

Mount Mercy Times

A student publication serving Mount Mercy University

Issue 12, Thursday, May 9, 2019

Long-Time Faculty Members Retire

Dr. Tarbox Led
MMU's Largest
Academic Program

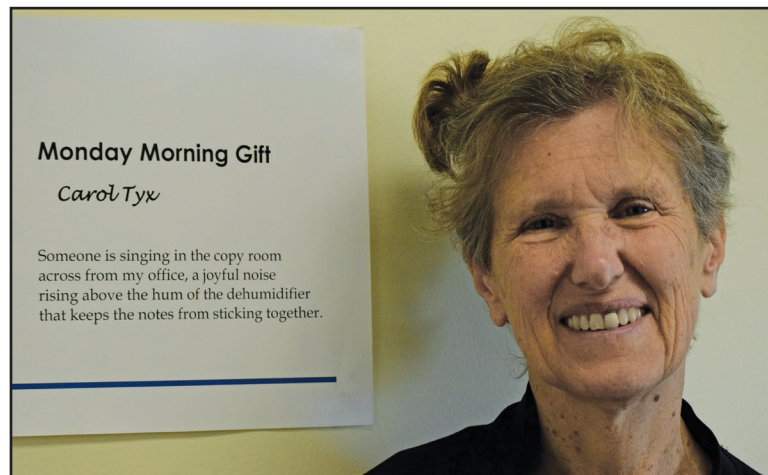
By Jade Milota
Staff Writer

Each person has their own life purpose. For dean and professor of Martin-Herold College of Nursing and Health, Mary Tarbox, pondering her contributions has been on her mind lately.

After teaching at Mount Mercy University starting in 1977, she's closing this chapter of her life this May. She has dedicated over four decades to guiding students to be stronger care-givers.

Tarbox's favorite aspect is "meeting new students every year and seeing them successfully complete their studies and graduate to become professional

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Caroline Groesbeck/Times

Dr. Carol Tyx, English professor, poses with a poem in Warde Hall.

Social Justice Brought Dr. Tyx to Campus

By Caroline Groesbeck
Editor in Chief

Dr. Carol Tyx, English professor, announced her retirement after 17 years at Mount Mercy.

Tyx has helped develop multiple programs on campus includ-

ing the Anamosa prison book club and the internship for English majors. She is very involved in social justice issues, which was one reason she came to Mount

◆ See A Favorite Class
page 9

Hooding, Graduation Merged as Committee Finalizes Plans

By Carlisa Robinson
Staff Writer

This year, the hooding ceremony and graduation will be merged. The hooding ceremony is for masters students completing their degree. Graduates will walk across the stage on May 19 at 1 p.m. at the US Cellular Center.

"I'm thankful to be done but will miss Mount Mercy," said Corbin Day, a senior majoring in secondary education. "I'm excited for the future and plan on getting a teaching job, coaching baseball, and eventually receiving my masters."

Graduates can have as many guests as they'd like at the free ceremony. Accessible seating will be available.

Last year's hooding ceremony was held on a Friday in the Hennessey Recreation Center, with graduation on Sunday.

"One reason changes were

made because last year's hooding was held in the gym, and it was just too hot," said Tom Castle, associate provost.

"Another reason changes were made is because of the timing when coming down to being present at both ceremonies," he said.

There are many people involved in graduation.

"Tiffany runs operations, events, making sure there's enough chairs and tables and other components," said Chance McWorthy, registrar. "The registrar basically helps students get lined up, and makes sure the graduates are entering in on time. The provost office does all the decision-making and finalizes things."

"If someone doesn't want to walk, they do not have to; that student degree will be mailed," said Tiffany Leschke, director of student engagement and campus events.

Inside the Times

See us online at: mountmercytimes.home.blog

Around the World on the Hill

Images of the May 2 Multicultural Fair, see page 3.



A Woman of Courage and Faith

Times columnist explores character, life of Catherine McAuley, who founded the Sisters of Mercy. See page 8.



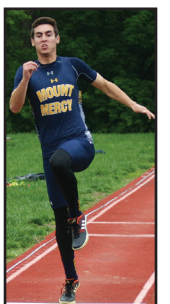
Emotional Ride Via Words

Spoken word artist leads audience on sometimes gut-busting journey. See page 10.



Runners Break Records

Wrap up of Mustang track seasons, see page 11.





Matthew Trueblood/ Times

SGA members and Vice President of Student Success Nate Klein (above) pose with some of the awards that were handed out during the Mustang Leadership Awards Ceremony. (From right) Andrea Lopez, Emma Lantz, Cassie Noel, Nate Klein, Veronica Jons, Connor Christopherson, Devon Blish. Some awards that were given were outstanding student leader, outstanding student worker, and others.

Year-End Mustang Recognition



Many students, clubs, and faculty were recognized on April 28 for their hard work, leadership, and success at the annual Mustang Leadership Awards Ceremony. New National Society Leadership and Success (NSLS) members were also inducted at this yearly ceremony.

Cooking Club Introduced to MMU

Alliance Has New Leaders, Law and Politics Looks to Improve

By Jada Veasey
Staff Writer

There are a few new and improved Registered Student Organization on campus that are hoping to make a big splash in the coming school year.

The newest RSO on the hill is the Cooking Club. Spear-headed by an executive board consisting of president Jordan Polito, vice president Sam Schuerer, secretary Veronica Jons, and treasurer Maggie Peterson, the club is hoping to make a big impact at MMU.

Schuerer said, "We decided to start Cooking Club because soon we are going to be full grown adults living alone in the real world. We must know how to cook before we graduate." Schuerer adds that she hopes she is "not the only one who doesn't know how to cook."

The board is planning to have part of the cooking lessons

revolve around different cultures, in hopes of educating classmates about different types of diversity.

Alliance is Mount Mercy's LGBTQ+ club. The club has been noticeably dormant for the last year or two, but new co-presidents Maggie Peterson and Maraleen Ruiz-Diaz are hoping to revitalize the club in the coming months.

Maggie Peterson said that "step one is that we need members." She adds that "we want to be an active club that actually hosts events."

The Alliance Club has teamed up on a few campus events at the end of this semester, most notably last month's public panel on Safe Zone training.

Peterson hopes to show that "even if you don't identify with the LGBTQ community, you can still be an ally." She also adds that you can "always talk to Dr. Jen Lee," the club's faculty advisor.

Like Alliance Club, Law & Politics Club is also hoping to increase its impact on Mount Mercy's campus in the future. Freshman Emma Lantz succeeded senior August Stamp as club president in December.

"We plan to host more events next year and be more involved on campus," Lantz said. "We're also hoping to return to the Midwest Political Science Association conference again next year." Lantz says that the club's mission is to "educate and inform people about politics and government."

