



www.milliganstampede.com

# The Stampede

Milligan College, Tenn.

Volume 85 No. 8

December 6, 2018

## President Greer Explains Tuition Increase

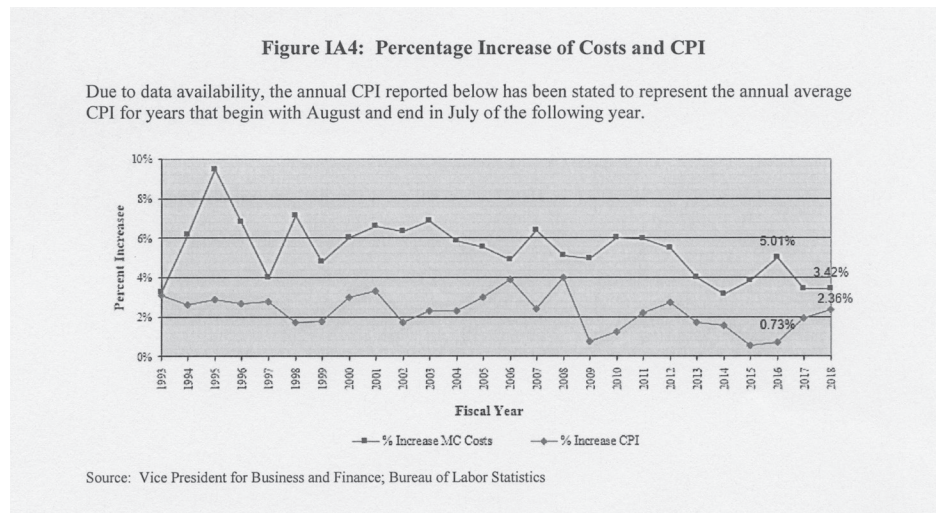
Shaun Whitson, Webmaster

Earlier in the semester, Jacqui Steadman, vice president for business and finance, sent out a campus-wide email detailing cost information for the 2019-2020 school year. The email provided details about the breakdown of tuition and announced that the increase for the total traditional cost of undergraduate students is seeing the lowest increase in over 25 years.

President Bill Greer answered a few questions regarding the tuition increase.

**Whitson:** For the 2019-2020 school year, the percent increase in the total cost is the lowest in over 25 years. What factors allowed for the increase to be this low?

**Greer:** "Over the last several years we have done everything we can to contain cost, and to be sensitive to the growing concern among families and students about escalating tuition costs. We have worked really hard to ensure that our costs are contained as much as possible and we're trying to grow some programs that will increase revenue which allows us to have lower increases. Our goal is re-



"Here you can see where we have charted it against inflation and you can see we are getting closer and closer to the inflation [rate]. We have tracked it pretty close and... it's hard to do in one year, [and] it's something that you have to work at over time to make happen." Graph provided by President's office

ally to be as close as possible to the overall inflation rate in the economy and we are really close at roughly 2.8 percent. It is as close as we have been in decades to what inflation is."

**Whitson:** Since the 2010-2011 school year, there has been a general decline in the percent increase of cost per year. However, there is a slight increase that stands out in the 2016-2017 school year. What could have

caused this to occur?

**Greer:** "Most of the time what drives tuition increases are related to utilities, insurance, and salaries for faculties and staff. Healthcare insurance has really been a highly unpredictable thing and my guess is that there was a bump there because we have had in the past few years lots of unpredictability regarding insurance and insurance premiums."

See Tuition on p. 3

## Women's Volleyball Ends Season at NAIA Nationals

Alyssa Boyer, Assistant Editor

Women's volleyball underwent a historic season as they competed at the final site of the NAIA Women's Volleyball National Championship in Sioux City, Iowa. After winning 17 of their last 19 matches, our lady Buffs beat Cornerstone University in the opening round of the tournament which punched their ticket to the final destination. Milligan was selected to Pool A and faced off against No. 1 Grand View University on Nov. 27.

The Buffs played game one of pool play with freshman Elise Gregory and Junior Kellee Geren as standouts. Gregory registered her 400th kill of the season while Geren drove home six kills, a team high. Although the Buffs pushed themselves and played well, it was ultimately not enough, and the team dropped game one of pool in straight sets.

