

Otterbein University

Digital Commons @ Otterbein

T&C Magazine

Otterbein Journals & Magazines

Fall 2018

T&C Magazine Issue 17 - Fall 2018

T&C Media

Otterbein University, tandcmedia.org@gmail.com

Follow this and additional works at: <https://digitalcommons.otterbein.edu/tcmagazine>



Part of the [Creative Writing Commons](#), [Gender, Race, Sexuality, and Ethnicity in Communication Commons](#), [Journalism Studies Commons](#), and the [Publishing Commons](#)

Recommended Citation

T&C Media, "T&C Magazine Issue 17 - Fall 2018" (2018). *T&C Magazine*. 12.
<https://digitalcommons.otterbein.edu/tcmagazine/12>

This Book is brought to you for free and open access by the Otterbein Journals & Magazines at Digital Commons @ Otterbein. It has been accepted for inclusion in T&C Magazine by an authorized administrator of Digital Commons @ Otterbein. For more information, please contact digitalcommons07@otterbein.edu.

Tan & Cardinal

Fall 2018
Issue 17



Letters home: Students in service

Editorial Staff

EDITORS-IN-CHIEF

Sara Anloague
Abby Studebaker

ASSISTANT EDITORS

Kaytlyn Rowen
Lillian van Wyngaarden

ART DIRECTOR

Madi O'Neill

ASSISTANT ART DIRECTOR

Lance Kriesch

STAFF WRITERS

Jasmine Caldwell
Audra Chaffin
Bethany Eippert
Gillian Janicki
Josh Plichta

Special thanks to

Vecteezy.com

PRINTING SERVICES PROVIDED BY
WEST-CAMP

Policies

The views expressed in this magazine do not necessarily reflect the views of the faculty and administration of Otterbein University.

Tan & Cardinal Magazine is a student publication. One hundred percent of the production, editing and design is done by the students.

The first copy of Tan & Cardinal Magazine is free to the public. Each additional copy is \$3, and payment can be made at the office at 33 Collegeview Rd., Westerville, OH 43081. Offenders will be prosecuted.



Wise Words

From the Editor

The Tan & Cardinal magazine does not look the same way that it did two years ago. A transitional period, marked by a new staff, new adviser and new partnerships with various classes has forced us to look inward and consider something: What do we want this magazine to be?

In Fall 2017, we made the decision to change the official name of the publication, reverting from the T&C back to the Tan & Cardinal (although still referring to it as "the T&C" for short), which served as the name of the student newspaper at Otterbein for 96 years. This change has been one manifestation of our commitment to a publication that serves the students and the campus.

Our cover story, found on page 14, is about students who have served in some branch of the military. Their words are presented in the form of letters home, detailing the trials and triumphs of students in service.

We've tackled the controversial (and downright confusing) campus alcohol policy, and we sat down with Otterbein's 21st president, John Comerford, to talk about his first two weeks on the job and his thoughts for the future.

This is a pivotal moment for the Tan & Cardinal. It's more important than ever for students to tell the stories that matter to them; we can't take for granted the opportunity and the responsibility we possess as a student-run publication. Our goal for our next issue is to push the limits of what we have already done and set the stage for the journalists, editors, graphic designers and photographers who will shape the path of the T&C as it continues to change and grow.

Sara Anloague
Abby Studebaker
Editors-in-Chief

Abby Studebaker
Sara Anloague



features

100 years in print

Celebrate with Quiz & Quill as they prepare for their 100th anniversary.

pg. 10

More than a hashtag: Social media activism

Learn about the rise of "hashtag activism" among students.

pg. 18

Student caretakers

Get to know two students who have taken on big family responsibilities.

pg. 24

The food fight

Take a look into the lives of students with food allergies on campus.

pg. 30

profiles

Fighting the stigma

Get to know the campus organization advocating for mental health.

pg. 8

Meet the president

Get to know John Comerford and how he ended up on campus.

pg. 9

Alumni with cool businesses

Find out how former students turned their passions into businesses.

pg. 12

The cost of college

Learn about students who are paying their way through school.

pg. 28

extras

Cardinal survival guide

Everything you need to know about surviving Otterbein.

pg. 4

Letters home: Students in service

Look into the worlds of students who serve their country.

pg. 14

No longer a dry campus

Read up on the university's policies regarding alcohol.

pg. 22

Meet the staff

See the faces behind the issue.

pg. 26

Cardinal Survival Guide

By Abby Studebaker
Photos by Lance Kreisch

When to work out:

Avoid going to the Rike to work out from 4-6 p.m. (that is if you actually want to use any equipment). This is when a lot of teams practice inside, and you might have a tough time finding space on the track, the courts or in the weight room. When in doubt, the later the better! Working out at night usually leaves you with plenty of room.



Parking crisis:

Sometimes you're better off ditching the \$150 parking pass. If you're as over the Otterbein parking struggle as the rest of us, there's plenty of free parking in Uptown Westerville. It might be a slightly further walk, but it beats circling campus for half an hour or dishing out \$600 over four years for a pass. Just make sure you read the posted signs to avoid a ticket!

Save money, save stress:

Columbus State Community College offers lots of courses that can be transferred to Otterbein, and they're a heck of a lot cheaper. You can take a few over the summer to knock out general education requirements or INST's if you're looking to save money or graduate early.

Food places with student discounts in Uptown:

Whit's Frozen Custard, 10% off
Red Apron, 15% off
Java Central, 10% off
Espresso Air Coffee Terminal, 15% off
Koble, 15% off
*Schneider's, donut and milk for \$1.25 (not a discount, just an awesome deal)



Dress for success:

The Otterbein thrift store, located on Park Street beside the service department, provides a free set of professional clothes to students who need appropriate clothes for interviews or a job. Plus they generally have great prices on all clothes!

Dorm life:

Too hot? Place a box fan in each window facing opposite directions to create airflow throughout the room.

Not enough room? Think about lofting your bed in order to create space for storage underneath.

Dull or drab? Hang a tapestry, photos or posters on blank walls to give your room some character.

Smelly? Neutralize odors with baking soda by sprinkling a little bit on the carpet and opening the windows to let in fresh air.

Feeling under the weather? Especially in the colder months, make sure to disinfect your room and items in your room to prevent germs from spreading. Or, visit Otterbein's Health Center, located just east of the CC. It's open Monday through Friday 8 a.m.-4 p.m. Check Otterbein's website to see when the physician will be in for specific needs or prescriptions.

Best study spots for:

- The recluse: study booths on the third floor of the library
- The social butterfly: the lounge at the art and communications building
- The printing fiend: the computer lab in the basement of Roush Hall
- The one who posts pictures even when they're doing homework: the Philomathean Room on the third floor of Towers Hall
- The creative: the innovative new lounge at the Point

Hidden breakfast gem:

The Roost's bagel sandwiches. That's all that needs to be said. We all know that when we're rushing to an 8 a.m., the OtterBean seems like the natural place to stop, grab a donut and be on our way. But, more often than not you run into a line out the door with not enough time to wait in it. The Roost Express in Roush Hall also serves up breakfast like made-to-order bagel sandwiches that will get your day started off right. Plus, the line is usually much more reasonable.

Out on the town:

When going out on campus, avoid a few classic blunders. Don't wear your Otterbein lanyard, we beg of you. Also, don't travel in large, conspicuous groups. That being said, always stay safe when you go out. Stick with friends and never leave somewhere without telling someone where you're going first. Always watch your drink, and if you need help or want to go home, call OPD. Otterbein's amnesty policy means that you won't get in trouble for seeking help. For more information on the amnesty policy, check out our story in this issue on page 22.



Nickname	Full Name	Purpose
CC	Campus Center	Food and pingpong
CSI	Center for Student Involvement	All things related to student orgs.
CSS	Center for Student Success	Scheduling classes, advising, study abroad and free candy!
CCE	Center for Community Engagement	Involvement on campus or in Westerville
CCPD	Center for Career and Professional Development	Jobs, internships, interviews and résumé

Short on food?

When your meal plan is about to run out and there are still two weeks left in the semester, what's a student to do? Luckily, at Otterbein we have the Promise House, a food pantry that's free for students to join. You can come shop for food every day if you need to, and the Promise House is always accepting donations of new items that college students want. Towards the end of the semester, Bon Appétit begins accepting swipe donations as well. Pick them up from the Promise House for free swipes in the Cardinal's Nest or OtterDen.

