

Mount Mercy TIMES

A student publication

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Issue 10, April 28, 2022

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A decorated hat that a student wore during the 2011 Mount Mercy commencement exercise. (Times file photo)

Commencement 2022: In-person again

Events mark the return of pre-COVID traditions

By Jada Veasey
editor in chief

For many Mustangs, May will mark the end of one chapter and the start of a new one. On May 15, seniors will walk across the stage and celebrate commencement.

Commencement 2022 is especially noteworthy, as it marks the return of pre-COVID commencement traditions. All graduating undergraduate students of all majors will celebrate together in one ceremony. Commencement 2020 was virtual, while commencement 2021 was split into four separate ceremonies. This year, undergraduates

will celebrate their ceremony at 11 a.m., while graduate students will celebrate earlier at 9 a.m.

Commencement weekend is packed full of events. On Friday, May 13 at 4 p.m. in the Chapel of Mercy, honors students will undergo honors convocation. Nursing seniors will have their pinning ceremony the same evening at 6 p.m. in the Hennessy Recreation Center. Commencement mass will occur on Saturday, May 14 in the Chapel of Mercy at 5:30 p.m. Commencement will occur on May 15, and a picnic on the Hill is to follow both ceremonies.

Senior psychology and criminal justice major Emma Lantz has served as the student representative on the commencement committee this semester. “I’m excited to bring back a full three days of commencement activities where we will

Related content

More details on commencement plans:

Undergraduate and graduate student speakers named, page 2.
LGBTQ students can participate in first Lavender recognition event, page 6.

honor all Mustangs for their achievements inside and outside of the classroom,” said Lantz.

Provost Tom Castle is also looking forward to commencement.

“Commencement is a special day for faculty and staff because we get to celebrate and reflect on the accomplishments of our students. We especially look forward this year to gathering our entire community for this celebration,” said Castle, referencing the alteration in

last year’s ceremonies due to COVID-19.

While Nate Klein, vice president for student success, is certainly looking forward to the commencement ceremonies, he is also excited about the festivities that will follow commencement. “We are excited to bring back a beloved tradition to campus, the Picnic on the Hill,” said Klein. “It is a wonderful chance for graduates to come back to the Hill one last time to enjoy food, fellowship, and fun with the MMU employees and their families that have supported them through their journey. We hope everyone will make a trip back to enjoy the time together!”

Mustangs can find out more information about commencement on the Mount Mercy website and in official campus communication emails.

The inauguration events for Dr. Todd Olson, president of MMU, begin Thursday afternoon (Times file photo)

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Art class project led to posting

◆ Student art installations

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people.

Devlin Caldwell, assistant professor of art, said Gustafson's and Hartshorne's art were part of a spaces project for an art installation class. The class features ways in which art interacts with its environment. He came up with the idea over the summer, after noticing how devoid the campus was of student expression, and he wanted to find ways to make students feel more comfortable expressing themselves on campus—then this happened.

"From what I understood, some people felt personally attacked by the imagery or challenged, that their ideology was being challenged or their faith was being challenged," he said. He also said the university does not notify him when his students' artwork is removed.

Caldwell and the art students notice that artwork that seems to challenge the status quo within conservative ideological frameworks are taken down sooner as opposed to those that don't, an assertion the university denies.

In Gustafson's case, she had shown her artwork to both Caldwell and associate professor of art Jose Clemente during its progress and in its entirety prior to posting.

She found the mixed messages she received between what is encouraged and what is not acceptable to the university confusing. Gustafson said the professors have told her and other art students that as long as their work isn't attacking others through gratuitous violence or graphicness, it's OK.

"I think open communication is very vital, not only for the people who are doing the art but for the artists themselves because



eliciting a response is the goal," said Gustafson.

Klein agrees with Gustafson that there needs to be a conversation between the art program and the university, and that the dilemma is balancing a safe and welcoming environment with individual freedom of expression.

"We want to identify a space on campus, and we also know

that it can't just be a free-for-all. Because just like art, words impact people—and while people are free to say and do whatever they want, there are also consequences for some of those actions, positive or negative," Klein said.

The Good Book specifies that, except for department or office bulletin boards, posting of materials on campus is handled

by Events Services. That policy, however, has not traditionally been followed for some art displays.

As an art student, Gustafson wants to make people think, even if it's about something they may disagree with. "I think some self-reflection is needed and some more open-mindedness or else the real world will be very harsh to you," she said.

Art sparks conversation

Here are various points of view from a variety of people who spoke to the Times about a controversy on art displayed on campus:

"Art should be free from censorship in order to allow for the potential of conversation to take place. With that being said, I do feel that as an artist, that you have a sort of professional responsibility to create the work to the best of your ability, to do your research, to understand exactly what potential, what you're doing and the impacts it could have."

--Devlin Caldwell, assistant professor of art

"Art and common spaces need to reflect who we are as a community."

--Sister Linda Bechen, VP for mission and ministry.

"Not everyone will agree on said parameters."

--Nate Klein, VP for student success

"There's a really weird gray area, because they (the university) have publicly on their Instagram and on their social media have made the tunnels out to be a place for art."

--Grace Byers, junior graphic design

"It's very confusing, because you don't know when you can or can't express yourself and what you can or can't say."

--Haley Hartshorne, freshman graphic design

Organizer: Visitors to ceremony to get 'sense of MMU history'

◆ Two days of events

continued from page 1

the university has on Mercy higher education, the state of Iowa, and the local community.

"The Sisters of Mercy and their vision always moved them forward, and that energy continues in our students, faculty, and staff," Raine said. "We continue to look for new opportunities, to better serve our students and to see where we can grow and change, as a campus, all the while making lifelong impacts."

Dr. Todd Olson, president of Mount Mercy, expressed a similar sentiment.

"I am excited for the upcoming inauguration and very grateful to the team putting the events together," Olson said. "The (theme) is all about celebrating our long history and the vibrant mission of our university while also looking forward and pursuing excellence in all our programs."

Nine months ago, Olson started his position as president following the previous president's resignation after serving for two months. After the continued hard work put into preparing for Olson's inauguration, the time has come for what Todd Coleman refers to as "renewed enthusiasm and growth."

"It is important to celebrate our past while also acknowledging the energy that a new president brings to the university," Coleman said. "It is an event that happens only every seven (to) 10 years, and it is a celebration of the university and its future along with the welcoming of new leadership to the university."

Those attending were required to RSVP by April 15. Raine hopes they leave with "a sense of Mount Mercy's history, its mission, and its contributions to the larger community".

A livestream of the inauguration will be available on the Mount Mercy YouTube channel.

Campus Security Log

Compiled by Grace Ries
news editor

April 5

6:16 p.m. Heard what sounded like a male scream in pain from Mercy Drive in the direction of Andreas. Two security personnel checked the area and found nothing.

April 6

9:32 p.m. Noticed screw loose in Warde dock door, preventing it from shutting fully. Found a screwdriver and tightened the screw and it shut properly.

April 9

2:13 p.m. Call from someone who said, "they need help," and some mumbling and then they hung up.

April 10

10:47 a.m. Call from students in lower campus who were concerned about some people over by the grotto. I went over and talked to them, they were there for a meeting about the grotto.

April 12

3:35 a.m. Regina residents found a leak in their closet, buckets were placed under the droppings and moved clothes as needed. The water was coming from above. There was some standing water in the hall from a

running sink in the bathroom, notified facilities, and the water was removed.

