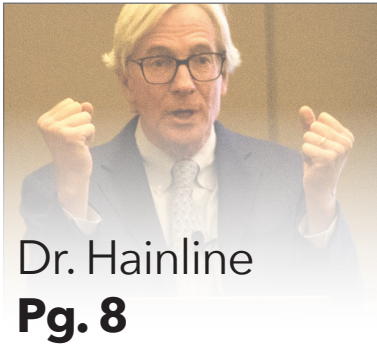




Octobeard Fest  
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Dr. Hainline  
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# Mystery “microbes” massacred

Margaret Mellott  
Editor-in-Chief

Mystery “microbes” were eradicated on the unoccupied fourth floor of Trusler this week following its identification last Friday.

“(Stover’s Restoration) did most of the work yesterday and they’re finishing up today,” said Cass Coughlin, director of Residential Life. “...They may be fully finished at this point. The only part of their work that is not complete yet is their environmentalist is scheduled to come next Monday.”

According to Coughlin, the environmental specialist was hired to identify the kind of

microbe and determine a plausible cause to help prevent this from happening again. From what Stover’s Restoration could tell, they confirmed that it was not black nor orange mold.

“I was asking (Stover’s Restoration) you know, ‘What’s the best communication and way to say this?’ (and) they said ‘Microbial growth’ because (from) what they could tell was that it’s some kind of microbe that started growing in colonies,” Coughlin said. “It could be a mold, it could be a fungus.”

The growth was localized to a few rooms on the fourth floor, but the entire floor was

scrubbed to help prevent spread.

“There are a few spots on the quarter walls and then maybe six rooms,” Coughlin said. “We haven’t done the full debrief. Stover’s was gonna clean everything, so every room and every quarter wall. They’re gonna do everything just as a preventative measure. But, in terms of where it was visually present, we noticed it in six rooms.”

Residents of Singular and Trusler were notified on Monday of the growth in an email from Coughlin.

“(I thought it was) disgusting”

see **JUMP** page 2



The Resident Assistant’s office on the fourth floor of Trusler, where the “microbial growth” is, is the only room currently being used on the floor. The growth has been removed as of Oct. 16. MARGARET MELLOTT | **The Bulletin**

## Homecoming

### “Little Women” with big voices



Performers rehearse the Homecoming Musical, “Little Women” on Oct. 15. Performance times are October 17-19 at 7:30 PM and October 20 at 2 PM in Karl C. Bruder Theatre in King Hall. ZIYU ZHANG | **The Bulletin**

Lucas Lord  
Staff Writer

Emporia State’s homecoming musical “Little Women” will run at 7:30 p.m. from Oct. 17-19 and 2 p.m. on Sunday in Karl C. Bruder theater.

“It is a very heartwarming, astonishing show that I would hope that if you were to come and watch that you leave thinking about it,” said Jasmine Hall, sophomore theater major who plays Jo March. “It’s truly a show that makes you think about family, love and your own dreams. Especially in the time period back then how crucial it was for these characters to achieve their super objectives in the show.”

Hall has been doing musical theater since she was cast in a production of Seussical in

fifth grade.

“I really like singing and musical theater songs which is starkly different from choir songs,” Hall said. “You are so involved in telling the story whether its happy or sad. I really enjoy different choreography numbers and learning all the different styles of dance that comes with each show.”

According to Hall, musicals offer a different challenge than traditional theater but is often more fun.

“In this show I have thirteen songs as Jo March, which is a lot,” Hall said. “With each song, I am telling a different part of the story and a different stage of my life and the other sisters’ lives. It’s definitely easier to memorize songs than it is monologues. I’m pretty good at memorizing, but it’s easier for

me to put a tune to words than just memorizing words.”

In the show, Jo March is the only woman to wear pants, something she gets scrutinized for by the 1860’s high society.

“A lot of times I’ve been casted as the ditz or loving character, which are always so fun, but its nice to also play someone whose very ambitious, very independent and headstrong and doesn’t rely on men,” Hall said. “Being able to just be her own individual self and worry about her dreams, well, she also worries about her family, but it is a very different aspect to play.”

The musical has a cast and crew of over forty, and about a dozen members of the orchestra pit.

“When it comes to music, audiences get the idea about what the show is about more,” said Brian Percival, stage manager and senior theater education major. “The music helps with that as opposed to plays where you have to use your brain to figure out what the theme is.”

As stage manager, Percival oversees production deadlines and assists in blocking out the performance.

“It can be (more challenging), but I think it really shows the creative license that everyone has when there’s a lot of people involved,” Percival said. “You see where everyone’s creativity.”

The musical also features a piano accompaniment by pianist Melinda Groves.

### Homecoming court prepares for busy week

Vanessa Pruitt  
Staff Writer

Members of the Homecoming Court were notified Oct. 8 of their nominations.

Once nominees have 90 credit hours completed, they have the option of applying for Homecoming Court. Of those applicants, members of the court are selected based on their application scores and have to complete an interview. Overall, homecoming royalty is decided by a total score made up of application score, interview score and student votes.

Nominees for homecoming queen include: Corryn Anderson, senior history major,

Kathryn Born, senior elementary education major, Sadie Coffey, senior communication major, Victoria Goetzinger, senior sociology major, and Carrissa McAfee, senior marketing management major.

McAfee, current Chi Omega secretary, has been active with the organization for four years.

“It feels cool (to be nominated),” McAfee said. “I really love ESU and Emporia and it’s one of the best decisions I’ve made so far.”