She hopes to "encourage people to be politically active, whether that means simply voting, or even working on a campaign."

She stresses that "it's open to all students, whether you study political science or not!"



In order to better serve you
and get fully stocked,
the pantry will be closed
May 13-31 and will
reopen June 3.



Around the Globe at MMU



Ekaterina Rangelova/Times

More than 20 cultures were represented at Mount Mercy's Multicultural Fair on Thursday, May 2. Music, food, clothing, games, and dancing were among some of the highlights of the event.

Alumna Lands Her Dream Job as Career Services Director

By Courtney Hoffman
News Editor

Kalindi Garvin, former MMU student and new director of career services, says she wasn't expecting to stumble across her dream job in a Mount Mercy listing. When she found it, she couldn't refuse.

Though she wasn't looking to change careers, Garvin recalls a course assignment that called for students to think of their dream jobs—and with a masters in resume writing and strategic communications and a B.B.A. in HR management from MMU, this seems like a great fit.

"I really enjoyed the corporate communications aspects of what I did, but I knew my ideal job would be to be in a career services role at a college or a university," she said.

According to Garvin, this dream was filed away until she stumbled across the position listing to work at Mount Mercy. Though she was comfortable at her previous job, she knew she had to make a move.

"When your dream job pops up just out

of the blue, you have to go all in and go for it," she said. "This is what I really want to do. It's just really exciting that it's all come together that I'm here."

Garvin became interested in career services when she took a job at an outplacement firm, helping people deal with unexpected career transitions. From then on, she grew to be able to open a career firm serving clients all over the world, especially focused on people in IT and engineering.

"That's sort of been the theme through everything that I have done—it's looking to help other people tell their stories," Garvin said. "And I really enjoy that opportunity to help people figure out what it is that they'd like to do next in their career journey and then mapping out that strategy to get there."

Though she's struck by the comfortable, familiar feeling of being back at Mount Mercy, she says the people here have been the most amazing part.

"People say hi as you're walking by them in the hall, students are open to stopping in to introduce themselves—it's just

been so warm and welcoming," she said. "And there's no words for how that feels as a new employee somewhere—to just feel welcomed as part of the community from the very beginning. You don't find that everywhere."

"It's been great. It kind of feels a little bit like I'm on vacation," she said with a laugh.

In her time here, Garvin says she's excited to bring a broader perspective to how career services can help students. These plans include making sure that adult accelerated students, online students and grad-

uate students are being served, as these career services needs change depending on where someone is at in their career.

"I want students to just feel welcome," she said. "To feel like they can just drop in with questions, to know that I'm here to help with all kinds of discussions. Not just a resume review."

"We're here to serve students through all of their career journey," she added.

Garvin's office is UC 102, located in the lower level of the Sisters of Mercy University Center.

Story Errs In Funds Goal

In the last issue of the Mount Mercy Times, the article printed on page 8 titled, "Have Mercy for Mount Mercy on May 1 by Being a Donor" reported that the Mount Mercy Board of Trustees would donate \$250,000 if 501 donors were met. It should have stated that the Board of Trustees would donate \$25,000 if 501 donors were met. In addition, the article also reported last year's Have Mercy Give Mercy Day raised \$850,000, when the actual total of last year's May 1 event was \$85,000.

Safe Zone Issue Shows Students Importance of Having an Active Campus Student Media

Where were you when the Safe Zone exploded?

As we noted last issue, Mount Mercy University hasn't had the best publicity this year in regard to the LGBTQ+ community. Safe Zone training, designed to help faculty and staff learn how to create a welcoming climate for all students, was paused last fall, and a document prepared during that pause angered some students.

A Facebook post about Mount Mercy spread like wildfire within a few days, creating community backlash. In the emotional days that followed, a student group planned a drag show to demonstrate support to the LGBTQ+ community, but the show was canceled. Instead, a panel of students and guests discussed their experiences on May 3.

In the meantime, Safe Zone training has resumed at MMU. During the dust-up, there was a lot of information and misinformation available—how did you learn the facts?

If you read the front-page stories in our latest issue, we think you got a pretty good picture of what was going on, though perhaps not the full picture—the best journalism can provide is the closest obtainable version of the truth. Those reports in the MMU Times were brought to you by two staff writers, one of whom was named next year's editor-in-chief.

Staff Editorial

The opinion of Times editors

This week, as you can see, sophomore Veronica Jons has named her editorial staff—the largest the Times has had in recent history.

This large core of students isn't the end of the story. The Times is the student newspaper of Mount Mercy and depends on you to step forward. At the very least, honestly, you should glance at the Times. Otherwise, when something happens like the Safe Zone issue, you're not getting the best obtainable version of the facts.

Doing our best to provide you with the facts is a central part of our mission as a student-produced newspaper.

We know the importance of multiple sources and different routes to information. We try to provide the student voice and perspective on issues at Mount Mercy and others that affect students in general. We also appreciate the students who make this happen.

And that can be you. Jons and her team have exciting plans for next year. We hope to not only make the newspaper more accessible to increase our use of social media. We want to be a resource to the student body, so we are trying to put information where you access it.

If you have suggests, comments, or concerns, please email us at times@mtmercy.edu, talk to one of the student editors, or our faculty advisor Joe Sheller. Or better yet, join the team!

2019-2020 Editorial Staff of the MMU Times



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Managing Editor



Courtney Hoffman
Campus Editor



Madelyn Orton
Multimedia Editor



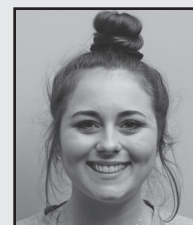
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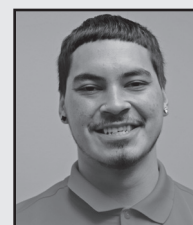
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The Mount Mercy Times is a biweekly student publication serving MMU students, faculty, and staff and those close to the Mount Mercy University community. The Times is published on alternate Thursdays during the school year (each issue has a Thursday date, but the paper is usually distributed Wednesday).

In addition, the Times maintains a student-run website for the dissemination of additional news in various forms, including Times TV video stories.

Membership on the staff of the Times is open to any MMU student, full- or part-time, undergraduate or graduate.

Please attend one of our staff meetings, which are all open to the public, or contact an editor or our advisor for more information. Meetings will be announced in the paper, via social media and with on-campus posters.

Staff Writers are listed by name on the stories they write, photographers are credited

on photos.

Content in the Times represents student writers, and is not official communication from Mount Mercy University. Editorials express the opinions of the Editorial Board and may not be the opinion shared by the university nor by all individual Times staff members. Bylined commentaries and cartoons reflect the opinions of the writer or artist.

Letters to the editor are encouraged. Letters should be concise, 300 words or less, and preferably emailed. The author's name, phone and address must be included. The name is published with the letter. Longer commentary, in the form of guest columns, is also encouraged. Besides the name, a photograph of the author is published with guest columns.