Losing this match, Milligan fell to 0-1 within Pool A and the Vikings moved to 1-0. The Buffs had to play two more games inside of the Pool A bracket, but they had to finish as one of the top two teams to be able to advance to the single elimination rounds of championship play.

The Buffs dropped their final game of 2018 in straight sets to No. 17 Providence in the afternoon of November 27th. Senior Alyssa Rupert and junior Alyssa Gibson stood out with strong performances, but it ultimately wasn't enough. The Buffs will return to action in 2019.



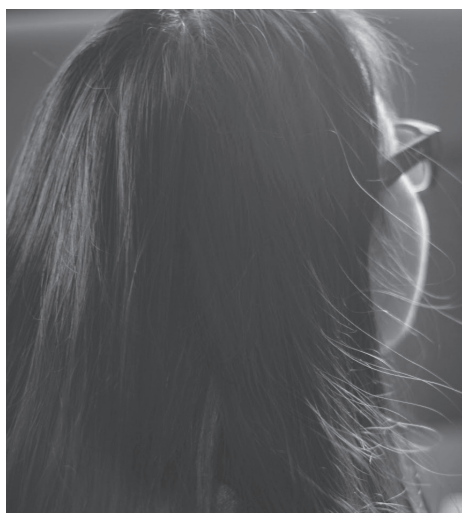
Milligan College Buffalo logo. Photo by Milligan College.

## Humans of Milligan: Elyse Ohlinger

Jennehba Montgomery, Contributor

**Montgomery:** Tell me about your backstory.

**Ohlinger:** My name is Elyse Ohlinger. I was born in China. I lived in an orphanage with a bunch of other orphans. I got adopted by the age of twelve, and I came to America. Life here in the U.S. is much better than my life back in China, because my orphanage was really poor. We had a lot more kids than there was staff, and we didn't have the money to take care of all the kids. Sometimes, they had to tell kids to leave the orphanage. From the orphanage I came from, if you reach the age of seventeen, they kick you out with no money, no food, no way to support yourself. Stuff like that; that's my backstory.



A photo of Elyse Ohlinger taken with the sunlight. Photo by Jennahba Montgomery.

**Montgomery:** How has your past shaped you into the person you are today?

**Ohlinger:** Well, when I was an orphan, I was very shy. I wasn't confident at all. I hated everyone. I had a best friend, but she got adopted before me. I felt like she just kind of left me in the orphanage all by myself, because she and I, we did everything together. There was no family love there. People who worked there were just there to take care of you for the money, and because of that, I was very self-conscious. I didn't have love in myself. I looked down on myself a lot. When I came here, my family helped me a lot. They helped to be confident. Don't let people judge you. People are going to judge you. You can't stop that, and you just gotta love yourself before you love other people. I'm more confident, verses when I was in China, because nobody taught me that you need to stand up for yourself.

**Montgomery:** You live in a white household, right? There are probably very big cultural differences.

**Ohlinger:** There is. My family is mainly caucasian. I do have another adopted brother. He's asian too. We do eat Chinese food, like dumplings. We have decorations that chinese people put up in their homes. I mean, we could do a lot more. My parents don't know anything about Chinese culture, so it's hard for them to celebrate it. Like for me, I don't know all of my Chinese culture because I grew

up in an orphanage where we didn't celebrate any traditions that Chinese families do. I don't feel like my Chinese culture is being misrepresented in my family because my family tries everything. They include me, and we do celebrate both cultures: the American culture and the Chinese culture. I am aware of my Asianess as an American.

**Montgomery:** So, you're a Goah Scholar right? What do you think it means to be a Goah Scholar on this campus?

**Elyse:** Well, the whole purpose of the Goah Scholar is obviously to increase diversity. I don't think that it's met the goal of informing the other non-Goah students who come here. A lot of people I've met that aren't Goah have no idea what Goah is, so I have to explain it to them. Obviously, I can see diversity on campus, but I feel like we live in two communities. One with no Goahs and one with Goahs, and then we just keep to ourselves. Like in the cafeteria, I've noticed that people who are Goah scholars sit on the booth side. People who aren't Goah's tend to sit on the right side.