4:45 p.m. Received a call from the Warde emergency phone. No one answered and no one was in the area near the phone when checked.

April 14

7:43 p.m. Student said that there were two students on the roof by McAuley. Went to investigate but didn't see them.

April 15

2:08 a.m. Call from Regina resident about loud people on her floor. Patrolled the floor but did not see or hear any commotions.

April 17

12:10 a.m. Strong odor, smelling like rotten garbage, in McAuley south stairwell, in McAuley elevator and by Public Safety Office.

12:16 p.m. Pre-alarm up in the McAuley Penthouse. Went up to investigate, the oven and stove were off, and the fan was on. No one was up there but there were coats and looked like people were coming back.

10:35 p.m. Trouble alarm for Andreas B4. Residents burned popcorn. The panel was later reset and the trouble cleared.

Graduation speakers announced

Gambling not among diverse experiences

By Annie Barkalow
managing editor

Senior nursing major Jada Veasey is no stranger to public speaking. She gave the commencement speech at her high school and spoke at the White Coat Ceremony in September. Next month, Veasey will be giving the commencement speech for the class of 2022.

"I have always loved writing speeches, but actually giving them gives me butterflies," she said. Veasey submitted an application after a call for speaker submissions and was notified of her acceptance via FaceTime by Nate Klein, VP for student success.

"How many people can say they've gotten a FaceTime call from a vice president of their university? I immediately texted my mom and sister, and we were all just so excited. It's the cherry on top of graduating!" she said.

At Mount Mercy, Veasey has participated in many activities. She was a four-year member of the Law and Politics Club and the Mount Mercy University Association of Nursing Students (MMUANS), serving in executive positions for both.



She was also a copy editor for the campus literary magazine, the PAHA Review, a tutor in ACE, a member of the Times staff, served as a resident assistant and played flute in the University Band.

It's not all academics for Veasey, though. She likes to spend her free time reading and writing, but her favorite hobby is baking, a special activity she and her younger sister like to do together.

Another interesting fact about Veasey is that gray is her lucky color. "I accidentally wore all gray to my first biology exam freshman year, and I have been unable to shake the superstition," she said.

There have been many highlights to her time at MMU, but a few stand out. One is freshman move-in day when she met her roommate and soon-to-

be best friend Emma Lantz. "We've been wreaking havoc on MMU ever since," said Veasey. Another is her sophomore White Coat Ceremony, when nursing students had their hands blessed by Sister Linda Bechen.

One of Veasey's accomplishments was winning the Iowa College Media Association's Pat Pisarik Student Journalist of the Year award. One regret Veasey has is that she never went to Vegas Night, since it never worked with her schedule.

"I'm leaving college with absolutely no idea how to gamble!" she joked.

After graduating, Veasey will be working as a nurse in the Neonatal Intensive Care Unit at the University of Iowa Stead Family Children's Hospital.

Master's student says MMU invests in students

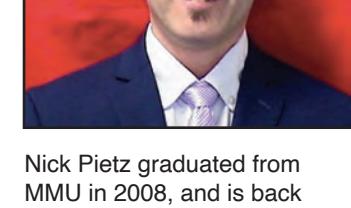
By Grace Ries
news editor

To one student who graduates from Mount Mercy not once, but soon to be twice, MMU's best quality is its "investment in students' success."

That student is Nick Pietz, undergraduate in 2008 and now graduate in 2022.

Pietz received a bachelor's in psychology and a minor in art. Soon he will be receiving his master's of strategic leadership with an emphasis in criminal justice.

"It was a humbling feeling to even be considered as the graduate commencement speaker. To be selected is an incredible mix of excitement,



Nick Pietz graduated from MMU in 2008, and is back earning a master's degree. He is this year's graduate commencement speaker. (Contributed image, Mount Pleasant Correctional Facility staff photo)

honor and a little bit of nervousness!" Pietz said.

While Pietz was originally

attending Mount Mercy, he played on the baseball team, did a work study in Hemessey and spent hours in Warde Hall in the art department.

"The thing I've always appreciated about Mount Mercy is everyone's investment in student's success. In grad school, the classes were designed in such a way that students, including busy parents who work full-time, are able to study, complete work, learn, and still be challenged," Pietz said.

"Teachers in my experience were knowledgeable, approachable, and skilled facilitators. I just believe that Mount Mercy sets an example of people taking care of and caring about other people."

April 28, 2022

On April 19, an opening ceremony for the Anne Frank exhibit in Betty Cherry Heritage Room drew students. The exhibit, open all week, is from the Anne Frank House museum in The Netherlands. Frank, who died when she was a young teen in a German death camp during World War II, could still be alive today and would be in her 90s, noted Allison McNeese, assistant professor of history. A student reacts to the exhibit with an image of Frank behind him. (Times images by Joselyn Hildebrand)

Anne Frank's story at MMU



Allison McNeese, assistant professor of history, listens to Jim Bernstein, chair of the Thaler Holocaust Education and Programming Committee, speak April 19.

'Let Me Be Myself' exhibit includes detailed timeline of Holocaust history

By Jenna Welty
staff writer

Anne Frank's story came to life in the "Let Me Be Myself" exhibition at the Betty Cherry Heritage Hall, open from 8:30 a.m. to 5 p.m. on April 18 through the 23.

Dr. Norma Linda Mattingly, associate professor of education, worked with the University of Iowa to bring the traveling exhibit to Mount Mercy. It included panels full of images and text about Anne Frank and the events surrounding her life, as well as stories regarding prejudice in the lives of people today.

"By learning about the Holocaust, I hope people are moved by Anne Frank's short life and that we recognize the senseless persecution of over six million Jews as a dark chapter in history that should not be repeated," Mattingly said. "It's a reminder that each of us can do our part to stop bullying, discrimination, and persecution when we see these kinds of actions being taken against certain groups of individuals."

Mattingly was thankful for the opportunity to host the exhibit and for the people involved in its preparation.

Multiple students aided in the set-up and provided guided tours. Advertising for the event was funded

by the Thaler Holocaust Education and Programming Committee.

"There are many people involved in bringing an event like this to campus, and I am forever grateful to all these wonderful people who helped me make this event possible," Mattingly said.

Jim Bernstein, chair of the Thaler Holocaust Education and Programming Committee, was pleased to help teach the community about the Holocaust.

"We're happy we were able to contribute to having it here," said Bernstein. "We have a foundation and an endowment that supports projects like these, and we decided that this was worth supporting financially. The funds we provided helped publicize the event so that more people would come in and see the exhibit."

On the first day of the event, April 18, many people came. Mattingly estimated around 45 people came within the first two hours and emphasized the importance of having people see the exhibit.

"I think it's a great learning opportunity that reminds us that we need to have compassion for one another, to really understand one another, (and) to build bridges instead of building walls," said Mattingly.



Dr. Norma Linda Mattingly, associate professor of education, introduces the "Let Me Be Myself" Anne Frank exhibit April 19 in Betty Cherry Heritage Hall.



At the opening ceremony April 17, Dr. Norma Linda Mattingly, associate professor of education, asked students to write down their impressions and reactions to the Anne Frank exhibit. Above and right, students record their thoughts while learning about Frank. (Times photos by Joselyn Hildebrand)

Students connect with Anne Frank

By Jackson Bennett
staff writer

On April 17, students visiting the Anne Frank exhibit in Betty Cherry Heritage Hall said the posters, video and other information caused them to connect the story of the teen girl who died in the Holocaust during World War II with their lives today.