Nominees for king include: Paul Frost, senior management major, Derek Reese, senior biochemistry and molecular biology major.

see **COURT** page 7

### Trikes alive!



Alpha Sigma Alpha members, Ellen Wolfe, senior nursing major, Natalee Sharp, sophomore elementary education major, and Rachelle Reichert, freshman health and human performance major compete in the homecoming tricycle races. The winners of the race were Sigma Sigma Sigma. SHELBY HAMBLETON | **The Bulletin**

## Hornet Life

### Campus loses its “solutioneer”

Margaret Mellott  
Editor-in-Chief

One winter, as facilities was clearing the sidewalks for students in a snowstorm, Mark Runge, then facilities director, noticed a path in the snow between the residence halls and the library. To help students better get through that area, Runge added that path to the priority list of sidewalks that needed to get cleared.

“I remember Mark telling us, ‘This is a new piece we’re gonna do because the students are doing that, they’re tromping through the snow to get there, we’re gonna make it easier for them,’” said Gwen

Larson, assistant director of marketing and media. “I really think that characterises Mark and his relationship with campus as a physical entity, but with the students, faculty and staff as people also.”

Runge had worked on campus for nearly 30 years before his death on Sept. 16. Many faculty members recalled times that Runge played a crucial role on campus, such as Jim Williams, vice president of Student Affairs.

“There was a number of things that Mark was really good at,” Williams said. “For me, he was a solutioneer like no others. He’d figure out how

to get something done that I’d say two thirds of people would say, ‘Oh, it can’t be done’”

According to Williams, Runge was very “student-focused.”

“He was very passionate,” Williams said. “I can’t tell you the number of times, and it was always reassuring, he would say, ‘Well, the students need,’ or ‘This is for the students, we’ve got to make sure that this is addressed because it is a student safety issue.’ Students were apart of his vocabulary.”

Diana Kuhlman, vice president of administration and finance

see **SOLUTIONEER** page 6

## Corky's Fuzzy Friends



COOPER

**Breed**  
Chihuahua  
Mix  
**Age**  
5 years  
**Fee**  
\$75

He is super mellow and likes to cuddle.

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



## New trash enclosure part of remodeling process

**Lucas Lord**

Staff Writer

As part of the campus master plan, a new trash enclosure is being built on the corner between Morse and Butcher. The previous enclosure was demolished as part of Morse's reconstruction.

"This one will cost about \$65,000," said William McKernan, interim director of facilities in a phone call. "Most of them are about \$60,000 each but this one will be a bit more expensive since it's on a sloped hill."

According to McKernan, the enclosures themselves are largely aesthetic but do serve a functional purpose during storms.

"We get a lot of really windy days here in Kansas so it's important for those large containers which have wheels to be enclosed," McKernan said. "Mainly it's for aesthetic purposes, no one wants to see beat-up dumpsters all over campus."

According to Michael Seely,



The new trash enclosure is being built on the northeast corner of Cremer Hall. The purpose of a trash enclosure is for trash to be enclosed to keep the campus looking clean. SHELBY HAMBLETON | **The Bulletin**

the assistant director of facilities, the only other trash enclosure on campus is by Schallenkamp.

"The one at Morse that needs to be rebuilt was already being shared between Morse, Cremer

and Butcher," said Gwen Larson, assistant director of marketing and media relations. "So, when they needed to rebuild it that's why they chose the northeast corner of Cremer since it's close

enough to all three of them."

According to McKernan, the new enclosure is set to be finished in 30-60 days.

## Police Reports

### Logs from ESU Police and Safety

**Oct. 9**

Officer stopped KS 863HXS in 1200 Cottonwood. Verbal warning for no driver's side mirror. Also searched vehicle due to open container.

Jessa Thorne reported a suspicious person at 1607 Merchant-tennis courts. Officers made contact in 1800 Center.

Officer checked Trusler Sports Complex. Secured the east compound gate and south yellow gate.

**Oct. 10**

Emporia Police Dept. requested officer check for a 911 hang up at the Student Health Center. HBO.

Female student requested to speak with an officer at ESU PD HQ. HBO.

Officers directed traffic at 15 th and Merchant and 18 th and Merchant.

**Oct. 11**

North Twin Tower zone 321 Fire Trouble. Smoke detector Room 109. Mechanical problem.

Cremer Hall zone 45 Fire Trouble. Manual pull 2 nd floor west exit door.

North Twin Tower zone 321 Fire Trouble. Smoke detector Room 109. Mechanical problem. Room temperature was too low.

Officer assisted Emporia Police Dept. at 1118 Exchange Street with domestic violence call. Officers were unable to locate subject.

**Oct. 12**

WAW Library zone 7 CS Power Restore. Supervisory horn circuit trouble. Officer could not reset alarm.

Contacted Chance Miller. Left message.

Contacted ACS. They will respond early next week.

Anita Moore requested welfare check for Trey Moore at 1839 Merchant. Officer contacted subject. He will contact his mother.

Officer checked the welfare of occupants of KS 986 HCL. Subject waiting for help changing tire.

Butcher Education Center. Dean's Office. Human error.

**Oct. 13**

Officer engaged in community contact with a subject on Kellogg Circle.

Officer stopped TX LLL7669 at 1829 Merchant. Verbal warning for driving without headlights when required.

Officer engaged in community contact with subjects at 1225 C of E Dr.

**Oct. 14**

Officer provided lock out assistance for a White Chevy Silverado at 306 S Commercial. A child was inside.

Resident Assist. requested to speak with an officer at Schallenkamp Hall. HBO.

Officer checked Trusler Sports Complex. Secured the north yellow gate, south yellow gate and south compound gate.

## Red Cross Blood Drive welcomes over 60 donors

**Khaild Ghanchi**

Staff Writer

Emporia State students, faculty and community members

gathered to donate blood for the Red Cross Blood Drive between Oct. 7-8 in the Memorial Union.

With the help of the Caduceus Society, a campus pre-

health organization, Red Cross welcomed over 60 donors.

"I like that it is also open to the public so that we can get more donors and more opportu-

nities to save someone's life," said Kimberly Gunlock, sophomore biology major.