The Times reserves the right to edit or omit submissions. Letters and other submissions may be sent to the Times via email, campus mail or brought to the Times

office in the lower level of the Busse Library.

The Times sells advertising space. Advertisers are responsible for their own content, but the Times reserves the right to refuse an ad at its sole discretion.

The Mount Mercy Times will not print material found to be in poor taste or that it deems detrimental to a person's personal character. However, provocative comments on matters of public interest are encouraged.

Letters are due Friday at noon for consideration of publication the following Thursday.

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LGBTQ+ Go to Supreme Court

Mount Mercy University has been having a struggle when it comes to LGBTQ+ issues and finding the best course of action. Our college isn't the only place.

According to NPR, in October, the Supreme Court will hear two cases: *Bostock v. Clayton County, Georgia*, and *Altitude Express, Inc. v. Zarda*, which have been combined into one trial as they cover the same subject, as well as *R.G. & G.R Harris Funeral Homes v. EEOC*.

The first case is about whether or not an employer can fire someone based on their sexual orientation. The second case is about if our current discrimination laws extend to transgender individuals, and can protect them from being fired based on what gender they are. To make matters worse,

Opinion



Logan Schroeder
Opinion Editor

the Trump administration is taking the blatantly wrong side on this issue.

I think that hearing either of these cases could be very damaging for LGBTQ+ Americans. We don't need anything to happen that could weaken any American's civil rights.

Based on how our laws are currently interpreted, these employers are very clearly in the wrong.

But the Supreme Court is now conservative-leaning and the outlook for these rulings is scary.

I have a transgender family member, and the idea of seeing them live in a country where they could be fired for a totally unimportant reason like their gender identity is insane to me.

No one should have to live in fear of being fired because they are a man who loves a man or a woman who loves a woman. Your

gender should have literally no bearing on what job you want or if you should feel like you have a secure place of work. I will be severely depressed and upset if these cases go in a negative direction for LGBTQ+ Americans.

Changing how sexual orientation and gender discrimination works by allowing employers to fire people for arbitrary reasons is an affront to the progress that the United States has made on LGBTQ+ issues.

We cannot start chipping away at a minority groups' civil rights. I do not want to see the United States backslide on these issues. We as a nation need to be better than that, but only time will tell if we are.

What really matters is that all Americans deserve life, liberty, and the pursuit of happiness, unencumbered by discriminatory employers.

A Guide for Dem. 2020 Win

The division between the moderate and liberal wings of the Democratic Party are looming large before the 2020 democratic primary. The fight for the nomination will be competitive, so here are a few tips from an 18-year-old on how the democrats can win in 2020.

One of the most significant flaws in Hillary Clinton's 2016 campaign was not that she did not understand policy (she was a policy wonk) but that many Americans did not understand her policy. Democrats must choose a candidate that has policies that people can understand. Successfully articulating nuanced policy ideas has frustrated liberals for decades; that frustration must be quashed to make a return to the White House a reality for the democrats.

The 2020 democratic nominee must not merely be eloquent; he or she must have fire in his or her rhetoric. The next nominee should try to match the impassioned oratory of a young Jesse Jackson, rather than putting on the facade of a wooden politician.

If likability is any major question mark, the democrats must toss them by the wayside immediately. The mission, for democrats, is to be likable, not just more likable than the President.

Opinion

Lincoln Currie
Staff Writer

Lastly, democrats must nominate someone who can go toe-to-toe in a debate with Donald Trump. Hillary, while not technically losing the debates, failed to trade blows with the President, electing to take the high road instead. Democrats must choose a candidate with a sharp wit and a fighting spirit, who is willing to get nasty in the debates.

It is a mistake to underestimate Donald Trump in his capacity as a political candidate. The man is a master at manipulating the media and excels at attacking his opponents. Treating Donald Trump as a fool would be a big mistake, and the incumbency advantage must also be considered.

Lastly, to win in 2020, democrats must be united. No pouting if your candidate loses.

If democrats refuse to support a moderate nominee or just a nominee for whom they did not vote, it will surely spell doom for the Democratic Party and victory for Donald Trump. But you don't have to worry about losing if you win, right?

2020 is a big test for democrats. If democrats want to beat the President, they had better circle the wagons behind a passionate, charismatic nominee who knows how to communicate and get tough with the President in debates.

Heard on The Hill

By Brielle Kiewiet

What people are saying on topics of interest

With finals approaching and the 2018-2019 school year coming to a close, the Times asked students:

"Is there a particular classmate, staff, or faculty member that has helped you succeed this year?"



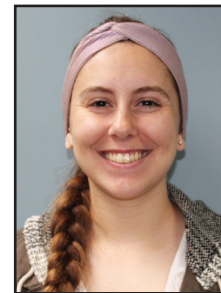
Jonathan Scholes, junior, sports management and marketing. "Yes, Coach Amir is always happy to help no matter what situation."



Payton Pottratz, sophomore, social work and psychology. "My soccer coach Raven has helped me succeed a lot, and I think she's helped a lot of people succeed just with her communication and helpfulness in any circumstance."



Nikola Petrovic, junior, sports management. "Yes, my classmate Maximilian Thomas because he's an international student like me, so we share the same struggles."



Jamie Hill, sophomore, criminal justice. "My advisor, Deb Brydon. She was my criminal justice teacher for one of my classes and she's also helped me sign up for all my classes this year, so she's been really helpful."



Matt Belling, junior, business and human resource management. "Yes, I think my volleyball coach Mary Kay Van Oort has helped me succeed because she's always there for me and willing to help me."



Jacinta Rademacher, senior, psychology. "I would have to say my lovely two roommates, Sydney Franks and Sarah VanHoe, that I've lived with over the past couple years. They've really pushed me to my highest limits and helped me become the person I am today."



Plants can help to cheer up your dorm room and help students’ mental health. Succulents (left) are good options for small spaces. Amber Lewis, assistant manager, (right) takes care of some plants at Earl May Nursery and Garden Center.

