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The students' voice since 1901





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Campus reacts to impeachment inquiry

Lucas Lord

Staff Writer

House Speaker Nancy Pelosi announced a formal impeachment inquiry against President Donald Trump.

"Each house has an independent role in the process," said Michael Smith, chair and professor of social sciences. "The house acts sort of as a grand jury if you're familiar with those, where they look at the evidence to see if an actual trial can be conducted by the senate. We've only had two presidents impeached, Andrew Johnson and Bill Clinton. This situation with president Trump and the leader of Ukraine is certainly a tipping point for many democrats."

The impeachment inquiry comes in the wake of the Muller report and revelations regarding President Trump withdrawing military support from the Ukraine in exchange for information on presidential candidate Joe Biden and his family.

"Even if the democrats have votes in the house to have a trial, they have to have enough votes in the senate to do anything," Smith said. "If its along party lines, it just won't work, the math isn't there."

According to Smith, the announcement of the proceeding may frame the election in a

certain way.

"I certainly think it depends who you ask," Smith said. "I do think that the situation in Ukraine is significant and not just an excuse. Some of the things that he has acknowledged he did are quite serious."

Mackenzie Haddix, vice president of the Young College Republicans and sophomore elementary education and political science major, said she disagreed with the decision to launch an inquiry.

"I believe that the democrats in congress right now have been trying to impeach President Trump for a variety of reasons," Haddix said. "They have provided no evidence at all for what they are proposing. I believe that every single time that the democrats push for impeachment they are helping Donald Trump win 2020 because people are getting tired of it. People are getting tired of hearing the same thing over and over again from a political side and not having anything to back it up... Liberals have taken over college campuses, they've taken over the media, they've taken over Hollywood. Pretty much every large mainstream outlet they've controlled."

The inquiry into President

see **IMPEACHMENT** page 7

To sleep or not to sleep?

Faith Burgoon

Staff Writer

At first glance, the sleeping pod looks very out of place. Next to stacks of books with people working on homework, I wondered how anyone was supposed to get sleep.

After a quick issue regarding my reservation, which they weren't sure if I even had one, the girl tending to the pod gave me a brief tour. It was very brief given that the pod is the size of a small half bathroom.

First, I was told to take my shoes off before entering. This seemed understandable, as no one wants shoes on the bed. However, I wondered whether or not you were required to wear socks. This seems like it might make the pod smell bad given everything is in such close proximity.

I was also handed a sort of buzzer, the same kind you get when waiting to be notified of an open seat at a restaurant. The buzzer acts as an alarm clock to notify users when their time is up.

Much to my delight, it was soundproof and the curtain blocked out anything from the outside. I looked over everything in the room which mostly consisted of a folding chair, a shelf with a plant on it, a mirror, a wall hanging to hold a jacket or purse, a trash can, a dehumidifier and an outlet to plug in your devices. They do not offer chargers so don't make the same mistake I did and bring your phone at eighteen percent battery.

As I took a quick tour for social media, I found myself reluctant to sit on the bed. Who has been here before? After a quick pep talk though, I pulled back the comforter.

The stark white blankets and sheets did little to ease

my discomfort. There weren't any noticeable stains or discoloration, but you still have no idea who enters before you do.

When I finally gathered the courage to sit on the bed, I was shocked with how nice the mattress was. It's supposedly designed to make you feel weightless. It was quite an improvement from my dorm room mattress.

Turn on the fan. That's my first bit of advice. It's a small, soundproof area that got overheated after the first twenty minutes.

The most interesting thing about the pod, however, was the complete and total lack of advertisements. The soundproof walls were bare of any sort of poster. The bed was covered in white bedding with one gray pillow. The biggest splash of color was the small green area rug on the floor.

I couldn't make myself actually lay down or get under the covers. The uncertainty

see **SLEEP** page 7



Snapchat selfie from inside the sleep pod. Faith ${\tt Burgoon}\,|\,{\tt The Bulletin}$

Kelly supports education for undocumented students



Gov. Laura Kelly speaks with middle and high school students during Constitution Day on Sept. 17. "I want to thank all of you students for being here today," Kelly said. "You are the future of our country and our state." Shelby Hambleton | **The Bulletin**

Margaret Mellott

Editor-in-Chief

Gov. Laura Kelly said recently that she stands by the rights of undocumented immigrants to have an education in Kansas.

"I have long been a supporter, even before I got into the state senate, of the ability of the children of undocumented immigrants to attend our state university system at instate rates," Kelly said. "I think it's an important thing (to have) an educated workforce, educated citizenry (that) strengthens a state or nation. I will do everything I can to ensure that those opportunities are available."

Kelly made the remarks during an interview with *The*

Bulletin Sept. 17 after her address at Emporia State for Constitution Day. In addition to answering questions about undocumented students, Kelly also answered questions about the importance of the Constitution, community involvement, mass shootings and university faculty and staff salary increases.

On ESU's campus, providing education to undocumented students is an especially relevant issue. Kappa Delta Chi, a multicultural sorority, currently funds a scholarship for DREAMers to help them pay for their education. The scholarship, "My Dream, My Future" was created last year to help minor immigrants who have been granted residency status, said Mayra Murillo,

chapter vice president, standards officer and senior sociology major.

Kelly said she believes that the best way to create change is to get involved and start hard conversations.

"I think the best thing (students) can do is get involved in community conversations... and make their voices heard," Kelly said. "I think we saw after Parkland, that those students really rallied around and were extraordinarily vocal and I think they made a tremendous difference. I think students here in Kansas have the same opportunity to voice their concerns and then to put pressure on elected officials who have the ability to make a

see **KELLY** page 7

Ajit Pai tweets about ESU roundtable event

Faith Burgoon

Staff Writer

Before a roundtable on rural broadband here last week, FCC Chair Ajit Pai tweeted about returning to Emporia State after being here decades ago as a high school student.

In a Sept. 19 tweet, Pai—who grew up in Parsons—said: "30 years ago, I was a high school kid attending debate camp @emporiastate (yes, it was as cool as it sounds)," said Pai on Twitter. "A pleasure to return today to discuss what @FCC is doing to deliver broadband to small towns across Kansas. Thanks to @Roger-MarshallMD and team."

Pai came to Emporia to par-

ticipate in a broadband roundtable. This event was hosted by the office of U.S. Congressman Roger Marshall.

"The discussion will include broadband providers, community leaders and representatives from Emporia State University," said Gwen Larson, assistant director of Marketing and Media relations in a PR release. "(The roundtable) will focus on the role of broadband in rural economic development."

The event was hosted in Cremer Hall. The original tweet from Pai was a reply to a tweet from the university's Twitter page announcing the

see **ROUNDTABLE** page 7



Those interested in adopting Lia should fill out an application to adopt at the Emporia Kansas Animal Shelter, 1216 Hatcher St. Lia, like all animals at the shelter, was picked up as a stray. **Infographic by Kalliope Craft** | THE BULLETIN

ASG votes on president pro-temp, passes resolution for Mark Runge

admission changes, art exhibit

Margaret Mellott

Editor-in-Chief

Associated Student Government voted in the president protemp at their senate meeting on Sept. 19. Erin Buckner, senator and senior nursing major, was voted in with 12 votes.