Joe Gabel, a third-year educa-

tion major, was appreciative of the exhibit that Mount Mercy offered him.

"I really liked the different stations displayed throughout the exhibit, and I was surprised by how well everything came together," said Gabel. "I think it's important for us to understand the way things happened, even though it may be difficult at times."

Students were guided through the exhibit by peer educator Matt

English.

Imire Gates, an education major, elaborated on the event that took place.

"Just looking at the posters I can make multiple connections to our current world," said Gates. "Looking at the war of Germany attacking Poland looks a lot like Russia and Ukraine in today's world. People are dying and others are sitting to the side."

"Looking at the war of Germany attacking Poland looks a lot like Russia and Ukraine in today's world. People are dying and others are sitting to the side."

Imire Gates, education major



Emotions showed on many student's faces, like the one at left, as they read about how Anne Frank endured Nazi anti-Jewish prejudice and life in hiding. Anne Frank's diary, eventually returned to her father, became a world famous book when it was published after World War II.

I'll miss the people and the tiny summer camp beds



Sometimes it takes a friend reminding you of all the good things you've got for you to remember those things yourself. I was at dinner with a friend and Mount Mercy alum this week (hi, Marshall!), and as we discussed the latest happenings on campus, he sighed and said, "I miss this place."

My friend's comment made me think. I am mere weeks away from walking across the stage at commencement. In a short time, I too will be a Mount Mercy alum, not a current student but a former one. The Hill will no longer be home, not in a literal sense, anyway. I suppose it's time I count my Mount Mercy blessings before I leave these hallowed halls behind.

There are so many things here I will miss.

To begin, I must first say I will miss the tiny, sad Christmas tree we insist on keeping up in the Mount Mercy Times office year-round. That tree was here before me, and it shall be here long after. It has three total ornaments, one of which I purchased on a late-night Walmart trip in 2019. It hasn't been moved or redecorated in at least two Christmases. Oh, the things this tree has seen!

I will miss the twin-sized dorm room beds I have slept on for the past four



A close up image shows some of the incredibly detailed tile mosaic work featured in the Grotto of Our Lady of Sorrows. Though I (Jada Veasey) once dreaded walking through it each day, now I appreciate the grotto. (Times photo by Jada Veasey).

years. That isn't even sarcasm, folks. While my full-sized bed at home may be bigger and more comfortable, the twin-sized one in my dorm makes me feel

like I'm at a sleepaway summer camp in the woods. As someone who has literally never attended a sleepaway summer camp in the woods (because ew, bugs), I

have to say I appreciate that I got to simulate just a tiny part of the experience in my college years.

I will miss the grotto down in lower campus.

In my sophomore year I lived in the lower campus apartments, and my roommates and I despised the walk from our door to the cafeteria when we got hungry. That year was the year we got sent home because of COVID-19. I remember our text messages about how much we missed that trek together each day. Because of that, the grotto is one of my favorite spots on campus.

Of course, what I will miss the most about Mount Mercy is the people. I have gotten to know so many fantastic Mustangs in my four years here.

This newspaper isn't nearly big enough to print every name or tell every story, but all of you know who you are. Thank you for making my four years of college happy ones. And, to agree with my friend Marshall, I know I'll miss this place after commencement too.

How does that Winnie the Pooh quote go?

"How lucky I am to have something so special, that makes saying goodbye so hard."

Letter to the editor

Women's teams are to promote sex-based parity

I read the letter to the editor titled "Transgender athletes need respect" from the Faculty and Staff Gender and Sexuality Alliance in the March 31 issue and decided to offer an alternative perspective. Certainly, every human being should be treated with respect because each human has intrinsic dignity. But respecting and giving equal opportunity to transgender individuals does not require allowing males who identify as women to compete against females on women's teams, for the same reason that respecting and giving equal opportunity to males who identify as men does not require allowing them to compete against females on women's teams. That implication would entail the loss of the very distinction between men's and women's sports, and thereby deprive females of the hard-earned parity provided by women's teams. That's a good reason not to accept the claim in question.

Women's teams exist to provide sex-based parity for females, not gender- or gender identity-based parity. The notion that the exclusion of males who identify as women

from women's teams limits the freedom of such males assumes mistakenly that the basis for the distinction between men's and women's teams is gender identity, not sex.

The deeper problem here is philosophical, in a gender ideology presupposing a false philosophical anthropology of body-self dualism and expressive individualism, along with an underlying scientism shielding these two philosophical notions from rational scrutiny. Gender ideology severs gender from sex, eclipses sex with gender, and subjectivizes gender as gender identity. Moreover, gender ideology typically defines disagreement with itself as hate, thereby engaging in bivalerism, and diminishing and ideologically exploiting acts that truly arise from hate. In arguments for allowing males to compete on women's teams, gender ideology underlies the implicit premise that gender identity, not sex, is the rightful basis for the distinction between men's and women's sports.

Dr. Bryan Cross, associate professor of philosophy

Keep journalism thriving

You won't regret joining the Mount Times team

As the 2021-2022 academic year comes to a close, it is time to start thinking about what lies ahead for the Mount Mercy Times. Next school year will feature big changes for Mount Mercy's favorite student-run news publication, and every Mustang is formally invited to be a part of those changes.

Next school year, the Times plans to shift its primary focus to digital content, while still producing a smaller print issue on a regular basis. This will mark a big change for the Times, as we've been a primarily print publication since our beginnings in the 1990s.

The shift in focus to the digital side of things is a long time coming and has been foreshadowed by major newspapers across the world doing the exact same thing.

A primarily digital platform

will mean that Mustangs will have access to more up to date news and will be more

easily able to share the latest campus happenings with the click of a button.

Of course, the Times doesn't run itself. A newspaper needs editors and writers to make it happen. Student media on college campuses is incredibly important, it helps to give students a

voice and allows writers to highlight issues and topics that are important to them. Without a student newspaper, who would hold the university accountable for its choices? Who would take photos of the awesome athletes and musicians that make up this community? Who would document the interesting stories of students, faculty, and staff members?

The thing many students

don't seem to know about the Times is that anyone can write in it! It's not a full-time commitment for every writer. Some people write the occasional review they feel passionate about or decide to cover sporting events they plan on attending.

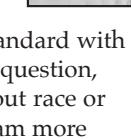
The Times is supposed

to be like a patchwork quilt, with patches of writing contributed by all kinds of students. Don't let the Times intimidate you, your words are just as important as anyone else's.

Joining the staff of the Times, whether that means as a paid editor or as a contributing writer, is a decision you won't regret.

Opinion by Gwen Johnson, opinion editor

Job applications have plenty of room for improvement



As graduation inches ever closer, I am applying for as many jobs as I can. I've done enough job applications to notice a trend—these applications are absolutely terrible.

Some of them use truly horrendous fonts and formatting that make them completely illegible. Some of them involve reading walls of text that are completely overwhelming. And some of them ask "voluntary disclosure" or "voluntary self-identity" questions that have a little red asterisk marking them as required. The "I do not wish to say" option stops them from completely crossing a legal line, though.

I maintain that it is a weird

choice to make your voluntary questions required.

If a company has federal contracts, they are required to ask about a specific list of disabilities in order to work towards the "yes" answers being 7% of their workforce. At least that one is explained to me! No company has yet told me why they want to know about my race or gender.