Psychology Professor Says Going Outside and Having Plants Benefits Students’ Mental Health

By Taylor Petersen
Staff Writer

Living in a cell-looking dorm room can be quite depressing and can negatively affect our mental health. Research says that adding a bit of green to your life by either going outside for a minimum of five minutes or buying a small houseplant for your room can significantly improve it. Research conducted at the University of Minnesota with their Taking Charge of Your Health and Well-Being campaign shows that one’s personal environment can influence their mood, impact their behavior and motivation, facilitate or discourage interactions, and either create or reduce stress. “We don’t really pay attention to the benefits or the detriments of what our natural or man-made environment does to us,” said Dr. Jaclynn Sullivan, assistant professor of psychology. “The things that you surround yourself with can impact your mental health.” Sullivan continued by

stating, “If you have a very man-made physical space, you are not going to feel a connection between yourself and the things around you. Your physical space must include some green, whether that means you have a plant on your desk, in your home, or looking outside of a window and seeing trees.” As college students, our personal environment affects us daily. “Some students can thrive living with others in a concrete box with windows, but for some, that environment can either make students develop depression, or make their anxiety and/or depression worse,” Sullivan said. “You are in an environment where you don’t have a lot of control over the things around you. I think that is where most students struggle, but they don’t realize that’s why they’re struggling.” “If you don’t feel good in your environment, you have to change it, accept the way it is, or you can get out of it and go somewhere else.” Research has shown that

we spend 90 percent of our life indoors, and houseplants are an easy way to bring the outdoors to us. Seeing greenery and nature helps us feel more relaxed and more calm. Greenery can make us feel more at-ease with our surroundings, which in turn benefits your mood. Sierra Earle, a freshman psychology major says that houseplants have helped her immensely. “I feel like they provide me a sense of calm,” she said. “Whenever I garden, I feel more connected with the earth. You get to watch something grow and I think it’s really satisfying.” Houseplants have a lot of mental and physical benefits. They can help regulate our sleep patterns, improve air quality, improve concentration and productivity, increase our attention span and memory, enhance our creative thinking, increase levels of positivity, help lower blood pressure and help lower background noise. Houseplants can also help

with loneliness and depression, lower anxiety levels, and can reduce stress levels and boost your mood. Amber Lewis, assistant manager of Earl May Nursery and Garden Center, states which houseplants would be the easiest for a college student to take care of. “I recommend lower maintenance plants such as succulents, aloe, cactus, spider plants, snake plants, ZZ plants, pothos, philodendrons, and rubber plants,” she said. “They require little care. Some of them you only have to water once a month, others you have to water once every two weeks, or once a week.” Fake plants are also a good option to change your living space and help with your mental health, though, they do not provide the same physical changes to the environment as a real plant. However, if you do not want to purchase a houseplant or even a fake plant, you can always open your door or window and embrace the green.

Rise in Veganism Leads to Menu Changes

By Jessica Abdoney
Staff Writer

Veganism is a strict diet of zero animal products. Since 2014, there has been a 600 percent increase of young Americans committing to a vegan lifestyle according to GlobalData. Allison Woods, a nursing major at MMU has been vegan for one year. She remembers when she decided to make the change. “I was driving home from finals and saw a truck full of pigs and I just thought, ‘Yep, that’s it,’” she said. As an endurance runner and busy student, Woods makes 75 percent of her meals at home and is currently working with a subcommittee of Council Student Athletes to help bring more vegan options and fresh produce to the MMU

cafeteria. “Cafeteria is a not a good option, and cannot sustain me every day, especially as an athlete,” she said. “They are doing better, but the vegan options are not displayed on the website so it’s hit and miss if I can eat there or not.” Woods finds that she has more energy, her skin is clearer and hair is stronger and fuller. “I am more confident, I view my body and self positively, because I am helping in some way (ethically and nutritionally).” says Woods. According to National Center of Biotechnology Information, a plant-based diet can improve overall health such as lower rates of heart diseases, type 2 diabetes, and obesity. The vegan diet can also combat climate change. By not contributing to dairy and meat products you can reduce the use of

dietary greenhouse emission, pollutants used, and energy required according, to a study by author Marco Springmann of the Oxford Martin Programme on the Future of Food at the University of Oxford. RN MSN Jacinta Seizer says the most important thing when choosing to become vegan is to look at recommendation for your age, sex, and activity level. “Get your nutrients from food, not supplements, most important being protein, iron, calcium, zinc, and B-12,” she said. Seizer stresses the importance of getting enough calories to prevent deficiency, and to prevent the burning of necessary acid and protein. One should also watch for added sugars, empty calories, and be able to prepare for a lot of meal planning and prepping.

Student Proposes Plan for Multimedia Lab

By Lincoln Currie
Staff Writer

A Mount Mercy University student is proposing the creation of a new multimedia lab, which is set to be proposed in August 2019. Matt Trueblood, a junior communication and graphic design major, will be the author of the proposal. “This is something that Mount Mercy could really use,” Trueblood said. “It would be a great resource for us to have.” The new multimedia lab could include cameras, tripods, and audio equipment such as microphones, audio dampening, and video software. Joe Sheller, a communication professor at Mount Mercy University, detailed why he supports the new multimedia lab. “There are a lot of students in a lot of disciplines, in my opinion, at this university who have to have a bit of video experience,” Sheller said. “This was a need five years ago.” Sheller added that with the Mount

Mercy Times transitioning to more online content, video content would likely develop a stronger presence with campus news. Aside from student media, marketing professors were previously interested in having access to a video studio at the university, according to Sheller. Sheller also mentioned that the public relations team could use the studio to create promotional material for Mount Mercy. In addition to the video technology needed for the lab, Trueblood emphasized the value of quality audio recording. “I really want a recording room for this sort of thing,” Trueblood said. Finding a place for the multimedia lab could prove tricky for the proposal. According to Trueblood, a few locations could be prime targets for the new lab: in the Busse Library next to the Mount Mercy Times office or on the fifth floor of Warde Hall. Putting a price on the situation also has yet to be done. However, Jose

Clemente, an art professor at Mount Mercy University, found out in creating a proposal a few years ago that the cost of a multimedia lab would be about \$10,000. Dr. Timothy Laurent, provost and vice president of academic affairs, explained that immediate financing of that figure would be difficult, articulating that spreading the payments out over several years would be easier. Laurent, however, expressed support for the proposal as a concept. “The willingness, I would say, is high,” Laurent said. “The finances to make things happen are what slow things down.” Laurent suggested it would be easier to phase in the multimedia lab in stages, with the first year of implementation happening after the 2019-2020 academic year because the budget is prepared one year in advance. First, the proposal must be completed. After this, revenue and expenses are considered via the prepared budget for the proposal.

Editors Note: Stories here were planned and developed by CO 120 Intro to Journalism students. Other stories from the class can be found on the Mount Mercy Times website at <http://mountmercytimes.home.blog>.