Dorm room cookbook

By Kaytlyn Rowen
Photos by Kaytlyn Rowen

Mac & Cheese

1 cup water
½ cup elbow macaroni
½ cup cheeses of choice

Put macaroni in mug/bowl and pour in water to cover noodles
Microwave on high for 8 minutes, pausing at the 2-and 5-minute mark to stir and add
more water if necessary
Add cheese and mix in with the small amount of water at the bottom
Microwave for 30-60 seconds more if cheese has not melted

Optional: add meat or vegetables of choice if wanted



Yogurt Parfait

Greek yogurt
Fruit
Granola

Add ingredients together
Chill in fridge overnight

Optional: add granola right before eating



Breakfast Bagel

1 bagel thin, small quesadilla or bread
¾ cup egg whites
10-15 fresh spinach leaves
1 wedge Laughing Cow herb & garlic cheese
2 slices of tomato
2-4 slices of avocado
Salt

Toast bagel/quesadilla/bread in toaster or toaster oven (warm up in microwave if not available)

In a small bowl, add egg whites and spinach leaves and season with salt

Place in microwave for 1 minute 30 seconds, making sure the contents don't overflow

Smear cheese wedge on bagel and add slices of tomato

Spoon out egg onto bagel

Top with avocado

Optional: add hot sauce, ketchup, salt and additional vegetables or cheeses if wanted



Brownie Fudge

¼ cup all-purpose flour
¼ cup packed brown sugar
2 tbsp unsweetened cocoa powder
pinch of salt
2 tbsp canola or other mild vegetable oil
2 tbsp milk, coffee or water
2 tbsp chopped dark chocolate

Stir together dry ingredients until there are no lumps

Stir in oil and milk until it creates a thick paste

Stir in the chopped chocolate

Microwave on high for two minutes, checking every 30 seconds

Brownie Fudge is done when springy on top but still a bit gooey

Optional: add chopped pecans, other nuts or more chocolate



Fighting the stigma

By Lillian van Wyngaarden

Photo by Madi O'Neill

Two hours away from home, homesickness and feelings of stress from a new world of college classes and activities: these were all realities for Kaitlyn Bader, an English literary studies major, when she started at Otterbein in Fall 2017.

Bader said she has struggled with anxiety her entire life, but being away from home and her family support system made it hard to manage. She often found herself making calls home and eventually, within the first semester of college, she was diagnosed with a different form of anxiety than what she had previously struggled with.

Bader ultimately reached out to the Counseling Center on campus, but during this same time, she received a campus-wide email from a new student organization: Active Minds.

Active Minds is a national nonprofit organization dedicated to promoting mental health awareness, wellness and education. With over 450 organizations on college campuses across the United States, Active Minds offers opportunities for peer-to-peer connections on mental health topics. The main goal of the organization is to end the negative stigma associated with mental health.

Bader attended the first meeting for the Otterbein chapter of Active Minds in Spring 2018 and said the initial email invitation to attend the meeting could not have come at a better time.

"I was having issues being here [Otterbein] at first," said Bader. "When I was there, it was such a community of people that

wanted to help and I felt like I fit in."

The Otterbein chapter of Active Minds was founded by Steven Schroeck, a senior psychology major, and is an official Otterbein student organization as well as recognized by the national Active Minds organization. Schroeck found his passion for mental health awareness after multiple experiences with mental health, both his friends' and his own.

"I want people to know they are allowed to seek help but also to help each other," said Schroeck. "The whole idea of Active Minds is that you help yourself the same way you would help others."

Schroeck founded the Otterbein chapter of Active Minds with the help of Dr. Kathy Ryan Ph.D, the director for the Counseling Center and adviser for the group.

Ryan notes the need for Active Minds on Otterbein's campus because of the power students have when it comes to mental health advocacy. She said that students don't reach out to adults or professionals the same way they reach out to their peers. By getting students talking to each other through Active Minds, Ryan hopes students can see the value in listening and being there for one another and destigmatizing mental health.

"I think students have a more powerful effect," said Ryan. "Mental health is just like physical health. It's worth talking about."

The organization has an open membership policy which means there are no regulations on who can join or attend the group meetings. With about 30 students



Amanda Desch draws with chalk beside the Active Minds booth at the 2018 Otterbein Earth Day Festival.

currently in Active Minds, Schroeck encourages all students to attend a meeting or an event to learn about the group. Group meetings typically consist of discussion and planning for events on campus.

Schroeck said it does not matter whether you are struggling or just have a slight interest in mental health. He views the group as a catalyst for starting conversations. There is always an invitation for students to explore Active Minds, and it's "open to anyone for any reason at any time."

More information on Active Minds can be found on Otterbein's official website or by direct contact with Steven Schroeck at steven.schroeck@otterbein.edu. Otterbein's Counseling Center, a sponsor for Active Minds, can be contacted at counseling@otterbein.edu.


activeminds
at Otterbein

Meet the president Q&A

By Abby Studebaker

Photo by Madi O'Neill

Standing in line at the OtterBean Café, John Comerford pays for his bottle of flavored water and waits for the rest of our orders. “Pro-pel, not Propel,” he says, talking about the way his youngest loves to over-pronounce the name of the drink. In his suit and tie, he looks every inch the president of a university. As we walk outside to find a place to sit on Towers lawn, we chat about his kids, his wife and joke about how overdressed he feels. This is the first break he’s gotten from a nonstop day of meetings that started at 8 a.m.

Why Otterbein?

It was a combination of an attractive university that I wanted to be a part of and also a great spot for the family. ... Otterbein, for me, was the right mix of the traditional liberal arts college that has stayed committed to that and is also moving forward with new programs and ideas. There are too many colleges that are not doing enough to adapt or are adapting so quickly they’re losing their core, but Otterbein feels like they have that mix right.

What is your top goal in the next few years?

It’s my job to listen and allow an environment where all sorts of good ideas can come up and be given a chance. One thing I know that we need is more people need to know about what’s going on at Otterbein. This place is awesome and we’re doing innovative things, we’re doing collaborative things and we have students engaged in things that they’re not doing at other schools. So, in my mind, telling that story is the most important thing I can do.

What do you like to do in your free time?

Whatever my kids want to do. [My family is] in a phase of life where we are driven by our kids’ activities. There’s something about having younger kids that connects you to the community and even the students. It makes you a human being, not the guy constantly wearing a tie—it’s just me in a pair of shorts chasing around a 6-year-old. Instead of always being the president of the university, I’m the dad at the soccer game.

If you could go back and try one major, what would it be?

That’s easy, economics. ... There’s a clarity to the way economists think. They’re not always right, but there’s a crispness to it, and there’s no judgement in it, no subjectivity. It’s just what the data tells them, even if it’s not a pleasant answer. I often listen to the Freakonomics Radio podcast.

What sporting event will students most likely find you at?

I will confess I’m excited about football; my last school did not have a football program. There’s something about a fall Saturday afternoon at a football game that’s really great. ... There are several other sports here that I don’t have a lot of experience with either, like lacrosse. I’m very curious to learn. How does lacrosse work? I don’t have any idea. Wrestling is new for me as well.

What’s your favorite TV show?

The West Wing. I just love Aaron Sorkin’s writing; it’s so quick and punchy. When I’m watching TV shows they often don’t hold my full attention and so I’ll futz around with my phone or whatever. [When] you’re watching an Aaron Sorkin show or movie, you have to be watching closely because it moves so fast and there’s something I like about that.

What led you to higher education and the presidency of a university?

I started in student affairs. ... That was really transformative in my life and I really loved being a part of that. I think I was called to the presidency because I like knowing a lot about what’s going on and having a little bit to do with everything. ... I find [that] really energizing and engaging, so when I had a role as a VP or dean I always thought, “I really want to be a part of that conversation over there; that looks pretty cool.” And now I get to be a part of all those conversations.



President Comerford enjoys a break during his second week on the job.



100 years

By Abby Studebaker
Photos by Lance Kriesch

In a room in Towers Hall, Gyasi Hall pulls up a piece of poetry on the overhead projector and turns to the people listening attentively.

