middlewares

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Dalla who? Dallas what?

Written By Abby Trapp

We all have those spots where we go to relax, unwind, and think. For some it may be Starbucks, IHOP, the park, or the gym. My favorite thinking spot, the place where most of my ideas come to me, is Dallavis. One may ask, “Dalla who? Dallas what? Dallavis?...Where’s that?” These are just a few of things one might hear when the word “Dallavis” comes up. So what exactly is a Dallavis?

Dallavis is home to the school of Visual and Communications Arts. It is named and dedicated to Sister Olive Dallavis. Dallavis is located below Ridgway Hall, and is also the home to Avila’s Thornhill Art Gallery. Since I am now a Communications major, I am in Dallavis every single day. I sat down in the lobby and asked students what they liked about Dallavis and why. Jessica Albina, a Film and Digital Media major, describes Dallavis as, “[We’re] a little family. Everyone helps each other and knows each other.” Abdullah Asheed, majoring in Advertising and Public Relations, agrees saying, “I feel Dallavis is where I belong in this university. I feel my people are there. The professors and the students at Dallavis are always smiling and will talk to you. Even if they don’t know you, they will introduce themselves and to know you, and that is part of communication!”

Dallavis is very much like a family to me. I have classes with many of the same people and they understand the pressure of meeting a deadline whether it be for a film, advertisement or article. The staff is very encouraging and believes in me as well. What I absolutely love about Dallavis is how they incorporate visual art into their department. Many of the students work is hung throughout the halls of Dallavis which is very inspiring. It shows that professors are proud enough to display student’s art. It motivates me to stay up later, write more, and meet the deadlines. When I am in Dallavis, I feel I am home.
At Avila University, there is a building named Dallavis that houses the Communication and Design Majors. What many people don’t know, is that it’s also the home of superheroes that lurk throughout the classrooms. They are known as the Communicators, each possessing unique talents that help their students thrive not only in college, but also when they enter the real world. However, amongst all of these superheroes, there’s one that’s missing. This superhero is one that works behind the scenes, but is arguably the most important one yet: The Mighty Multitasker!

Her civilian name is Janine Urness and her official title is the Office Manager of Dallavis. As she states, “My focus is actually to make the department run smoothly, whatever that entails. It entails everything actually.” To put it simply, she does whatever is needed in Dallavis whether it be IT problems, student affairs, advising, paperwork, or even just being a friendly face to say, “Hi,” to every day. Being pulled in so many directions at all points of the day seems as though it would be tiring or stressful, but just as a true
superhero she states, “It’s easy. I mean, you know, because things come up at the last minute all the time and I just get up and I’ll do it, unless I’m in the middle of something I absolutely have to have done right now. Generally I’m usually on top of everything, so I’m not running behind.”

With all she does for Dallavis, one would assume that everyone would recognize and know her, but that’s not the case. In fact, many students didn’t even know her name when asked about past experiences they may have had with her. Bear in mind that even Batman and Spider-man aren’t seen too closely in order to keep the mystery as to who they really are. Don’t be discouraged though, because there are loyal, Janine-loving students who have only the best things to say about her. Four students from Dallavis were interviewed with one general statement: “Tell me about Janine,” and all four had only positive things to say about her. The main things mentioned were her kindness and willingness to help.

She didn’t just become the superhero that she is today, overnight, however. In fact, she originally started out in nursing, and left because it was too high of a stress job. This is ironic because one would think that being in such high demand to those in Dallavis would be very stressful, but according to Janine, it’s not stressful at all even though she acknowledges that to some people it would be. She also has been working as the Office Manager at Avila University for 11 years, so she definitely has had years of practice with handling Dallavis’ needs. Her favorite part of this job though is, “interacting with the students;” and that makes all of the matters that come her way worth it.

The key to really understanding a superhero is realizing that they’re just like normal humans too. Also like normal humans, there are small things about her job that annoy her as well such as people running to her for help before trying to fix the problems themselves. Lastly, her music choice includes a variety of artists including Bon Jovi, Taylor Swift, and Adele. She pretty much stays on Pandora, and people who have been in Dallavis can hear this first-hand.