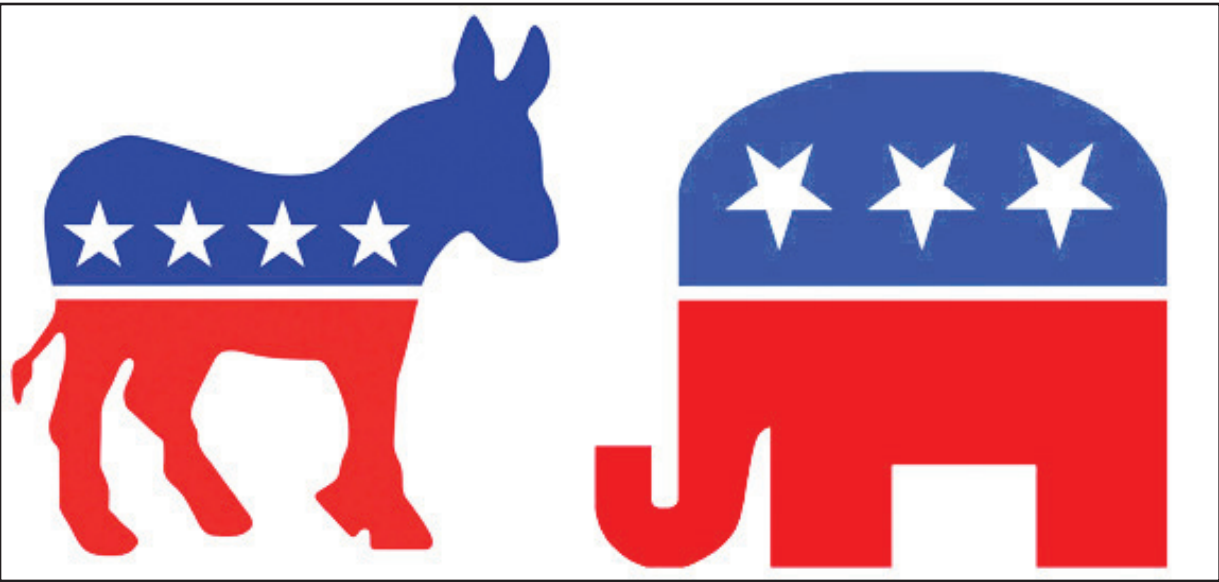


Photo from Smithsonian.com

The democratic (left) and republican (right) symbols were first used after Thomas Nast drew them in 1874.

Feelings about Candidates on the Hill Stated as 2020 Election Caucuses Approach

By Dennis Mckinney
Staff Writer

The democratic caucus is approaching and there have been some eyes on the Democratic Party. Some people have looked into the field and are getting an early look on how the party is shaping out. This democratic race is setting up to be a competitive one as there are twenty candidates with their own policies to discuss. It also seems to be crowded with a wide range of ages being represented. There are candidates like Corey Booker that Ashley Sally, a Mount Mercy senior, really felt like she could relate to. She had the opportunity to go see him speak when he came to Cedar Rapids, connecting with him more to understand his solutions to high African American poverty and prison rates. “What I personally care about

right now is the mass incarceration rates of African American men and he has a good idea on a way of which to fix it,” Sally said, talking about some of the issues she wants to see candidates discuss. Joe Sheller, associate professor of communication, commented on the number of democratic candidates. “It’s probably a reflection on the hunger that the democrats want for change,” he said. There has also been a lot of attention surrounding Joe Biden, the former vice president, getting into the democratic campaign. It has brought opinions of optimism and concerns as well. Biden is one of the candidates that is on the higher side of the age group at 76-years-old, and there is worry that the stress of being president would be high. Others also feel like their next president should be able to bring us together. He should be an example

that people should want to follow. He must also be able to earn respect. Vice President for Student Success Nate Klein explained what he wants to see out of our next president, saying that they should be “Someone that engages not just a country, but other people and civil discourse and dialogue about how do we support people.” The Head Men’s Basketball Coach, Aaron Jennings, believes that political issues are what keep us divided because people may disagree with certain things because they represent different parties, and people do not compromise so we can all be happy. “These groups can’t agree on anything,” Jennings said. With quite a ways to go yet in this election cycle, we will have to wait and see which candidate comes out on top of this election.



Donovan Grubaugh/ Times

Students participate in a student-led yoga session on the Greenspace as part of Eco Club's Blackjack lasting April 22 through 26.

Students De-Stress with Yoga Event Hosted by the Eco Club

By Donovan Grubaugh
Staff Writer

Eco Club hosted events the week of April 22-26 that helped raise awareness for Earth Day as well as helping students relax with yoga before finals.

On April 22, Eco Club gave out reusable water bottles while also giving a presentation on how much plastic isn't recycled. The following day, they hosted Trivia Night with questions about the environment.

Throughout the week, people going to events received blackjack cards and if those cards added up to 21, the student was entered into a drawing for a hundred dollar Amazon gift card.

On April 24, there was yoga on the

greenspace that lasted for about 45 minutes. Many who went to the event later said that it was nice and relaxing, especially with finals on the way.

"It was a good break from the usual hectic days," said Jeanette Blasi.

The original instructor did not show up, however one of the leaders of Eco Club, junior Meredith Kaki, stepped up and lead the students. There was a sense of relaxation due to being lead by a student, rather than an instructor.

"It was nice," said freshman Emily Tigges.

Freshman Paige Toomer agreed, saying "it was relaxing, stress-free, and it really empties your mind."

McAuley's Fight for Her Faith

She Lived Her Truth in Anti-Catholic Ireland

The founder of the Sisters of Mercy, Catherine McAuley, was truly a woman of faith. She grew up as a firm Catholic and stayed strong in

Faith on the Hill



Kasey Kaimann
Columnist

her roots even after moving in with her anti-Catholic relatives due to her parents dying. Her relatives tried to get her to abandon her Catholic faith and join their church, however, she resisted because the Catholic faith was everything to her.

Her relatives didn't allow anything 'Catholic' in the house, so Catherine would often find the cross in trees, windows and door panels. Even though she was living a hidden Catholic girl life, she did what she could to continue to grow her relationship with God.

Through Catherine pouring her love out to others, both of her relatives ended up converting to Catholicism after Catherine

witnessed to them the beauty and truth behind the Catholic faith.

Catherine was not only a woman of faith, but of courage. She knew God placed in her heart to pursue the faith and help the less fortunate.

McAuley was not going to let anyone stop her, not even her own country, since Ireland at the time didn't accept the Catholic Church. In fact, people who converted to the faith did so in secret because of the strong rejection towards the Catholic faith.

Catholic buildings weren't even allowed according to the government law. But that didn't stop Catherine! She went on and bought a building anyway and had it blessed so she could do what God was calling her to do.

She not only helped the needy, but offered education. She made sure classrooms were in her newly-bought building so that she could teach one of her greatest loves: the Catholic faith.

She had a way of simplifying truths of the faith and making it easy for the young to understand. She

even had her own methodology to highlight principles from the catechism. This woman had so many talents and used them for God's greater glory.

No matter how many people tried to stop her and demean her faith, she stayed strong and relied on God to fight for her for she knew that if this was truly God's will, He would provide her all the graces necessary to start the Sisters of Mercy.

Unlike many people today who find their identity in other things, she knew her identity came from God. She said, "We belong to God. All in us is His." Nothing can stop a woman who truly believes these words.