Aside from the interesting choices surrounding identity questions, my main complaint is the general unpleasantness. I'm not saying it has to feel like frolicking through a field of daisies, I'm just saying that it's asking an awful lot of people to read an essay's worth of text that could be more clearly communicated

through bullet points and then retype the entire resume that you already asked for.

It is a genuine relief, as someone filling out a lot of them, to find a well-made job application. Some of my favorites have been made through Google forms. A pleasant application makes me like your company more. It shows that you've put in the effort.

I'm no hiring manager, but I've put together quite a few serviceable forms in my day. I highly recommend changing the background header to make it look polished. We will now briefly pivot to design suggestions that I've found to improve the application experience

If you have a lot to say, use

bullet points to make it less overwhelming. If bullet points aren't what you're going for, think about breaking up your text into smaller paragraphs so that there is a break built in for the reader. (We use this rule in newspaper printing! The general rule is four lines to a paragraph, maximum.)

If you're having me submit my resume to the application, please don't ask me to type it all out again. This just feels like common courtesy. You already have the information.

With the aesthetic considerations out of the way, let's talk about those required voluntary questions.

If you're going to ask voluntary disclosure questions, explain why you want the information.

This appears to be standard with the federal disability question, but not questions about race or gender. I personally am more likely to consider giving you that information if I know what it's going to be used for. I still might not, but at least with an explanation I can make an informed decision.

In conclusion: I see absolutely no reason that online job applications should be as miserable as they are. Applicants are expected to have a nicely formatted cover letter and resume with all of the relevant information that HR would need to make a decision clearly presented. Why should we not expect the same of the people doing the hiring?



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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. During the pandemic, meetings may be remote, at the discretion of editors.

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 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.

Mailing address:
Mount Mercy Times
Busse Library, Lower Level
1330 Elmhurst Drive NE
Cedar Rapids IA 52402

Web: mmutimes.org

Email: times@mtmercy.edu

April 28, 2022

MMU Students talking to a therapist during one of their free session hours on campus. These sessions are available to all and help students to talk things through and distress throughout the school year (Times photo by Joselyn Hildebrand)

Therapists at Olson Clinic provide free help for students

By Joselyn Hildebrand
staff writer

As the Mount Mercy community moves increasingly closer to finals week, moving out, and the end of the academic year in general, students may find themselves experiencing increasing stress levels.

The Olson Marriage and Family Therapy Clinic at the Mount Mercy Graduate Center offers free services to anyone who is currently a Mount Mercy student or veteran. They specialize in an array of emotional and behavioral issues.

"Talking to a therapist has really helped me realize why I do the things I do and honestly, I haven't been going long enough to specifically say that they have helped me with my mental illnesses, but I do know and can say that they've helped immensely to just talk about stressful things and make connections in your life," said Houston Hamlett, freshman social work major.

Sometimes when things become too much to handle on one's own, individuals may find unhealthy ways to cope

with stress. Excessive drug and alcohol use, not sleeping properly and acting out unusually are all examples that stress has become too much to handle by itself.

When you realize that your stress has begun to consume you, talking to someone about things may take a weight off your shoulders.

"The first step that you want to take is to normalize that it is OK to go to therapy. Too often, we deal with the stigma, 'Oh, if we're going to a therapist, we must be broken,' and honestly there is no broken," said Adam Cauley, Graduate Assistant of the Marriage and Family Therapy program and Student Therapist.

"If your car starts to just spit and sputter, you take it to a mechanic to get it fixed up. Similarly, to when you come to a therapist to just be like, 'hey, I don't know how I'm processing things, can I get help?' and it's a perfectly natural, normal process," he said.

Going to therapy doesn't always mean you have a certain problem, which needs to be "fixed." It only means you've made a healthy decision on how

to cope with issues you're facing.

"I would recommend going to therapy because it's a different type of talking to someone about your feelings. It's more of you just talking about everything. Because of you talking about everything, you're going to make

these connections with things in your life that have been going on," Hamlett said.

Dr. Doug McPhee, Clinical Director and Assistant Professor of marriage and family therapy wants students to know they can be seen by giving the clinic a call

or visiting them online.

"I think if someone is afraid to do it themselves, reach out to a friend or mentor that you trust and say you want to go to therapy, but you're scared and just talk about it," McPhee said.

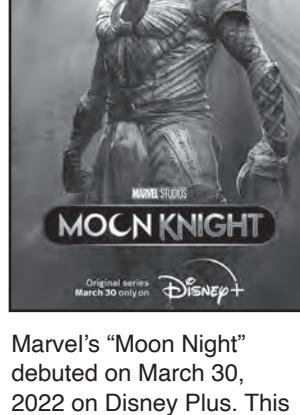
son's job was to listen to me. After the session, I felt like a small amount of weight had been lifted off my shoulders. I got stuff out that I hadn't talked to anyone about recently. Even after my therapist said an odd, opinionated comment, I still went back for my second session. I healthily set boundaries with her at our next session by telling her that I didn't appreciate that specific comment. She understood and together we began our second session. Recently, we have been focused on goal setting for therapy.

This is something that I personally do once a week. I do not regret anything about my process. I have since recommended therapy to others. I recommend therapy to anyone whether you're experiencing some hardships or not.

It takes a lot of courage to reach out to some people. I am proud of everyone who does. I am glad that I reached out to someone when I did. It took a lot of stress out of my schedule.

Review by Jada Veasey, editor in chief

Marvel's 'Moon Knight' is an MCU misfit



Marvel's "Moon Knight" debuted on March 30, 2022 on Disney Plus. This is the poster for the series. (Photo from marvel.com)

You don't have to know me well to know that I am obsessed with anything superhero related. I've been a fan of the Marvel Cinematic Universe (MCU) since the first Iron Man movie premiered in 2008, and in recent years I've become a fan of the television content Marvel is producing, too. Unfortunately, Marvel's latest small screen debut "Moon Knight" is not exactly the masterpiece I was anticipating.

I had high expectations for "Moon Knight" for two reasons – it has a great cast, and Marvel's other MCU television endeavors have been pretty good up until this point. The first episode dropped on Disney Plus on March 30, and the finale will stream on May 4.

The titular vigilante is played

by Oscar Isaac, a staple in Hollywood movies like "Dune," and in miniseries features like "Scenes from a Marriage." Despite Isaac's impressive acting chops, the character, or rather characters, I should say, he portrays are not as likeable as the show needs them to be. It's hard to care about the plot at all when it revolves around characters you aren't emotionally invested in.

Isaac plays two characters who share one body that is controlled by an ancient Egyptian God. Isaac plays both the moody British Steven Grant and the brash American Marc Spector. The portrayal comes off as a sketchy and at times even offensive caricature of someone with dissociative identity disorder.

As I am writing this review, three episodes of the series have

been released, and the words 'dissociative identity disorder' have not yet been said, but the description of "Moon Knight" says that's what's going on.

If the show wanted to tackle such a complex and misunderstood diagnosis, they certainly could have done a better job of doing so.

Isaac's primary antagonist in the series is Arthur Harrow, the cult leader and avatar of a different ancient Egyptian God. Harrow is played by Ethan Hawke, who succeeds in being off-putting for sure, but doesn't bring much else to the table. The tension between the characters played by Isaac and Hawke is mildly interesting at best and just plain boring or confusing at worst.

Clearly, "Moon Knight" is not as well developed or planned

out as its predecessors like "WandaVision" or "The Falcon and the Winter Solider." Part of why "Moon Knight" stands apart as particularly dull is because the main character is completely new to viewers. In other Marvel TV projects, the lead is a familiar Avenger that audiences already know and love. This Marc Spector or Steven Grant guy in "Moon Knight" is boring and lacks any meaningful connection to the Marvel universe people already enjoy.