To increase the number of donors this year t-shirts were provided, walk-ins were welcome, and people were also able to sign up using a smart phone app according to Susan Faler, account manager of the Red Cross. Snacks and water were also provided to ensure everyone who took part stayed healthy.

"We have been trying very hard to get the word out about it and set our expectations high for the amount of donors," Gunlock.

Through the app, donors are able to follow their donated blood to see who it saves.

"I think everybody should donate blood, especially people like me with O negative blood type which is universal and can help a lot of people," said Mikaela Malone, sophomore nursing major.



Mo Rammel 2nd year graduate clinical psychology and art therapy major and Brielle Bowman freshman nursing major donate blood at the American Red Cross Blood Drive on Oct. 7 in the Skyline Room. SHELBY HAMBLETON | **The Bulletin**

## AG William Barr visits WSU, talks about crime rates

**Margaret Mellott**

Editor-in-Chief

U.S. Attorney General William Barr was on Wichita State's campus Oct. 2 for a roundtable event. Barr was invited by Sen. Jerry Moran to attend a roundtable discussion about state and local law enforcement.

"I wanted to come here to Kansas because this is one of the most successful federal, state and local law enforcement partnerships we have in the country," Barr said. "Senator Moran and I have been talking about how we can take things a step further to keep the pressure up against violent crime, drugs, gun violence (and) gangs."

According to the FBI website, the preliminary crime reports from the first half of 2018 show that crime has continued to decline. Burglaries from 2017 to 2018 had shown to be down 12.7%, motor vehicle thefts declined by 3.3% and all property crime categories showed a decrease.



Sen. Jerry Moran and U.S. Attorney General give their opening remarks during a law enforcement roundtable at Wichita State on Oct. 2. The press was not allowed to ask any questions of Barr following their opening remarks and before the roundtable began. MARGARET MELLOTT | **The Bulletin**

While these decreases are good, there are still some places across the country that are seeing a spike in their crime rates, Barr said.

"Not only in our big cities, but we're also seeing crime in some rural areas start going up as some of the drug-trafficking organizations are avoiding the enforcement regimes of the bigger cities," Barr said.

After Barr spoke, Moran echoed the Attorney General's statements and added that he wanted to focus on finding better resources for those in Kansas' jailing system.

"We are housing people who we can't help, but they are in our jails," Moran said. "They need care and treatment."

### MICROBES

continued from page 1

"(I thought it was) disgusting," said Angela Arwine, freshman history and history education major and second floor Singular resident. "It's just gross...Especially since there's this growth going on in sick season, to where we're already prone to diseases and our immune systems already down and then this is added. That adds a little bit of anxiety...While I don't get sick very easily, my roommate does."

While some students expressed concern over this development, others were thankful the university handled it so swiftly.

"I'm just glad it had no threat to me, I'm glad they're taking care of it," said Brayden Stabb, freshman business administration major and first floor Trusler resident. "Even though it wasn't bothering anybody, they still notified us."

Students living in Singular and Trusler Halls are urged to contact Residential Life if they have any concerns for their rooms—like strange smells, moisture, or another possible microbial growth. Students can reach Residential Life at (620) 342-5264, or at reslife@emporia.edu.



# Second annual Oktoberfest hosted in downtown Emporia

**Katie Donnelly**  
Managing Editor

Filled with games, beard decorating contests, live music, and different food vendors, the Downtown Emporia Bar Association held its second annual Oktoberfest. Hundreds of people, from in and out of town, flooded seventh street between noon and 9 p.m. on Oct. 12.

Okto Beardfest also took place. It included several categories for kids put on by the Kansas Free for Arts and the Emporia Arts Council and for adults by Beard Team Kansas. Several men and women traveled to compete.

“(The beard community) means meeting new people that you normally wouldn’t meet that are all good hearted people,” said Joey Rumpell, a professional whiskerina from the St.

Louis Beard and Moustache Club.

Professional whiskerinas are women who participate

in beard contests as a career. “The beard and mous-

tache community got me out of my depression and into competing and out of the house,” said Michelle Emmerson, a whiskerina from Springfield. “The first beard I ever made was a tribute to my fiancé...that died in a car wreck. He was a Coffeyville, Kansas firefighter and he was my best friend for sixteen years.”

Weda Skirts, Tarnished Brass, and Brickhorse also preformed amidst the stein holding and cornhole contests. Jack’s Snack Shack, The Saucy Lady, Mis Antojitos, MJ’s Catering, and The Hot Dog Guy provided food options.

“It gives more chances for the community to come together and kind of intermingle and experience different things that they may not in other cases,” said Andrew Wimp, business student advisor at Emporia State.



Michelle Emmerson, Patty McCloughin, and Joey Rumpell, professional whiskerinas, participate in Okto Beardfest on Oct. 12. They traveled from around Kansas and Missouri to be a part of the festival. EMMA SHA | The Bulletin

# Anna Paulina speaks about sex trafficking, illegal immigration

**Lucas Lord**  
Staff Writer

*Editor’s Note: The following contains a frank discussion about rape and sex trafficking.*

The Emporia State College Republicans hosted Anna Paulina, former Fox News minority correspondent and Turning Point USA Hispanic engagement director, to talk about sex trafficking and its connection to immigration.

“I did start out as the director of Hispanic engagement for Turning Point,” said Paulina. “That came from me simply choosing to take a stand and record my thoughts and views on stuff I had found by working with an organization called the Veterans for Child Rescue which was combatting child sex trafficking at the U.S.-Mexico border.”

According to Paulina, as her social media following increased, she realized the importance of talking about politics to younger generations who may be unwilling to have those conversations online.