**Montgomery:** Do you think there's a way to get people together more?

**Ohlinger:** There is, but it's going to be time consuming. It's not something that is going to happen overnight. I mean, we could do a lot more cam-

See Ohlinger on p. 3

# Maintaining Legal Status Post Graduation

Brianna Snyder, Staff Reporter

The immigration process is so vastly complex, most of us don't even know where to begin. It is important for international students to educate themselves on the process if they plan to legally remain in the United States after they graduate, but it is also important for the rest of our society to understand at least the basics of how immigration works, especially when immigration is such a prominent issue in today's political climate.

The first thing to understand is the difference between visas, green cards, and U.S. citizenship.

## Visas

There are many of different kinds of visas which serve different purposes, but what makes them distinct from green cards, is that they are temporary and tend to have a lot more restrictions.

The first step for many international college students planning to stay in the U.S. post-graduation will be to apply for a work visa. There are many different kinds of work visas depending on your level of education and particular fields. Here are some of the most common:

Many visas have specific requirements for eligibility including a strict window of time during which to apply. It is important to keep track of these deadlines so that you don't miss out on an opportunity to begin what is generally a lengthy process.

There is also a limited number of some visas annually which can make the application process competitive. Sometimes when a visa expires, they can be renewed, or one can apply and obtain a different one. The conditions for renewal depend on the type of visa.

It is important to maintain legal status at all times because allowing one visa to expire before applying for another one can jeopardize your chances of receiving a new visa. One can also jeopardize his/her chances of obtaining a visa by failing to comply with conditions of the visa they already have, for example, illegally working while on a visitor visa.

## Green Cards

A green card can be obtained in a few different ways, but it serves as permission to permanently reside and work within the U.S.

Green cards can take a few years to obtain, sometimes longer, and some

of them have requirements for years of experience in a given field, which you cannot legally obtain in the U.S. without a work visa. However, if you plan to reside in the U.S. indefinitely, you will want to pursue a green card. There are various ways you can qualify for a green card including through relatives, particular ancestry, marriage, career experience, etc. You can find the different categories for eligibility here: <https://www.uscis.gov/green-card/eligibility-categories>.

## Citizenship

Citizenship, however, is the only status that grants a person the right to vote and cannot be lost or expire, except under very extreme circumstances such as joining another state's military or committing treason.

The final step in the immigration process is obtaining citizenship. If one so chooses, they can apply for naturalization which gives him/her voting rights and freedom to move freely in and out of the country. As with visas and green cards, there are different categories of eligibility to become a naturalized citizen. Most of them require a person to have legally resided in the United States for 3-5 years. Naturalization also requires an immigrant to pass a test on English, U.S. history and civics. All of this information, as well as practice tests can be found here: <https://www.uscis.gov/us-citizenship/citizenship-through-naturalization>.

While the immigration process is lengthy and complicated, there are many different options you can choose to best suit your career and lifestyle goals.

*Information from Wiesia Zakrzewska, founder of Innovative Immigration Solutions and U.S. Citizenship and Immigration Services.*

Type	Restrictions	Qualifications	Additional Information
<b>H-1B Specialty Occupations</b>	The job must require a Bachelor's or higher degree. As an H-1B nonimmigrant, you may be admitted for a period of up to three years. Your time period may be extended but generally cannot go beyond a total of six years.	You must have completed a U.S. bachelor's or higher degree. Or hold a foreign degree that is equivalent. You must hold an unrestricted state license, registration or certification which authorizes you to fully practice the specialty occupation.	The prospective employer must file an approved Form ETA-9035, Labor Condition Application (LCA), with the Form I-129, Petition for a Nonimmigrant Worker.
<b>H-1C Registered Nurse</b>	The extent of stay lasts up to 3 years.	You must have a full and unrestricted nursing license. You must be authorized by the appropriate U.S. State Board of Nursing to practice within the state.	This Visa also includes detailed requirements for employers.
<b>H-2A Agricultural Workers</b>	The employer must offer a job that is of a temporary or seasonal nature. Demonstrate that there are not enough U.S. workers who are able, willing, qualified, and available to do the temporary work. Show that employing H-2A workers will not adversely affect the wages and working conditions of similarly employed U.S. workers. Generally, submit a single valid temporary labor certification from the U.S. Department of Labor with the H-2A petition. This visa can be valid for a maximum of 3 years.	There are not as many requirements for this visa, but you do have to apply through the U.S. Department of State.	This visa includes a list of eligible countries from which workers can enter.

To help decide which one is right for you, or for more information, go to <https://www.uscis.gov/>.