Unfortunately, as with all superheroes, there must come an end to their reign. When asked about this, Janine had many things to say, the first of her plans being, “To not work here [Avila] anymore,” as she chuckled honestly. Her future goals and plans don’t all include work or the lack of work though. She also wishes to get her son through medical school, travel (primarily the Caribbean), and just enjoy her life without working, whatever that may be at the time. Until that time comes however, students and teachers at Avila University are lucky to have such a vital superhero in their midst to help solve their problems regardless of what they are.
3 Aids to Help You Sleep

Written By Zach Mize

The end of the semester is just around the corner. Projects are due, finals are coming, and it is essential to get the right amount of sleep in the midst of this intellectual storm. If you feel like you are one of the many in need of a sleep remedy, then look no further. Here are three inexpensive assistants that can help you get to sleep more successfully.

• Lavender Oil
Lavender oil is especially known for the way that it helps relax the body. It has a soothing and tranquil fragrance that will help lull you to sleep in no time. There are a few ways that you can use this essential oil before bed. You can mist lavender oil over your pillows and sheets just before climbing in them. You can also slide a few drops of it down the bottom of your feet or behind your ears. Another route, if you prefer it, is to mix a few drops into some tea or water.

• Cherry Juice
Tart as it may be, cherry juice is a natural sleep aid. It contains tryptophan, which is an amino acid that becomes melatonin. This helps regulate the body’s sleep cycle. On top of that, it I released within the body in dark environments. 100% juice is always more effective. So drink a glass or two of cherry juice, and expect a better nights sleep.

• Chamomile
Chamomile is one of the oldest tricks in the sleep remedy book. It is a muscle relaxer and also acts as a sedative. You can buy chamomile tea just about anywhere at a very low cost. You can also get it fresh and steep it however you like. This is a very delicious way to help you wind down and catch some Z’s with ease.
We all know how expensive beauty and hair products can be so I have created a list of some DIY home remedies. The items listed are items that can be found in any fridge or probably just around the house. I am here to tell you all of these items that can save your life.

1. Avocados- The oil of the avocado helps prevents hair loss and split ends. They contain many proteins and vitamins that are all needed to help hair growth and prevent hair loss. Simply mix the avocado in a bowl and add a bit of olive oil, rub all over wet hair and scalp and leave for thirty minutes. Then shower, unless you want to walk around with avocado in your hair, it’s up to you.

2. Olive Oil- It can be used to help brows grow thicker and stronger. How? Olive oil is known as one of the, “best essential oils that nourish hair follicles.” Massage a small amount of olive oil on clean eyebrows for a minute or less every night. You’ll then see the results in a matter of weeks.

3. Tomatoes- They’re great for purifying your skin and getting rid of most blackheads because they contain Vitamin C. Vitamin C is essential in eliminating dead skin and clogged pores. All you have to do is rub tomato slices on clean skin (mainly where the blackheads are located) for a few minutes and then wash your face.

4. Strawberries- These berries contain alpha-hydroxyl; which helps get that smooth skin we all want. It reduced eye puffiness just by taking cold, sliced strawberries and placing them over your shut eyes for a few minutes. Repeat this to show amazing results.

5. Honey- Honey is a natural antiseptic that can be used to get rid of acne. Take a small spoonful of warm honey and rub it all over your face and leave it for a minimum of 10 minutes then rinse off.
Q: What is your educational background?
A: I have a Bachelors of Arts from Avila in Mathematics and minors in Secondary Education and Fine Arts (Watercolor Painting concentration.) I also have a Masters of Science in Mathematics for Teachers from the University of Missouri- Columbia

Q: Why were you interested in math?
A: I enjoyed putting puzzles together as a child and solving the Rubik’s Cube as a teenager. Sometimes I would have trouble sleeping at night if I had one I could not solve. I would not stop thinking about it until I figured out the right answer. My roommate in college said she would hear me talking and walking in my sleep when I was stumped. She said I was counting a lot. I wanted to score 100% on all my tests. I cried one time when I didn’t get over 100% on a final exam that had extra credit. It is a passion for me.