“In my research, I found that this is something that the mainstream media wasn’t really talking about,” Paulina said. “You have members of

the LGBT community, you had young women and children that were victims of sex trafficking. When I say sex trafficking, that sounds like a really pretty word. In actuality these kids are sodomized, they’re raped and they’re sold. A lot of times they’re beaten and killed.”

“In my research, I found that this is something that the mainstream media wasn’t really talking about”

**ANNA PAULINA**  
TURNING POINT USA  
HISPANIC ENGAGEMENT  
DIRECTOR

After speaking at lengths to the conditions that immigrants face in their often-fatal journey across the border, Paulina opened up to the audience.

“I can tell you that somebody has realized this is going on,” said Richard Todd, community member. “When you get a commercial driver’s license in Kansas you have to go through training for sex trafficking and recognition... It’s going on at the Emporia truck stop and Salina and everywhere else. Somebody has

mandated that we do that, but we aren’t out here talking about it publicly.”

According to Todd, the requirements for drivers have increased in recent years but still proposes a challenge.

“The thing people don’t realize is that it’s not just illegal people being trafficked, but it is much easier because no one is coming to look for them,” Todd said. “If they’re a U.S. citizen, they can track down where they came from.”

The HiV and OPT permit programs were also discussed.

“I’m from India...this is my sixth year at Emporia,” said Farhan Sadique, graduate in business administration. “It’s very hard to get a job, especially with a new major because there’s not a lot of companies that want to hire you because they would eventually have to apply for the HiV and they don’t want to invest that money knowing that there’s a high chance that they don’t get to hire you permanently.”

According to Paulina, who is running for Florida’s 15th congressional district, her comprehensive immigration reform plan would grant DACA recipients’ resident status, but deny them citizen-

ship. While moving student workers like Sadique to the top of the list for permits and citizenship.

If you or someone you

know needs help the National Human Trafficking Hotline number is 1-888-373-7888 or visit [humantraffickinghotline.org](http://humantraffickinghotline.org).



U.S. AirForce veteran and Vice President of Bienvenido US, Anna Paulina talks about human trafficking and immigration on Oct. 3 in Webb Hall. She was invited to come speak with students by ESU College Republicans. ZIYU ZHANG | The Bulletin



## EMPORIA EATS

### Paleteria El Chavo: Homey food worth the trip

**LUCAS LORD**

While Kansas City has much to offer, taking a trip outside the city limits to Independence, MO lends itself to exploring new tastes.

Located in a small shop at the corner of 11029 East 23rd St. in Independence, Paleteria El Chavo boosts an excellent array of Mexican food, treats and homemade desserts, namely ice cream which is fit-

ting for an “Ice Cream Shop and Mexican Food Store”.

The menu features a sizeable selection of Tortas, burritos and even some burgers all for around seven to nine dollars.

With more desserts than I could ever hope to try, I was recommended the strawberry paletas naturales, one of their dozens of natural ice cream

bars and the Torta Hawaiana which came with cutlet, Monterey jack cheese, pineapple, ham, beans, tomato, onion and giant avocado slices.

For about \$11 the portions were fair but with a smaller staff it took a while to get finished, especially with so many locals coming in around lunch time.

Filled with what seemed to be only locals, the restaurant itself was set up like a Chipotle or Braums, where

you could watch your food be prepared.

With a greater variety of food pretty much anywhere outside Emporia, it was a treat to see something that reminded me of the food trucks back here so far from home but that was a bit more refined.

The Torta could have been my breakfast, lunch and dinner with how fulfilling and generous it was. With fresh pineapple and a variety of meats, the sandwich was mouth-watering and didn’t need any additional sides, not that they lacked any to choose from. The ice cream was crunchy and refreshing and natural ice cream lends

itself to be so much creamier and satisfying then the great value tubs at Walmart.

With a good variety of food, ice cream flavors and treats I had never seen or heard of, Paleteria El Chavo stands out from its contemporaries as a Mexican ice cream and food shop with a comfortable atmosphere that would make coming back an even more enjoyable experience.





## Staff Ed

## Public officials are not above questions from the press

The press has the freedom to ask questions without fear of retaliation. However, when U.S. Attorney General William Barr made a visit to Wichita State's campus nearly two weeks ago, that was not the case.

At the roundtable held by Senator Jerry Moran about law enforcement, the press was notified beforehand that Barr would not be answering any questions. This did not stop John Hanna, AP reporter, from asking Barr if he had discussed Ukraine with President Donald Trump at the end of the opening remarks as the press was ushered out.

As Barr ignored the question, Hanna was rushed out by security. While no force was used, the situation was

still very unsettling. Is the press no longer allowed to ask questions of our government officials?

The First Amendment gives reporters the right to ask questions of public officials, but it also gives officials the right to not answer. However, when questions aren't answered, especially pressing ones, it makes you wonder: Do they have something to hide?

Press freedom is a battle across the world, and while the U.S. has been successful in respecting those freedoms many times, there are still many situations that make you question whether or not they're being upheld. This is absolutely one of those times.

If public officials were just

allowed to ignore questions from the press, we'd never hear from them. So, what does this mean for the press if public officials are allowed to get away with this? Is this blatant refusal a sign that our First Amendment rights are discarded when public officials are scrutinized?

Members of the press should not be escorted out for simply asking a question, especially one the Attorney General should've been expecting. Barr should have made an effort to answer at least one of the underlying questions reporters are dying to know with the recent Trump impeachment inquiry.

The example set by Barr is not one to follow. Our public officials need to do better.



Sen. Jerry Moran and U.S. Attorney General William Barr at Wichita State University

## Textbooks: Too much for too little



Faith Burgoon

Opinion Editor

How much have you spent on textbooks in your college career? Too much, I assume. In my first semester alone, with five total textbooks, the original cost was going to be close to \$500.

As someone who pays for most things on her own, I thought this was completely ridiculous. I had to buy three and rent two for a total cost of really, too-damn-much.

