

THE YIP

1 October, 2019

The Press of the Prairie Wolves



A fresh new face in the P-Wolf family

Nebraska Wesleyan welcoming President Darrin Good to the university with Presidential Inauguration on October 4th.

The Yip

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News & Features

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A change in the times: President Darrin Good joins NWU community

By Syble Heffernan

On Friday, October 4th, President Darrin Good will be inaugurated with inspirational speakers, activities on the green space, and an international food fair. However, before any of this takes place, the ceremony will commence with a land acknowledgement to remind everyone in attendance that long before this institution existed, before any of us stood here, the people of various Native American tribes were on this land. This opening speaks to President Good's central goal of diversifying the Nebraska Wesleyan Campus and helping all students, faculty, and staff to find a sense of community here. "I've always been a champion of trying to diversify small liberal arts colleges, in racial, ethnic, and religious diversity, and [recently] expanding even more into LGBTQ, and diversity of age and ability, and doing everything I can to understand that better," President Good said.

Growing up in Aledo, Illinois, a town of around 3,000 people, President Good is no stranger to life in the Midwest. He grew up doing farm work: detasseling corn, milking cows, baling hay, and dehorning cattle. In college, President Good attended Augustana University, where he met his wife. Since then, he has deeply valued the liberal arts educational mission, personalized attention and relationships between students and faculty, and holistic experience of student involvement in campus activities in addition to their academic focuses.

President Good has spent his professional life joyfully working with liberal arts colleges across the country. Before accepting the presidency at NWU, he served at Whittier College in Los Angeles. Although he had no prior intentions or desire to live in a large city, the opportunity to serve at a college which had 70% students of color and no racial majority in such a diverse city was one President Good was excited to take. He was incredibly happy in his position at Whittier and would consider very few of the presidencies he was nominated for. However, he and his wife found themselves drawn to the city of Lincoln (especially the diversity in the community and students as a result of Lincoln being a refugee resettlement city) and to the environment of community and inclusion that already exists at NWU.

In terms of future goals, President Good plans to create a committee on diversity and inclusion that has a more official capacity and firm governance platform to make suggestions or recommendations that hold authority and can make a true difference. He also hopes to expand on the mechanisms of searching for new employees. "[I hope to] create a bigger and more diverse pool of applicants and search processes that, if not eliminate, at least reduce the implicit bias or unintentional bias that's often built into the searches," he said. Most importantly, he hopes NWU can be an institution that any student, staff, or faculty member will feel welcome and supported at, regardless of their circumstances.

President Good has spent much of his time facilitating community conversations to establish the goals of the university and what his role is within that. "I adhere to this ethos of being a servant leader, which is to say, I'm just inheriting this community for a short time and am blessed to get to serve here," he said, "We're beginning a strategic planning process, we have a committee that's going to steer that with students, community members, and faculty and staff to figure out where we are and where we need to go. My job is to champion their work and go out and find the resources to make it happen," he said.

Senior discovers importance of creativity at Biomedical Engineering Research Internship

By Danielle Anderson

Anthony Baker has big dreams to one day design spacesuits for NASA. He knows experience is critical to making that dream come true. This summer Baker, an exercise science and psychology major from Falls City, Neb., was accepted to the University of Minnesota's Life Sciences Summer Undergraduate Research Program (LSSURP) where he conducted research for the Department of Biomedical Engineering. "My goal is to do research as a career," said Baker. "I attended conferences throughout the year that gave me contact information for summer research programs."

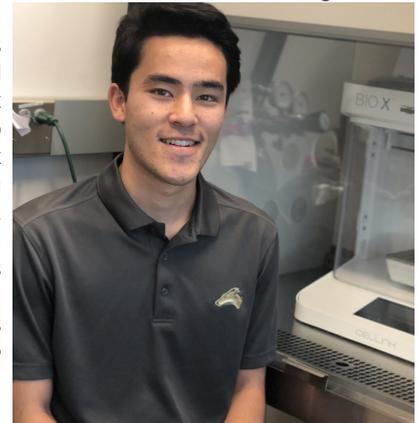
Baker was particularly intrigued by the University of Minnesota's program for its career-building opportunities outside of the lab. He was able to connect with professionals in the field and network with several graduate programs. Baker arrived each day at the Minneapolis campus where he focused on developing new technology for 3D printing. He created and conducted new experiments, educated himself on the various topics surrounding each experiment, and prepared papers and presentations to showcase his finding.