“So, how did you guys feel about this piece?”

Several hands shoot up and the discussion begins. Comments about form, language and the purpose of the poem fill the room as people weigh in, both for and against the piece. Finally, the conversation lulls and it's put to a vote. This is just the first of roughly 20 poems Hall will go over with staff members of Quiz & Quill as the publication's poetry editor. Editors for the other genres (fiction, essay and playwriting) will have similar discussions.

Quiz & Quill, Otterbein's literary magazine, is a central component of the English department and one of the oldest organizations on campus. In fact, in Fall 2018, it's celebrating its 100th year, and staff members are looking forward to what the future will hold.

Originally called the Quiz and Quill Club, the organization was founded in January 1919 by seven young women and two English professors. The group met in Towers Hall, as it still does today, and published its first magazine in spring of 1919. Originally quite exclusive, the purpose of the club was to “awaken among the students a new interest and understanding of the English language and literature; to concentrate among the members of the Club the study of creative writing,” according to the first issue of the magazine. Although the group is no longer exclusive,

its core values are very similar to what they were in 1919.

Sarah Carnes, a recent alumna and the managing editor from 2016-2018, joined Quiz & Quill her freshman year to pursue her interest in writing. Carnes was a psychology major with minors in creative writing and criminology and justice studies, and like many students, she came to college looking to get involved. In Quiz & Quill, she found a group of people who shared her love for writing and literature, and she tried to continue to spread that feeling of community as managing editor.

“We've gotten a lot better at trying to create a more inclusive environment,” said Carnes. “We've really tried to go more out of our way to create events that are for students on this campus, specifically to get them involved or get them to know who we are, even if they're not joining. ... It's always really great to just put literature out into the world.”



Students enjoy the annual Haiku Death Match at the Old Bag of Nails.

Carnes led Quiz & Quill through some big changes over the last two years, including the establishment of an editorial board whose members have clearly-defined roles.

These roles include managing editor, page designer, four genre editors, a secretary and at least one copy editor. The editorial board works as an extension of Quiz & Quill staff to plan programming and focus the direction of the publication, something Carnes worked especially hard towards.

“We've done a lot better at discussing what these genres look like to us with the genre editors' insights because they've had experience here and in the classes of their genre,” said Carnes. “What is it that we want to see in the magazine that we create here for this campus? We've done a better job at trying to focus those conversations.”

A common misconception about Quiz & Quill is that it is just for English majors. Although it's a great experience for those in the English department, the magazine is open to people from all majors and interest levels. In fact, having a diverse staff allows for well-rounded discussions and a variety of perspectives. Dr. Shannon Lakanen, a professor in the English department and the adviser of Quiz & Quill for the past 15 years, has encouraged the publication to continue to expand to include anyone interested in reading and writing.

“This year we have a lot of students from outside the English department, which is wonderful to see, especially since the publication is for the entire university,” said Lakanen of the Spring 2018 staff.

“When we only have the English major perspective making those editorial decisions and reviewing submissions, then it's kind of hard for us to gauge differences between an English-major audience and a university-wide audience.”

Lakanen has also seen the magazine through some major evolutions, including the switch



in print

from accepting hard copy submissions to an online submission and voting system. One of the greatest changes she has noticed is that the magazine has become much more professionalized and models itself after professional publications.

The newly elected editorial board members, as well as staff, have a lot on their hands as the 100th anniversary of Quiz & Quill approaches. Lakanen, who will be stepping down as advisor after this year, already has some plans in mind to celebrate the

Whatever form it takes, the mission of Quiz & Quill remains the same: to spread a love of literature and the arts on Otterbein's campus and grow a community of people who are passionate about those things.

"I'm honestly really proud of what this magazine has done in all of the ways that it has existed and evolved in my four years here," said Carnes before graduating. "I'm going to miss it, but I'm also really proud and happy with where it's at as I leave."

The 100th anniversary of Quiz & Quill will mark a century of evolutions, publications, relationships and many, many words. It will also mark the start of a new chapter under new editors and a new adviser but with the same purpose.

“It’s always really great to just put literature out into the world.”

-Sarah Carnes

"We're always trying to balance between this being a learning experience for staff and editorial board and writers and artists, and we're trying to lead them through that process so they can learn from it," said Lakanen. "But we want it to be as professional as possible too, so we have our strict guidelines for submissions and the process."

That professionalization has drawn students like Kaitlyn Bader to the magazine, a sophomore English literary studies major. Bader originally heard about Quiz & Quill when she took one of Lakanen's classes and liked that the publication allowed her to interact with literature, something she loves, as well as test the waters of her future career path.

"Lately I've been thinking that I want to go into editing or publishing, so working on a literary magazine seemed like the perfect opportunity to see if I liked that," said Bader. "This semester I'm one of the copyeditors, so it's been really perfect because I'm doing what I could eventually be doing in a job and it's something that I like to do."

magazine and all the alumni who have come through it over the years. The details of festivities are still being hammered out, but possible events include readings by alumni writers, a book fair, open mic events, panels and workshops.

"We discussed incorporating some of the well-known events that Quiz & Quill hosts," said Futo. These include the annual fall open mic night, called Hoodlums and Hipsters, and Haiku Death Match, which is put on every spring.

The process of creating a Quiz & Quill website has also begun. Lakanen is supportive of the print magazine, but also acknowledges the advantages of web publication.

"It has the potential to reach a lot more readers, and I think especially alumni would be very interested if it were accessible for free online," said Lakanen. "Also, it is considerably less expensive. ... and it opens up possibilities for additional publications too."



Gyasi Hall reads from the 98th issue of the spring magazine at the end-of-the-year writing awards.

Alumni with **COOL** businesses

By Audra Chaffin
Photos provided

For a college student, the idea of what comes after graduation can seem harder than any exam question—and they’ve studied four years for it. But there are some who graduate and find their niche.

Founders of the companies Girls Gone Raw Pet Health and Hey Jude Social are a few such examples. These two companies have been created by Otterbein alumni in the past few years.

Lauren Becks graduated from Otterbein in Spring 2017 and began working to create her business Girls Gone Raw Pet Health in December of that same year. Girls Gone Raw Pet Health was legally registered in the state of Ohio in the early months of 2018.



Organic turkey and berry sausage.

“I make nutritious and delicious ‘no-nonsense’ treats, cakes and supplements, as well as work with local farmers and processors to bring high quality fresh ingredients to local raw feeders that don’t have time to spend on sourcing and buying local raw foods,” said Becks.

Becks also provides pet nutrition counseling to customers who do not have extensive knowledge on the subject.

Becks’ own pets were a large part of her inspiration to form the healthy pet food business, as well as other pet owners who simply want to keep their pets healthy and happy. Becks was an equine pre-vet major with a minor in biology, and she had emotional support animals throughout her time on Otterbein’s campus. She began to create a homemade raw food diet for her pets and realized that this may be an extremely hard task for everyday pet owners.

“There is lots of misinformation and science to sift through, and a lot of times it gets much more complicated than it needs to,” said Becks. “Having a reliable source of nutrition counsel to help you get through your pet’s health issues (which run rampant nowadays) and to help you learn how to make healthier decisions for them is invaluable.”

Becks said that the most difficult aspect of starting Girls Gone Raw Pet Health was

figuring out the legalities. She was informed and educated on the nutritional side of things but was less knowledgeable about the business aspect, so she was very appreciative to receive help from her father (who has been her business adviser) and friends.

Becks said that the most fulfilling part of running the business so far is seeing how their specialty food helps pets.

“One of my clients’ pets is an extra special rescue dog from RESCUEDohio, Ella, who has terminal mammary cancer—yes, dogs get breast cancer, too,” said Becks. “She has been struggling with a lack of appetite and loves my fresh kefir, and I am also blessed with the opportunity to make her a delicious personalized cake for her bucket-list party.”

Along with these business opportunities, Becks is looking for opportunities to expand her nutritional knowledge as well.

“I am moving toward further holistic nutrition consultant certifications and degrees to be able to further help my clients and their pets,” said Becks.