"Senator (Martina) Miller had 10 votes and senator Buckner had 12 votes," said Victoria Goetzinger, ASG vice president and senior sociology major. "Senator Buckner will be our president pro-temp."

ASG was in the process of voting by secret ballot when *The Bulletin* lodged an objection. Another vote was taken by a show of hands.

At the beginning of the meeting, Diana Kulhmann, vice president of administration and finance, spoke during the guest remarks to explain the university budget to senators.

According to Kulhmann, this is to help them understand the impact of the decisions made by ASG on the overall university budget.

At the end of the meeting, a

resolution in recognition of Mark Runge, director of facilities, was also passed unanimously.

"A resolution in remembrance of Mark Runge, whereas Emporia State University was notified of the unexpected and unfortunate death of the director



Diana Kuhlmann, vice president of administration and finance, explains the tuition rise to the senators, on Sep. 19, in the Senator Chamber. The administration and finance office made this decision last spring. EMMA SHA | The Bulletin

of facility, Mark Runge on Sept. 16, 2019," said Tayler Loudermill, senator and junior social science education major.

The next senate meeting will be at 5:15 p.m. Oct. 3 in the senate chambers on the third floor of the Memorial Union.

notified of the unexpected and unfortunate death of the director senator and junior social science education major. chambers on the third floor of the Memorial Union. Faculty senate discusses

Lucas Lord

Staff Writer

Sandra Valenti, Faculty Senate vice president, presided over senate meeting as they discussed several topics—the changes to the regional a—missions policy, an art exhibit to be featured at the Kansas Board of Regents meeting, the death of Mark Runge and the guidelines of the Faculty Recognition Committee.

The current undergraduate applicant must have an ACT of at least 21 or rank in the top third of their graduat-

ing class. The standard voted on would still require an ACT of 21 but a cumulative grade point average of 2.25 could also meet the standard.

"It's a little hard to know how big a change this will be in the real world because under the existing standard we have been allowed a certain number of exemptions every year anyway so I think that time will tell as this plays out," said, David Cordle, provost.

The Kansas Board of Regents voted unanimously to approve the changes. They also have reached out and

asked the college to develop an art display project according to Senator Morgan Ford Willingham.

"We use all different kinds of mediums," said Willingham. "It really highlights to the board all of what we do, it's an opportunity to share our voice with them and show something representative of who we are."

The death of Runge, the beloved director of facilities, was also discussed.

"This is a very hard thing for the faculty, but we want to be aware that this is an even harder thing for Mark's family," Cordle said.

Senator Kim Simons moved to discussing the status of revised guidelines concerning the faculty recognition committee primarily in the school of business. According to Simons the committee is still drafting its bylaws and will have its first reading in faculty affairs soon to tackle some internal changes in how the college schools are set up.

The faculty senate meets at 3:30p.m. the second and fourth Tuesday of every month in the Skyline Room.

Police Reports

Logs from ESU Police and Safety

9.18

Officer opened the north end of the Walking Mall.

Officer removed immobilizer from MO EB4T7X in Lot

Officer engaged in community contact with subjects attempting to catch two loose dogs roaming campus.

Officer responded to a report of a female student who fainted in King Hall Room 207.

Jonathan Vopata advised that faculty and staff would be doing a campus safety walk. This includes testing the Blue Light Emergency Telephones.

Officer responded to a report of either a bird or a bat on the 2nd floor of WAW Library. Officer was unable to locate.

Officer stopped KS 987HJX in 1500 Merchant. Verbal warning for driving without headlights.

9.20

Officer assisted Emporia Police Dept. with a suspicious person in 700 W 12th

Officer contacted a bus parked in 1500 Highland and advised not to park on the hill.

Officer engaged in community contact with subjects in Sector 2.

9.21

Officer took a cat from the tailgating area to the Emporia Animal Shelter.

Officers engaged in community contacts in tailgating area.

Officer contacted subject at 15th and Market and advised of campus open container policy.

Officer reported minors in consumption in 1800 High-land-Free Parking. Officers cited several for minors in consumption.

Officer transported a female subject from Free Parking to Lyon Co. jail. Starting Mileage 56.1 ending mileage

Officer transported a female subject from Free Parking to Lyon Co. jail. Starting mileage 83.0 Ending mileage 83.7.

Officer provided escort for a female student from Sector I to Singular/Trusler Complex. Starting mileage: 9.0 Ending mileage 9.0.

9.22

Air conditioner in Science
Hall Room 145 - Human Cadaver Lab is out of order.

Officer assisted Emporia Police Dept. with an harassment call at II4 W 2nd.

Officer responded to possible misuse of a financial card at the Memorial Union. HBO.

Tim Lewis reported Alan Rhone is at Schallenkamp Hall and is under a No Trespass Order. No contact was made.

Officer checked the welfare of a female call on the Student Recreation Center Blue Light Emergency telephone. She had been followed in her vehicle and was concerned.

Business manager confirmed at first Student Media Board meeting



Kim Altis, junior business education major, introduces herself to the Student Media Board before they voted her in as business manager on Sept. 20 in The Bulletin Office. The next meeting will be held at 3 p.m. on Nov. 15 in The Bulletin office on the third floor of the Memorial Union. ZIYU ZHANG | The Bulletin

Corrections

A former version of the article "Fall 2019 Semester kicks off with various renovation projects" stated that the renovations to Visser hall, Roosevelt hall and the Memorial Union were a part of the housing master plan. They are actually a part of the campus master plan. This has been updated in the online version.

A former version of the article "Associated Student Government planning safety walk" misstated Paul Frost's major. Frost, ASG president, is a senior management major. This has be updated in the online version of the article.

The Bulletin regrets these errors.

Fiscal Affairs begins looking at line items

Katie Donnelly

Managing Editor

The Fiscal Affairs Committee will have two weeks to discuss the expense reports and increase requests of line item organizations. All line items were supposed to turn in their reports to the committee by last Friday.

After their discussions, they will reach out to line item organizations to set up a meeting time for their presentations. Before they make any decisions ,they reached out to organizations and asked for more in depth explanations if they found anything unnecessary or incorrect.

"We'll just need to work with them and see what that means theoretically," said Martina Miller, sophomore business administration major.

Each group needs to have a reserve fund allocated in case of an emergency, said Erin Zimmerman, committee chair.

The first appendix discussed was ASG's, which requested the same amount as last year. \$27,000 is allocated annually for student salary, which includes everyone on cabinet and chairs. Together \$16,800 of this goes to President and VP of student council, Paul Frost, senior management major, and Victoria Goetzinger, senior sociology major.