Baker learned many valuable lessons from his experience, but one stood out: creativity is important in your work. "It is easy to settle and come to work every day and do what you have to and leave," he said. "But bringing creativity into your work and always wanting to do something new and progressive helps you be more passionate about what you're working on."

Baker designed and conducted approximately 50 new experiments during his time at the University of Minnesota. Putting his NWU education into practice, Baker combined his basic lab skills, creativity, and critical thinking into his work and immediately found some core differences between the labs of Nebraska Wesleyan and a professional lab environment.

"The biggest difference between the classroom setting and real-world lab research is your ability to bring all your various knowledge together along with your creativity," he said. "Often in classroom settings, you are doing something that has already been accomplished, and you have a known outcome you are trying to achieve. When you are working on real experimental work, you must use what you already know and your creativity to find new ways to solve problems where you do not know what the outcome will be."

His experience provided him with new connections throughout the country as he prepares for graduate school and a career. He plans to pursue a Ph.D. in biotechnological engineering with hopes of one day conducting research at NASA. "NASA has always been a place I've wanted my career to lead to," he said. "The history and reputation of what NASA has done and continues to do is incredible, along with the rise of companies like SpaceX. Specifically, I'd like to work on making technology in space suits more interactive with the astronauts themselves."



- Photo by Anthony Baker

Sports

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Section Editor Amanda Reichert

P-Wolf soccer teams starting the season strong

By Amanda Reichert

Homecoming season is well underway in the Prairie Wolf Nation, and the NWU soccer teams are gearing up for a battle of the season. Both teams have plenty of new talent gracing the field, including Simone Collins, a first-year women's forward from Lincoln, and Royce Austen, a first-year men's forward from Kearney. Women's coach Jen Dyson spoke highly of Collins, calling her one of the "most dynamic players" on the field, and Austen was applauded by his coach for his ability to read the game well.

Further, Dyson commended all ten fresh and talented additions to the squad. "...it has been an awesome incoming class—great attitude, incredibly high work rate, and really have embraced our team philosophy...They are committed to our relationships with one another and also excelling both on and off the field."

Collins mentioned the superb leadership of veteran players, such as captain Kaitlyn Sullivan. Megan Cooper, another first-year player for the women's team, praised the team's ability to play for one-another. Collins concurred, saying the women "have pushed us all to become the best players and teammates we can be."

Men's coach Brandon Bonilla had similar comments about his own fresh talent. "We're laying the foundation right now [for a consistent team mindset] and our last game was a huge step in that direction to get us where we want to go from a chemistry standpoint."

Co-Captain of the men's team Ben Schulz had nothing but positive notes about the younger players and the potential they possess. "The freshmen have been superb about taking on roles and playing huge minutes for us so far. They have been amazing for us not only in games, but they bring a high level of energy every day at practice."

Hopes are high for both teams with sights set on a successful season. The Homecoming game against the University of Dubuque will be an incredibly challenging contest, as Coach Dyson puts it. No truer words have been spoken, as Dubuque has had tremendous success for both teams. With a few clean sheets and consistent possession through each game, Dubuque will be a trying test for the back line. Nevertheless, outlook is positive.

"There are some pieces," Dyson stated, "that we have now...that I'm excited to test against them. It will be a very good open to our season." Bonilla felt similar regarding the growth potential of the game. "It's really going to be about us...the recipe for our success is how we play. If we play fast, play quick, and we're moving the ball... it will be difficult to beat us."

NWU Football undefeated going into Homecoming showdown

By Elizabeth Chunn

Work hard, play hard is the mindset of Nebraska Wesleyan's football team moving into the homecoming game against Simpson College. With a 3-0 record for the season, the P-Wolves continue to focus efforts toward a conference championship—one game at time.