Another 2017 Otterbein graduate, Jude Burnside, has also kick-started her own business right out of college with her social media advertising company, Hey Jude Social. Burnside graduated with a degree in public relations and a minor in journalism



The Girls Gone Raw mission is to educate pet parents on improving their pets’ health holistically.



Becks’ family adopted Belle (pictured) in 2009.

“If you want to start your own business, it doesn’t have to be this faraway dream.”

-Jude Burnside

and media communication. However, she didn’t always know what she wanted to do with her degree.

“I came into college as a biology major because I had watched so much Grey’s Anatomy and I wanted to be a doctor,” said Burnside.

But she quickly realized that this was not the path she wanted to follow. She talked to one of her sorority sisters, a senior public relations major, who directed Burnside towards her current field.

“I always had this pipe dream that I would own my own agency one day, like a PR branding agency,” said Burnside.

She talked to her dad about wanting to start a business after she graduated, and her father convinced her to sit down and talk through the logistics. She stated that this was the moment in which she realized that she was capable of starting her own business.

Burnside started the process of building her company in December 2017, and she received her LLC (Limited Liability Company approval) in March 2018. As for costs, Burnside has only had to pay for her LLC so far, although she intends to upgrade her website soon. So far, Hey Jude Social has had three major small business partners: NetJets, Monarch (a bar in the Short North) and I & R Puppy Spa in Utica.

“Hey Jude Social offers social media and branding services to small businesses in Columbus,” said Burnside. “Social media was something that I had worked with in internships. I felt like it was something I was good at.”

The most difficult part of this process, according to Burnside, was feeling a lack of confidence in her ability to “pull it off.” But the most fulfilling aspect is being able to help small businesses achieve their dreams.

“I feel like this is something that I’ve poured my heart into, and I get to see other people and their lifelong dreams that they’ve poured their hearts into,” said Burnside.

Even though Girls Gone Raw Pet Health and Hey Jude Social are extremely different companies, the creators of both had almost identical pieces of advice for those who would like to follow a similar path.

“Just know that it won’t always be fun, so you need to be passionate enough to be able to push through the not-so-fun times, especially in the beginning before you are profiting,” said Becks. “This company will become part of your everyday life, and you need to constantly be pushing forward and looking for opportunities. It is a really rewarding and fun experience.”

Similarly, Burnside said her advice would be “It’s really not that hard,” though it may



Burnside graduated from Otterbein in 2017.



seem that way at first.

“If you want to start your own business, it doesn’t have to be this faraway dream,” said Burnside. “Just be confident in yourself; believe that you can start your business and that people will want to pay you for the services that you provide.”



Proceeds from these antioxidant berry cookies go to RESCUEdOhio.



Tail mix.



Frozen probiotic berry bites.

Dear Otterbein,

Students who juggle classes and military service want you to understand why they do what they do.

By Kaytlyn Rowen
Photos provided



John Posey with his drill sergeants.

Ten weeks without a phone.

It was during one of our room inspections. Our bunks were to be made in military fashion: the sheet corners bent at a 45-degree angle, the latrines sparkling. All of us lined up, clean shaven, clean boots, everything more perfect than you could imagine.

We didn't pass. One mistake and it cost us a chance to talk to our families for five minutes. Five minutes that seemed like a lifetime.

Not everyone there was a college student like me. There were people who had a family. A family they hadn't talked to in over a month and a half.

*John Posey
Ohio Army National Guard
Private First Class*

John Posey wasn't originally involved in ROTC, Reserve Officers' Training Corps, but he wanted a way to help pay for his college education and to prepare himself for a future para-military occupation.

"My 'battle buddy' was involved in ROTC and he told me about the program," said Posey. "He said I should get involved and kept on me about it."

For Posey, basic training was by far the most exhausting and most rewarding part of his experience so far.

"I didn't think I was going to be able to get through the process and get to do what I want to in the military," said Posey.

When the time came to pick his military occupation he chose motor transportation operator. Now, one weekend a month he helps move supplies, keep inventory of weapons and parts as well as check and maintain vehicles. Usually he works in a group of about five people.

"These people around you become your family," said Posey.

Posey wants to stay in the military for another six years. He said he is always thinking about getting deployed in the future and hoping he gets deployed for the right reasons. He always reminds himself that the military does not declare war, politicians do.

"The military gives you a different perspective on life," said Posey. "You do change and you learn strengths and weaknesses you didn't know you had. You get to understand people more."

These are the stories of students at Otterbein who have dedicated their lives to serving the military. The passages in italics are paraphrased from interviews as a way to dramatize each student's unique experiences.



Alexis Snyder in Fort Leonard Wood after she graduated from basic training.

Halfway through basic training everyone starts to fall apart. We're not allowed to talk to our families. We have extra-long days and are pushed past our limit. It seems as though we will never make it through.

But on Sundays, we are allowed to go to church.

The ministers work hard to relate the sermons to our life and training. I got really close with the girls I was surrounded with because of this. It made me a stronger person and made me realize that I can do anything I set my mind to.

God got me through it.

*Alexis Snyder
Ohio Army National Guard
Military Police*

When Alexis Snyder was in high school, a military recruiter talked to her class. Her brother is in the Navy and her father and grandfather were previously in the military, so it was always an option in her mind. During November of her freshman year at Otterbein, Snyder enlisted.

Snyder is an exercise science and health promotion major and wants to become a strength and conditioning coach for athletes.

She has always enjoyed helping people, and she hopes to get deployed sometime soon to cover natural disasters, control riots and help others wherever it's needed. Snyder's military occupation is military police.

"It's not just defending our country; it also changes who you are for the better," said Snyder.

Snyder is also on Otterbein's track team, but she said her coaches and professors have been very understanding and helpful in making sure she doesn't fall behind when she has to leave for training.

"I show a lot more respect towards my peers and professors," said Snyder. "It's all about respect."

I want to continue learning. I want to help younger soldiers grow and mentor them to effect change as well. Nobody has a right to tell you that you're not good enough, the right gender or not strong enough. You just have to want to achieve something and you will.

There are things that pull me out of class, but it is easier than it sounds. Otterbein faculty, staff and financial aid have made it super easy for me to reach my dreams. The Otterbein community's support for the military is awesome.

*Kennedy Daly
Ohio Army National Guard
Field Artillery*



Kennedy Daly at a range practicing shooting.

In January 2017, Kennedy Daly was deployed to Turkey for nine months on Operation Inherent Resolve-Base Security. She was there from the nonstop rainy season to the hot, humid summer. Daly worked base security with 4,000 other military members from Spain, Germany, Saudi Arabia and a few other nations.

"As a fourth-generation Army member, it was really neat for me to be able to work with different branches," said Daly.

Daly felt she gained valuable job experience during her deployment she can take with her into the civilian world. She learned about everything from building teams and managing intercultural relationships to coordinating the work of different agencies.

"I was able to do things that were out of my pay grade and rank, and it gave me experiences I would have never gotten otherwise," said Daly.

One of the most eye-opening parts of the culture that she witnessed was Ramadan. It was so different from anything else she had seen in the United States. Although Daly wasn't allowed to go into the city, since her job was to patrol the base, she could see the celebrations going on and hear the parties and laughter in the streets.

Daly wants to get deployed again in the future; she loved the challenge and ability to grow in her expertise and character.

On campus, I am involved in Phi Delta Theta fraternity and it is much like the military in a lot of ways. The reserves are really like a big fraternity. The military is all about team effort. We are a very tight-knit family.

The connection and brotherhood of both my families push me to continue to grow.

Because of these experiences, college seems easy. I have learned a lot of discipline. I've learned to be independent but also how to rely on others.

I have also learned how to march really well.

*Alex Sharpe
Air Force Reserve
Senior Airman*



Alex Sharpe with his brother at Lackland Air Force Base in Texas.

Alex Sharpe has always known he can't have a desk job. Both his parents were in the Air Force and his grandfather was in the Army, so ever since he was little he knew he wanted to follow in their footsteps. For him, it has been neat to see how things in the military have changed over generations of his family.

His main goal is to become a pilot some day, so after completing his freshman year at Otterbein he decided to drop out for a year to train for active duty.

"This is what I want to do with my life," said Sharpe. "I want the adrenaline rush of being able to fly."