Overall, I give "Moon Knight" two and a half out of five stars. It certainly isn't the worst television show I've ever spent my time on, but I doubt I'll rewatch it any time in the future.

Flashback Memories of the MMU Times

Compiled by Annie Barkalow
managing editor

While having a news publication has largely remained a tradition on the Mount Mercy campus, the newspaper has not always gone by the name of the Times. Included in this issue's flashback are articles from Mound News and The Minstrel.

Mound News
60 years ago, 1962
Library dedication

Sunday

Mount Mercy's collection of books has acquired a new setting of beauty, modern detail, cheerful and simple design and spacious structure with the completion of the Catherine McAuley library.

On the first floor is the audio-visual room, which seats 75, one permanent classroom, two classrooms to be converted someday into stack rooms, office space for six faculty members, a rare book room, microfilm room, faculty reading room, lavatories, and storage. An elevator is an added accessory. Under the first floor is another level used for equipment and a space for a fall-out shelter.

Visitors to the new library during dedication week were thrilled at the sight of 24 major paintings from the Owen and Leone Elliott art

collection. In addition, the art collection of rare jade was also on display.

Dedication day began with a blessing followed by a sermon and luncheon. The guest speaker was Mr. Eugene P. Willigine, director of libraries at Catholic University. An open house followed with refreshments in the Student Union.

The Minstrel

30 years ago, 1992

Blackout

The Mount Mercy College community was plunged into darkness for a short time April 16, when a bird nest dropped onto equipment in a substation at Iowa Electric's 6th St. N.E. power station. This resulted in the blackout affecting most of the Northeast and Southwest Cedar Rapids.

On campus, responses varied. Some students were found playing cards by Bic lighters in the Gap, while others cautiously walked through the eerily lit tunnels. According to library personnel, only a handful of students were working in the computer lab when the screens went blank. It was discovered that power outages also bring water shutoffs in Warde, as the sinks on the fourth floor went dry. Power was re-routed and the lights were on again approximately a half hour later.

The Times
15 years ago, 2007
Nursing: No boards after junior year

Sophomore and freshman students who had planned to take their boards following their junior year to become RNs will no longer be allowed this privilege, a provision first incorporated into the program for the nursing class of 2007.

The reason for the change is not entirely clear.

"The decision was the result of many perspectives coming together at this time. The decision has been made through the joint efforts of the College, the Department of Nursing and the Iowa Board of Nursing," said Mary Tarbox, chair of the nursing department, in an email to the Times.

"I'm OK with it as long as I get the education I am paying for, but I came here to get my R.N. in three years. I feel like I was lied to," said sophomore nursing student Lisa Castle.

Sophomore and student ambassador Michelle Urbain says she felt like she unknowingly misled prospective students by telling them they could achieve their R.N. in three years.

"I was telling them about this perk of MMC that turned out not to be true," she said.

Faith on the Hill by Vanessa Milliman, columnist

May is month to recall Mary as mom

Motherhood is a beautiful vocation. The day that we recognize all mothers is in May. I have always connected this to Mary, the mother of Jesus. May is the month that Catholics dedicate to her. It is the month to celebrate everything she did for Christ.

Mary was a young girl around the age of 14 when she became pregnant with Jesus. Joseph took her in after an angel told him that Mary was still a virgin. God was working miracles through Mary at the very start of Christ's life. Every time we look at Mary, we see how God is working. When the Bible talks about Mary, she is always connected to Jesus or to God's plan of salvation. Mary's life and example point us to her son.

During her pregnancy, Mary was very active. She went to visit her cousin Elizabeth who was also having a miraculous pregnancy. Elizabeth was having a child years after she thought she could never have children. Think about Mary's strength during this. She was pregnant at such a young age, yet she was travelling to help someone else in need.

Right before Jesus was born, Mary and Joseph had to make a long trip to Bethlehem for a census.

Imagine riding on a donkey for days while with child. After they reached Bethlehem, Mary gave birth in a stable. Mary is a beautiful example of simplicity and purity of heart.

Mary knew that her son was the Messiah. After Jesus grew up, Mary followed Him and helped with His ministry. Before His public ministry, Jesus and His mother went to a wedding.

The wine ran out at the wedding, Mary went in search of her son in the mix of people. She told Jesus that the family had run out of wine

and the wedding celebration was not finished. She then told the servants to listen to Jesus, to do whatever He told them. Mary was interceding for the wedding family and telling others to follow her son. This is a perfect example of how Mary is still working today. She intercedes for us and points us to Jesus.

May is the month that we should show our love for Mary. This love stems from our love for Jesus. Mary is His mother and played a key role in our salvation. Her fiat, her yes to God, brought about the birth of Our Savior. Does this detract from our love for Jesus? Does it get in the way? St. Maximilian Kolbe said it best. "Never be afraid of loving the Blessed Virgin too much, you can never love her more than Jesus did."



Writer finds clinic helps deal with life stress

By Joselyn Hildebrand
staff writer

After dealing with so much stress recently, I finally decided that reaching out to someone who could connect me to a therapy clinic would be a good decision.

A lot of stressors including finances, relationships with people in my life, college, and a car accident had all been weighing down my shoulders. These made it difficult to get daily tasks finished and participate in things fully.

A staff member at my university, whom I trust very well, communicated with me and a group of other students that they could connect us to a local therapy clinic if we ever needed help. I set a time with this staff member, and we got together and made the call.

I was nervous for my first appointment but nevertheless, I still went and participated. It was easy to open up because I knew that this per-

son's job was to listen to me. After the session, I felt like a small amount of weight had been lifted off my shoulders. I got stuff out that I hadn't talked to anyone about recently. Even after my therapist said an odd, opinionated comment, I still went back for my second session. I healthily set boundaries with her at our next session by telling her that I didn't appreciate that specific comment. She understood and together we began our second session. Recently, we have been focused on goal setting for therapy.

This is something that I personally do once a week. I do not regret anything about my process. I have since recommended therapy to others. I recommend therapy to anyone whether you're experiencing some hardships or not.

It takes a lot of courage to reach out to some people. I am proud of everyone who does. I am glad that I reached out to someone when I did. It took a lot of stress out of my schedule.

or visiting them online.

"I think if someone is afraid to do it themselves, reach out to a friend or mentor that you trust and say you want to go to therapy, but you're scared and just talk about it," McPhee said.

Nontrads say more class options needed

By Annie Barkalow
managing editor

Nontraditional students, once a small minority at institutions of higher learning, are now part of a larger trend of those aged 25 years or older returning to college. At Mount Mercy, they make up about 25% of the undergraduate population. The reasons for many of those students returning to school vary.

Lynette Clark, a junior majoring in operations management, returned to school because she kept getting surpassed for roles at her job that she felt she was qualified for. "No one can take your education from you," she said, noting that employers look for both experience and degrees.

For 47-year-old Suzanne Rodriguez, a junior double-majoring in criminal justice and psychology, working with a county clerk at a courthouse in Texas sparked the idea of returning to school, since she liked being able to help guide and encourage people who came in with questions.

While passion and a willingness to excel at current jobs may have gotten adult learners in the door of college, there are many factors that they find extremely challenging once there: mainly, time, money and community.