# THE STAMPEDE

## Editor in Chief

Jordyn Morel

## Assistant Editor

Alyssa Boyer

## 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  
Jennehba Montgomery

## 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](mailto: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!**

## ADDITIONS TO NAVY V-12 STORY

Coach Duard Walker earned a varsity letter in baseball in 1946 and two in track in 1947 and 1948. He ran in the famous "Penn Relays" in 1947 and 1948 along with Henry Frances Powers who was a Freshman and Sophomore at the time. Powers graduated pre-med in 1950 and went on to join the Airforce.

**Correction:** Coach Duard Walker was sent to Plattsburg in February of 1944, not 1943. He was on the U.S.S. Newberry which was an attack transport ship carrying 26 landing boats, 24 of which were 36 ft. long and 2 of which were 50 ft. long.

**Correction:** Coach Duard Walker spent time in the Mariana Islands, not the Solomon Islands.

**Correction:** Coach Duard Walker retired from Milligan in 2001 not 1994.

# Animal Population: Why It's Dropping and What We Can Do

AJ Trabold, Social Media Manager

"We are sleepwalking towards the edge of a cliff," says Mike Barrett, executive director of science and conservation at World Wildlife Fund for Nature. With the continued growth of humanity, the Earth's animal population has been cut by 60 percent. Clarity must be brought to the situation, however. In order to think of possible solutions to this problem, we must first understand the situation.

WWF puts out a report every couple of years that involves roughly 60 scientists worldwide, and together they have found that the animal population has dropped by 60 percent since 1970. To put that into perspective, if we were to erase 60 percent of the human population, that would be like emptying every continent except Asia.

But don't freak out just yet. This does not mean that every species population has dropped by 60 percent, but rather, the average number of the combined population of all animals has decreased. Dr. Brian Eisenback, Associate Professor of Biology and Area Chair of Scientific Learning at Milligan, explains this.

"Animals like mice and rats are able to thrive among humans, because they have found a way to gain access to any food storages we may have," he explains. "With animals such as rhinos



Commercial free use photo of two elephants provided by Pexels.

and elephants, for example, the demand for ivory in the black market has caused the poaching and near extinction of some subspecies of these majestic creatures."

"Some animals just get hit harder than others." The growing human population hasn't helped much. "...in the last century, due to advancements in technology and medicine, the human population has grown exponentially, and therefore our needs have grown,"

states Eisenback.

At the end of the day, the cause of all this is a collaboration of a lot of things: pesticides, climate change, overhunting, all of which is assuming that the majority is indeed human impact. Consumption tends to be the driving force in the decline of an animal population.

So what can we do to help? WWF has a list of 12 different ways that you can help reduce the damage to the environment ranging from 'adopting' an

animal in a preserve, how to eat more sustainable and less wastefully, to giving resources on how you can get your school and business involved.

Visit [www.wwf.org.uk/12waystofightforyourworld](http://www.wwf.org.uk/12waystofightforyourworld) for more information on how you can make a difference, and to inspire others around you.

## Tuition, from front

**Whitson:** How does enrollment affect the total cost per student?

**Greer:** "It's not so much affecting cost, it affects revenue-- the higher the enrollment, the higher our revenue. When you have more students enrolled, whatever your costs are in total, gets divided out by more people. That way overall tuition per student can be managed better. On our census date [for the 2018-2019 school year] we were right around 1,235-1,240, which is the highest we have ever been. We particularly benefited from increases in graduate enrollment and Emmanuel Christian Seminary is at the highest enrollment that it has been at in over 10 years."

**Whitson:** The 2018 President's report showed that Milligan's endowment is at its highest in history. In what ways does the endowment play a role in the total cost for students?

**Greer:** "The endowment generates earnings that go into our budget as income and the higher that number can be, the less of our expenses we have to cover with tuition. That's why we are working hard to grow the endowment. The larger we can get the endowment the better it is for the students, because that gives us permanent resources that generate earnings that help cover the cost of operating the school. For every dollar that gets covered with either gifts or endowment income, that's a dollar that tuition doesn't have to cover."

**Whitson:** Could the Milligan masterplan for expansion affect the total

cost down the road or is it already taken into consideration?