According to collegeboard.org, the yearly estimate for college textbooks and supplies is about \$1,298. When we are already spending thousands on college tuition, who has that much

money for textbooks?

I have used my textbooks maybe twice in the first two months of college. That's not much considering how much I spent on them. I later found that I could go on a site called Thriftbooks and get the same textbooks for eight dollars that the bookstore was charging hundreds of dollars for.

You mean to tell me that I only have to spend \$8 on the book and two more for a binder to put the book in? Why is the bookstore charging so much?

It blows my mind to think that I'll have to continue to spend hundreds more on textbooks for the next four years. Textbooks that when returned at the end of the semester, lose most of their value.

When buying textbooks next time, be sure to check online sites for cheaper options, and don't be afraid to buy used books. You might like the extra few hundred dollars in your pocket.

## If the roles were reversed



Kristin Anderson

Staff Writer

Throughout my educational career, we have discussed the reproduction cycle. Women have periods which is a well-known fact, but what if they didn't? While I know we cannot control how the human body works, what would life be like if the reproduction process was equally shared by both sexes?

The other night, I had a dream where males had a monthly period and women only carried the baby. In my dream, men often got more offended when women would say "It's no big

deal" or "periods can't be that bad." The sensitivity of the human race was more openly talked about, as both sexes had a physical aspect and the often stereotypical gender roles were somewhat intermixed.

For some women, this is an intense week of headaches, bloating, cramps and other symptoms. There is a lack of empathy from men during this time. This can be seen by the flippant attitudes and remarks made by some men.

The same week I was pondering this dilemma, I was faced with a rather frustrating experience. I was somewhat upset from how my morning was going, but was NOT on my period. Unfortunately, I spilled some ketchup down the front of my overalls.

While I was attempting to wipe off the excess ketchup, a man walked by and said, "Wow, must be that time of the month again, chill out," and proceeded to walk away.

Being a person known to my friends as one who is easy to "catch an attitude," I was clearly not pleased. Not only did he assume that I was on my period, but a total stranger had the audacity to comment on my spill in such a crude way.

Events like this affect how we see each other as human beings and really demonstrate how we often misunderstand each other.

If men did have monthly periods, would this same situation had happened? Would both sexes have some empathy for different parts of the reproductive process? Maybe my question is deeper than discomfort and joking. Does it matter that we each have different roles? Shouldn't we just be understanding of each other's feelings because it is the right thing to do?

This one event got my mind thinking: If there is one thing you could take away from this, be understanding to one another.

## Letter to the Editor

Scott Schwab

Kansas Secretary of State

Dear Editor:

In this busy harvest season, we want to remind Kansans to vote in the November 5 election. Municipal elections play a key role in determining leadership in your community, but voter participation is at disturbingly low levels.

As part of the election, voters will be asked to approve eliminating the census adjustment. After numerous attempts over several decades, the Legislature passed

SCR1605 with bi-partisan supermajorities to eliminate a provision in the Kansas Constitution requiring the State to adjust census numbers for military personnel and college students.

The adjustment is antiquated, burdensome and expensive. Even though the Census Bureau is responsible for counting individuals where they reside, the adjustment requires the Secretary of State to also contact military personnel and college students to determine their official residence in a manner contradictory to the

Census Bureau. Kansas is the only state that adjusts census numbers - a practice that takes three to six months, involves hundreds of hours of state worker time and costs approximately \$835,000.

First, we ask you to vote on November 5. Second, please consider supporting this measure to help make better use of state resources.

Thank you for the honor of serving as your Kansas Secretary of State. If we can be of assistance to you, please call 785.296.4575 or email Scott.Schwab@ks.gov.

## 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@gmail.com](mailto:esubulletineditor@gmail.com). Please include your name and students email so we can verify authorship

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# 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.

His comments came amid reports he pressured Ukraine’s leader to help inves-

tigate 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 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, Emporia 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 3.0.

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.

"We aimed to really simplify the process and we 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 provide flexibility to school 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.

1. 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-to-day 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%.



# Sexual assault survivor speaks to ESU students and faculty



Brenda Tracey talks to students about the importance of being aware of sexual assault and domestic violence. "It's okay to be a survivor, we celebrate you," Tracey said. SHELBY HAMBLETON | The Bulletin

**Katie Donnelly**

Managing Editor

*Editor's Note: The following contains a frank discussion about rape.*

At the age of 24, Brenda Tracey was gang raped by four Oregon State football players. All four confessed to authorities, but none were convicted or held accountable.

Nearly 21 years later, on Oct. 3, Tracey visited Emporia State to talk to students and faculty about her experiences with sexual assault.

"Every time I get on the stage I try so hard not to cry," said Tracey. "But, I can't take you

back into that apartment and tell you what those men did to me without feeling an intense amount of pain and shame and disgust and embarrassment... And my rape happened 21 years ago."

According to the National Sexual Assault Violence Resource Center, one in five women will be raped in their lifetime and more than 90% of sexual assault victims on college campuses do not report their assault.

Tracey has been sexually assaulted by six different perpetrators in her 45 years. She is now a motivational speaker, and the founder of a non-profit

called "Set the Expectation." She explained that after experiencing trauma, it doesn't just go away. It replays in her head every single day, impacting her mental health, her self-esteem and her ability to mother her two boys.

"I mostly remember in that moment feeling like I was trying to say, 'Stop, what are you doing? Why can't I move?' But, I don't know that I was able to put the words together and say it out loud because I was trying really hard not to pass out," Tracey said. "I was trying so hard to stay awake and I remember that they were laughing. I remember they were laughing and they high fived each other a few times."

Tracey recounted the details of waking up naked next to the men on each side and on top of her. She described the few moments she was awake of the six hour assault to the audience, just as she had to for the police officers, the District attorney, the nurses, the reporters, and family members years ago.