Rodriguez commutes 675 miles per week, commuting to school in Cedar Rapids from her home in Monticello then to Dubuque for work, which leaves little time for her to do homework or spend time with her 17-year-old daughter, Marianne. With gas prices going up, the commute is becoming unbearable, and she is hoping to find a new home closer to school.

Clark works second shift



Lynette Clark, junior operations management major, works in ACE. Clark says she has been surpassed for roles at work because she did not have a degree, and she feels having a degree would help. (Photo submitted by Lynette Clark)

for her job at Nordstrom's and leaves after six hours to attend class at Mount Mercy in the evening. When she's finished with class, she drives back to work to finish her 10-hour shift. "I'm exhausted when I get off of work," she said. "I'm always on the go with work and college, and I forget about myself. I need more sleep!"

Internships are another factor that nontrads find challenging, especially since some are required for graduation. With many internships being unpaid,

some adult learners feel like they have to choose between their education or their livelihood.

A lack of meaningful connection with fellow students can also be a challenge for nontrads. Rodriguez says it's hard for her to relate with the other students because she's older than most of them.

Erinn Walkner, a 28-year-old junior psychology major minoring in religious studies. Walkner understands the challenges of nontrads, since she is one herself, and is work-

ing on developing a program to help transfer students have a smoother transition into Mount Mercy and meet other nontrads as well. She'd like to bring in guest speakers for the fall and spring semesters who can talk about topics relevant and helpful to transfer students, a check-in around midterms their first year to see how things are going and if they have any suggestions for improvements, and a mini social for transfers as well.

Clark, Rodriguez and Walkner all have ideas on how MMU

can improve the experience here for nontrads. For Clark and Rodriguez, the answer is to have courses available throughout all blocks and to offer more online alternatives, since commuting is a huge factor that takes time away from schoolwork. All three women say it would be nice to meet other nontrads and have the opportunity to build relationships and network.

#HaveMercyGiveMercy marks five years

By Jada Veasey
editor in chief

A campus tradition is about to celebrate its fifth anniversary. On May 4, the fifth annual #HaveMercyGiveMercy event will take place. #HaveMercyGiveMercy is a day-long event that encourages Mustangs, both current and alumni, to show their spirit and support for Mount Mercy.

Morgan Ortman, director of alumni relations, has taken the lead on #HaveMercyGiveMercy. "For 24 hours, we focus on sharing our Mount Mercy spirit on social media platforms, wearing our blue & gold colors, and making a gift of any size," said Ortman over email. "All who love Mount Mercy are invited to join in this great day for our community."

Jayna Witzany is a work-study in the development and alumni relations office. "These donations help keep the lights on around campus, help provide bussing for athletics and music, provide scholar-

ships, and help with building improvements," said Witzany. "I am very proud to be able to help spread the word about this day and make others aware of the impact they can make on this community."

Students who want to get involved with #HaveMercyGiveMercy have many opportunities to do so. On May 3, alumni relations will host a "get the scoop" event in the UC. The first 100 students to show up will get a free scoop of edible cookie dough and will get to find out all about #HaveMercyGiveMercy.

On May 4, the day of the big event, Mustangs can play games, enjoy snacks and take photos on the Rhode Family Plaza from 11 a.m. to 1 p.m. There will also be a mass and a service project at noon in the Chapel of Mercy, and a before class bash at the graduate center at 4:30 p.m. and occurring concurrently at Basile Hall. There are also social media challenges for students, faculty members and staff members to participate in.

First Lavender event

Marks graduation for LGBTQ+ MMU students

By Gwen Johnson
opinion editor

Mount Mercy will hold its first Lavender Commemoration on May 6 at the Graduate Center Conference Hall from 4-6 p.m. A Lavender Commemoration is a ceremony celebrating the achievements of LGBTQ+ graduates.

According to Heather Morgan-Sowada, assistant professor of the marriage and family therapy program, the first Lavender Ceremony, as they are usually called, was created by Dr. Ronni Sanlo in 1995 after she was denied the opportunity to attend her children's graduation because of her sexual orientation.

Morgan-Sowada said that the decision to have the Lavender Commemoration was because

"the faculty GSA wanted to create a way to formally acknowledge the academic achievements of MMU's LGBTQ+ students and continue to increase signs that we are a supportive, progressive campus who welcomes diversity."

The ceremony will include honoring graduates with a lavender lapel pin they may wear at commencement, as well as music and two LGBTQ+ keynote speakers with ties to the Hill.

One speaker will be a student and the other a community member. There will also be an ASL interpreter and sponsor tables with local resources.

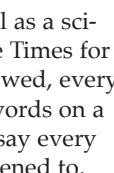
Attendees are asked not to take or post pictures or stories without clear permission from anyone in them for the sake of safety and privacy.

In the words of Morgan-Sowada, "As allies, we must

make a commitment to having Mount Mercy be a safe, supportive, and inviting space for our LGBTQ+ students. Their visibility matters. Their voices matter. For this inaugural commemoration, it is our hope that MMU can continue to become a place in which LGBTQ+ students feel a sense of pride in themselves and their university, and see Mount Mercy more and more as a forever home."

Heather Morgan-Sowada
assistant professor, marriage and family therapy

Final thoughts on MMU: Hoping for future diversity



Hello, lovely supporter of student journalism! Welcome to my final column as opinion editor.

I have done a great many things I am proud of in my time on the Hill. I have made great friends, I have advocated for causes I care about, and I have limited my all-nighters to a number you can count on one hand.

I have read classic novels and science books of my own free will, I have made a number of great podcast discoveries and recommendations, and I have been opinion editor.

So, before I get all sappy about my time on the Hill, let me throw in one last opinion. It's more of a hope, actually.

I hope that Mount Mercy becomes more accessible and inclusive as time goes on.

I've had a grand time here, but MMU has to become more accessible, in my professional editorial opinion. Automatic door operators are only placed in select locations where they were predicted to be useful to me when I came in as a freshman. They are good; I am grateful for them. There is only one accessible dorm

I'd like MMU to become a place in the future where there can be more than just one person like me. Where I am not instantly recognizable by my wheelchair, if nothing else.

on campus. I live in it. I am grateful for it.

As I said in a previous column, investing in accessibility is investing in the campus and the people on it. Investing in accessibility is, in my opinion, a wise choice for any campus. Give people access and they will come. Whether I could physically navigate and function on campus was a major factor in my college decision process. Physical access becomes a selling point.

This doesn't even take into account the vibrancy and diversity of perspective and experience that will be added to the community when more types of people can make a place on campus. Bear in mind, the issues above or just the ones I've come across. There are countless other people who have different access needs to me that also deserve to be met.

I'd like MMU to become a place in the future where there can be more than just one person like me. Where I am not

instantly recognizable by my wheelchair, if nothing else. What if there are people who need the residence accommodations I have who are of different genders? What if they don't get along as roommates, regardless of gender? What if any given person on campus needs an automatic door operator to access more than the one stall in one women's restroom on one floor of any given building on campus?

These things are important. That's why I'm saying them here. The role of student journalism on a campus is to provide a voice to the students who spend their time there. And I am using the last of my time writing on campus to say this.

As I graduate, I will be losing my main publication—the one you're reading now—but I will not stop writing. A professor once told me that I was a writer even though I didn't consider myself to be one at the time. When I asked her why, she said: "You write because you are com-

elled."

So now I am a writer as well as a scientist, and I am grateful for the Times for that. Every person I've interviewed, every hour I've spent staring at the words on a proofreading page, and dare I say every conversational podcast I've listened to, has made me a better journalist.