**Greer:** "It is taken into consideration, [but] it would not affect tuition, at least not directly. Since we are a private institution we do not receive capital dollars from the state. We have to raise that money privately. The only instance where there might be an impact in tuition might be if, let's say, we built a \$10 million building and we raised eight but needed to pay for two. [If] we issued bonds or something like that for the rest, and we had to build that into our budget then that might hit tuition."

**Whitson:** Is there anything else you would like to say about the subject?

**Greer:** "I would love for tuition increase to be zero but because we live in a world in which things get expensive every year, it's unlikely that it's ever zero. Sometimes you see schools that will play games a little bit with their tuition and make it appear that there's no tuition increase, but generally what's happened is the quoted published tuition price may drop, but the amount of money that they are awarding to students that come also drops. Our ability to award good healthy merit scholarship awards makes us very competitive, so when we announce a 2.5-2.8 percent increase, it's really because we are just trying to be ready for increased costs and make sure we are remaining financially sound and secure-- our students need us to be that, too, to continue operating long term."

## Ohlinger, from front

pus involvement, but since we're not well known, we should have a motivation for people. Like if you come to this, you get two SFP credits. Some people know about us, but they don't really understand that the Goah Scholarship is more than giving out free money to people. That's my problem here.

**Montgomery:** So, going back to your household. Do you speak Chinese there?

**Ohlinger:** No, but I'm learning Chinese right now. When I came here, I spoke Chinese perfectly. But since I was too busy speaking English, my brain kinda lost the language. So, now I'm trying to like relearn it, because it's part of me that I don't want to get lost again.

**Montgomery:** Is there anything you would like to tell anyone who's reading this?

**Ohlinger:** Embrace your culture. Let's say you come from India, and then you go to school somewhere in the U.S. Obviously, you're living in a different culture. Just still be yourself. Like, if you have a way of dressing yourself, don't dress according to how the people dress where you go to college. If people judge, let them judge. If they want to say something mean, then they're going to say it. You could say something back or just embrace your culture. Don't let people take that away from you, because that's you. I'm sure they wouldn't like it if someone took their culture away.

**Montgomery:** Being at Milligan, what is one thing that you want to get out of it?

**Ohlinger:** I guess the sense of belonging because my goal is for my children to come here because I really like Milligan, despite the lack of diversity and the two separate communities I've talked about before. Milligan made the cost of attending college possible. I've made friendships here that I hope to last beyond graduation even if we don't live in the same states. I've gotten close to a couple professors. I have a lot of good memories here. They're not like physical things I could see, they're like internal feelings and thoughts and memories that I have. I hope they will leave with me when I leave Milligan.

# Study Abroad Students Speak About Their Experiences

Gloria Vazquez, Graphic Designer

Milligan partners with a variety reputable programs to provide students with domestic and international travel opportunities. Currently, there are eight approved affiliate organizations that students at Milligan College can apply to and spend a semester experiencing a different location and program of study.



Steadman poses in front of a vast forest in Vinci, where Leonardo da Vinci lived. Photo by Samantha Steadman.

Samantha Steadman is a senior graphic design major and minor in photography and has spent this semester in **Studio Arts College International (SACI)** in Florence, Italy studying a graphic design and photography program at the oldest and most prestigious American art school. "It's an art school for study abroad students only, so it's mainly American students. They have fine art programs like painting and sculpting, art history programs

*This semester there are five students currently finishing out their last weeks at their program of choice. I interviewed each student in regards to the program they decided to study with during the fall semester, their involvement, what they learned and the challenges they faced while being at a different location. Taya Clark, one of the students who is currently studying abroad, was not able to be interviewed.*

with field trips to lots of amazing historical sites, and they have lots of design programs like architecture, fashion and graphic design. I'm studying graphic design and photography," Steadman stated.

"The first half of the semester in graphic design focused on print design, mainly book covers. The second half had focused more on interactive and web design. I have been working on several projects for the whole semester, especially in traditional black and white and digital color photography classes."

Steadman mentioned how living in Florence is "absolutely insane," but in the best way possible. "I've living in a small town all my life, so moving was a huge culture shock. Some people speak some English, but the biggest shock for me was [living] in a bigger city. It's taken all semester, but I am finally adjusting, only to move back home soon." Steadman sees herself wanting to live in Florence again, and she recommends the program to anyone who is interested in studying art history, fine arts, and communication arts.

work for the film. Most of the time, I work in client management submitting Rough Diamond clients for audition."