Because of her dedication to God and the Church, she was declared Venerable in 1990, which means she is on her way to sainthood since she lived virtues to a heroic degree.

May we all strive to be like Sister Catherine McAuley giving our life to God and standing firm in our faith even when people try to knock it down.

Gender Studies Minor Reworked as Lead Faculty Leaves

By Caroline Groesbeck
Editor in Chief

Taylor Houston, assistant professor of sociology, has been reconfiguring the gender studies minor and finding new leadership for it after deciding to leave Mount Mercy.

"What I've been doing over the past couple weeks, months, since I knew I

was leaving and made the decision, is one working with current gender studies minors who are actually minors, who have designated that they're minors, to make sure that they are going to graduate with their minor," said Houston.

"As far as going forward, I've been working with Dr. Eden Wales Freedman who is the head of the diversity studies minor."

Since Dr. Carol Tyx, professor of English, is retiring this year, Houston is hoping that whoever fills that position would be able to help organize the gender studies minor.

"If that's not the case, then what the plan is, is that we would integrate the gender studies minor into the diversity minor," said Houston.

Students would then register for the

diversity minor but would take either the diversity studies or gender studies track.

"So, I have been working with her [Wales Freedman] and with Chance and the registrar to make sure that it all works, and that current students do not have to deal with a whole bunch of 'What's happening here? What do I need to do?'" said Houston.

Key to College Life: Learn to be Yourself

Hello ladies and gentlemen, welcome back to the Truth of Youthe, an advice column for Mount Mercy students. Our last edition's question comes to us from Unprepared Undergrad, who asks, "How do I make the best of my college experience?"

Chuck's Super Special Senior Answer – Hey there, Unprepared. I've asked myself this question several thousand times, especially when I had just graduated high school and was thinking about my future. I was anxious about living with someone I'd never known before; it frightened me!

One thing I learned during my college experience is to share my thoughts and feelings on important topics or even small things, like how I hated when my roommate would blare TV while I was trying to fall asleep.

If I had shared my thoughts and feelings earlier in college, I think I might have made the friends I have now way before my junior year. I think I would have been more involved with certain groups like Alliance

Club.

It's scary moving from being sheltered and fed by your family to living on your own with a stranger, especially when it comes to missing home. However, that doesn't mean that you can't make another family on campus, even if it's just a few close friends. There's always going to be new people to meet and potentially get to know, so never feel like you don't have any friends because maybe you just haven't made the rights one.

Another lesson to give you Reader, is express yourself. Be who you want to be and wear it with pride. I came out as bisexual my sophomore year, and that allowed me to be more open with myself and those around me. I'm not saying you have to come out, but being confident with who you are allows you to be happy.

My last lesson is to have fun. Don't focus so hard on your exams and studying that you forget to enjoy your experience at Mount Mercy. If you don't, do something about it. Find people who share common

The Truth of Youthe



Chuck Uthe and Matt Trueblood

Sages and Staff Writers

interests. Go watch movies with them or find something else that y'all can do as a group. No one should be lonely here, for there's plenty of people to be friends with.

I'd like to thank you, Reader, for giving me the chance to be open with you and for making a positive impact on me. Strive to make a positive impact on someone else, you never know when

they'll need it.

Trueblood – When I was starting college, I had all these expectations. I heard what college was like from my sisters: the classes, the students, the weird meals, the spirit events, the dorm life. I remember meeting my mother's "friends from college" and imagining what it was like for her.

I started comparing my college experience to those. Some matched and others did not—but somewhere down the line I realized that I shouldn't worry about that. I stopped comparing my time at MMU to how I perceived other people's college life. I started to live college for me.

To make the most out of your college

experience, I recommend just living it! Accept opportunities where they present themselves. Take risks. Join clubs. Try new things or share familiar things with new people. I've found that the most helpful tools on campus are a bright smile and a listening ear.

That being said, you shouldn't stretch yourself too thin. Know when to say no. Don't trade sleep for homework. Drink coffee from Basile Beans but don't overdo it! Get sunlight when you can, especially if Jose Clemente has you finishing your Web and Motion project till 3 a.m.

I was always told that the friends I make in college are the ones that last a lifetime. I wasted so much time worrying if I would find the right ones or who they would be. I should have just enjoyed the people around me and let bonds form!

My advice to you is to love the one's around you sincerely and unabashedly. How can you go wrong with that?

Thank you for sending in your issues, quandaries, and problems, it's been a blast. We hope you've enjoyed reading our column as much as we've enjoyed writing it. Thank you for being you, reader. And, as always, don't forget to like and subscribe!

Times file photo

Dr. Mary Tarbox speaks during the First Fall Faculty Series in 2014.

Career on the Hill 'rewarding'

◆ **Dr. Tarbox Led**
from page 1

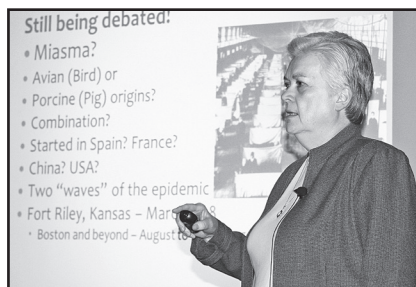
nurses."

Tarbox attended Mount Mercy as a student from 1970-1972.

Tarbox intends to continue support for alumni but will enjoy retirement by spending time with family, friends, volunteering, becoming more active in the community and traveling with her husband.

She has many positive memories. One was when Tarbox was on the search committee back in 1992 to find a new vice president for student development/dean of students.

She met a candidate from Wisconsin who was originally from Pittsburgh. She had spent time studying there, which led the two to get along well. He ultimately received the



position, and three years later, she and Dr. Robert Nicholson wed.

Her family, among her studies and work, have helped motivate Tarbox over the years. She is motivated by a sense of commitment and says she "feels most encouraged and rewarded when I know that others believe I am dedicated to what I do, do it as expected or better, and recognize that the results are successful."

Tarbox says she has steadily enjoyed her work and doesn't recall a day she didn't want to attend work.

"Graduates of MMU are the leaders in nursing in our community and beyond and that makes the impact of my job in my life very rewarding," Tarbox said.

A Favorite Class Activity Was Having Groups Analyze Poetry

◆ **Social Justice**
from page 1

Mercy.

"I'm a person who's concerned about social justice issues and the Sisters of Mercy concerns fit with how I thought about the world and what I wanted to do with my teaching," said Tyx.

Originally, Tyx worked for 10 years at an organization that helped adults with special needs. However, she started to feel it was no longer a good fit. "I had worked with these, pretty much the same group of people for 10 years. It was time to retool," said Tyx.

Tyx found herself enrolled in a master's program after the 1990's revolution in women's literature. She received a master's degree in women's literature. After a professor encour-

aged Tyx to go into the PhD program, she continued her education at the University of Iowa. She was an adjunct professor at Mount Mercy while she finished her dissertation.