The Times has given me the know-how to be able to pick up the interesting threads in a story, keep my words readable when printed to a page and correct my own inner monologue to fit the rules of the AP Stylebook. But it has also given me the confidence to consider a wildly different career path than the one I thought I was on as a freshman.

In the Times, I have written many things. I have written about campus events, and supply chain shortages, and climate change. I have written about movies, and books, and science research. I have written about cropped sweaters, and COVID-19, and more science research.

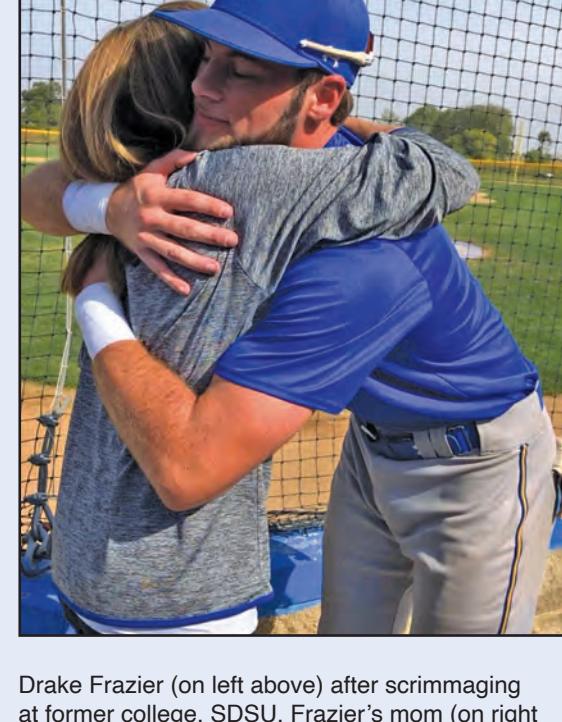
But in the end, I write about accessibility. I write about accessibility because I am compelled.

MMU baseball team working hard in season



The Mustangs fall to Central Methodist three games, but then defeat them in the final game 12-3. The games were played April 9 and 10. (Times photo by Jada Veasey)

Jackrabbit becomes a Mustang



Drake Frazier (on left above) after scrimmaging at former college, SDSU. Frazier's mom (on right above) supports him in the game and through his college decisions. (Submitted photo by Leo Frazier)

Frazier switches from South Dakota State University to Mount Mercy University and continues baseball

By Grace Ries
news editor

Local Cedar Rapids citizen and junior at Mount Mercy Drake Frazier has found a love for his team. Frazier graduated from Jefferson High School and began his college years at South Dakota State University, while also playing on the baseball team. Recently, Frazier transferred to MMU in the spring semester of 2022, and now plays on the baseball team here as well.

"I decided to switch to Mount Mercy just before this spring semester started and it was a very easy decision for me," Frazier said. "I have plenty of guys here that I grew up playing baseball with so I knew I would be in a fun environment."

Along with Frazier's team, the coaching staff has made their impact

on him as well. "The coaching staff made me feel at home before I even decided to come to MMU," Frazier said.

Frazier's commitment to the team has to do with how well the team's chemistry is and how much fun they have altogether.

"My favorite part of being in baseball here is how much fun we have as a team," Frazier said. "Every day we show up to the field ready to have fun playing baseball with friends and that's what it's all about."

Frazier had a hard time leaving his friends at SDSU, however, the environment of MMU suits him because of relationships he's already built, and the campus as a whole.

"My favorite part of being in baseball here is how much fun we have as a team."

Drake Frazier, MMU baseball player

"It was hard to leave my friends and my teammates after spending a couple years with them. What made

it easier for me was knowing that I had a lot of good guys at MMU,"

Frazier said.

"Overall, I love Mount Mercy. I love the smaller

classrooms so I

can learn in an environment that's more suited for me. I have made

many relationships and the coaching staff, and my teammates make playing baseball here a great experience."

The next baseball game for MMU will be a double header against William Penn at the Plaster Athletic Complex on Friday, April 29 at 1 p.m. and 3:30 p.m., and Saturday, April 30 at 1 p.m. and 3:30 p.m. as well.

Sports in Short

Baseball sees mixed success

On April 12, the Mount Mercy baseball team played against the St. Ambrose University Bees at home. The Mustangs were victorious, besting the Bees with a score of 10-6.

The baseball team played a four-game series on the road at Graceland University in Lamoni, IA. The Mustangs played two games on Friday, April 15, and Graceland won both, with scores of 1-0 and 3-2. On Saturday, the Mustangs cinched one win with a score of 4-0, while Graceland won the other game 7-1.

Softball wins double header

The Mount Mercy softball team played a doubleheader at home against Graceland University on April 19. The Mustangs swept Graceland with game scores of 2-0 and 3-1. Jayna Witznay (senior) was a standout for the Mustangs and is now tied for the school career win record.

Men's golf places sixth

The men's golf team competed in the LTU Invite at TPC Deere Run in Silvis, IL on April 8 and 9. The Mustangs placed 6th out of 19 teams with a total of 606 strokes. Mustangs Johan Wigertz (freshman) and Junn Yong (freshman) led the Mount Mercy golfers, they tied for 15th place.

Track & field makes podium

On April 15, the men's and women's track & field teams competed at the Rittgers Invitational, which was hosted by crosstown rival Coe College. The men's team took second place with a score of 119, falling to St. Ambrose University who took the top spot with a score of 191. The women's team made the podium as well, placing third behind Cornell College and St. Ambrose University. The Mount Mercy women's team finished with a score of 11, while St. Ambrose and Cornell scored 118 and 124 respectively.

"I recommend joining and being part of something important to the campus. It's a great way to get student voices heard."



Annie Barkalow,
Times incoming editor in chief

Times ME named editor

By Jada Veasey
editor in chief

As the academic year comes to a close, the Mount Mercy Times looks ahead to the next one. In preparation for the 2022-2023 school year, the Board of Student Publications recently selected Annie Barkalow as editor in chief of the Times.

Barkalow, a communications major, is currently managing editor. Her time on the editorial team inspired her to apply to be editor in chief. "I wanted to keep the newspaper moving forward, and I have a lot of passion for what I do as managing editor," said Barkalow. "Taking it one step further seemed like a natural progression of things."

Barkalow says her time as managing editor has taught her valuable lessons. "Curiosity and paying attention are important traits in editorial positions, because this is how you discover news. Communicating a lot with your team is important, too," said Barkalow.

While the editor in chief in recent years has been a traditional age undergraduate, Barkalow is not the first nontraditional age student to lead the Times, although she says that status brings its challenges.

"My daily planner is my best friend and without it, I would probably lose my mind," Barkalow said in reference to how she keeps track of her many responsibilities at school and at home. "I've also discovered that balance is really nonexistent for me. I have so much going on that it's more about weighing which priorities take precedence in any given day."

Barkalow is looking forward to spending next year as editor-in-chief. "I'm eager to get to know the new staff and learning about them and their strengths and how that will play into our team culture. I look forward to another year of news and events."

Of course, that new staff hasn't been determined yet. But Barkalow encourages any and all interested Mustangs to get involved with the Times.

"There are so many good reasons to join the Times," said Barkalow. "You don't have to be a communications or journalism major to join. If you're civic-minded and keeping up with current events is important to you, I recommend joining and being part of something important to the campus. It's a great way to get student voices heard." She also references faculty advisor Joe Sheller's DJ skills as a perk of working in the newsroom.