"That's like a part time job, that's pretty much what you make," Miller said. "It's like an hourly wage."

Because of the growth of the marching band student fees will continue to increase. The dollar amount of the stipend is not changing but they discussed there being a cap on the stipends for the band not only to save money but to keep the program more competitive.

That's a hell of a proposed increase... from \$10-\$15," said Jacob Gerber, senior political science major.





Runners burst with color at annual tie-dye race







(top) Students and their families get colorful at the Color Party that ended the Saturday Sept. 21 tie dye run festivities. This was the 7th annual Nitty Gritty Tie Dye Run. (middle) Volunteers splash runners with colored powder during the Nitty Gritty Tie Dye Run on Sept. 21. This year all proceeds went to Kansas Big Brothers Big Sisters. (bottom) Participants in the annual tie dye run are doused in color on Sept. 21. Other events held that day were Zumba and Yoga, yard games, and the Color Party. Ziyu Zhang | The Bulletin

Women in Toys Inventors Pitch New Products

NEW YORK--(AP)-

Women from around the world will pitch their latest toy, game and play product ideas on October ist at the Women In Toys, Licensing & Entertainment (WIT) Empowerment Day https://www.womenintoys. com/empowerment-day/ in Dallas, Texas. More than 500 women have presented their products at this game-changing annual event where women receive personalized mentoring and support in face-to-face meetings with executive decision makers at Walmart, Hasbro, Spin Master, Play Monster, Jazwares, Basic Fun!, Wicked Cool Toys and Goliath Games.

At this year's 8th Annual WIT Empowerment Day, held in collaboration with Walmart, more than 90 women entrepreneurs will pitch their products and ideas and benefit from feedback, advice and mentoring with industry leaders. Last year, inventor Angie Cella struck a deal with Wicked Cool Toys as a result of Empowerment Day for Blinger, https://www.wickedcooltoys.com/brands/ blinger/ the new glam styling tool for girls.

This single mother, who sold her house to develop and launch Blinger, met with Walmart buyers and several toy companies at Empowerment Day, including Michael Rinzler, co-President of Wicked Cool Toys. Michael recalls, "The minute I met Angie, it felt electric. She was so passionate about her product. It's fantastic that creators have this incredible opportunity to pitch their concepts and learn the in's and out's of the toy business."

Angie was in her 4th year trying to get her product picked up. She had been rejected from Shark Tank, lost as a finalist on a TV show. and only raised Kickstarter money by badgering her friends. Angie hadn't considered licensing Blinger and reflects, "I learned so much at WIT Empowerment Day, that it was like earning my MBA in one day. Being at this event helped put me on the map and played a huge part in finally being successful in my journey."

After Empowerment Day,

Angie signed a licensing deal with Wicked Cool Toys and in only a few months, Blinger was being manufactured. One year later, her product has landed on Walmart's Top Rated by Kids Toy List, Amazon's Top 100 Toy List, and is now available at all major US retailers including Target, Walmart and Amazon, in specialty stores including Claire's and Justice, and is distributed in 35 countries.

Past Empowerment Day mentors and speakers have included dozens of industry and entrepreneurial heavyweights, including Mark Cuban, billionaire business maverick and iconic serial entrepreneur, Melissa Bernstein, co-founder of an American manufacturer of children's educational toys, Melissa & Doug, and Norma Rosenhain, founder and CEO of the global brand ideas and activation agency, Creata.

Throughout the year, WIT supports women leaders who are creating real change in an industry where the landscape is moving at a rapid pace. WIT President Ashley Mady says, "We connect women globally at all stages of their professional lives to leadership opportunities, education, and important relationships that lead to new business deals and career advancement. WIT embodies an incredible community of women who have tremendous energy, passion and motivation to excel in a fast paced and exciting industry."

ABOUT WIT EMPOW-ERMENT DAY

WIT Empowerment Day provides women with a power-packed day of private product pitches, mentor sessions, and face-to-face connections with toy buyers and toy industry top veteran experts and decision makers in more than a dozen specialty areas. Held in collaboration with Walmart each October during Toy Fair Dallas, Empowerment Day is designed for entrepreneurs, manufacturers, inventors and business owners who want to take their idea or business to the next level, or catapult their career in toys, games, licensing and entertainment.



From authentic Mexican food trucks, to sushi and burgers, Emporia offers a great variety of food despite its size.

LUCAS LORD

Chi Em Eats offers great Vietnamese food, filling a gap in Emporia. Located at II East 6 street, Chi Em Eats is small enough to blend in with its surroundings but shouldn't be overlooked.

Chi Em Noodles

With a nice, cool interior the restaurant is crisp and clean—the benefits of still being relatively new. The menu is featured on a blackboard and offers a limited variety of soups, chicken and noodle dishes. They also

sport some mouthwatering house teas and bobas that are all about \$4 each and certainly a nice treat.

I decided to try the Vermicelli Noodles and chicken with cucumbers, lettuce, pickled daikon, carrots and bean sprouts. I also had a Vietnamese iced coffee. For \$13, I got a good meal but



not with any sides like soup or rice. With the shop mostly

empty, it didn't take long and nothing beats hot chicken and noodles.

The sheer amount of vegetables was filling but wasn't accompanied by much else. Granted they did offer more meat heavy alternatives like skewers but without the vegetables. The house sauce was incredible and went great with the sweet chicken.

I'm usually used to eating hot noodles so the cold temperature threw me off but the fresh chicken went well with it.

For a reasonable amount of money, Chi Em Eats offers a selective menu with some great dishes to try. Although, similar restaurants can compete in serving size and variety for far less and with a bit more space inside. If you're in the mood for something a bit lighter than Chinese and have some money to spend, Chi Em Eats is worth the visit.



Staff Ed

Emporia State employees deserve the 2.5% raise

Most employees in the state of Kansas recently received a 2.5% pay increase. But because state universities are funded differently, so Emporia State faculty and staff did not automatically get the full increase.

Instead, university employees are eligible for raises that might range up to 2.5%. The increases are partially based on merit.

The university sent out an email explaining the merit system, and then decided who got the pay raise.

the fairness of the matter.

The pay raise should be distributed equally across the board.

The merit-based plan that was developed stated that it would be split into two categories.

The first would be a 1.68% increase following certain requirements. The requirements are: Employed at ESU prior to Sept. 1, 2018, completed Diversity EDU and received a "Meets Expectations" on the most recent performance review.

The second is an addition-This leads us to question al 0.82% increase following all of the above and received

no performance improvement plan or progressive disciplinary action between Sept. 1, 2018 and Sept. 1, 2019.

This does not include all employees at the university. Only those who meet the requirements will receive the pay increase. This makes me question the fairness. Why would only certain parties be allowed the increase? Not even whole departments will receive that same increase.

This pay increase should be instituted across the board at ESU. From janitorial staff, to the president of the university herself.



Graphic by Kalliope Craft | THE BULLETIN

Long distance relationships are worth it



Faith Burgoon

Opinion Editor

Some people try long distance relationships in college with significant others from a previous school, job or some where else.