"It was kind of ironic: I had a friend who'd always imagined herself as an English professor and she dropped out of grad school, and I, who had never imagined myself as a professor, became one. And it has suited me very well. I feel like I've had two great careers," Tyx said.

One of Tyx's favorite classroom activities is having students analyze a poem in a small group as their exam.

"I've just loved seeing students shine when they rise to the occasion of talking to each other about the poem," said Tyx. "A group figuring out together what's going on in a poem and really listening to each other. You know, the

stakes are high, it's their exam, but the realization that they can interpret this, they've got the tools. They don't need me."

After retirement, Tyx plans on staying busy and continuing her writing. "My fear is that I'll be busier than what I was when I was teaching," said Tyx.

With one collection of poetry in the publishing process now, Tyx wants to create another, especially since the current collection is a few years old. She also is the artist in residence at Prairie Woods, the Franciscan retreat center in Hiawatha.

"I will spend a month out of each year, broken up into one-week segments, focusing on my writing there and leading workshops there. So, I feel like I'm going to keep my hand in teaching in a way through those workshops there," said Tyx.



Donovan Grubaugh/Times

Father Tony drums while others sing, play the guitar and the drums. The concert was held to support the Chapel at Mount Mercy.

Concert Raises Funds for Chapel of Mercy

By Donovan Grubaugh
Staff Writer

The chapel was filled with music for about two hours the night of April 25 in order to raise funds for the chapel.

People who attended the event paid an admission fee, the money from which was used to support the chapel. Attendees listened to various artists with even Father Tony participating as a part of the music, playing some drums. The overall energy was good with the songs being high tempo and praising God.

The group that played had a few MMU alumni present who expressed how much they enjoyed the playing in the chapel.

During some of the songs they played, the group asked the crowd to stand and get into the music, with the majority singing and bouncing to the beat. The energy stayed high for most of the night, only slowing down when the songs got slow.

All proceeds from the admission fees, went to support the Chapel. The total amount was not disclosed.

Poet Speaks Out about Hardships

By Courtney Hoffman
News Editor

With poems about the complexity of life, the pain of grief, and trying to stand completely still to hide from her step-sister-in-law as if she was a T-Rex, it's no wonder that Katie Wirsing has toured over 400 college campuses with a successful, decade-long career.

Wirsing, a spoken word artist, performed her slam poetry on May 1 in Betty Cherry with content that ranged from heart-breaking to gut-busting.

Smooth transitions from storytelling with a stand-up comic vibe to slam poetry set the stage for the night. Wirsing put audience members through the wringer, but always instantly broke the tension in the room with a joke and a charismatic smile.

A Natural Poetry Slam Champion and internationally-recognized queer and trans rights activist, Wirsing touched

on life, death, grief, joy, some of her own struggles in regard to her sexuality, and the negative attention she and her husband, a transgender man, face.

With just over a thousand in her graduating class and around 5,000 attending her high school Wirsing was the only "out" queer person.

"It was awful," she said. "You couldn't pay me to do it over again."

Though she experiences many horrible things in her high school because of her sexuality, it is these experiences that introduced her to slam poetry—something that's been a vital part of her life time and time again.

"Like I mentioned, I went to a horrible high school; it was a terrible experience," she said. "I

had to find something outside of high school. Truly, poetry saved my life."

Wirsing went to her first poetry slam in Denver when she was 15. The connection, she says, was immediate.

"I think any time I'm not kind of continually spilling my guts in some way, I feel so anxious and like a mess."

Katie Wirsing

Wirsing, however, can't see her life without it.

"I think any time I'm not kind of continually spilling my guts in some way, I feel so anxious and like a mess."

"I feel like I can't not do that in life; it just isn't an option for me."



Courtney Hoffman/Times

Katie Wirsing, a spoken word artist, makes the crowd laugh through stories and comedic relief.

Mustangs Break Records at HOA Conference Meet

By Mahlon Steepleton
Sports Editor

Mount Mercy men's and women's track teams have significantly improved their overall finishes from last year in the Heart of America Conference, with the women's team finishing fourth out of 12 teams and the men's team finishing sixth.

The conference was held in Fayette, Missouri at Central Methodist University on May 3 and May 4.

On the women's side, junior Vanessa Cortes dominated and collected two individual titles in the 5000 meters (18:39.08) and 10000 meters races (38:56.07). Also contributing was junior Jasmine Wardell, who crushed her personal best and the school record marks in shot put with a mark of 13.01m and went home as the conference champion.

"Breaking the school record is so surreal," Wardell said. "I've been blessed with amazing coaches and teammates who've kept pushing me to get to this point. Just being at conference and throwing with some of the best

was an awesome experience."

McKenna Johnson finished fourth in the 3000 meter steeplechase race with a time of (12:01.56). Junior Rachel Gadiant also finished fourth in the high jump.

On the men's side, junior Luke Nickelson punched his ticket to Nationals by the NAIA "B" qualifying standard in the long jump with a personal best mark of (7.12m). Nickelson also finished in fourth place in the high jump. It also broke the school record that was previously held by Nickelson himself.

"Making it to Nationals is a relief," Nickelson said. "All I need to worry about is jumping good at nationals, not qualifying. I'm also happy that I still get to continue this journey with my coaches and teammates."

Two other school records that were broken were the two men's relay teams. The 4x100, consisting of seniors August Stamp and Souleymane Diallo, sophomore Josh Harmon and junior Connor Christophersen, had a record-breaking time of (42.79). The other 4x400 relay



Mahlon Steepleton/ Times

Junior Jasmine Wardell prepares to throw in shot put, where she finished first and took home the individual title.

team consisting of seniors Michael Marshall, Diallo, and juniors Christophersen and Hunter Filloon, had a record-breaking time of (3:24.53).

"It was amazing being a part of two school records, and doing it in one day was incredible," Christophersen said. "It was awesome being a part of the relays with this year's seniors and helping them leave their lasting mark on MMU, a similar mark which they have already left on our

team."

Colton Forster grabbed an individual title in the 10000 meters (31:54.27), and also finished second in the 5000 meters (15:34.72). James Lindstrom finished second in the 1500 meters (4:04.08). Kathryn Vander Poel won the individual title in the 1500 meters with a personal best of (4:46.51), she also got second place in the 800 meter dash (2:19.37).

Karley Jaynes had a successful weekend as well in the women's



Mahlon Steepleton/ Times

Senior Colton Forster looks strong as he runs the 10000 meters race on May 3 at Central Methodist University

heptathlon, finishing fifth (2461). Alexa Zamora also did well with a third place finish in the 5000 meters (19:19.08).