Living most of her life in Bristol, Virginia, Clark had no idea what Los Angeles would be like other than relying on how the city was portrayed by pictures and films. "The first few weeks, I was trying to process and comprehend what it meant to be living in LA. [Everything] that I have seen in [media] was now 15 minutes from where I live," she mentioned. "Los Angeles is a city that thrives on creativity. It is surreal to think about the possibilities and opportunities that surround me but also a little overwhelming."

While living in Los Angeles, Clark knew it would be important for her to find a church. "Going to church brings me back down and reminds me that in all situations, God is with me," Clark said. "I went to about three different churches before I settled into one, and I think it helped with being away from home." Clark mentioned how she ended up liking living in Los Angeles but thinks she would need more time before wanting to move back right away. However, she does see herself living there at some point in her life.

"I learned and experienced a lot that I could not have back home. The first week was a little overwhelming because of the new city, people, finding a job and plan for the classes, but it was all manageable. You do not have to know everything, but you should be willing to learn from others and ask for help. Film is a collaborative medium and requires work from many people to successfully execute a project."

Kennedy Weber is a senior communications major in journalism and political science in international relations and has spent this semester studying journalism and interning with a program called **New York City Semester in Journalism**, which is a 15-credit-hour program offered through the Phillips Journalism Institute at **The King's College in New York City**. "I am interning as a copy editor and reporter at Providence Magazine," Weber said. "The magazine focuses on US Foreign Policy and has brought my two majors (political science and journalism) together nicely. I've learned so much about myself, how I see myself as a communicator and storyteller and a professional through this program."

Students are required to stay in residential dorms provided by the study abroad program. Weber mentioned how living in New York City has been one of the most life-changing experiences she's had. "There are so many different people here," she stated. "I have realized how big God really is - he is not confined to my tiny town in Indiana or even just within the United States. Though I love the diversity, the convenience, the public transportation



Weber on a New York City building rooftop. Photo by Kennedy Weber.

and the authenticity of people here, I don't think I could live without the mountains I have grown so fond of."

Some of the challenges Weber faced include the struggle of homesickness; however, she encourages students in her field to consider the program, "I have been able to form relationships with professionals from all walks of life and professions while learning about myself and living in one of the largest cities in the world. It's empowering to know that I can survive - and thrive - in New York City all on my own."



Way in Port DE Soller on Mallorca, a small Spanish island. Photo by Mikaela Way.

Mikaela Way is a senior sociology major studying at the University of Amsterdam with **Council On International Educational Exchange (CIEE)** in a social sciences and humanities program which was approved of by her professors. "I have spent four months studying abroad in Amsterdam, Netherlands," Way said. "Universiteit van Amsterdam (UvA) is a giant multi-faculty university, with approximately 32,000 students, in the heart of what is considered one of the most liberal nations and cities in Europe."

"I was guided into the International Student Network's (ISN) orientation for all 1,000 incoming international and exchange students. Similar to peer mentors at Milligan, all students were divided into family groups comprised of about thirty students and two group leaders. Within these groups were student from all over the world."

During her semester, Way had been exposed to a different lifestyle in college compared to Milligan where "students are held to moral regulations determined by the board that forbid any kind of drinking, illegal drug use, and sex," Way stated. "With that said, orientation week was comprised of bigger

and better bars or clubs every night."

"I had arrived in what I honestly, though uneducatedly, suspect is one of the largest party schools in the world. At first, this was a little nerve wracking and left me feeling like a fish out of water. However, it didn't even take a full week for me to fall in love with the freedom that comes when no one is deciding your morals for you. All of a sudden, it was my choice what I did. This was a kind of freedom I had never really felt before. Mostly, because it stemmed from a pressure I never fully recognized I was under." Way mentioned in her interview how the dynamic shift of the policies at the college impacted their students. "I had heard talk of honor and shame cultures, but I did not recognize the extent of which I was living in one until I left it," she said. "Once I heard someone say that when you study abroad you learn way more about your home culture than you ever could about your host culture, I could not agree with this statement more. As my time begins to wrap up living the Netherlands, I continue to find myself stumped and beguiled by the incredible culture and its people; however, I also find myself becoming increasingly critically reflective and resistant to my own culture."