However, in 2016 he came back for Homecoming and realized how much he missed Otterbein, his friends and the baseball team he was a part of. After three semesters off, he made the decision to come back and switch to the military reserves.

"I am more organized now; everything is folded and labeled and I can't leave anything out anymore," said Sharpe. "I know it's annoying to my friends, but my training is who I am."

Sharpe said his broad spectrum of experiences have helped give him different viewpoints on life events and made college easier than it was his first semester.

More than a hashtag: Social media activism

By Lillian van Wyngaarden
Photos by Lance Kriesch

Michael Brown is shot dead in the streets of Ferguson, Missouri, by police. It is Aug. 9, 2014.

Citizens record videos, live-tweet or take photos of the days of civil unrest that follow the death of Michael Brown. Social media feeds such as Twitter and Facebook flood with cries for justice as photos and videos circulate the platforms in response to a media blackout, the voices of the press stifled.

Joseph, or Joey, Oteng sits behind the screen of his laptop in his dorm room at the University of Vermont. Instead of studying for his final exams that week, he scrolls endlessly through a pool of collective outrage as words and images of unrest flash before him. Tweets and posts appear with what soon becomes a vehicle for new age activism: #BlackLivesMatter. The hashtag will appear a total of 1.7 million times in the three months following Brown's death according to the Pew Research Center.

Oteng hovers his mouse over the “tweet” button in the top right corner of his screen, his heart beating furiously from adrenaline. He watches as the blinking cursor moves across the text box. He meticulously crafts the millions of thoughts of unrest that enter his mind into less than 140 characters. He wraps it up with #BlackLivesMatter. He clicks send.

It is 2017 and Oteng is now the assistant director for orientation and transition programs at Otterbein University. He stands in front of a group of first-year students who click pens and stare into the silence before the session begins. The session is called “Fake News” and is part of a diversity series created by Oteng called “Dialogue Across Difference.” He deconstructs stories in the news and discusses different social identities and stereotypes perpetuated in the media.

Oteng leads the group of students through

various activities that touch on media literacy or the ability to access and evaluate different media sources. He asks, “What stereotypes has the media shared about

“Hashtag activism” has disrupted traditional social movements that include walk-outs and marches, amplifying voices that often



Students at the March For Our Lives in Spring 2018.

you or identities you hold?” He is initially met with silence, but then a student raises her hand. Soon the room is full of people sharing personal experiences of stereotyping and misrepresentation. However, when Oteng asks, “What do you think it means to constantly see people of color being murdered in the media?” Silence again fills the room. The silence begs another question: Is social media making people complacent when it comes to activism?

Now, Oteng worries that hashtag activism is a double-edged sword when it comes to making social change: It only seems to happen after someone is killed, he says. It breeds complacency towards social movements among college students during times outside of these moments.

So, what exactly is #Activism?

go unheard by the media. Because of social media's ever-changing platform, it has the ability to make a positive or negative impact.

Casey Hall, a senior creative writing and women's, gender and sexuality studies major, used social media to gather support on Otterbein's campus to attend the Columbus March for Our Lives rally in spring of 2018, a rally advocating gun control and school safety. The rally was sparked by the school shooting in Parkland, Florida in February 2018. The shooting inspired rallies across the United States and ultimately sparked its own hashtag: #MarchForOurLives.

Hall said social media was her main tool for connecting people. It gave people a platform on which to have important conversations about social change. She said

the conversations online have led to real-life change, such as people registering to vote or learning more about the topics they care about.

“It’s not a traditional media source, so people can be untrusting,” said Hall. “But I see that it can be a venue for change.”

Andrew Donofrio, an assistant professor of communication at Columbus State University, researched the effects of social media on activism by college students. He said his research focused on the perception of social media activism within college students and its relation to the T.I.R.E., or Time, Impact, Reach and Effort, model, a model revealing what a social activist movement may look like over time.

Because of the short amount of time social media has been around, Donofrio said it is hard to make predictions on social movements, and instead his research helps in understanding and describing these movements.

Donofrio recalled in his research a college student at Bowling Green State University who used social media activism because he felt it did not disrupt people; however, activism by its nature is disruptive and challenging of social norms. Donofrio said this ideology towards activism on social media was common among some of the students included in his research.

Donofrio said social media has the potential to capture and create change in a more accessible way than traditional media like newspapers. However, this accessibility can be harmful.

“Social media can make it easy to forget about social issues sometimes,” said Donofrio. “There is so much desensitization, which can make social media seem frivolous at times.”

Jeremy Paul, a senior political science major and the president of Otterbein University Student Government, often uses his Twitter account to discuss political views and support social movements. He has expressed support for the movement Black Lives Matter through his tweets. He denounced the events that occurred in Charlottesville, Virginia, in May 2017 in one tweet, while in another tweet he said, “When you kneel for the anthem, it’s not for the flag. It’s for people like Tamir Rice, Freddie Gray, Philando Castile...” regarding NFL football players kneeling during the national anthem in September and October 2017.

However, like Hall, Paul has also acted outside of the realm of social media by taking part in rallies, marches or joining groups that advocate for the issues he is most passionate about. He founded Otterbein’s chapter of Students for Education Reform in January 2017 and staged the “Toss DeVos” rally at Otterbein, where he and other students protested the nomination of Betsy DeVos for the U.S. secretary of education.

“You have to find a way to channel your passion and take that outside of social media,” said Paul. “Social media is a good start, but it’s not enough.”

According to a 2013 study by the Pew Research Center, activism that takes place strictly on social media by young people aged 18-24 years old can lead to the decline of everyday engagement. The study states that 67 percent of these young adults have engaged in political activity on social media; in comparison, only 37 percent

communicate about political issues offline.

“Hashtag activism is this new millennial thing,” said Oteng. “There are limits to the hashtag because I think when it’s just you engaging on social media, it can be just trendy...”

#BlackLivesMatter originally appeared on Twitter in mid-2013 following the shooting death of Trayvon Martin. It was posted by Twitter user Alicia Garza in response to the police officer who was being acquitted after Brown’s death. As of Aug. 2016, it was the third most-used hashtag on Twitter since Twitter’s inception in 2006, according to the Pew Research Center. Not coincidentally, #Ferguson was the second most-used at the time of the study.

Other hashtags, like #MarchForOurLives or #MeToo also gained prominence on Twitter. After sexual harassment allegations came out against Hollywood producer Harvey Weinstein in October 2017, #MeToo



Otterbein students raise signs to protest gun violence in schools.



Parkland shooting brought Otterbein students to the streets of Columbus to protest gun violence.



A crowd gathers for the March For Our Lives rally on the streets of downtown Columbus.

gained popularity as women shared their stories of sexual harassment and assault in the workplace with over 200,000 tweets within the first day of the hashtag. The hashtag, like many others, became a vehicle for social change. Outside of social media, the #MeToo movement was a catalyst for marches and protests across the globe. Women's marches popped up in cities such as London, Los Angeles, Paris, Rome and Berlin. #MeToo has created a platform for women to speak on women's rights in an open manner on and outside of social media.

Oteng has been running his own blog for over eight years. It allows him to express his place in the world and in social movements; his most-read blog posts focus on race,

racism and oppression.

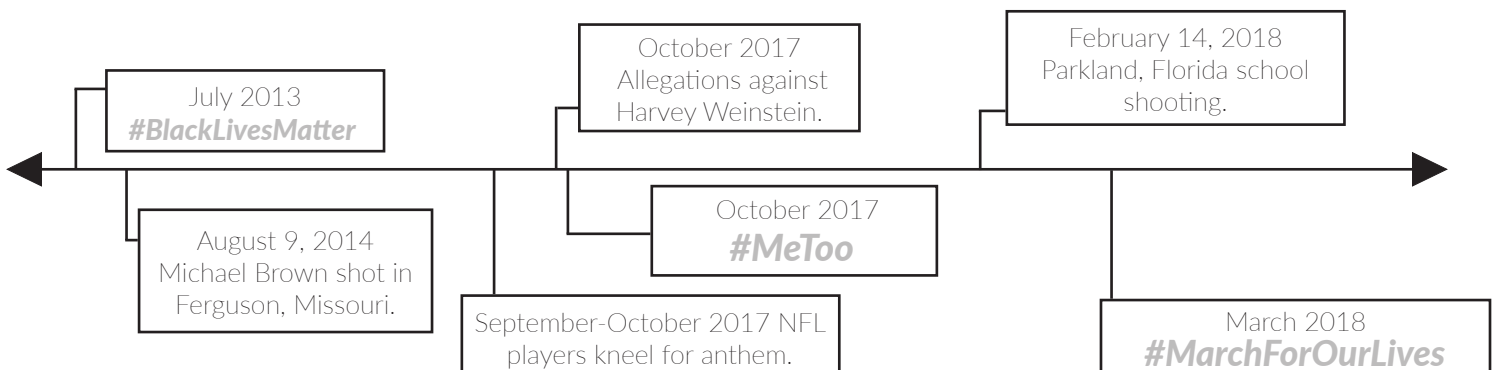
Oteng draws a parallel on his blog between #BlackLivesMatter and #MeToo in that social media creates a place to have difficult conversations about the topics of these hashtags.