According to Coach Keller, the head coach for the P-Wolves, the goal is to "continually improve so we are playing our best by the end of the season and with that, we should have an opportunity

to win the conference."

Carter Smith, Wesleyan's junior defensive end, also supports the team's overall goal to "remain focused and not let our guard down in order to continue our success... [there's still] a lot of work to do and winning the homecoming game is included in that work."

While the P-Wolves have two prior wins over Simpson College, the challenge of maintaining momentum remains. According to Wesleyan's team captain, Jonathan Curti, the football team "played terrific games on homecoming but have come up short in the end." Motivated and focused, the P-Wolves hope to "walk away with a win and celebrate a great homecoming!"

The Prairie Wolves are scheduled to compete for a homecoming win over Simpson College at Abel Stadium on October 5, 1:00 p.m. All students, faculty, and staff are encouraged to attend the game and show some Prairie Wolf Pride. In return, Smith hopes a homecoming victory will "show the fans that [they] really care a lot about them and appreciate their support."

- Photo by NWU Marketing Department



Arts & Entertainment

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Senior Musical Theatre major juggles ASCAP and Newsies

By Danielle Anderson

It's a balancing act. Something very familiar to Nebraska Wesleyan University theatre students who at times balance performances of current shows with rehearsals for upcoming productions alongside their other NWU classes. Senior Noah Tierney knows the importance of striking a balance. He also knows when opportunity knocks, you take the chance. Tierney, a musical theatre major from Waverly, Neb., is fresh off an experience with the ASCAP Foundation's New Musical Theatre Workshop, which was hosted this year in Los Angeles, New York City and Lincoln. The workshop draws aspiring musical theatre composers to work on their creation with Oscar-winning composers with hope of the play eventually hitting Broadway.

Tierney was cast as Albert Einstein in the developing show "Rebel Genius," a play reviewed at the ASCAP New Musical Theatre Workshop in September. Rebecca Boesen, director of "Rebel Genius" and an adjunct instructor in theatre at NWU, reached out to Tierney just days before the audition. It presented him the opportunity to be the first to play the show's main character. "I loved her so much as a professor that I could not pass up the opportunity to work with her in a show, especially something as unique as this project," said Tierney. The musical theatre student was eager to accept the challenge even as he was in the midst of rehearsals for NWU's first Disney production, "Newsies."

Receiving encouragement from his professor and the rest of the talented cast, they set out to workshop three versions of the script and accompanying music. Working directly with the production's writer, Matthew Puckett, Tierney was initially nervous with the stakes that ASCAP held — will they produce it or not? His nerves melted away once the process started. "The stress mostly came from if I'm capturing the character in the way that he had intended," said Tierney. "But he was very supportive in the creative choices made." The workshop was a collaborative process, where the opinions of the cast were highly valued in editing and revising the piece. At each rehearsal, the team of actors along with the writer and director worked together to perfect the potential Broadway musical.

"NWU has given me a tremendous amount of confidence in my creative choices, my physicality, and my vocal ability," he said. "The theatre department here has trained me to stay truthful

with those I'm working with and honor what's in the script, which was seriously important to this process in particular." Now he turns his attention to opening night of "Newsies," the 28th show that he's performed in at NWU. "It was mostly a challenge of conserving energy for both shows, both vocally and physically," Tierney said of balancing both plays. "Being memorized

wasn't a requirement for "Rebel Genius," but our off-book day for "Newsies" came very quickly, so it was definitely a struggle to find the time to work on that. I've thoroughly enjoyed working on both at the same time; it's been a very welcome change of pace."

"NWU's Theatre Department is where I needed to be to grow and learn all that I have," he added. "I didn't fully understand the business of professional theatre. However, I feel very much prepared to enter that world now thanks to the theatre classes I've taken and the productions I've been a part of." And if opportunity knocks again — especially in New York City — he'll be ready.