Mikaela Way mentions in her interview that she will be writing an analysis on how morality based politics prevalent in Milligan culture contrast to the tolerance based culture established by the Uva, questioning whether it is biblically and morally correct to uphold morality politics which infringe upon the personal autonomy of students.



Clark side hugs Snoop Dogg, an American rapper and entertainment entrepreneur, at an event in Los Angeles, California. Photo by Cara Clark.

Cara Clark is a senior communications major in film and minor in English studying at the **Los Angeles Film Studies Center** in Los Angeles, California which is a program offered by Best Semester through the Council for Christian Colleges and Universities (CCCU). "The program offers students a chance to experience living [and] working in Hollywood while still in school. I am taking courses in screenwriting, faith, and filmmaking as well as working an internship." Clark works with a small production and management company called Rough Diamond that was founded by Julia Verdin. "Rough Diamond strives to create media that makes a difference. Verdin is currently in pre-production on a film devoted to educating people about sex trafficking and the effects it has on victims as well as their families. I've helped a little with the pre-production

# Here's What to Do if You're Stressed about Finals

Brandon Smith, Staff Reporter

Finals week is quickly approaching. For freshmen, sophomores, juniors and seniors alike, finals week can be incredibly stressful, as students hope to finish strong and make a solid grade in their classes. If you're beginning to panic about finals, you're not alone. However, there are definitely some things you can do to offset finals fever. Everyone loves small animals. They make us feel good, and most of the time animals love the attention and physical comfort that humans bring them. Every year for finals week, the library hosts several animals – usually dogs and/or cats – that students can come by and play with and pet. Keep an eye out for posters or fliers in the near future promoting the activity.

One activity that students can take part in, that also directly addresses their fears of finals, is to attend study sessions for their classes. Many professors hold study sessions in preparation of the finals that students can attend, acting as a review session of the material that will be on the exam. Ask your professor if this is something they plan on doing, or check your email and Canvas to see if there has been an announcement about a session. Tutoring is also something that all students can take advantage of. The tutoring schedule is available in the library and on Milligan Today.

Exercise is another great way to relieve stress. All students are free to use the Gilliam Wellness Center to do so. The Gilliam Wellness Center is open Monday to Thursday from 6:30 a.m. to 10:00 p.m., Friday from 6:30 a.m. to 6:00 p.m., Saturday from 11:00 a.m. to 6:00 p.m., and Sunday from 3:00 p.m. to 10:00 p.m. Just be sure not to spend all your time exercising. Studying is the key to doing well on final exams.

Eat healthy! Many students probably jump straight for fast-food snacks for a break when they are studying. Cook Out is great, but eating nutritious foods will allow you to stay focused and will also provide a great source of energy. Also, be sure to stay hydrated.

Make sure you get enough sleep. Eight hours is ideal, so be sure to plan when you are going to study ahead of time, and not at the last minute, so you aren't up all night. As many college students can tell you, staying up all night and then taking an exam is a tried and tried again failure – it just doesn't work. You'll be falling asleep during your exam or you'll be way too tired to be able to concentrate – and the grade you get back after such a stint can be devastating. Instead, be sure to get enough sleep, wake up early enough to eat breakfast, and feel ready to conquer the world when it's time to take your exam.

When it comes time to study, make sure you are doing so in an environ-



Commercial free use photo of student studying provided by Pexels.

ment that is ideal. Silence is key. If your friends are nearby, and they aren't studying, having a conversation with them can be distracting – try to distance yourself and get your head in the zone. Go to your textbook, take notes, and study what your professors have given you, especially if they have provided something specifically for the final exam. Even if your professor hasn't prepared some type of study material for the exam, it doesn't hurt to ask them directly about what you should expect. Listening to music can be distracting, even if it is a good way to convince yourself to study. Music helps some people, but some of those

people just want to listen to music instead of work. If it helps, good, but be careful. Distractions are what causes us to procrastinate.

Make sure you know just exactly when and where your exams are. This can help you prioritize which exams to study for first, but can also ensure that you show up to begin with. That being said, if you are able to find out what you made on your exam before taking your other ones, and if it isn't a particularly good grade, don't get your hopes down. Stay positive. Negativity can be a killer during finals week. Just breathe and do the best you can.