Q: If you could give any advice to students, what would it be?
A: I think most students have the ability to do fine in school. They just need to put forth more effort. If they know a subject is a weak spot for them, they may need to spend a lot more time on the class they dislike the most. It feels like most students only want to do the bare minimum to pass. It is nice to see students actually put forth the maximum effort. I see it once in a while, but most of the time, I see the opposite.
Q: Who are your inspirations?
A: Mother Teresa, Gauss, Jaime Escalante, my mom, and my high school math teacher. Mother Teresa because she always put the needs of others before her own. Gauss because he was one of the greatest mathematicians ever known. Jaime Escalante was a math teacher that came to a very poor, crime ridden neighborhood. My mom was like Mother Teresa in that she always put her children's needs above her own. My high school math teacher because she helped me to understand and love math.

Q: What is your favorite place on campus? Why?
A: When I was a child, my school would come out to Goppert Theater for a grade school choir competitions every year and we often won. When I was a student here, I had a very good friend, and we would play ping pong after dinner where the bookstore is now located. When I was a senior, I put on an art show in the Art Gallery, which was located where the current School of Business is located. I taught my very first class at Avila in O’Reilly. That is a special memory.

Q: What pivotal events have shaped your life and who you are today?
A: I was a very bad student when I was young and then I became friends with a girl that was a very good student. That changed my life forever, because I finally cared about my grades and that allowed me to do well enough to earn scholarships and go to college. My mom died from her diabetes and when that happened, I vowed to do everything in my power to keep her fate from happening to me. I do have pre-diabetes, but I do not eat sugar, and almost completely avoid bread, pasta, and rice and grains as these raise my blood sugars the most. Most people think I am extreme in trying to avoid this disease from progressing, but I do not want my mother to have died in vain. My brother died and I was filled with regret for all the things I never said. When my mom died, I was glad that she knew how much I loved her. Make sure you tell people what they mean to you.
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Today it seems there is always a new health craze happening. Whether it’s cleansing with some kind of magic juice, taking away gluten as an option, or going all out vegan. These are the many ways in which people try to live a healthier life. There have been so many health trends over the years, but recently, it looks like juicing or drinking smoothies is one of the biggest crazes at the moment. But does juicing actually have health benefits? What are the healthiest types of juices or smoothies and just how good do those green smoothies taste?

Juicing has become a popular healthy option for people who are trying to stay on top of what is the best way to keep healthy. The benefits of juicing are, according to Dr. Oz, “Nutrients from the fruits and vegetables can help protect against cardiovascular disease, cancer, and various inflammatory diseases”. For people who don’t eat a lot of fruits and vegetables it’s an easier way to get the nutrients needed for the body. And for people who don’t have blender there’s plenty of local juice bars like Smoothie King or Roxberry. Roxberry, in Lee’s Summit Missouri, has a variety of healthy and tasty juice or smoothie options, with makes “Passion Paradise,” and, “Iron Strong,” which employee Sydney Moorman says are the most popular. She also says green smoothies are the top sellers. The healthiest of the green smoothies on the menu is called, “original green,” which includes ingredients like spinach, kale, bananas, peaches etc. So the benefits of juicing are clear, there are nutrients and antioxidants which everybody needs. Fruity smoothies taste wonderful, but how do the green smoothies taste? Sydney says, “People wondered what they tasted like, they taste better than people assume they do”. So it’s not as unusual as it sounds or looks, with the combination of the fruits and vegetables it’s a good balance. Knowing the health benefits of juicing, it seems like this health craze is going nowhere soon.
This green ribbon represents Mental Health Awareness. Better knowledge and awareness of mental health can help end the stigmas. The Counseling Center at Avila University offers many resources. They provide information for suicide prevention, alcohol awareness, body image and eating disorders, psychological screenings and assessments, disabilities, and many other resources. Aside from the Counseling Center at Avila, many resources are available for you. Located at Avila University in the lower level of building #8, Carondelet Hall, in the Hodes Center, Room 118 Phone: 816-501-2901

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AVILA UNIVERSITY
Be Inspired.
We all have that one t-shirt. The one that is worn down, with holes and stains, and we still can’t bring ourselves to throw it out. Or the t-shirt that just happened to be at the top of the pile. Or the, “I haven’t done laundry yet but this looks clean,” t-shirt. We asked students on campus why they picked out the t-shirts they had on that day. We also had students submit photographs of their favorite t-shirts.