"The creative process can be demanding and strenuous in so many ways," said Tierney. "The most important thing is to connect with the wonderful people sharing the process with you and have fun with the incredible stories that I have the opportunity to tell."

- Photos by Noah Tierney



Student Life

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Diving into a New Semester with Student Body President Sam Trofholz

By Samantha Redfern

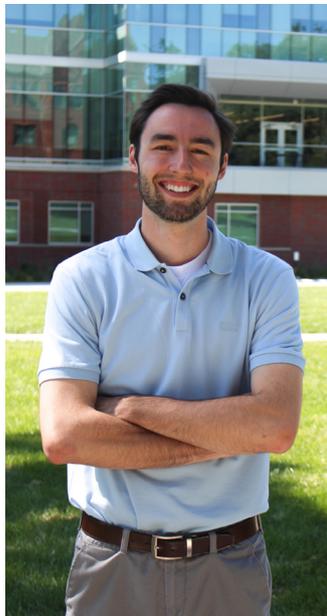
Sam Trofholz has spent a significant amount of time in his college career underwater, literally. But when he isn't holding his breath during swim practice, he is making a splash across campus. This school year the Global Studies major from Columbus, Nebr., finds himself in a new role, Student Body President.

Trofholz found an interest in student government during high school, where he served on student council as a "wanna be cool kid". However, even though the Columbus High Student Council had limited power, Sam still got to watch representation in action and participate in decision making. The ability to pave pathways and create change is what lead him to attend Nebraska Wesleyan University, where a young swim team gave him the chance to help develop the traditions and culture within the program. He also saw NWU as a welcoming campus that would help him make the best decisions for post-college life.

Fortunately for the student body of Nebraska Wesleyan, Student Affairs Senate has much more influence and freedom than a high school student council. Sam was interested in Senate's ability to make tangible change and he decided that it was a group he wanted to be involved with. Fortunately, he was appointed to an at-large position during his first year at Nebraska Wesleyan. He then served as Parliamentarian, Vice President with Kate Richerson, and finally was elected as Student Body President after a successful campaign with VP Jacob Barrett. Gaining experience through these various roles helped Sam develop his servant's heart but also look at legislation and the budget with a new perspective. In his first few terms on senate he wondered why every piece of legislation did not receive funding, but experience made it clear that there is great responsibility in spending students' dollars. When NWU's Student Affairs Senate decides to send a student to a conference, they are acting on behalf of the entire campus. Trofholz has prioritized funding legislation that benefits the University collectively and gives students new opportunities they can bring back to their peers.

This year President Trofholz hopes to put into action the constitutional changes that were made last term and continue to streamline the budget process. The goal is to allow students to utilize their funds appropriately and take advantage of the resources Nebraska Wesleyan provides. Striving for a student government that is equitable for all students and organizations is at the forefront of Sam's mission as President. At the end of the day he is motivated by what he sees as the purpose of Student Affairs Senate which he says is "to provide a home for every student somewhere on campus that is beyond the classroom." Trofholz has found his home on campus in and out of water. This academic year he hopes to continue to serve as a resource to help other students do the same.

- Photo by NWU Marketing Department



The Cooper Center: A Series of Interviews

By Alison Greenfield

Questions for Sarah Behlen (veteran consultant)

Can you explain how the dynamics of your role as a consultant have changed over the years? "Over the past few years, I have grown in my writing and tutoring abilities. When I began working as writing consultant, I was doing more "editing" of papers than providing thoughtful feedback for revision. I have learned that providing clients with the opportunity to set their own goals for their writing session and having them talk through their paper allows for a greater learning experience. It helps them become better writers."

What do you believe the general philosophy is for Cooper Center writing consultants? "I think the general philosophy for Cooper Center consultants is making every effort to help clients become better writers. Many clients come into the Cooper Center needing assistance with a paper or in a specific area of writing, such as organization, grammar, or flow. However, we strive to not only help the client improve their paper at hand, but truly improve as an overall writer and walk away from their session more confident in their writing abilities. It is also important to each Cooper Center Consultant that our clients feel heard, helped, and understood."