"Whether it be you have barely noticed race or racism, you're vaguely aware but uncomfortable talking about race or you've said/done some racist things and can own it: whatever your experience is I want to hear it," said Oteng in an excerpt from his blog post, "Labor."

Oteng teaches students that activism should be intentional and take place every day. He says critical thinking, media literacy and

cultural competency are all skills that come from living activism alongside social media use.

Oteng encourages students at Otterbein to take their voices from behind the keyboard and into classrooms, offices and public forums across campus and in student organizations. The Office of Social Justice and Activism promotes participation from students in multiple events and conversations across campus to encourage dialogue outside of the social media world. It encourages education and open conversations as the keys to understanding social issues. As Oteng believes: conversations create change.





TANDCMEDIA

WOBN 97.5 FM

Tan & Cardinal Magazine

OTV

tandcmedia.org

Follow us on social media!



Twitter

@TandC_Media



Instagram

@tandcmedia



Facebook

/tandcmediaotterbein



TANDCMEDIA

No longer a dry campus

By Gillian Janicki

For 168 years Otterbein University was considered a “dry campus,” but in 2015 Otterbein University Student Government (OUSG) wrote and proposed the first policy permitting alcohol on campus. It was unanimously approved by the board of trustees and put into action June 2016.

Otterbein is not considered dry anymore because a dry campus prohibits alcohol on campus completely. It’s also not considered a completely wet campus because of the strict regulations in place regarding where and when alcohol can be consumed.

Currently the policy has 19 regulations outlined that specify where alcohol can be consumed and how much is permitted in a living area.

“The policy is OK as it is, but we consider the complications for students,” said Associate Dean of Students, Julie Saker. “It could be made clearer and less restrictive, but I confidently believe that the policy is being followed correctly.”

For the 2017-18 school year, the proposal allowed alcohol in the Commons apartments and theme houses, including the LGBTQIA+ House, the House of Black Culture, the Spiritual Growth House and the Education House. Implementation in suite-style residence halls like DeVore Hall and 25 W. Home Street may happen in the future, but according to the policy, Greek housing will remain alcohol-free.

“Otterbein’s alcohol policy would be more fair if it were equally enforced,” said Trista Hollinger, a sophomore nursing major, who is a sorority member herself. “I think fraternity and sorority houses are often paid more attention. My freshman year I knew there was partying, usually not involving Greek life housing. Knowing this, I feel pressure not to party just for the sake of the future of Greek life.”

An alcohol policy review committee plans to meet once a year to review and assess

“I do feel safer knowing that I have someone looking out for me while I am under the influence.”

-Anonymous student

the effectiveness of the policy. The Student Government Executive Committee, vice president and dean of student affairs determine who makes up this committee. Current members include Saker, Chief of Police, Larry Banaszak, Director of the Center for Student Involvement, Colette Masterson, Director of Residence Life, Tracy Benner, and a representative from OUSG.

In addition to the alcohol policy, there is also an alcohol/drug amnesty policy in place for students in need of assistance while under the influence. Otterbein understands the importance of medical treatment for severe intoxication or physical injury that can occur while under the influence of alcohol or drugs. They created this policy to reduce the harmful consequences of excessive substance abuse and increase the likelihood that students will turn to residence life staff or the Otterbein Police Department (OPD) for help.

The amnesty policy has specific guidelines laid out for students. If a student calls for assistance for themselves or another student, neither the reporting student nor the student in need will be charged with a violation of the alcohol policy. However, when alcohol or drug use results in a student needing transportation to a hospital, the student will be required to meet with someone from student affairs to talk about the incident.

“The party scene is definitely still relevant at Otterbein, but I think that it was a lot more prevalent my freshman year,” said Abby Stuhlmiller, a senior public relations major. “I think part of that is Otterbein and OPD have been cracking down a lot harder on

underage drinking which is making people not want to go out as much in the first place.”

Many students still drink on campus despite the crackdown from OPD. For example, a current junior recently had a positive experience with the alcohol amnesty policy.

After a party where she had too much to drink, she ran into a resident assistant (RA) who was concerned about her condition. The RA called OPD and officers did a wellness check on the student. She was not taken to the hospital. After the incident she was not charged with a violation of the alcohol policy, but she met with former Assistant Director of Residence Life, Jean Barnard, to discuss what went wrong.

“Jean was really easy to open up to and I was honest with her about what happened that night,” said the student. “I realized that my body just can’t handle that much alcohol and I was happy to learn from my mistake. It definitely won’t happen again, but I do feel safer knowing that I have someone looking out for me while I am under the influence.”

Otterbein’s alcohol policy seeks to promote a safe and honest campus culture, encourage compliance with the laws of the City of Westerville and provide educational wellness for students. You can read the full and updated alcohol policy and the full alcohol amnesty policy in the Campus Life Handbook or on the Otterbein website under the Resources link.

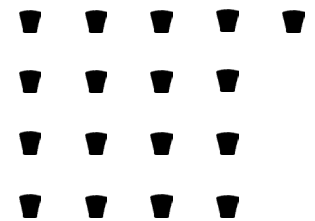
Number of units allowed per person 21 years old or older.



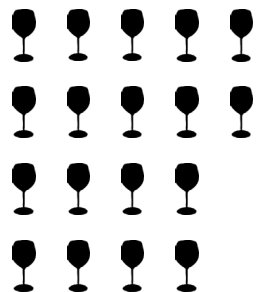
One 12-pack of beer
or malted beverage



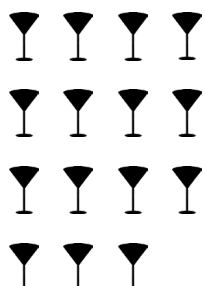
750 milliliters of
spirituous liquor



3 liters of wine



1.75 liters of a pre-mixed
alcohol-containing
beverage



Student caretakers

Meet two students who have had to overcome loss and take on roles of responsibility in their families.

By Bethany Eippert
Photos provided

Every day, Kylie McKenzie's schedule is the same: take her sister Chloe to school, go back to Otterbein for classes and cheerleading practice, pick Chloe up from school, get her to practice and plan all of her meals. Kylie has been shouldering the responsibility of taking care of her sister for the last four years.

"My favorite quote is 'You never know how strong you are until being strong is the only choice you have.' It's something I live by," said Kylie.

Elsewhere on campus, a volleyball player runs after a young girl as she disappears from the gym while another player fetches a stuffed animal that the girl accidentally threw into the bleachers. The Otterbein volleyball team loves Sonya Bruyako's spirit and the energy she infuses the gym with. However, during the two-hour practice, they get just a small dose of what Sonya's older sister, Dasha, experiences every day as the main caretaker of a sister with Down Syndrome.

The average student at Otterbein University

"I started caring more as a mother for them. I started giving my sister Liza more advice and paying more attention to Sonya."

-Dasha Bruyako

is expected to spend 30 hours of work outside of class if taking the recommended 15-credit-hour schedule. Most students struggle to maintain a balance between school, family and friends, but some students have even more responsibilities. Kylie and Dasha have both overcome a difficult loss in their lives and have stepped up to take care of their younger siblings on top of a full course load.