**Gabriella Garcia**

“I'm wearing this t-shirt because pink is my favorite color. And I match this with sandals.”

**George Howard**

“I wanted to represent my old high school today.”
JOSH VAUGHN
“Because it feels good outside and it shows my biceps off.”

MADI JOHNSON
“It feels good outside and this shirt is thin.”

KAYCEE DEXTER
“I like the color of nature and I guess the color green summarizes the color of nature.”

COURTNEY NICHOLS
“Because it’s purple and I like purple”
This t-shirt is really special to me, because it describes my personality in a funny way. It says, “I’m not Lazy I’m Energy Efficient.” The reason why I like it is whenever I wear it and go out in public, people always comment about my t-shirt. Also some other people comment, “Bro that is exactly me,” which is funny either way.

My favorite T-Shirt is one that was my parents’. The reason I say both is because they both would wear it. My family used to all sit down together every Monday night and watch WWE Raw. My mom was in love with Stone Cold Steve Austin and The Rock, so she had lots of merchandise from them. This particular shirt is black with a bull and horns on it. It has signature eyebrows like The Rock’s. On the back it says, “Layin’ the Smack Down –The Rock.” I love it because it was my parents’ first so when I wear it I feel closer to them and a little nostalgic, but it also kind of makes me feel tough. I always say, “If you mess with the bull, you’ll get the horns.”

“This is a shirt I got while I was overseas, we had like a two week break where we had some free time so we traveled. We went to Paris Pizza, Amsterdam, and London. And this was a shirt I got in London at Oxford University. It’s a very old university and it was just a very cool old university, very scholarly, and I just love the T-shirt It just reminds me of that fun two week trip I got to have”
I picked this shirt as my favorite because it supports my favorite television show, “Game of Thrones.” My two favorite families on “Game of Thrones” are the Targaryens and Starks, and the image on my shirt depicts the Stark family’s crest of the dire wolf, along with their signature slogan, “Winter is Coming.” Now I know what you all are going to say, “Why are you wearing a shirt that says that even though it’s spring, almost summer?” Even though this is true, the motto stands for vigilance and warning. It is somewhat empowering having a reminder to always be prepared for whatever curve ball life decides to throw in your direction.

This t-shirt is one of my favorites and I have had it for a very long time. I designed it on Camel’s website right around the time I quit smoking. That is one reason I like it so much, because it reminds me of something great I did for my health. Most importantly, the shirt is just plain comfortable!

This t-shirt withholds great value in my life as an avid athlete. There is nothing particular about the design or color of the shirt that makes it special to me, but rather it’s the large amount of sweat that the shirt has endured that makes it so very special to me. Having indirectly acquired the shirt from a sale at a local sporting goods store almost six years ago, I have since completed roughly 400 miles on foot and another 500 on bike. Looking back on all the many early morning runs or afternoon bike rides this shirt has accompanied me on, I can easily say this shirt means more to me than any of the others in my closet... And yes, I do wash it.
Soda, potato chips, ice cream, and candy are all foods students like to eat. There is no doubt that students like to eat junk food, which is okay every now and then, but it’s not too healthy for the body. But there are alternatives to everyone’s favorite junk foods. Alternatives that may be healthier options to the unhealthy favorites.