I was curious as to what other people's thoughts were on LDR's versus my own ideas about it. I currently have a LDR with my boyfriend who goes to college an hour away. An hour away is pretty far when you add the fact that we have full course loads and tons of outside work.

We've been together almost a year and a half. We dated the end of our junior year and our entire senior year of high school.

According to a website called inspiringtips.com, approximately 75% of American students say that they have had a LDR at some point in college. That seems like an impossible amount of people who went through the exact same thing. How well does it work?

In my case, it is hard. I won't

lie to you there. It's ridiculously hard especially, if you choose to date an athlete. They are always busy. The first few weeks are the hardest. You have to work to adjust to different schedules. College has weird class times, tons of homework and lots of practice time.

You have to be patient and above all, trust one another.

Trust is the key in LDRs. If you don't trust your partner, you're in for a rough ride. Anyone will tell you that trust is important in any type of relationship.

That's especially true if you have to trust your SO to be faithful from far away. I struggled with this at first because of past experiences. However, my boyfriend proved to be extremely faithful no matter the situation, luckily for me.

Another key in maintaining your LDR is making the most of your time with them. DO NOT waste time arguing when you see them in person. This is the person you've been waiting possibly weeks to see so enjoy

I promise that LDR's with the right person are worth it. You love this person, so you can get through the issue of distance.

I wouldn't trade anything in the world for my SO, even if he is a pain in the ass sometimes. Like I said, the right person will make the effort worth it in the end. Good luck!

Margaret Mellott

Editor-in-Chief

Katie Donnelly

Managing Editor

What are we paying for?



Lucas Lord

Staff Writer

For many students, health insurance is not an optional expenditure. UnitedHealthcare, the insurance provider for student insurance plans through Emporia State, is now more expensive than

The coverage for a single student has spiked 114% from last year, making the fall semester cost \$1,518 for a single domestic student.

With no all-encompass-

ing federal insurance policy, many Americans are left to fend for themselves in the private insurance market of competing premiums and hidden fees.

Student insurance is supposed to be the somewhat more affordable version of a private healthcare plan and yet it continues to skyrocket in costs as it continues to cover less.

Listed in UnitedHealthcare's Summary of Benefits and Coverage, a simple fracture requiring crutches could cost you up to \$780 out of pocket, almost half the cost of the initial plan. With a \$500 deductible on top of an already increased insurance policy, many students may be left with no alternative but to accept more federal loan money to afford staying covered.

The process of submitting a claim on your own can be daunting and complicated if you don't have anyone experienced you can ask for advice.

Claims can take up to 30 days to process and you are left to wonder how big a hit your bank account is going to take and how you'll be left to pay for something you thought was covered, like a visit to the dentist or optometrist which often require separate and equally as expensive plans.

With rising costs and decreasing benefits, the list of what student insurance doesn't cover is longer now than what it does cover. When we are forced to cough up the money, sometimes literally, we should ask ourselves what it really is we're paying for.

A push for action: Do something



Margaret Mellott

Editor-in-Chief

Sandy Hook Promise, a national non-profit, released a back-to-school ad last week with a very charged message: Do something about school shootings.

Founded by several family members of the Sandy Hook victims, Sandy Hook Promise advocates to protect children against gun violence.

They have a petition on their website, the promise, that people can sign up for,

stating, "I promise to do all I can to protect children from gun violence by encouraging supporting solutions that create safer, healthhomes, schools and communities."

The ad displays a dark reality for our children today-a reality of regular intruder drills that hold the premise that a mass shooting might happen to them. Hell, it could happen to us at Emporia State.

I've been a student since I was four, so 16 years. After graduation, I plan on teaching, which keeps me in the public education system. Education is something I feel extremely passionate about, but it's also something that terrifies me.

The ad ran by Sandy Hook Promise does a phenomenal job of displaying the horrifying reality our children are facing today.

When I first watched it, I had absolutely no idea what the ad was about, I didn't even know who was running the ad. I thought it was about school supplies.

As it progresses, I just filled up with so much anger and fear. By the end, I was bawling. I can't imagine sending my family the "I love you so much" text. I vividly remember reading those same texts from the Parkland students. I was devastated, absolutely heart-broken.

My tears mean nothing. Your "thoughts and prayers" mean nothing.

Action does.

This ad calls for the same action I'm calling here: Do something. Contact your representatives. Sign the Sandy Hook promise. Vote in your elections. Participate in your local communities. Just do more than pray.

Submit your letter to the Editor today

Letters to the editor should be no more than 450 words and can address issues, concerns, ideas or events important to you. Letters may be edited for content and length.

email letters to esubulletineditor@qmail.com. Please include your name and students email so we can verify authorship

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One free copy per ESU student. Additional copies are \$2.00 per issue or \$35 for a yearly subscription.

The Latest: Democrats say Trump allegations are impeachable

WASHINGTON (AP) — Seven Democratic freshmen lawmakers who served in the military and national security say that if President Donald Trump pressured Ukraine's president to investigate rival Joe Biden for political benefit, it's impeachable.

The seven centrist Democrats said in an op-ed late Monday in The Washington Post they "do not arrive at this conclusion lightly."

They call the allegations "a threat to all" they've sworn to protect.

The lawmakers include Reps. Gil Cisneros of California, Jason Crow of Colorado, Chrissy Houlahan of Pennsylvania, Elaine Luria of Virginia, Mikie Sherrill of New Jersey, Elissa Slotkin of Michigan and Abigail Spanberger of Virginia.

They come largely from swing districts where Trump is popular but voters split.

Trump has denied wrongdoing in talking about Biden with Ukraine's president.

7 p.m.

Republican senators are expressing unease with President Donald Trump discussing former Vice President Joe Biden during a conversation with Ukraine's president.

Yet most of the GOP lawmakers are telling reporters that more information is needed about the phone call.

Trump has denied reports he withheld military aid to pressure Ukraine to scrutinize Biden, a potential 2020 presidential rival.

Utah GOP Sen. Mitt Romney says it would be "very serious" if Trump demanded an investigation.

Alaska Sen. Susan Murkowski says it would be helpful for the administration to give lawmakers an intelligence community inspector general's report about a whistleblower's complaint about Trump. She says offering military assistance in exchange for a probe of Biden would be "not OK."

Others, like Missouri Sen. Josh Hawley, are downplaying Democrats' past "breathless complaints" about Trump.

4:20 p.m.

Senate Majority Leader Mitch McConnell says he personally pressured the Trump administration to release U.S. aid to Ukraine this summer, a time when the funding is now under scrutiny with a whistleblower's complaint against the president.

The Republican leader

said Monday he did not know the content of the whistleblower's complaint. President Donald Trump was reportedly withholding funding for Ukraine as he urged the country's president to investigate his chief political rival, Joe Biden. Trump denies any wrongdoing.