Explain your role in the Cooper Center's new etutoring. When/how can students use etutoring? "eTutoring is a helpful tool that students can use to gather feedback on their writing without making a face-to-face appointment at the Cooper Center. How it works: Students can log onto their wonline account and schedule an eTutoring appointment with Amanda Reichert or I. It is important that the student has been to the Cooper Center at least twice for face-to-face consultation before they can be eligible for eTutoring. Amanda or I will then read the client's paper and provide them with feedback for revision based on the questions or comments the client submits when making an appointment."

Questions for Melissa Hayes (co-director of CC)

What is new/exciting about the Cooper Center this year?

refer to campus-wide email

What do you hope for students to gain from the new and improved Cooper Center? "I hope the changes we've made to the Cooper Center give students easier and more convenient access to the services we provide. My hope is that students engage with our writing consultants and tutors in a way that helps them develop critical thinking skills and engagement with learning in a new way. Our mission of community is essential to everything we do. If anything, I want students to know that we always work better when we work together."

Questions for Kali Pearson (utilized CC)

Can you summarize your experiences with the Cooper Center?

"I have used the Cooper Center twice. One for advice on my final paper in Ways of Reading and once for a paper in American Indian History. The visit for Ways of Reading was really nice because the person who looked at my paper was in my class so she was knowledgeable about class requirements and expectations. The second one's person used a lot of different resources to explain APA formatting and gave a lot of great tips."

Do you believe campus is well informed on the services the Cooper Center offers? Why or why not? "I don't think the campus is generally educated about the changes going on in the Cooper Center right now but I think the email they sent out today is helpful. I think the best way to communicate about services is through word of mouth, usually coming from a teacher."

Opinions

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Diversity and Inclusion: More work to be done?

By Ryan Secord

Diversity is one of the more hackneyed terms around, and the word has lost meaning from its repeated misuse. It has turned into a buzzword used by both the left and the right for their respective agendas, but here at Nebraska Wesleyan University they seem to take diversity and the idea of inclusion very seriously. Taking a look around campus though, it would be one of the last words that run through someone's mind. Why? The campus is overwhelmingly white, and while the jury is still out to lunch on what "white" is, Wesleyan has a lot of it.

Now before pointing fingers and playing the blame game, the university is not doing a terrible job. Rhetorically taking what it means to be diverse, NWU has students from not only all over Nebraska, but branches across the Midwest and beyond. Let us also not forget that we have not only a Democratic and Republican club, but also the Interfaith organization, Gender Advocacy Place, M.O.S.A.I.C, Pride Alliance and The Yip. We even have an office whose entire role is to encourage Diversity and Inclusion.



I wanted to know more about this office's efforts on campus, so I sat down with Wendy Hunt, assistant director of diversity and inclusion, to ask her some questions about the lengths that she is going through to support Diversity and Inclusion. "I think the biggest thing is the inclusion part," Hunt said. "Making sure that everyone we bring on campus and everyone here on campus is included." She then goes on to explain her reasoning. "Diversity is what you bring on...but once we have that, what are we doing to make sure that people here are included."

I completely agree. It is one thing to extend invitations to people of every walk of life, but if you do nothing to bridge those differences, you risk turning the campus into a collection of enclaves. Hunt also talked at length about how she is worried that B.E.R.T., the university's Bias Emergency Response Team, is not being utilized as there were only a few reports of alleged bias last year. While the pessimist might think that these numbers don't accurately represent the wrongdoings at NWU, the optimist should think that there are only a few incidents to report on. After all, there are multiple events on campus that help "educate" the student body about privilege, bias, racism and anything else that might damage our learning environment.

Whether we will ever advance as a society to a position of total understanding is irrelevant; It is rather that we understand, not only does diversity come in varying shapes, but the use of the word is not a magic moral high road. It is easy for universities to be engrossed by a diverse image and the projection of such an image, but it is our responsibility to hold ourselves accountable and make sure that our "diversity", whatever that may entail, remains true.