For example, instead of potato chips why not try popcorn? To be specific, the very popular Lays potato chips which are around 160 calories, or Doritos which are around 140 calories. Instead of these try Boom Chicka Pop popcorn which is about 100 calories and is also gluten free, cholesterol free, and comes in a variety of flavors and tastes just as good as potato chips. Another alternative to a junk food favorite is the replacement of skittles with frozen grapes. There’s the chewy, sweet sensation without those 231 calories. These are great healthy snacks when craving something sweet. And what about soda? Of course, water is really the best option, but for the sweet, fizzy fix, try Izze. Izze is a sparkling soda with all natural ingredients, with 2 servings of fruit. At only 50 calories per bottle, it’s definitely something to add to a, “must try” list. Ice cream is another junk food favorite that can’t be eaten on a regular basis, so instead of ice cream, try a fruit bar. Specifically Nestle’s Outshine fruit bars, which have a great source of vitamin C, made with real fruit, gluten free, and come in various tasty flavors. This is definitely a nice refreshing treat to try this summer.
A good way to keep your thoughts positive about your body image is fitness; and for students that includes keeping that body image even during the summer months. Most students believe that the summer is supposed to be a time of relaxation. If you are one that has to stay on campus during the summer months, you may not be too familiar where you can go in Kansas City to help stay in shape. There are places that are even free, so that you can relax and still look great without having to go far from home.

The Santa Fe Trail is located on Wornall Road on the backside of campus behind the football field. This trail is about 5 miles, depending on where you start and finish. It’s beautiful, and great for a nice jog, or possibly a brisk walk, to clear your head before you start your day.

If being outside is not your thing, then inside the gymnasium is your place to be. The fitness center and weight room will be available during the summer months. Hours for the weight room and fitness center have not been set just yet, but you will need to have a student ID to sign in.

Students Top Workout Songs

- Survival- Eminem
- Uptown Funk- Mark Ronson ft. Bruno Mars
- Travesuras- Nicky Jam
- Bailando- Enrique Iglesias
- Rude boy- Rihanna
- Worth It- Fifth Harmony ft. Kid Ink
- Chains- Nick Jonas
- Classic- MKTO
- Danza Kuduro- Don Omar
- Stuck On A Feeling- Prince Royce
- Eye of the Tiger- Survivor
- Legend – Drake
An Avila faculty member to watch is Dr. Leslie Dorrough Smith. Smith received her master’s degree in Religious Studies at Missouri State and her doctorate degree in Religious Studies, with a minor in Feminist Studies at UC Santa Barbara. Of her twenty teaching years, five of them have been spent at Avila University. Her decision to become a teacher came from her love of school, specifically her college years. She said the thought of being done at the university saddened her tremendously. She was encouraged by others because of her aptitude to explain things. She said the time she spent writing and speaking gave her the confidence to teach.

So why did Smith gravitate towards religious studies? It can be traced back to her childhood and how she was raised in a household that held strong fundamentalist beliefs. At a young age, she accepted the things she was brought up to believe in. However, this changed around the time Smith went to college and she began to question things. She started to investigate the claims made by the very religion she was raised to embrace and accept as truth. From then on, it became almost second nature for her to explore how religion works in society.

In keeping with her fascination with religion and social dynamics, her first book, Righteous Rhetoric: Sex, Speech, and the Politics of Concerned Women for America, explores religion and politics. This book examines
the CWA, well-known conservative women’s organization, and how the political power the organization has lies in “chaos rhetoric.” Chaos rhetoric is a term Smith coined which describes a type of speech geared towards creating an intensified sense of social disarray and threat. Her book goes against the commonplace stance of many scholars who believe the organization stands out for being dedicated to morality and religion. Rather, she says, the CWA manipulates issues of sexuality, gender, and reproduction for the purposes of pushing their agenda. Her book also showcases how the CWA is not the only group to use this chaos rhetoric to achieve social dominance.

She says she wrote the book because she has always been interested in conservative Protestants in America, specifically fundamentalism and evangelicalism. This fascination partially comes from her own religious upbringing. While Smith understands the allure of fundamentalism, her desire to investigate things led her to see how the fundamentalist way of looking at the world did not make sense in comparison to other ways of looking at it.

By the time she was working on her doctorate, Smith’s desire to understand the role evangelicalism, heavy Christianity, played in politics grew. In addition, these issues became more personally interesting to her after she became a parent. The evangelical pamphlets she was using caused a sense of panic in Smith because they were putting the stay-at-home mother on a pedestal. She began to second-guess herself despite the fact she found the material to be unreasonable. Smith said, “I wanted to understand what these conservative groups were saying to the public because a lot of what they are saying is quite frankly, factually vacuous. It is just false, but it is really persuasive!”