Senior Sophie Feahn, president of the International Club, plans to attend law school in Georgia. She graduated from Prairie High School and was born in the Ivory Coast. (Times photo by Jada Veasey)

Senior sees future in law school

By Jada Veasey
editor in chief

When you ask Sophie Feahn what her favorite thing about Mount Mercy is, the answer comes easily: "international students!" Feahn's answer makes a lot of sense, considering that she is the president of Mount Mercy's International Club.

Though Feahn attended several high schools in Cedar Rapids and graduated from Prairie High School, she is originally from the Ivory Coast, a country in West Africa. Feahn moved to Cedar Rapids because her father moved there.

After enjoying her time in Cedar Rapids in high school, staying in the area for college made sense for Feahn. Feahn ultimately chose Mount Mercy because "it's close to home, and I got

a Project Connect scholarship."

Feahn is a senior criminal justice major with minors in sociology and sports psychology. In addition to her academics and being the president of International Club, Feahn is also involved in BSU, and is a member of the Mount Mercy track & field team.

"I don't like to run, but I like to compete," said Feahn. "I don't do any long-distance stuff."

Though Feahn is quite involved on campus now, that wasn't always the case. She credits Keesha Burke-Henderson, former director of diversity and international success, for helping Feahn come out of her shell at Mount Mercy. "She was like, 'you need to get out of that room, you need to come out.' She appointed me as International Club president."

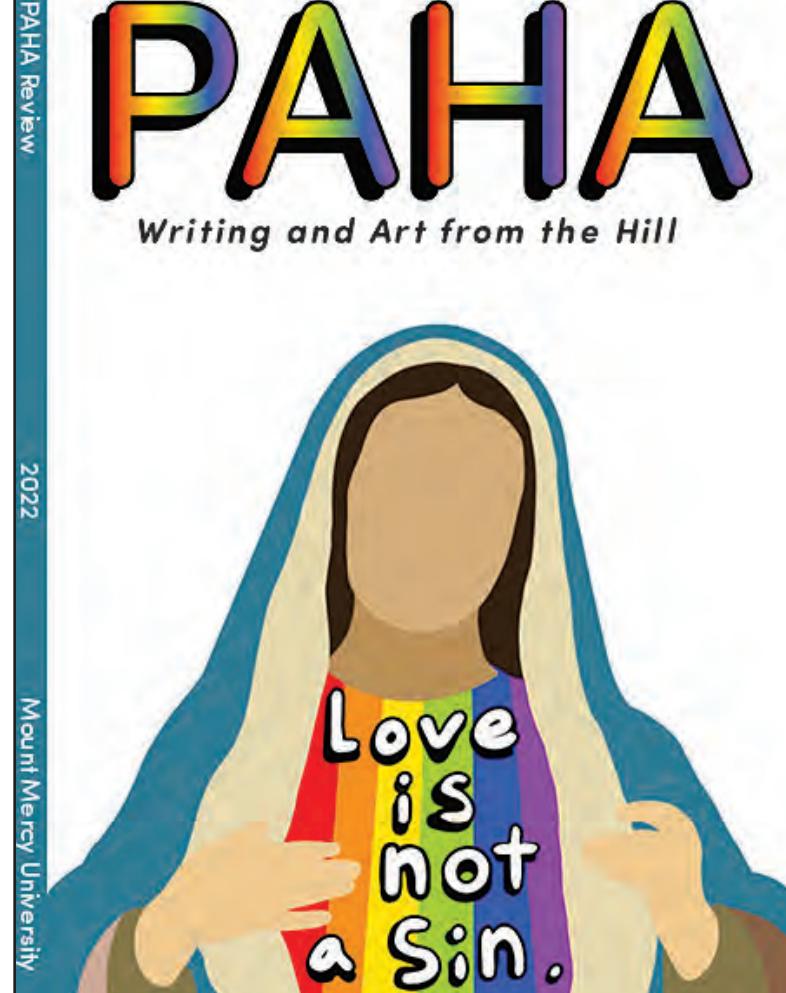
Feahn is proud of the work International Club has done on campus. While the club does not formally

include every international student on campus, Feahn says her peers are always ready to support the club when they host events.

"We have a lot of big events on campus," she said. The International Club was largely responsible for the multicultural fair that occurred on campus this spring semester. "I think we started planning it in February, it was a lot."

Feahn has enjoyed her time at Mount Mercy. As a senior, she is now looking ahead to the future. "I'm planning to go to law school," said Feahn. "I've always liked learning about law, so why not become a lawyer?" Though Feahn has yet to settle on a law school, she is hoping to broaden her horizons and attend a school in Georgia, as she is drawn to the diversity of the area.

When asked if there was anything else Mustangs should know about her, Feahn let out a laugh. "I can't watch scary movies, I'm just too scared!"



The cover of the 2022 edition of the PAHA Review, Mount Mercy University's library magazine, featuring prose, poetry and art by MMU students. Students will read selections from this year's edition on May 2.

PAHA Review sets launch

Reading to be held
May 2 in UC

By Bri Ostwinkle
Web Editor

Mount Mercy's PAHA Review, a literary magazine that features students' writing and artwork, will launch the latest edition in May.

The PAHA Review will publish its online edition and hold a launch on May 2 at 2 p.m. in UC 110. Writers who are published in PAHA or who are enrolled in Dr. Hannah Saltmarsh's, assistant professor of English, poetry course will read and discuss their work as a part of Mount

Related Content

The cover art for this year's PAHA Review is part of a controversy over what images are appropriate to post where on the Mount Mercy University campus. See story, page 1.

Mercy's annual Scholarship Fest.

Students reading their work will include Cecilia Bwanakweri, Taylor Dearborn, Sierra Earle, Sydney Kaup, Aly McConnell, and Katie Mitchell.

PAHA will launch its print edition on May 9 in the afternoon, details will be determined and announced at a later.

Heard on the Hill

What people are saying on topics of interest

By Joeslyn Hildebrand
Staff Writer

With the 2021-2022 school year ending, students at Mount Mercy are reflecting on the things they have learned throughout the academic year. Mustangs learn from their

mistakes, their peers and their mentors. To find out what 2021-22 added up to for some on The Hill, the Mount Mercy Times asked:

What is the most important lesson that you learned this school year?

Mason Petersen, freshman, criminal justice major.

"There's a lot more out there than we know, pursuing what makes us happy or gives us fulfillment is more important than anything. Having a career that's more passion based over financially based is more important."

Sydney Kaup, senior, English major.

"The most important lesson I've learned this school year is learning the importance of balance between my home life, school life, and work life. Knowing my limits in those areas so that I can do the best in each."

Anna Mickelson, senior, biochemistry major.

"School is important but it's also important to take time to do what you want to do. Focus on academics but also take time to decompress. Enjoy your time at Mount Mercy because it's really short. I'm a senior and when I look back it went really fast."

Jonathan Servey, sophomore, psychology major.

"Always get your work done ahead of time. Don't put it off until the last minute. Stay on top of it."

Tomas Rodrigues, sophomore, business, sports management, and marketing major.

"The most important lesson I've learned this school year is don't stick to your habits, things get repetitive, and you will lose track of what you want to do."

Exaunce Kaya, sophomore, marketing, and finance major.

"Get better at time management, be early or on time, and get organized. I had trouble doing stuff on time but the more I get better at managing my time, I do better in school."