She forgave the DA who pushed her case aside, even though they had all four of the men's confessions. Tracey also forgave the police officers who threw her rape kit away, and the former President of Oregon

State who hid the case with the intention of gaining donations for a new stadium.

"I see (Reser) stadium and I am acutely aware that that football stadium was built off my back, and my pain and my children's pain," said Tracey. "I know that my children almost ended up without a mother or a father because of football, because of money... People talk about 'Oh life is priceless.' Mine's not, it's five million dollars."

Her journey of forgiveness for herself and her attackers, began when she was 40 years old. She woke up and asked herself, "Am I going to want to die every single morning that I wake up?"

"That whole narrative, just from the start, it was like the odds were stacked against her. When you have literally whole organizations trying to hide what happened to her, it's just gross," said Kevon Seats, senior crime and delinquency studies major.

She has now visited at least 90 schools to share her story. Her speeches are typically directed towards male athletes because of the strong influence they have on the U.S. She believes those who are not the problem can make the biggest

change towards the solution by holding each other accountable and staying true to the pledge they sign for "Set the Expectation."

Morgan Cape, junior health and human performance major, explained the differences between Tracey and the other sexual assault speakers that have come to ESU.

Cape described the outlook Tracey provided her with as 'seeing things through new glasses'. She said Tracey not only validated her experiences in ways that no one else has, but made sense of her own thoughts and feelings being a rape survivor herself.

Students are constantly having discussions about sexual assault, but sometimes it's hard to connect facts to faces. According to Seats, hearing Tracy's story made significantly more impact than just the facts.

"We always have those talks, but they're just facts," Seats said. "There's not really much testimony and there's not much passion behind it... It just in it of itself is just terrible to hear. But when you put a story like that behind it just makes it all the more impactful."

## SOLUTIONEER

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nance, had worked with Runge for just over 25 years, both serving in various positions as they worked together.

"Just about anything that's been going on in the buildings, Mark has had some hand in," Kuhlman said. "He was excited about working with departments to renovate and make improvements that would better serve the students. He was very student-centered in what he did and

how he planned."

When Kuhlman was named interim vice president of administration and finance, she said she remembers one of their first weekly meetings.

"When I first came into this position as vice president, or as interim vice president in January of 2017, one of our very first meetings, because we met weekly, he said 'Diana, endeavor to persevere,'" Kuhlman said. "That was his mantra, 'Endeavor to persevere.'"

Runge is remembered as many things: Kind, humble, student-focused and caring, Kuhlman said.

"I wrote some things down actually," Kuhlman said. "He was very humble, always serving, he had a very calming sense about him, also inserted his witt, had a great sense of humor, very knowledgeable and he loved taking care of people. He loved his family. He loved his ESU family."

As a family focused person, Runge loved to travel with them and his wife.

"He loved to go to Disney World," Kuhlman said. "He and his wife would take an annual trip the last...several years, just the two of them. And one of the things about this place, being director of facilities, is that he wanted to strive for the Disney standard in the feel and the look of our campus in terms of being welcoming and clean and vibrant."

According to Williams, Runge took his work very seriously, but never failed to find the humor.

"I think that's kind of the spirit he brought to the position too is that he took everything so, so seriously, but he could find the humor in different things," Williams said.

Agreeing, Kuhlman said she missed his smile and being around him.

"He liked to be a little honry," Kuhlman said. "He'd crack a joke or tease a bit and just his laugh and the smile, (that) was not (just) on his mouth, but in his eyes. He just was enjoyable to be around."



Emma Grace Boyd

## Culture Shock?

Over the course of my first month living in Switzerland, I have noticed a lot of cultural differences. Some of these are unique to Bern or Switzerland, but some are just European tradition.

Although some are very different from my own culture, I do not in any way think negatively of these traits or the wonderful people I have met here. It's just different; that's all.

### 1. Eco-Friendliness is a key focus

As a participant of the climate strike a few weeks ago, I can soundly say that Bern is

very eco-friendly. Besides the march, people do their part in the everyday lives. Recycling is made easily accessible with separate bins around every corner and in every building.

There are also not many cars compared to the amount of people who live here. Everyone either uses the public transportation system (which is certainly not free), or they ride bikes. Bern even has public bike rental stations set up all through the city.

Also, organic foods, farmer's markets, and personal gardens can be found throughout Bern.

### 2. Everyone smokes

And yes, I'm talking about cigarettes. It is also quite common to roll your smokes yourself instead of buying them in a carton. This is very much a European thing as other exchange students from across Europe carry their tobacco, paper and filters with them at all times.

This is by far the hardest thing I have had to get used to.

### 3. Students applaud their professors

Well, not actually applaud. When the professor has dismissed the class, everyone knocks on the desks. When I asked why, I was told that it is to show that the students appreciate the professor and their work. It shows respect and that the students learned something from the lesson. I honestly love that.

### 4. Sweatpants/Leggings/Athletic wear is a no go

Going to class, going to the grocery store, or just walking your dog constitutes for at least jeans and a sweater. The only time athletic or lounge

wear is allowed in public is if you are actually working out. When you do wear athletic shorts or leggings around, you can tell that people must be assuming you are having a very, very bad day.

### 5. PDA, and lots of it

Need I say more? Every couple you see is either kissing, hugging, staring lovingly into each other's eyes, or just straight up being inappropriate in public, AND NOBODY CARES.

Maybe it's because I'm very, very single, or I'm just not used to it because I am from the U.S., but it seems like everyone is in the honeymoon phase. Age doesn't matter. And to be completely honest, it's adorable. There is so much love in this country.

### 6. Personal space is not a real thing

Here in Switzerland, and apparently everywhere except the U.S., personal space doesn't exist. Bumping shoulders, brushing your arms, or just standing so close I can smell your after shave is

completely normal here. And moving away to make space can be seen as disrespectful.