For ten years, Smith followed the website of the Concerned Women for America, one of the largest organizations within the Christian Right, and picked apart the speech they used to promote their cause. This is where her term “chaos rhetoric” comes into play because these organizations speak more negatively about their issues in order to get people to do what they want. However, over time this group has had to change their rationale because the beliefs of society have changed. Overall, CWA changes with the times and the political issues, much like many other groups. In that respect, Smith asserts that this organization isn’t all that unique or different, despite what others in her field think.

Smith plans on writing another book in the future but doesn’t have a clear thesis statement to share yet. However, it will have similar themes as Righteous Rhetoric and will most likely revolve around sex scandals and how Americans view them. In the meantime, she will be busy working on her blog and teaching.
It’s not every day that you get a person who transitions from gunning to running. Each branch - the army, navy, marines, and air force - all have their versions of conditioning. It’s not uncanny for a person with that type of conditioning to further their careers by indulging in a running sport.

Mike Higgins, age 24, was born in Ohio and raised in Missouri. He is currently a freshman and majors in Marketing. He has always been inspired by who he considers the greatest people, “My father and Michael Jordan,” he said. Naturally gifted with talent, Higgins attempted one year of track in high school and the magic suddenly came to him. “I broke a school record and then I became good at it naturally. I never had any real training so I figured I could take it to the college level.” His motivation and drive to further his athletic career led Mike to his current destination. “When I was in the Navy I emailed Coach Boyer. I told him my stats from high school, and it kind of went from there. No other coaches
emailed me back, so I came up to Avila on a visit and liked it. Then I decided to enroll.” Avila University is the perfect niche for Mike because the institution allows him to live out his dream. One of his dreams and greatest achievements was to make it through the Navy and be able to be a college athlete.

Interestingly, Mike already has an established nickname. They call him, “Dirty Mike.” There is always a story behind every man, so what’s his? “I got the name originally in 2012 when I grew my mustache out. We were allowed to grow it in the navy and I dyed it jet black while we were doing some exercises down in Hawaii. I left it black for the entire two months and that’s how I got the name ‘dirty mike’; the mustache was just ‘dirty’ looking.” His personality is so colossal that whatever person comes in contact with Mike, he immediately leaves a good impression on them. He is a sports driven person, and like many people, he takes sides of certain teams. His favorite teams are the Indianapolis Colts, Dallas Mavericks, St. Louis Cardinals, and St. Louis Blues. It seems like the list could go on forever with him, but he’s just looking for perfect happiness. So what is perfect happiness to Mike? “Perfect happiness to me is to get through college, get my degree, go into work for CBS Sports, (either in Fort Lauderdale or New York City), and living life out with a woman that has an amazing personality. No matter how beautiful she looks, if she doesn’t have a personality she doesn’t have mike.”

Seemingly pointless questions can uncover truths about what type of person someone is, or about their lifestyle. Mike was asked, “if you were to die and come back as any person or animal what would it be?” He replied, “If I died and came back as something I would want to be a sloth because they sleep all the time, they don’t have to move fast, and do whatever they want.” It’s the, “Hakuna Matata” of all animals, and it reveals that sometimes all we want is to not worry. While living in a world full of hate, Mike commented, “I never hate anybody; the only thing I would hate, is to let my father down.”

His personality is on a skyscraper level, and all of his friends can vouch for that. A few of Mike’s friends were interviewed and asked, “What do you think about Mike and is he a positive or negative influence?” Not surprising none of his friends said he was a negative influence. On the contrary, they said he was a joy to be around. They said he always makes them laugh and makes practice easier. He pulls everyone up when they are feeling down, and if the team needed a captain he, would be a pretty good one. He continues to come to practice and gives everything that he has, which is all a coach could ever ask for.
MAKING DREAMS COME TRUE

Senior Avila football player pushes for NFL
Many boys dream of becoming a professional football player: they want to wear the jersey, step on that field, and be known by all football fans alive. They all play football in the backyard with their older brother until they’re able to join a pee wee team and next thing you know they’re playing on the college level. For one player at Avila, DaVeion Sullivan, that dream could become real.