The Mustangs will travel to Naperville, Illinois to compete in the Dr. Keeler Invite on Friday May 10. This will be their last chance to qualify for the NAIA Outdoor Track and Field Championships.

Mount Mercy Hires New Jumpstart Leader and Assistant AD

Dennis McKinney/
Times

Jason Pershing has been named director of the Jumpstart Program and assistant athletic director.



Pershing Says First Goal is to Expand to 40 Kids

By Dennis McKinney
Staff Writer

A new director of the Jumpstart program, and the new assistant athletic director, has been named.

Cedar Rapids native, Jason Pershing, went to

Washington High School and went on to continue his basketball career at Mount Mercy University. He says he has had success in programs similar to Jumpstart.

Jumpstart was running as a summer program for kids to teach them some life lessons while keeping them active during a couple of weeks out the summer.

Pershing has big plans for the program this upcoming

"A mid-level goal is to have Mount Mercy's first sell out in basketball."

Jason Pershing, Jumpstart director,
assistant athletic director

summer and going into next school year.

"My first short term goal is to move it from 27 kids to 40 kids," he explained.

He also plans on not making this about athletes as well. He plans on bringing on some non-athlete coaches as well.

"We're trying to look at a vast majority with different interest," Pershing said.

He has been working with local programs such as Jane Boyd on getting more kids. Some of that work includes putting together posters and such to get local schools part of the program as well.

The job is also coming with more than just being the coordinator for Jumpstart, it also comes with being the next newly created position, assistant athletic director.

"A mid-level goal is to have Mount Mercy's first sell out in basketball," said Pershing.

3rd Year Volleyball Player Copes with Family Notoriety

By Mahlon Steepleton
Sports Editor

Junior international management major Strahil Svilenki isn't just a volleyball player at Mount Mercy University. He's a teammate, friend, and classmate to people up on the Hill as well.

Before Svilenki arrived in the United States back in 2016, he lived in his home country of Sofia, Bulgaria. He has grown up in Bulgaria his whole life, aside from his time living in Cedar Rapids, Iowa.

In Bulgaria, he and his stepfather, the President of the country, are pretty close and have a good relationship.

"I have a friendly relationship with him. Him and I like to hang out together and he's always there for me," Svilenki said.

"He has had more of a friend role on me but I like it that way because it's easier to talk with him and ask him for good advice," he added. Svilenki lived with him

for three years in Bulgaria before he came to America.

Svilenki says he has tried to keep his stepfather's political position a secret. One of the reasons he likes it in America is because he's able to get away from all of the attention that goes along with it.

"I just don't think that my stepfather as a president is something that defines me as a person," he said. "I would rather be judged on my achievements and/or failures. I have zero contributions to what my stepfather

has done."

Svilenki also received a scholarship to play volleyball here. In their first year as a team, men's volleyball only won two games. This year was different. The Mustangs had a lot more success on the court this year.

"It was a very successful one," he said. "We expected to do well, but at times we did exceed our

SNAPSHOT

Meet the people
on The Hill

Strahil Svilenki



Mahlon Steepleton/Times

Strahil Svilenki, an international student from Bulgaria, has been an MMU student for three years and currently plays for the volleyball team.

expectations. I am excited about what we can do as a team next year, since we bring everyone back. As a team, we are very close with each other and have a great team chemistry."

Svilenki also has some hopes

and dreams that he wants to accomplish in his life.

"I want to graduate here successfully and I want to play one or two more years back somewhere in Europe," he said.

"I want to get my masters some-

where back in Europe and start my professional career."

Svilenki has some hobbies as well. "My hobbies include watching sports on ESPN. I also like to play video games and hang out with my teammates and other international friends," he said.

He started playing volleyball in eighth grade and has played so far for a total of eight years. He has lived in the U.S. for three years now.

For Svilenki, he's happy that his college journey brought him to the United States and especially Cedar Rapids, Iowa. He has met a lot of cool and interesting people and has made some friendships that will last a lifetime.

Svilenki says he wants to be normal and that his friends here give him that opportunity.

"There is nothing special about me," he said. "I am and I try to be a very ordinary international student."

Editor's note: Staff Writer Orlando Clark contributed to this story.

MMU Safe Zone Training Resumes After a Six-Month Hiatus

By Caroline Groesbeck
Editor in Chief

After public outcry due to a leaked internal document, Safe Zone training relaunched on April 24, the same day as Alliance Club's Rainbow Fest.

The trainers for the revamped program include Associate Professor of Social Work Dr. April Dirks, Associate Professor of English Dr. Eden Wales Freedman, Director of Diversity and International Student Success Keesha Burke-Henderson, Director of Ministry and Services Erin Broich, Financial Aid Counselor Haylie Canterbury, and Vice President for Mission and Ministry Sister Linda. These are just a few of the members of faculty and staff on the list of Safe Zone trained allies. The full list of trained allies includes 52 faculty and staff members.

The first training session since the new

changes were implemented was held on April 24 and about 20 people attended the session. One of the changes was an added optional session that took place after Safe Zone training.

"We also decided we would have another session post-Safe Zone for people to talk further, it's not Safe Zone training but post, that wanted to talk further about faith," said President Laurie Hamen.

This is just one of the small changes made to make Safe Zone more in-line with Mercy and Catholic values. Shortly after the program was put back into action, Student Government Association (SGA) and Alliance Club came together to host a drag show on May 3. After much discussion, the show was canceled, once again in an attempt to stay within the Mercy and Catholic values.

"We don't have really good policies, necessarily, to talk about this, talk about

the type of student events that we have, because we have very standard student events, said Hamen. "So, having to cancel it after the fact was very difficult. I learned a lot from our students in the course of discussing this, but it was a hard decision, a very hard decision."

Hamen, SGA representatives, and Alliance members met to discuss the plan moving forward. Hamen sent out an email the same day the show was canceled explaining that it was canceled in order to maintain the Mount Mercy's values.

Shortly after, Cassie Noel, SGA president, explained on Facebook why she disagreed with the cancellation of the event.

"I definitely felt hurt and almost betrayed by my own university's administration where I was supposed to feel welcomed and safe. I know a lot of other students (and even faculty and staff) feel the same way," said Noel. "But luckily, due

to the cancellation, SGA and Alliance were able to plan the student/alumni panel to talk about identity and LGBT issues."

Maggie Peterson, Alliance Club co-president, stated that Alliance was affected by the show's cancellation.

"It activated us even more than ever," stated Peterson.

In order to still have the event, Noel and Andrea Lopez, SGA treasurer, were able to move the event off campus for the same day. Mount Mercy students were allowed to attend for free and proceeds went to Iowa Safe Schools.

As a response to the cancellation, Alliance organized and hosted an educational Q&A session over the life of someone in the LGBTQ+ community. The event was held at 3:30 p.m. in Betty Cherry on May 3.