Completely running into someone doesn't even necessarily constitute for an apology or acknowledgement of the other person at all. And, if you are the smaller group on the sidewalk, then you should move out of the way and either walk in the street or just single-file, so the other group can pass comfortably.

### 7. Graffiti is welcomed and encouraged

It's everywhere, and it's so cool. There's even a skate park area here in Bern with a few bars around that are all covered in paint. Rarely is it ever painted over because it is understood as an act of self-expression.

Even in the tourist areas, you will see tags or art. You can tell creativity really blossoms here.

Best Wishes from Bern,

Emma Grace

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The Bulletin is hiring staff writers!

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Be part of a team that makes a difference  
(tell me something new to say here please).

Contact us for more information or to ask for an application:  
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REVIEW

Library hosts homecoming themed escape room

Faith Burgoon  
 Staff Writer

I have to admit, when I walked into the small room in the basement of the library, I was overwhelmed. There were posters, pictures, map keys and even old printed papers from *The Bulletin*, all of which were clues that I used later.  
 I found the first few minutes of the escape room con-

fusing. You read aloud the introduction about how Corky and some of the original Corky drawings were taken by a rival team in an unknown building. The “weapon” used was something harmless such as silly string or a dictionary.  
 Then you are free to wander around the room to look for clues. However, my escape room partner, Shelby Hambleton, and I were very con-

fused. We wandered around looking around for ten minutes sharing the idea that we couldn’t do it.  
 However, after the first clue was announced and we got the first box unlocked, we started to get the hang of it. We wasted the first ten of the forty five minutes doing nothing but doubting. I don’t suggest this tactic, it didn’t work to our advantage. After

a few clues and rummaging through every board, picture and artifact in the room, we got four of the five boxes full of clues unlocked.  
 The point of the clue boxes was that whatever “weapon,” rival team, and place on campus wasn’t shown was who had the missing Corkys. Since we wasted the first ten minutes and there were only two of us, we didn’t quite manage

to escape the room or rescue the Corkys. However, we learned a lot about campus that we didn’t know before and managed to have fun.  
 Overall, it was more fun than I thought it was going to be with tons of information about campus. Never having been to an escape room, I wasn’t sure what to expect, but I’m definitely not disappointed.

COURT

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lecular biology major, Dylan Schneider, junior elementary education major, and Eli Stewart, senior psychology major.  
 Stewart spoke of his in-

volvement in Greek life on campus and how it has led to leadership opportunities and involvement with community organizations such as SOS, the local domestic violence shelter, Big Brothers Big Sisters, and fundraisers for Alzheimer’s and Cystic Fibrosis research.

“It makes me feel good that the stuff that I’ve done while here at Emporia State warranted a nomination,” Stewart said.  
 Schneider was nominated for his involvement as the president of Trauma Informed Educators, which focuses on

dealing with trauma, especially in elementary schools. Ten percent of each registered student organizations is able to be nominated.  
 “I think we’re all very excited (to be nominated),” Schneider said. “I feel it’s an honor to be on the court and represent

my organization and the university as a whole. I have a lot of friends in the court so it’ll be super fun to hang out with them for a week-talk to alumni, talk to friends, things like that.”  
 Voting is open on the ESU website starting at 12 p.m. on Oct. 16 through Oct. 18.

HOMECOMING EVENTS

THURSDAY

Royalty Voting  
 6 p.m. Late Night at White  
 7:30 p.m. Hayes Lecture  
 7:30 p.m. Little Women

FRIDAY

Royalty Voting  
 10 a.m. ΦΔΘ Pole Sit  
 7:30 p.m. Little Women  
 8 p.m. Bonfire

SATUDAY

10 a.m. ΦΔΘ Pole Sit  
 11:30 a.m. Parade  
 2 p.m. Football vs. UCM  
 7:30 p.m. Little Women

SUNDAY

2 p.m. Little Women

source: Union Activities Council   Infographic by Kalliope Craft | THE BULLETIN



Greek organizations (above) compete in the Canstruction event held on Oct. 16 in the Ballroom. They made structures from their donations that afterwards were donated to Corky’s Cupboard. Students (right) wait patiently for their “Canstructures” to be judged by ASG representatives. The winner of the “Canstruction” was Sigma Tau Gamma. SHELBY HAMBLETON | The Bulletin

CanStruction Miracles



Emporia Writers Group shows off skills

Katie Donnelly  
 Managing Editor

In preparation for homecoming week, the Emporia Writers Group had this month’s theme focused on homecoming.  
 The group met on Oct. 7 to share their original poetry and short stories. The poems ranged from driving home to Emporia, to abstract ideas of what “home” really is.  
 “It really is a hidden treasure,” said Kevin Rabas, English department chair.  
 Brenda White was honored with several awards from the recent Kansas Author’s Club convention. Because she was unable to make it to the convention, they awarded her during the meet-

ing. Out of 81 authors from Kansas, White won first place in free verse for her entry titled “Tenacity,” among other awards  
 “This is very cool, I’m very surprised and very pleased, but very grateful,” said White.  
 Tracy Million Simmons, another author and one of the creators of the writers group, said that the camaraderie among members helps each other improve their writing.  
 “From the beginning we’ve said we’re here to support each other...When you come to the table we’re gonna take you wherever you’re at in your writing journey,” said Simmons. “If you’ve been writing at home in the closet that’s fine with us show us what you’re ready to show us.”