DaVeion Sullivan is a senior at Avila University majoring in Biology. DaVeion never thought that he would be playing football, but he has always looked up to his older brother, and he felt DaVeion should give it a try: DaVeion was nine years old when he tried out for the Lancaster Jets. That year was tough for him but he felt he needed to prove to his older brother that he was tough, mentally and physically. He was not a little kid anymore. After high school, DaVeion’s brother had to stop playing football because of the birth of his child. After some time, his older brother made an attempt to play for a semi-pro team and ended up breaking his leg. DaVeion told me “Every time I talk to my brother, he doesn’t say it, but I can tell that he lives vicariously through me. I’m his legacy even though I’m not his son.”

Coach Justin Burna started as the head coach of Avila’s football program in the same year that DaVeion began his career at Avila and neither of them knew what they were getting into. “Justin isn’t like every other coach. He doesn’t put himself above all his players. It was different than what I’ve had before because he was open to new ideas.” DaVeion says that Justin is like a father figure to him both on and off the field. I had a chance to chat with Coach Berna and ask him about his thoughts on DaVeion. He smiled, laughed a bit and said, “DaVeion’s a good kid—almost cliché in a way. If our team was made of 100 kids like him, we’d be alright.” Both Justin and DaVeion got so excited when they talked about each other; you could tell they were like family.

When I asked DaVeion about his own family, I knew they meant a lot to him. “I don’t just [play football] for my brother. I [play] for my family. Ultimately, I have a bet with my Mom that if I was to make it into the NFL, she would stop smoking. If I’m able to prolong her life—that’s the ultimate goal.” DaVeion notes that his mother has struggled with smoking ever since he could remember.

I asked him if he felt as though he’s pushed himself to what he thinks he’s capable of. He struggled with this question because he wasn’t happy with the statistics, both Sullivan and Berna noted that he had a much better sophomore year. In 2012 DaVeion ranked 8 in receptions per game, 9 in total receptions, 8 in total kickoff returns and many more. DaVeion told me that statistics are just measurement of how well you contribute to the team, and Justin agrees. DaVeion had a small ankle problem in his junior year, which set him back just a little, and he feels that there is a lot more that he could’ve provided for his team, ” he mentioned. My stats from last year make me feel like I didn’t put enough into the season.”
Behind every strong and well-disciplined winning team, there is a coach who has pushed them to be the players they are. On June 9, 2014, it was announced that Sam Honeycutt would become Avila University’s new head coach for the softball team. From that moment on she has continued to amaze everyone with a total reconstruction of the program.

Honeycutt is from Pleasant Hill Missouri, and has a very impressive softball background. She has been playing softball since a very young age where her dad and her uncle, who also played fast pitch softball, were her biggest influences in learning to play and coach the game. From 2003 to 2004 Honeycutt played Division I collegiate softball for the University of Missouri and then transferred to Missouri State to finish out her last two years. After that, Honeycutt was asked to play on the Italian National team. When asked about her experience on the team she said, “it was a very different world but they are some hard workers and good competition. You kind of had to put in your own work, no organization. So, the athletes ran the practice which was kind of fun”.

It is known that Coach Honeycutt is no stranger to hard work and saw the opportunity to be the new head coach as a challenge that she was willing to take. “I heard about it (the job) through private
lessons and the owner of that facility I was giving lessons at told me that the job was open,” Honeycutt said, “and I wanted to get into a little bit more competitive realm of softball, and I wanted to work here because it was a huge challenge as far as turning a team around and creating some successful mindsets.”