McConnell says he contacted both the Defense Secretary and the Secretary of State this summer to release the funds. Congress had approved \$250 million for Ukraine security.

He criticized Democrats for demanding public scrutiny of Trump's actions. He said the Intelligence committee should handle questions in a classified setting.

4:05 p.m.

The chairmen of three House committees are threatening to subpoena Secretary of State Mike Pompeo if he does not produce information about whether President Donald Trump and his lawyer, Rudy Giuliani, inappropriately tried to influence the government of Ukraine for political gain.

The heads of the House intelligence, Foreign Affairs and Oversight and Government Reform committees sent a letter to Pompeo Monday

threatening subpoenas if the documents aren't provided by Thursday.

The committees asked for the documents two weeks ago. Since then, it has emerged that Director of National Intelligence Joseph Maguire is holding back a whistleblower complaint from Congress. The AP and other news outlets have reported the complaint is linked to a phone call where Trump pressured Ukraine's leader to investigate Joe Biden's son.

3:05 p.m.

President Donald Trump is denying that he told the president of Ukraine that his country would only get U.S. aid if they investigated the son of Democratic rival Joe Biden.

During a meeting Monday on the sidelines of the United Nations, Trump said emphatically: "I didn't do it."

He said he hoped people would be able to eventually see a transcript of the call. He says if his critics ever see it, they will be "very disappointed."

Trump said he didn't put "any pressure" on Ukraine to investigate Hunter Biden.

comments came amid reports he pressured Ukraine's leader to help investigate political rival Joe Biden at the same time the White House was withholding \$250 million in aid to the Eastern European nation.

10:35 a.m.

The top Senate Democrat is calling on Majority Leader Mitch McConnell to investigate a whistleblower's complaint about President Donald Trump's actions toward Ukraine.

Chuck Schumer says in a letter Monday to McConnell that the Republicans' "see no evil, hear no evil" attitude toward the president's actions "is unacceptable and must change."

The New York Democrat called on McConnell to take five specific steps to probe the situation, including issuing a subpoena to compel the whistleblower's complaint to be delivered to Congress.

Schumer also said Republicans should tell the White House to release transcripts of Trump's conversation with the Ukrainian president and identify who in the White House sought to delay \$250 million in aid to Ukraine. Trump reportedly asked the foreign leader to investigate his chief political rival, Joe Biden.

Standards changes mean more will qualify for Kansas colleges

TOPEKA (AP) — More students will qualify for Kansas public universities under new admission standards approved by the state Board of sity, Emporia State Univer-Regents.

The board voted unanimously Wednesday to eliminate a rule that required high school students to take specific courses in English, math and science before attending the universities. Class rank also will no longer be considered for admissions, and most students with a C or C+ GPA will be accepted at a majority of the universities, The Wichita Eagle reported.

Regents said under the

new standards, 87% of Kansas high school graduates will qualify for admission to Wichita State University, Fort Hays State University and Pittsburg State University.

The standards for those four universities will be an ACT score of 21 or a GPA of 2.25. Kansas State University will require a 21 ACT score and a 3.25 GPA.

The only change at the University of Kansas will be dropping the curriculum requirement. Students there will still need an ACT score of 21 and a GPA of 3.25, or an

ACT score of 24 and a GPA of

It wasn't immediately clear whether the new requirements will take effect next fall. Board documents said several education regulations would need to be changed before the new requirements are implemented.

Daniel Archer, the regents' vice president for academic affairs, said dropping the class rank and the curriculum requirement will make the admissions process easier for students and university officials. He also said the GPA is generally regarded as

a better measure of student readiness for college than class rank, which can change from semester to semester.

tried to take out some of the bureaucracy," Archer said.

Rather than requiring specific courses, the universities high school students will need to complete 21 classes, or "units," in specific areas, including four units of English and three units each of math, natural science and social science.

The new standards change requirements that have been in place since 2001. Before

that, the state allowed any Kansas high school graduate to attend its universities.

The changes will help "We aimed to really sim- provide flexibility to school plify the process and we districts that are participating in a redesign project promoted by the Kansas State Department of Education, said Mark Tallman, a lobbyist for the Kansas Association of School Boards.

"One of the things we often hear about school redesign is . you have to make sure you offer the courses (required) to get into college," Tallman said. "So if that's taken away, it's more flexibility."

What if college athletes got paid? Questions answered

Jasmine Harris, Ursinus College

(AP) The California state legislature has approved a bill that allows college athletes to earn money through athletic endorsements starting in 2023. The governor hasn't said whether he'll sign the bill into law. Jasmine Harris, an expert on student athletes, addresses how the bill, known as "Fair Pay to Play Act," would alter college athletics if it gets signed into law. Her edited comments are below.

I. The Fair Pay to Play Act mentions preventing the exploitation of student athletes. Just how are student athletes being exploited?

College athletics has become such a business that

the exploitation is happening on multiple levels. It's not just that the colleges are making money off of the student athlete.

Players are also prevented from generating any kind of compensation around their image or likeness while they're in college, which – for many of them – is going to be the only time when their likeness or their image has any economic value at all.

Right now less than 2% of players end up going pro. And so you've got this entire industry that's built on generating revenue off the athlete through ticket sales, sponsorship deals with apparel companies, and TV distribution deals.

But that money - instead of being allocated back to the students or making changes that allow additional compensation to be accumulated by the students - goes to things such as coaches' salaries and new dorms and updated locker rooms with personal barbers and locker seats that roll out into beds.

It's enough to make me wonder whether these students are going to be sleeping in the locker rooms because they're spending so much time in the stadium as opposed to in their own dorms or classrooms.

2. Why do student athletes need compensation on top of their scholarships?

People expect non-student athletes to have a job or two. Studies have found that athletes spend 32 to 44 hours a week on their respective sports, which is in line with my own research, which shows that they spend three times as much time on their athletic responsibilities than they do on their student responsibilities.

So this idea that a scholarship – which is just tuition, fees, books, room and board is enough, suggests that that's enough for all college students and it's not. And in fact it's becoming increasingly likely that students across the board, in terms of socioeconomic class, are having to get additional jobs to make more money or their parents are having to put in more money on a day-today basis for them to live.

3. The bill, if enacted, wouldn't take effect until 2023. Why so long?

I think the California legislature is hoping that the NCAA will see this and try to institute some of its own policy changes that are more in line with the way that this bill is written. The 2023 deadline for instituting this law is about providing a cushion to allow the NCAA time to adequately adjust its current bylaws to be more in line with this new legislation.

The Conversation is an independent and nonprofit source of news, analysis and commentary from academic experts.

Kansas jobless rate in August was lowest in 20-plus years

TOPEKA, Kan. (AP) — Kansas is reporting that unemployment in the state dropped to 3.2% in August and was at its lowest rate in more than 20 years.

The state Department of Labor said Friday that the state gained private-sector jobs during the month and over the past year. Labor economist Emilie Doerksen said the

state has seen broad economic growth, and Gov. Laura Kelly hailed the report as good news for Kansas.