Lindsey Barlett, teacher in the English Department of Modern Languages and Journalism, stands in front of the group and reads her original poem. “Maybe homecoming is a smell you associate with a certain place- your grandmothers’ house, the woods, your significant others apartment, or the smell of the library,” Bartlett said. KATIE DONNELLY | The Bulletin



# MCAA Chief Medical Officer visits ESU



NCAA chief medical officer, Brian Hainline, speaks with Emporia State students about the importance of exercise on Oct. 7 in Webb Hall. “Every three out of four high school students do not get the correct amount of exercise” Hainline said. KRISTIN ANDERSON | The Bulletin

**Lucas Lord**  
Staff Writer

Dr. Brian Hainline, NCAA chief medical officer, spoke with Emporia State students about their health and well-being in his presentation ‘Can Sports Save Society’ after spending the day on Oct. 7 with athletic students and staff.

“If you were to take a child to a park, and don’t let a parent be around that child whose gonna restrict everything that child does then every three to five seconds there’s going to be a new burst of activity,” Hainline

said. “There are really only two things that are going to prevent that. One would be a morphine drip and the other would be an electronic device like a phone or television where you essentially become mentally and spiritually paralyzed.”

Hainline played two videos, one showcasing children playing and engaging in sports, and the other highlighting that this generation may live five years less than the generation before them.

“I have three grown children, and if I were a statistic, they would be dying five

years younger than my wife and I,” Hainline said. “...We have become so physically inept we are forced to exercise or to do sport if we are to survive in a normal manner. Physical inactivity is responsible for a multitude of deaths...its only exceeded by hypertension, tobacco use, high blood glucose.”

According to Hainline, the human body is not equipped to consume nearly as much sugar as we do.

“A hundred years ago in England, someone maybe had one pound of sugar a year and now it’s well over a

hundred pounds,” Hainline said. “Look at the genetic makeup of homo sapiens, of human beings, we don’t know what to do with all that sugar because we aren’t genetically capable of knowing what to do with it, so we store it as fat. That’s all we can do.”

Hainline made the distinction between sport and exercise, arguing that sport provides a social aspect that is crucial to our development.

“All of that sport is a reproduction of what really we are as human beings,” Hainline said. “As opposed to the people on the individual treadmill watching the latest news about what’s going on in Washington while they’re climbing and going nowhere and watching the impeachment inquiry that’s going nowhere, instead sport you could be doing something else, you’re engaging with other humans. If you look at the progressive domestication of homo sapiens over time, we really are social creatures and sport is very social. Sport takes you to a different place that exercise can go.”

Don Weast, ESU athletic director, said that the university was lucky to get ahold of Hainline.

According to Weast, Hainline had a good relationship with ESU President Allison Garrett, so they decided to really go all out by showing him around the athletic departments.

At the end of his presentation, he opened it up to questions from the audience. Leigha Limbach, an athletic trainer, asked Hainline what an appropriate amount of sleep would be.

According to Hainline, students need an average of eight to nine hours of sleep.

Sleep deprivation increases the suicide risk by five times, increases the chances of developing an eating disorder, which are often fatal, and can make people more vulnerable to alcohol abuse and drug use disorder. Sleep deprivation can lead to injury more than overuse of the muscle, according to Hainline.

Juawan Johnson, junior sports leadership major, then helped Hainline demonstrate the proper way to do the Pop-Warner 3-point stance, a technique in football.

According to Johnson, he believed the presentation was valuable to athletes and students alike.

“I got my PHD in motor learning, so I was surprised to see someone else talk so much about it,” said Michael Butler, athletics professor. “There are a whole number of ways to reach out to people. When I talk about something in class and then they see an authority figure talk about the same thing it helps reinforce what I say in the classroom. Not a year goes by that we don’t learn something new about sports science and medicine.”

# Kaleb Barber: Exceeding Expectations

**Braxton Allen**  
Staff Writer

Kaleb Barber, junior business major, is a sprinter, jumper, student and father. His personal goal is to focus on the progress he’s making rather than concentrating on the outcome.

Kaleb is a member of several organizations aside from athletics: The Black Student Union, Ki Alpha Epsilon, and THRIVE.

“Kaleb has always been charismatic, ambitious, re-

silient, and he brings joy and happiness into any room that he’s in,” said Aneas Barber, Kaleb’s older brother and alumn.

Although Kaleb doesn’t live with his son, Kristopher, he tries to spend as much time with him as possible, something his parents instilled in him.

“The lesson I most wanted to instill in my children was the importance of responsibility,” said Allen Barber Kaleb’s father. “Always being true to your word and

never making excuses no matter what.”

Kaleb explains how much he has matured since being a father but that fatherhood is something that makes him, him.

“Always being true to your word and never making excuses no matter what.”

**ALLEN BARBER**  
KALEB BARBER’S FATHER

“Being a parent is tough too, but it has made me grow

up and mature a lot faster than I would have. Seeing the growth of me from having to work so hard for my son, being grateful for two people instead of just myself,” said Kaleb. “I think that is something great that has happened to me”.

With everything Kaleb juggles, he says the track team is his family away from home. They support him with responsibilities of being an athlete and a father.

“Running track is more of a pleasure for me than a

burden,” Kaleb said. “Don’t get me wrong sometimes I am stressed out by it, but it’s something I want to do. It can get time consuming, but it is enjoyable.”

Kaleb said that his coaches have played a huge part in his life, teaching him that being successful doesn’t mean being in the limelight. It means being a good team player.

“Every member of a team has to play their role in order for success,” Kaleb said.

# Hornet Home Games

## Volleyball

- Oct. 18: Northwest Missouri State University
- Oct. 19: University of Central Missouri
- Nov. 1: Newman University
- Nov. 2: University of Central Oklahoma
- Nov. 8: Missouri Southern State University
- Nov. 9: Pittsburg State University

## Soccer

- Oct. 18: University of Central Oklahoma
- Oct. 20: Newman University
- Nov. 1: Washburn University
- Nov. 3: University of Nebraska - Kearney

## Football

- Oct. 19: University of Central Missouri
- Nov. 2: Washburn University
- Nov. 16: University of Central Oklahoma