welfare, free education and for the right to vote." He also said that "the Democrat plan" would "obliterate Medicare" while also claiming that, under his leadership, Republicans gave veterans "the right to see a private doctor," something that, according to Trump, politicians have been unable to do for "44 years." The legitimacy of the results from Florida, Georgia and Arizona were also called into question by President Trump via Twitter. Meanwhile, two-thirds of voters said their vote in the congressional election was about Donald Trump, according to CNN's national early exit polls, and even more said they were showing up at the polls to express opposition rather than support for the president.

Apart from partisanship, the election process itself saw some interesting developments, as early voting in 2018

saw a notable increase. For instance, in Tennessee alone, there was a 664 percent increase in early and absentee voters among those aged 18 to 29; there was also an increase of over 200 percent among voters aged over 30. The elections also saw the largest midterm voter turnout since 1970, something positive that all Americans can take away from what has been a very tumultuous time for our country.



Photo of voting sign via Brandon Smith.

November's New Music Playlist

Erin Donovan, Contributor

Welcome back to my new music column. I will admit, this playlist is mostly emo tunes and Spanish pop. A weird mix but I think it works! I hope you do too!

1 "Dose" by Ciara

Keila Lau-Lopez showed me this song a few weeks back and it has been on repeat ever since. The drumline in this is amazing, and the beat is a bop.

2 "Baby" by Clean Bandit feat. Marina and the Diamonds and Luis Fonsi

Marina is one of my favorite artists, and this song did not disappoint. We've all been waiting for new music from her, and we all were so excited by this. It's a tune.

3 "Natural" by Imagine Dragons

Imagine Dragons is a band that always produces good music, and this new album is no different! This is the opening track, but be sure to check out the whole album.

4 "Flex" by Just Friends

I went to see Mom Jeans (featured on the last playlist) this past weekend and fell in love with this band who opened for them. They feature two trombones and a trumpet; enjoy!

5 "Someone I Used To Know" by Zac Brown Band

Zac Brown Band is one of my favorite bands ever and so of course I had to include their new song. Their musicianship is truly amazing.

6 "In the Hot Hot Rays" by Fleet Foxes

Fleet Foxes is weird and fun and so is this song. It's a cool and unique song that I highly recommend.

7 "Late Bloomer" by Graduating Life

This is a guy from Mom Jeans and a great new find! It's emo but still worth listening to- I promise.

8 "Blu" by Jon Bellion

Jon Bellion always produces great car dance songs, and this song definitely falls into that category. Add this to your list of bops.



Commercial free image use of headphones. Photo via Pexels.

9 "That's How People Die" by Retirement Party

This was another opener at the Mom Jeans concert, and another great surprise. A very fun and quirky little band that is emo but great.

10 "thank u, next" by Ariana Grande

I would be a fool not to put this song on here! This song is already iconic.

FACT CLARIFICATION:

The previous print edition of The Stampede included an article entitled "Professors and Students Work Together to Revamp Study Abroad Program."

This article stated that Milligan offers 10 spots to study abroad per year; there is actually no cap to how many students may study abroad per year, but 10 students may receive the study abroad scholarship per year.

**Be sure to check out Stampede TV on our newscast November 30!
Tune in on Friday and watch online www.milliganstampede.com
or Facebook (@themilliganstampede)
and YouTube (@Milligan Stampede).**