The department said the unemployment rate declined from 3.3% in July. It was also 3.3% in August 2018.

It was the lowest unemployment rate since May 1999. The rate has been below 4% since January 2017.

Kansas had nearly 1.18 million private, nonfarm jobs in August, up about 4,200 since July and 17,800 from August 2018. The over-the-year growth was 1.5%.

New diversity officer prepares for open forums

Lucas Lord

Staff Writer

Aswad Allen, chief diversity officer, will host a series of open forums with faculty, staff and students beginning in October.

"This is a great opportunity," said Allen. "My work here is going to pursue working in collaboration with others and developing a model that we can be proud of."

The forums will be in sets of three and begin Oct. 8 in the Memorial Union at a time and place to be determined.

"We're moving in a direction that will produce the results," Allen said. "We do have a long way to go but we do have some very good people at Emporia State that are very committed. I don't necessarily look at where we are today but where we can be tomorrow."

According to Allen, it is still too early in the year to get much work done. So far, he has been doing his best to listen to student leaders and organizers to develop goals that will help him better fulfill his charge here at ESU.

"Everything that I do is about student success," Allen said. "You have to pay attention to how the curriculum has to keep up with industry demands, how our recruiting methods for students have to keep up with demographic shifts and have a closer emphasis on casting a broader net for faculty talent...We need to continue filling the family of various institutions, in this case Hornet nation, in really preparing our students to be productive citizens and leaders."

Allen was identified as an applicant by the senior diversity officer search committee, and selected by President Garrett after their feedback.

"It is paramount that we continue to address diversity," said Jim Williams, vice president of student affairs. "It is the foundation of what we do. An institution always has to work with the enhancement of diversity, equity and inclusion. I think the mea-

sures (of success) are the number of cultural growths and the number of opportunities to continue to diversify the campus...creating an environment where all are welcome. I think this is a continuing process."

Williams chaired the search committee that narrowed down potential applicants to Tajuan Wilson and Allen.

"I think it's important that everyone feel included in the community," said Cora Kimble, a student worker with the Center for Student Involvement. "There are a lot of different activities on campus for students to find their niche in which is one of the benefits of being on such a small campus."

According to Kimble, the CSI organizes the majority of events that are held on campus, which offers a great opportunity to get people involved.

"CSI has plenty of awesome activities that come from our office," Kimble said. "I think it's important that students give back but also be there to lend a helping hand when others need it."

Students can reach Allen in the President's office on the second floor of Plumb hall or call 620-34I-5427.



Aswad Allen, senior diversity officer, explains what his job consists of and his transition to a new place. "Emporia State has been very welcoming to me and I am excited to be able to serve as the chief diversity officer for this community," Allen said. "I am looking forward to working with and for everyone." Shelby Hambleton | **The Bulletin**

OBITUARY

Mark Runge (1956-2019)



Mark Runge

Mark Runge, who was an architect and director of facilities for more than three decades at Emporia State and had become one of the most familiar and helpful faces on campus, died Monday, Sept. 16, 2019. He was 62.

In an emailed message to faculty and staff, President Allison Garrett said Runge's death was sharply felt on campus.

"(The) sudden loss of a friend, co-worker or loved one is never easy," Garrett said. "As hard as Mark's passing is on all of us, we know that it will be even harder for Mark's family—his wife,

Cathy, their two sons and their families. Please keep all of them in your prayers during this difficult time."

ESU flags across campus will be at half-staff to honor Runge this Saturday.

Runge was born in Hebron, Nebraska, in 1956, the son of William E. and Gwendolyn (Thompson) Runge. He married Catherine Kieffer in Belleville, Kansas. on Aug. 13, 1983. She survives. Other surviving family members are sons Erik Runge, Wichita, and Kyle Runge, Olathe; his, brother; Bob Runge, Newton; a sister, Cynthia Runge, Emporia; and three grandchildren, Eloise, William and Claire Runge.

He was preceded in death by his parents and a brother, Tom.

Runge received his associate degree from Cloud County Community College and a bachelor's of science in architecture from Kansas State. For 32 years, he had been architect and director of facilities at ESU.

Runge was a member of the Didde Catholic Campus Center and the Knights of Columbus, and was a board member of Emporia Main Street.

Memorials have been established with the Didde Catholic Center and the Emporia State University Foundation, according to Roberts-Blue-Barnett Funeral Home.

A rosary was recited in Runge's memory at 6:30 p.m. Sept. 20, at the Didde Catholic Campus Center, 1415 Merchant St.

A funeral mass was held at 10:30 a.m. Saturday, Sept. 21, at Sacred Heart Catholic Church, 101 Cottonwood St. The family requested no flowers. Online condolences may be posted on the Roberts-Blue-Barnett Funeral Home website, www.robertsblue.com.

Traveling with 20 Colored Boyd

My ticket to adventure

As a junior in high school, I knew I wanted to study abroad as much as possible in college. Most students only go for one or two semesters, but I plan to spend most of my college career abroad. I decided to study abroad for five consecutive semesters.

I am traveling through one of Emporia State's optional organizations as a part of the exchange program. I pay the same tuition rate as I would at ESU, but I study at a university halfway around the world. I'm studying interdisciplinary studies.

While working toward my bachelor's in interdisciplinary studies, I am focusing on cultural anthropology. Because ESU does not offer many courses in anthropology, I decided as a freshman that I would create my own degree by taking anthropology classes around the world.

I am very lucky to have discovered the Interdisciplinary studies pathway. Through this degree, I can make my dream of studying cultural anthropology by living in a new culture a reality. If you ever feel like you cannot find

a degree that fits the idea you have in your head, go for the bachelor's in interdisciplinary

I chose cultural anthropology and decided to study abroad as much as possible because I wanted to learn about other cultures personally, not just by reading about them in a book or watching a video

By the end of my journey, I want to be able to say I have a greater understanding of the world, of the beliefs and values of others, than I did before. Yes, I seek the adventure aspect of traveling, but I crave the knowledge shared with me through personal interactions.

My advice to you, is to never try to fit into a mold made for someone else. If you have a dream, make it a goal, then make it a plan. College is the perfect time to figure out what you really enjoy and who you really are. Don't miss the opportunity presented to you.

Best Wishes from Bern, Switzerland (and beyond),

Emma Grace

Vigor cycling club hosts first meeting

Faith Burgoon

Staff Writer

On September 18th, the Hybrid Vigor Cycling Club had their first meeting. The club is a group for anyone interested in biking.

The club leader is Alexander Barnes, graduate biology student. Barnes plans to not only teach riders about bike maintenance and how to ride on gravel versus the road, but to take the club on adventures across the state.

He stresses that the club is not just for people who are expert bikers, but for students and faculty who are ready to learn.