## A Playlist for Finals Week

Erin Donovan, Contributor

It's the end of the semester, and that means it's time for a finals week playlist! I cheated a bit, and I'm reusing an old playlist. It's called "if i ran a coffee shop and picked the music." I don't know about you, but by finals week, I want to treat myself and do all my homework at a coffee shop. So we can all use this playlist! It's over an hour long (It's 31 hours long, actually...), so you don't have to worry about it running out while you study. I'm just going to highlight a few favorite songs from the playlist. Enjoy!

- 1 "Rise Up" by Andra Day**  
Her voice is beyond amazing. And you will rise up to these finals!
- 2 "My Love Took Me Down To The River To Silence Me" by Little Green Cars**  
Their vocals are so soothing. A perfect finals week song.
- 3 "Don't Ask Me Why" by Great Caesar**  
One of my favorite songs ever and also great to listen to when you are dreaming of running away during finals week.
- 4 "Shape of Love" by Passenger featuring Boy & Bear**  
Sing this to your favorite professor and get some brownie points (and maybe even extra credit if you're lucky!).

- 5 "Carousel" by Joe Brooks**  
Finals week feels like a carousel, but let it be the fun kind and not the scary kind.

- 6 "C.O.P.S. Came" by Em Harris**  
Listen to this when you're dreaming of burning the library down, then don't do it. Let this be as close as you get to having the cops come.

- 7 "Love Your Friends, Die Laughing" by Man Overboard**  
This is the emo song of the playlist (there are more on the playlist, this is just one I'm highlighting). Don't forget to love your friends and laugh during finals week!!

- 8 "Have We Met Before?" by Tom Rosenthal**  
When you want to be sad because the studying is hard, listen to this. But don't let the feeling stay! You're doing great!

- 9 "Katie Queen of Tennessee" by The Apache Relay**  
A fun little song, and even better because we go to school in Tennessee! You all are queens (or kings if you would like) of Tennessee! Don't let finals week convince you otherwise.

- 10 "The Terrible Dinner Guest" by Danielle Ate The Sandwich**  
Laugh to this weird and fun song when you get a lil stressed! And remember, you're gonna be OK.

- 11 "Painting Roses (Acoustic)" by Dresses**  
Acoustic versions are always the best. This is no exception. I tried to tie it to finals week but couldn't-- I'm sorry. It still deserves a listen!

- 12 "Take Me" by Aly & AJ**  
Aly & AJ kept making music, and it's good! Just as they pushed past their awkward years, you will push past finals week!

- 13 "You F O" by Stella Cole**  
A fun little bop that you can sing during finals week when the going gets tough.

- 14 "Madam Plum" by Old Salt Union**  
Milligan alum Mitchell Hancock recommended this song for this playlist to me last year, and it is still amazing. He survived four years worth of finals weeks, and you will too!

- 15 "Monsters of the North" by The National Parks**

Dream of all the National Parks you can go to when you are out of school. Winter break is close!

- 16 "Little Numbers" by BOY**  
Numbers are just that, little numbers! Don't let grades get the best of you!

- 17 "Back Pocket" by Vulpeck**  
If you're in Christ in Culture, make sure you have your questions in your back pocket for the final! And listen to this tune while doing it.

- 18 "Bedroom" by Litany**  
The best nap you ever take is after your last final, in your bedroom.

- 19 "Why Won't You Be My Girl?" by William Hinson**  
If you don't get an A in class like you were hoping, you can sing this song (but I believe you can get that A!).

- 20 "Girl Harbor" by Manchester Orchestra**  
Listen to this song when people are just too loud in the library, and it's just too much, and you want to be emo about the loud library.

## Homecoming Event

Communications and fine arts students and alumni showed up at the homecoming reunion honoring beloved Milligan professors **Alice Anthony**, Associate Professor of Arts and Communications, and **Dr. Carrie Swanay**, Professor of Communications and Area Chair of Performing, Visual, and Communicative Arts. After many years at Milligan, both Anthony and Dr. Swanay will be stepping down from their positions after this year.

During this event, President Greer announced that **Dr. Swanay will be awarded the Fide et Amore award**, Milligan's highest acknowledgement of service. All photos taken by Amy Shoemaker.



## Christmas Concert

Students, staff, and community members filled nearly every seat in Seeger Chapel for Milligan's annual Christmas Concert on December 1 and 2. All photos taken by Shaun Whitson.