The softball team has come a long way since Honeycutt took over, with the most wins in Avila Softball history. This season has proven that Honeycutt as a coach is taking a step in the right direction. Abby King, a Freshmen Accounting major with a Pre-Law minor, said this about Honeycutt, “She really sees the potential in a player, and she will play on their strengths to be the best player they can be. Its like pulling teeth sometimes but in the end it’s worth it and you can see that in how we play this year compared to the records in years past.” This years record of 25 wins, 9 losses, and 1 tied ball game has more than doubled the record wins from last season of 11 wins and 30 losses. With the program under total reconstruction, Honeycutt has turned up the intensity and it hasn’t gone unnoticed, “She is a really good coach, she has taught us a lot not just fundamentally but also how to work and play as a team,” Kaycee Dexter, a nursing major and starting shortstop for the Eagles said, “she has definitely turned this program around.” Maddie Mueth, sophomore team captain for the Eagles had this to add about Honeycutt, “she is hardworking as a coach. She is always there to help you out like with batting practice. You can tell she has passion for the game still even though most people after college don’t.”

The road the team is paving for themselves is one that is still being worked on but the light at the end of the tunnel is definitely getting brighter. “Some lessons I want them to take away from this whole softball experience is to take the kind of things that softball can teach you about life and be better people so know how to work hard know how to be organized, know how to show up on time, things that are important in the real world once you get out of this fantasy land of softball,” Honeycutt said.

“She really knows the game and has respect and love for the game, “Caitlyn Shireman, Junior, first baseman and radiology major, said, “and that is something we were lacking before.” Though Coach Honeycutt’s career at Avila has just started she is definitely someone to keep your eyes on.
Gymtimidation...yes it is a real thing. Also known as gym intimidation. According to Urban Dictionary, gymtimidation is when someone is intimidated to go to the gym because the muscle heads are constantly using the weight/free weights. That is a funny way of saying it, but really this is a huge problem for many people who want to workout and go to the gym.

My advice is to just worry about you. Don't look at other people, as hard as it may be. Our society is so focused on what other people say about us that we start to listen when really we just need to be ourselves. Yes, we can change the way we look by working out, but if you don't love yourself you’ll never be OK with anything.

Here are five tips to get over your gymtimidation:

01) Write your workout down before you do it
   - Doing this you will more apt to focus on doing everything in your workout

02) Focus on your workout (Not everyone else!)
   - Stop looking around! This is your time not everyone else’s

03) Talk to an instructor
   - Instructors and personal trainers are there to help you and make you better.

04) Exercise during off-peak hours
   - I do this a lot. Go during times when everyone is working like in the middle of the day. Not in the morning or after everyone gets off work.

05) Have confidence
   - Probably the most important part. If you don’t believe in yourself you will never succeed.

Alternative Ways to Workout

Written By Jonna Garcia

- Running: It burns a lot of calories, gives you great leg muscles, and best of all, you can do it just about anywhere.
- Public Courts: Avila recently added a sand Volleyball court. It is available to the student life. You can enjoy some time in the sun.
- Join a team: Find leagues in your community that you would enjoy. Any sport has physical activity that allows the participant to have fun while working out.
- Yoga: For yoga, you need only your body and a mat to do it. There are tons of online yoga workouts that demonstrate the poses, so you can try pretty much any kind of yoga without leaving home.
- Dancing (Zumba): Avila offers free Zumba sessions every Tuesday and Thursdays from 4-5. An easy fun way to stay while learning new moves.
Writers block, like many things, is not clear cut and pointed. Like most things in this world, writers block lies in that gray area; the area on the color spectrum that we can’t touch or see, the area we can feel but not grasp. I’d like to say that writer’s block is an easy fix. I’d like to say that there is a pill for writer’s block. However, I am glad there is not. Writer’s block is a curse and a blessing all encompassed in one tight package. It is a curse because here I sit not thinking of what to write. It’s a blessing because it allows me to push my limits. Writer’s block allows me to be completely and utterly alone with my thoughts. Those moments when everything floods in your mind at once except that one thing you need to write about. Which is why I’m writing about writer’s block. Oh, the irony. As I sit here and write I realize the power of thought...and then again no thoughts. Every idea starts with a thought, and where do we take those thoughts? Paper. Even from the beginning of time humans have found an idea to transfer their thoughts from ideas to art, whether it be on stone or papyrus. So as finals approach, and term papers are thrown your way, embrace writer’s block. Look it straight into eye and say, “I own you. My thoughts are valuable, and you will hear them now!”