The club plans to meet once a month, creating a community of



Alexander Barnes, graduate biology student and the president of the Hybrid Vigor Cycling Club, talks about upcoming events. The Hybrid Vigor Cycling Club had their first meeting of the year on Sept. 18 in the Science Hall. Kristin Anderson | **The Bulletin**

like-minded bike riders that want to stay active.

"So, for people to know that it's not just for people who are experts in bike riding but also beginners," Barnes said. "Just that people know they can do this."

With Emporia playing such a prominent role to bike riders in and out of Kansas, Barnes decided that ESU needed a way to represent themselves.

They spoke on the funding, the different races they will attend, upcoming elections, and how they plan on getting the volunteer hours needed to keep their title as an RSO.

Most of the hours will be done at the Ross Natural History Reservation in Americus, providing club members with even more bonding opportunities.

"It is really inclusive. I just got into the biking community over the summer," said Katie Schrag, biology graduate student. "Not only this club but Emporia as a city has been really inclusive as a biking community."

Work for us!

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Emporia starts new bike share program

Katie Donnelly

Managing Editor

Emporia's new bike share program is ready for community members to use. With a grant from the Kansas Health Foundation, 24 new bikes are available at six solar powered stations.

These stations include Logan Avenue Elementary School, Emporia High School, Lee Beran Recreation Center, Do-B's, the Lyon County Sheriff's Office and Crosswinds Counseling and Wellness.

The purpose of the bikes is to make more of Emporia accessible, but in order to rent a bike, cyclists need a smartphone to download the app and a credit or debit card to enter information.

"It'll be really great for (people who can't afford bikes) to be able to experience and help them get around and find a cheap way of getting from the bikes for nearly five hours point a to point b instead of walking," said Alex Barnes, president of the Hybrid Vigor Cycling Club on campus.

Jack Holmgren, ESU alum, said he would not use the program because he already has his own bike. He still thinks it will thrive in Emporia.

"Emporia is a very big cycling community already, and I believe it's just the right size of town for a successful bike share program where you can rent a bike and ride almost anywhere in town," Holmgren said.

Topeka has had the bike share installed since 2015. However, this upcoming December, the bike program will be done away with.

Melinda Williamson, owner of Morning Light Kombucha, said she finds the news shocking. She said it only costs her a couple of dollars to keep at a time. Anytime she gets work done on her car, she is still able to make it to meetings because she uses the program.

The differences between the funding for Topeka and Emporia is not only that Topeka started with a more funding and more bikes, but that the Topeka funding came from capital money and tax dollars.

Emporia paid for the bikes through a Kansas Health Foundation grant, said Daphne Mertens, the grant manager for Emporia Bike Share. Emporia's grant was for \$84,000 but only \$30,000 was used on the bikes share.

Mertens believes it will also be more successful in Emporia because they started out small. She said because Emporia is such a strong biking community and is a small town, the program will flourish.

Emporia Bike Share Locations



CrossWinds Counseling

1000 Lincoln St. *1.2mi.

Do-B's

704 E. 12th Ave.

Emporia High School 3302 W. 18th St. *3.4mi.

Emporia Recreation Center 313 W. 4th Ave.

Logan Avenue Elementary 521 S. East St.

Lyon County Sheriff's Office 425 Mechanic St. *1mi.

*Distance from Memorial Union

Source: Daphne Mertens, Healthier Lyon County Grant Manager Infographic by Kalliope Craft | THE

Making campus better-trash enclosure added to Cremer hall

Khalid Ghanchi

Staff Writer

Construction of a new trash enclosure started last week at Cremer hall.

There are many big trash receptacles around campus to remove all the trash outside of the buildings and dump it at a common place. To make the campus look better, campus

committee has built brick wall enclosures surrounding these receptacles.

Building the enclosure costs \$65, 000, which is part of the Morse renovation project. This project is being paid for by bonds, which will be paid off through student housing fees.

As a part of Morse demolition, a trash enclosure was demolished with it. As a new

plan, the committee decided to move the enclosure to Cremer hall.

trash "The receptacle, which was by Morse complex, was set up to be used by Cremer, Butcher and Morse," said Gwen Larson, assistant director of marketing and media relations. "Since the demolishment of Morse these buildings have been without a trash enclosure for a while."

There are many enclosures built at different parts of the campus. Two of those are located at the east side of Plumb hall and South-east corner of Schallenkamp.

"Student body president from last year and a student from residential life were part of the committee to discuss this plan," said Tim Clark, director of facilities planning.

The students from Cremer hall have to face some disturbance during classes from the construction noise.

"The construction noise interrupts the class sometimes, but I am happy about the effort they are putting in to make the campus better," said Yifang Hao, graduate business administration major.

KELLY

continued from page 1

difference." Regardless of the situation, Kelly said she believes it's important for students to get involved in their local

communities. "It really is not only their right, but their responsibility to be involved," Kelly said. "Whether it's through serving on boards and commissions, or volunteering in their community (getting involved is importantly, is exercising their right to vote."

State employees received a 2.5% increase after Kelly's

ly merit-based system. Faculty and staff employed for at least the last two years are eligible for a 1.68% pay raise if they have satisfactory evaluations and have completed diversity training. An additional 0.82% is available, based on merit. The increases will be effective

"It works a little bit differimportant), but maybe most ently with university systems than it does with other state I took advantage of some, (but) employment," Kelly said. "In I wish I had taken advantage the executive agency branch, of more because it's a once in

budget was announced in to be across the board. But, the January. At ESU, it was imple- universities are funded differmented not across the board, ently, and it's really their prebut instead through a partial- rogative to decide how they want to disperse those funds.

If Kelly could go back in time, she said she would've gotten more involved as an undergraduate student.

"This is gonna sound really corny, but I would've studied harder and taken it more seriously," Kelly said. "I had a really good opportunity in undergraduate school to learn and to experience a host of things. which I oversee, the 2.5% was a lifetime opportunity."

SLEEP

continued from page 1

of who had been there before was too much in my opinion. But it was a nice place to sit and write this article. The first thirty minutes went by quickly and with my phone dead, there wasn't much left to do but sleep.

Overall, I see the appeal. It's comfortable, small, quiet and dark if you want it to be. I definitely wouldn't recommend it if

you feel uncomfortable entering a strange bed without knowing when it had last been cleaned or who was in it.



View from inside the sleep pod. FAITH BURGOON | The Bulletin

ROUNDTABLE

continued from page 1

theme of the meeting.

"Closing the Digital Divide' is the theme of roundtable with @FCC chairman @ ajitpai at ESU," said ESU on

Twitter. "Thanks to @Roger-MarshallMD for organizing the

The Bulletin has reached out to Pai to get more information about his visit to ESU and how to roundtable went.

IMPEACHMENT

continued from page 1

Trump would be the fourth one ever conducted by Congress, with previous proceedings against former Presidents Johnson, Nixon and Clinton.

"I think he deserves to be impeached," said Elicia Aceves, senior art major. "He's just done so many things that if it were anyone else, they would go to jail, but he doesn't because he's the president."