- Photo by NWU Marketing Department

Nebraska Wesleyan Counseling Services Change Lives: An Account

In recent years, a spotlight has been shone on mental health disorders among college students, which is why Nebraska Wesleyan students are encouraged to visit the counseling center on campus. According to the National Alliance on Mental Illness, 1 in 3 college students have reported experiencing prolonged periods of depression, 1 in 4 have reported experiencing suicidal thoughts or feelings, and 1 in 7 have reported that mental illness has made it difficult for them to function in school. The Alliance also states that "[Suicide] is now the second leading cause of death among people aged 10-43 in the U.S." Beginning college is already a difficult transition for many, so mental healthcare should be a priority for students.

One student says "The counseling center helped me so much and was a safe space for me on campus. I never felt uncomfortable there and I knew that the staff were truly there to help me and the other students there." Another student, Student X, wants to share her story.

Student X, a junior at NWU, said that she attributes part of her mental well-being to the counseling center. She is still in the midst of treatment for her mental health, so she asked to remain anonymous. X began talking about her freshman year and how tumultuous it was. "I was so scared, and I only knew a few people, so I was really anxious about that. I only started to recognize that there might be something wrong when the new-school-jitters were wearing off for other people and they were only getting worse for me." She nervously shifted in her chair as she began to talk about her unraveling sense of self and security as her freshman year went on.

When X started classes, she was nervous but felt mostly fine. She said that as the exams and papers loomed nearer and nearer, she didn't feel like she was capable of succeeding without being completely miserable. "When I woke up, my heart was racing. When I went to bed, my heart was racing. I could never rest." She said that she felt her unrest wasn't completely due to her busy schedule. Every day she powered through her exhaustion and nerves and went to class. It wasn't until after fall break that she realized she needed help. "I remember calling my dad one Sunday night in tears about how I didn't think I could make it through another week. I was trying to have a fun, normal college experience, but I honestly felt like I was in hell."

X went on to explain that although she had a family history of mental illnesses, she didn't want to admit that she was going through something. Her family and friends consistently urged her to go to the counseling center, but she insisted that she was "just in a rut." Eventually though, she just couldn't take it anymore and decided to go. "I remember walking to a class in the rain, and I couldn't shake the dread I had been feeling. I could normally pull myself together when I was in public or with friends, but I finally broke down." She said that she walked right past the building where she had class and went to the counseling center. "I mustered up the courage to walk in, thinking that I was going to sit down and spill my life to someone right there. I felt kind of stupid when I realized that I would, obviously, have to make an appointment and come back later in the week."

As she talked about what happened after she got help, X seemed to lighten up a bit. She explained how she was diagnosed with anxiety and got prescribed something for her illness, along with learning some coping mechanisms. "That diagnosis was the beginning of a long journey, but talking to someone who understood what I was going through and was able to help was the first and most important step. I couldn't recommend going to the counseling center more."

If you or anyone you know are struggling, the Nebraska Wesleyan Counseling Services are a powerful resource. Contact them by calling (402) 465-2464, emailing at counseling@nebrwesleyan.edu, or by stopping by their offices at the northwest corner of 49th and St. Paul.

Homecoming 2019 Calendar

Join the NWU Community for annual homecoming festivities!

October 3

Volleyball vs Central College @ Snyder Arena (7:30 p.m.)

October 4 (No Classes)

Presidential Inauguration @ O'Donnell Auditorium
(10:30 a.m.)

Campus and Community Inauguration Celebration Picnic
@ Taylor Commons (Noon)

NEW! Titanic Today: Armchair Travel to Titanic's Modern
Port Cities @ Cochrane-Woods Library, Learning
Commons, 1st Floor (2:00 p.m.)

"Howl Like Hell" pep rally @ Abel Stadium (9:30 p.m.)

October 5

Tailgate Party and Carnival @ Taylor Commons
(11:00 a.m.)

Football vs. Simpson College @ Abel Stadium (1:00 p.m.)

October 6

Pops concert @ O'Donnell Auditorium (5:00 p.m.)