Kylie is a junior early childhood education major who didn't consider attending Otterbein at first, the school her mother Shellie graduated from in 1996. Kylie wanted to move away from her home in the Columbus area for college, but everything

changed after her father's death four years ago. Her father was diagnosed with terminal cancer and died six months later. Kylie knew she had to be strong, and after his passing she immediately took on a parental role for her younger sister Chloe, who was 12 at the time. She was forced to mature quickly in the coming years.

"At first it was overwhelming, but then it just became a normal routine of 'OK, mom's busy and I have to do this now,'" said Kylie. "I had to push away the social aspect [like friends] and just focus on school and my sister."

Kylie's mom is a registered nurse and works



Dasha and her younger sister, Sonya, at an Otterbein volleyball practice.



Dasha's mother, Julia, holding her closely as a baby.

a demanding schedule, so Kylie became responsible for taking care of Chloe much of the time.

"I have to figure out a way to fit it into my life," said Kylie. "My friends say they don't know how I do it and stay so positive."

The first thing Kylie does when she wakes up is look up an uplifting quote to think about for the day. She does the same before bed so that she can start and end her day on a positive note.

As a commuter, Kylie has stayed close with her mother and sister, especially after her father's death; they even call themselves the "Three Musketeers." She loves spending time with Chloe, whether it's supporting her at her soccer games or taking her to get her nails done.

Kylie is grateful for their friendship, but she is looking forward to gaining some extra freedom as Chloe approaches her 16th birthday and her driver's license. Kylie will still commute to look after her sister at home, but is excited to be relieved of some responsibility.

It can be difficult to find time to build relationships and enjoy college while being a student and parent, so Kylie is grateful for the support she has felt from her teammates and the Otterbein community.

Dasha Bruyako is another Otterbein student who has had to grow up fast and take on a role of responsibility in her family. Dasha grew up in a conservative Russian family whose faith is Baptist Christian. She is a sophomore music major and plays on the women's volleyball team.

Music connected Dasha and her four siblings to their parents. Her father, Andrew, was a singer and her mother, Julia, a pianist. Her father had a love of adventure that he passed down to Dasha, but the summer before her senior year of high school he was involved in a fatal motorcycle accident.

Dasha has had to deal with her grief while also supporting her family members. She helps her mother by taking on responsibility for her two younger sisters, Liza, 17, and Sonya, 14.

"I started caring more as a mother for them. I started giving my sister Liza more advice and paying more attention to Sonya," said Dasha. "I focus more on their well-being, working out with them and helping them with homework."

In addition to helping her siblings, Dasha has also found new ways to connect with her mother. They have a daily routine of making breakfast together, a time for them to talk before Dasha's busy day.

"She depends on me a lot for emotional and mental support," said Dasha. "I just try to help her, motivate her and be positive when she's sad. I try to make her laugh all the time by just doing the weirdest things."

Dasha realizes the weight of her decisions and how each one counts since she now has a lot of responsibility. She has some regrets about not opening up to her father when he was alive, but these have motivated her to focus on connecting with her family.

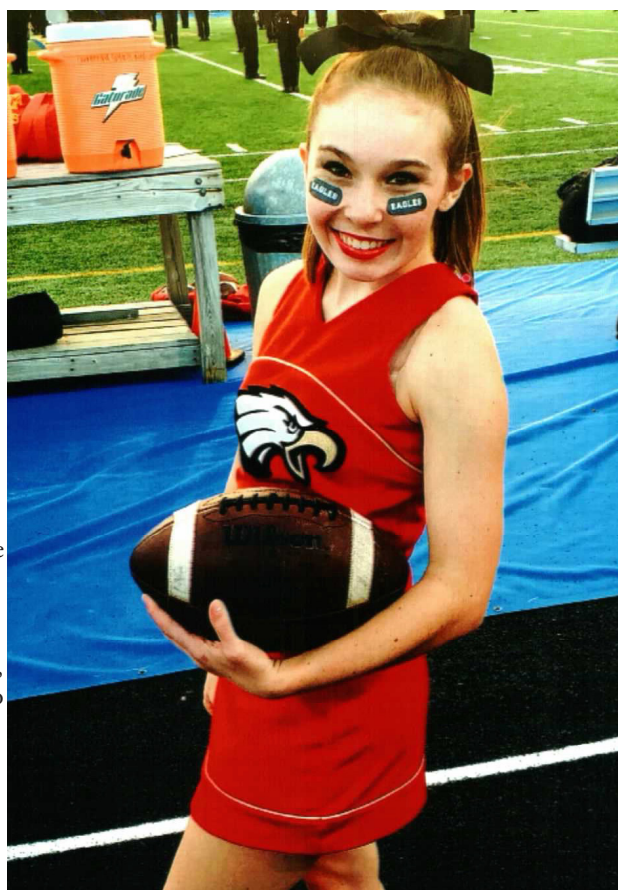
"My dad would do this thing where he would randomly come up and hug me and tell me, 'I love you, you know that,'" said Dasha. "Now I do that with my mom and my sisters to be sure we have that connection; I am trying to show them I care about them because it's all in the now. You don't know what's going to happen, and you don't want to regret it later."

For students who are grieving or struggling with difficult situations, Otterbein offers a variety of services.

"We provide support for these students when we are aware," said Robert Gatti, vice president and dean for student affairs. "The support can range from counseling to reevaluation of their financial aid award."

Both Kylie and Dasha feel support from the people in their world on and off Otterbein's campus, but it is still hard to be a college student, athlete and full-time caretaker.

"There's always going to be struggles, but you're going to get through it," said Kylie. "Find that friend that's there to be your backbone of support. Friends that are there for you make a world of difference."



Kylie, now a cheerleader for Otterbein, cheerleading for her high school.



Kylie and her mom, Shellie, little sister, Chloe, and dad, Dan.



Kylie and her family together before her high school prom.

Meet the Staff —▶

Check out how T&C staff spent their summers!

Abby Studebaker (pictures 4,7)

Position: Editor-and-Chief
Year: Senior
Major: English creative writing and journalism
Fun Fact: Can dislocate her right shoulder

Madi O'Neill (pictures 5,6)

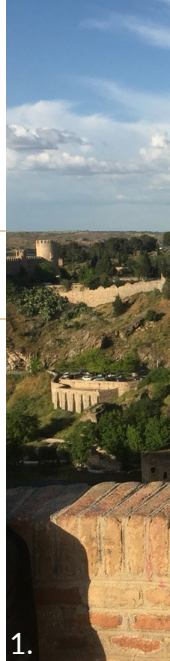
Position: Art Director
Year: Senior
Major: Studio Art
Fun Fact: Loves to scuba dive

Kaytlyn Rowen (pictures 2,3)

Position: Assistant Editor
Year: Junior
Major: Public Relations
Fun Fact:

Lance Kriesch (pictures 1,8)

Position: Assistant Art Director
Year: Junior
Major: Studio Art
Fun Fact: Drives a 1985 orange Nissan truck





The cost of college

By Josh Plichta
Photos provided

According to the College Board, the average cost of private university tuition and fees for the 2017-2018 school year was \$34,740. If that average remains the same, over four years, the class of 2021, across the United States, will pay \$138,960 in college tuition—that's more than three C-Class Mercedes-Benzes.

In order to keep up with bills and loans, Paris Adams-Pelish worked approximately 30 hours a week during the only time she has available—the middle of the night.

The class of 2020 allied health major from Gibsonburg, Ohio worked the night shift at UPS from 10 p.m. - 4 a.m. every Monday through Friday during spring 2018 semester.

"There were a few times where I would go work all night, come home take a nap and go to class," said Adams-Pelish. Not to mention then going to cheerleading, volunteer programs, sorority events and everything else a college student would typically do.

"I picked this job specifically so that I could hang out with my friends during the day," said Adams-Pelish. "If I wake up and go to class at 10 a.m., I have the whole entire day before I have to go to work."

This is a reality many college students across the country face. With tuition and other prices rising, students are forced to make an extra effort just to afford school. As 70 percent of graduating students come out of school with student loans, according to MarketWatch, a website focused on finance and investing, and nearly 50 percent of students are paying for school by themselves, according to LendEDU, the days of collegiate freetime and quad frisbee sessions may soon be just a memory.