According to Aceves, Pres-

bring them together.

so all of his family is still In awful it was, how people were Mexico," Aceves said. "It's wondering around, there just really disheartening to were kids everywhere. I do see these things and claims feel like its personal, because that people make. Like when as a half Mexican woman eshe said Mexicans are rapists pecially, I feel like he doesn't which was sad because that's have any respect for me, he like my dad."

aunt still lives in Tijuana, spect for other women. Why

"She was telling me about one who doesn't respect me?"

ident Trump has worked to when everybody was at the separate the nation and not border and they were having all those problems," Aceves "My dad's an immigrant said. "She was telling me how doesn't have respect for my According to Aceves, her family, he doesn't have rewould I want to respect some-



Ajit Pai, Federal Communications Commission Chairperson speaks at the broadband round table on Sept. 19 in Cremer Hall School of Business. The theme of the roundtable was 'Closing the Digital Divide.' EMMA EASTER | The Bulletin

Kansas slated to open its newest state park in October

newest state park in Kansas is slated to open next month.

Little Jerusalem Badlands State Park in Logan County is a rare geological gem that features chalky spires and buttes projecting as high as 100 feet (30 meters) in the air.

The park is set to open Oct. 12 and the grand opening ceremony will be followed by free, guided tours that run ev-

WICHITA, Kan. (AP)—The ery hour, The Wichita Eagle reported.

Last month, Kansas dropped a \$50 visitor's fee to make the park more "public friendly." The fee was intended to serve as a warning to anyone that might damage the park's fragile rock formations.

The tours will now be free, but visitors must schedule them in advance. Guests will be required to buy a \$5 state park vehicle permit or have a yearly Kansas state parks vehicle pass.

Little Jerusalem is home to the state's biggest Niobrara chalk formation. It comprises fossils, giant chalk formations that rise, fall and swirl into towers and caves. It's a delicate environment that dates back 85 million years, when much of Kansas was covered by a massive sea.

The Nature Conservancy,

a global conservation organization, owns the 332-acre (135-hectare) area of land and Kansas manages the park. There have been two permanent trails installed that'll be available to the public yearround. No reservation is needed to hike those trails, a news release from the Kansas Department of Wildlife, Parks and

Tourism said. Though the state dropped its tour fee, park officials are still underscoring the need to protect the rocks and habitat.

"The Nature Conservancy's chief purposes for Little Jerusalem are, first, to protect the pristine natural features and, second, to provide opportunities for people to enjoy the natural beauty of the area," Rob Manes, director of the Nature Conservancy, said in the



Tucek: Heart surgery survior

Katie Donnelly

Managing Editor

On Sept. 11, 2001 the United States was in nationwide panic. As the second plane hit the twin towers, Justin Tucek, was on an operating table undergoing his second open heart surgery as a three-year-old boy.

Tucek, senior history major is one in 10,000 born with Truncus arteriosus in the United States, according to the Center for Disease Control.

Instead of having a separate pulmonary artery and aorta, his heart has one large vessel. Without the open heart surgeries and the insertion of prosthetic valves, his skin would turn blue, his pulse would be low, and breathing would be nearly impossible.

Tucek is a basketball student assistant with an unconditional love for life, basketball and Emporia.

"From the first time I met him, I've always said he's going to do really really well in life because he is willing to take on tasks, whatever they are, and he's willing to do that with enthusiasm," said Kristen Bayer, mother of the children Tucek babysits and deputy director of athletics. "With that combination, he's definitely going to make it far."

Despite undergoing five openheart surgeries in his 21 years, Tucek is grateful for the cards he has been dealt. If anything, it has made him

does have.

He says everything should be done with passion and excitement because there is no way of knowing if each day could be the last.

"You'll have bad days but then you've got to look at other things in life," said Tucek. "I'm a history guy, so you have to look at things in other countries that don't even have food or water but you failed a test. Coach says go get me a coffee, I don't want to do it like yeah why not? It's not a big deal."

Although Justin's mother, Michelle Burggraff, lives eight hours away in Justin's home town of Hartford, South Dakota, she said she never has to worry about him. No matter how much she misses his smile, she knows with his personality and his positivity, he will be fine wherever he goes.

"He is Justin," Burggraff said. "He is one of a kind."

He describes one particular instance, when he remembers waking up from surgery with tubes down his throat. Rather than breaking down, his reaction was throwing his fist in the air. He knew he made it.

"Every time I go in, they tell you 'Hey this could happen, this could happen," Tucek said. "I cherish every day with a smile, I make sure I'm happy and positive every day. Make connections with people, make in life from basketball to school life make it the most?"

more appreciative for the life he friends because I'm not guaranteed is the most important thing because for tomorrow. So out of everything you only get one life so why not



Justin Tucek, senior history major, shares about growing up playing basketball with his brothers, on Sept. 19. Tucek said he is very passionate about basketball and loves working with the team. Kristin Anderson | The Bulletin

Self defense workshop taught at ESU

Khalid Ghanchi

Staff Writer

Leap of Faith Martial Arts organized a self-defense workshop on Sept. 18 at the student recreation center.

The workshop not only taught different self-defense techniques but focused on the importance of awareness.

Madelynn Douglas, a trainer from the training academy, lead the workshop. She began with discussing basic knowledge of awareness and reactions to unexpected situations such

as being attacked. "My goal is to educate anybody and everybody who listen about self-defense, it is super important to know that you can live your life without being afraid," Douglas said.

She explained the most sensitive parts of the body, kicking and punching tech-

niques, other fighting methods, and the importance of carrying safety equipment for emergencies. There was also a special training included in this workshop to get out of the attacker's grip which taught how people can free themselves if someone attacks them from back.

"It is very important to educate yourself about selfdefense," said Ieva Zimmerman, senior psychology major. "Knowing where the vulnerable spots are on someone like face, thighs, neck and other spots were very helpful. I think we need to push more men coming to the session as there were no men in the session and it can happen to anyone even men."

Students left with knowledge of possible scenarios and how to mentally and physically be prepared for whatever comes their way.

"It was empowering, it taught a lot about shift-



Leap of Faith Martial Arts teaches a self-defense class on Sept. 18 in the Student Recreation Center. Students learned self-defense skills, such as how to fight back when they are overwhelmed by another person. ZIYU ZHANG | The Bulletin

ing dominance from the Chieko Zimmerman, junior jor. "If you have a chance, attacker to yourself," said elementary education ma- try it."

Hornet Home Games

Volleyball

t. 18: Northwest Missouri State University Oct. 18: University of Central Oklahoma

Soccer

Oct. 4: Missouri Western State University

Oct. 6: Northwest Missouri State University

Oct. 20: Newman University

Football

Oct. 5: Northwest Missouri State University Oct. 19: University of Central Missouri

Nov. 2: Washburn University

Nov. 16: University of Central Oklahoma

Cross Country

Sept. 27: Emporia State Invitational

Tennis