Students like Adams-Pelish are forced to get creative and find ways to pay for school

during the school year. While this is a welcome challenge for some students, it can stretch others too thin. Between scheduling classes, work, extracurriculars and healthy free time, time management can be nearly impossible. Not only is the scheduling tough, but then students need to factor in their actual income. Without a college degree and with relatively inflexible hours, students may end up with minimum-wage jobs.

That means if a student were to work 20 hours a week, at \$8.15 an hour, Ohio's current minimum wage, every week of the year, that student would make \$8,476, before taxes. If a student was to put every single dollar they made towards their education, using the nationwide average tuition of \$34,740 according to the College Board, that student would still have \$26,264 in college tuition to pay that year alone. Thus, giving them a four-year total of \$105,056 in loans.

Otterbein does what it can to support

students paying for school through financial aid, work study and scholarship opportunities. According to Kirsten Crotte, the senior associate director of financial aid at Otterbein, while the base tuition at Otterbein is \$31,424, the average grant and scholarship aid received by first-time, full-time degree-seeking undergraduate students was \$19,899 for the 2015-16 school year, the most recent year available.

With this average of almost \$20,000 in scholarships, students have around \$11,500 of tuition left to pay. If a student does work a minimum wage job and puts all of that money towards school, the \$8,476 they make can bring tuition down to around \$3,000 a year. This \$3,000 a year for tuition could be paid for by loans, a second job or however else students choose.

While this does not include room and board, which is around \$11,000 for an on-campus student, according to the Otterbein website, costs at Otterbein can be cut significantly through financial aid assistance.



Paris Adams-Pelish works night shifts for UPS.
Photo by: Lance Kriesch



Adams-Pelish balances work, school and her commitment to the cheer team.

Although not all students receive as much off tuition as previously mentioned, according to the Otterbein University financial aid office website, 99 percent of first-year students receive some form of merit or need-based aid. The single largest source of support for undergraduate students is Otterbein institutional aid.

The typical breakdown of scholarships to loans to payment is: 46 percent of total cost is Otterbein aid, 19 percent is federal loans, 5 percent of payments are federal and state need-based aid and 4 percent of payments are plus and private loans. This then leaves students with 26 percent to pay out-of-pocket.

For Adams-Pelish, this 26 percent comes from her job at UPS. While she has to borrow money, because of her work, Adams-Pelish will be able to pay off some of her loans before she even graduates.

"I don't really want to graduate with a lot of loans, so I am trying to pay it off now so I don't have to be paying it off ten years from now," said Adams-Pelish.

For Fall semester 2017, Adams-Pelish highlighted the difficulty that came with scheduling classes, extracurriculars and work by working at night from 10 p.m. - 4 a.m. and then having class from 8 a.m. - 3 p.m. From class, she would try to take a quick nap and then go straight to cheerleading practice.

Adams-Pelish recalled times at cheer practice where her coach would insist she left and got sleep. Even after a day of work, class and cheerleading, she would refuse because she wanted to fit as much in her schedule as possible.

While the dedication is admirable, leaving so little time for sleep caught up to her. She got sick almost every three weeks.

While Adams-Pelish did say it could be difficult and the lack of sleep sometimes catches up with her, she found the opportunity and necessity to work to be a great benefit. She has found that students who pay for school themselves have a greater respect for classes and understand the importance of an education.

Although her hours and scenario are unique, finding time to work can be difficult for many students. Otterbein finance major Ethan Freeman can attest to this as well. The Sarasota, Florida, native works between 25 and 30 hours a week at Panera Bread, usually early in the mornings and late weekend hours.

Both Adams-Pelish and Freeman insisted that they did not feel like they were missing out on the college experience and found time to be with friends during the day.

"[Working] gives you a drive and a purpose," said Freeman. "You get a job and you realize that you're doing something that other people do for a living their whole lives—on top of going to school."

Freeman continued by saying that as a worker, the realization of bills and living necessities hits home. Going from high school, where a number of students do not work, to college, where it is more of a necessity, he has learned about money, how to live and what kind of life he wants to live.

\$34,740 (Average cost of private university tuition 2017-2018*) x 4 years = \$138,960.

That's more than 3 C-Class Mercedes Benzs.

*according to the College Board



The food fight

For students who have food allergies or restrictions, finding safe meals is a daily battle.

By Jasmine Caldwell
Photos by Lance Kriesch

After countless appointments with doctors, a young Mia Munoz and her parents still had no answer for her severe stomach pain, headaches, weight loss, eczema, anxiety and fatigue. She was taken to four different doctors and still did not have answers.

It was not until Munoz's father got sick and began a gluten-free diet that she began to see a change; her symptoms lessened while eating gluten-free alongside her dad.

Munoz, a junior early childhood education major, was diagnosed with celiac disease and has been living gluten-free since she was 10 years old.

Celiac disease is an autoimmune disorder affecting the small intestine when gluten is digested. Gluten is a protein found in wheat, barley and rye. For Munoz, this means no bagels, pasta, cookies or anything made in the Cardinal's Nest that is not labeled gluten-free.

Even with the gluten-free label, cross-contamination is a concern. Attempting to separate allergens during meal preparation is difficult when working in different spaces of the kitchen or regulating contact with serving utensils.

Food allergies on campuses have become more and more prevalent. The U.S. Department of Education estimated in 2017 that out of 3 million incoming first-year students, 100,000 of them suffered from food allergies.

The most common food allergies, often referred to as "the big 8," consist of eggs, fish, milk, peanuts, shellfish, soy, tree nuts and wheat. Once ingested, symptoms can include diarrhea, indigestion, nausea, vomiting, hives, cramping and itching.



Bon Appétit has a gluten-free section in the nest.

"I only ate at the Campus Center during first flight week," said Munoz. She began to worry about cross-contamination. Munoz did not want to risk becoming sick from food while trying to tackle the beginning of her first year of college.

She talked to someone else on campus who had celiac disease and reached out to the university's catering service, Bon Appétit, over the summer. She created a plan with the general manager of Bon Appétit at the time Amber DeWitt and the main chef to accommodate her allergy.

Munoz would email Bon Appétit on the days she wanted meals. They would prepare a gluten-free option for her, but she never knew the exact time that she would be able to go to the Cardinal's Nest to eat.

Finally, she talked to Tracy Benner, the

director of residence life, and began the process of meal plan exemption. To start the process, Munoz had to go through paperwork and provide documentation from her doctor. After that was turned in to Benner and Bon Appétit, the process went quickly.

Out of 1,048 students with meal plans, "we only have three [students] with exemptions for this academic year [2017-2018]," said Benner.

Many students still try to find food on campus even though they have food restrictions. Karagan Ross, a junior zoo and conservation science and biology double major, is lactose intolerant and vegan.

Although this year she does not have a meal plan because she lives in a Greek house, Ross will still snag a swipe here and there from someone so she can eat on campus.

“I think if there was a separate kitchen dedicated to allergen-free preparation, I would have been more comfortable.”

-Mia Munoz

The salad bar is a good option, but most food is not explicitly labeled. Tracking down the chef that prepared the meal to ask them preparation questions and the ingredient list is not necessarily the easiest way to avoid allergens.

Bon Appétit encourages students with food allergies to set up a meeting with the general manager to go over their food allergies and create a plan based around their needs. The staff tries to be as accommodating as they can while still preparing food for the entire student body.

But how can the food climate on campus change to help students with food allergies feel more comfortable with what is offered on campus?

“I think if there was a separate kitchen dedicated to allergen-free preparation, I would have been more comfortable,” said Munoz.

Having gluten-free or prepackaged items available at the OtterBean Café and the Roost Express could help the cause. Both campus locations already have ingredients listed on some items.

“There are a lot of allergen-free bakeries around Columbus--maybe getting items from there to sell to people would make it more accessible,” said Munoz. “My main hope is that even though I was not able to eat or benefit from the meal plan, I hope that they are able to make changes so future students feel comfortable eating here without worrying about if it could make them sick.”



By being able to cook her own food, Munoz is able to avoid cross-contamination.

COURTRIGHT
LIBRARY

By the Numbers

The average cost of private university tuition is **\$34,740**

There are **273** ROTC programs throughout major U.S. universities

Otterbein was considered a dry campus for **168** years

About **10%** of the U.S. population skips breakfast

3 out of **1,048** students have meal plan exemptions