

## DNNews



### A survivor's starter pack

Self-defense instructors offer classes to Ball State students and the at-large Muncie community. ▶ 5

## DNSports



### The end of a 30-year career

Wes-Del head coach John McGlothin to retire from coaching ▶ 10

## DNLife

### Behind the curtain

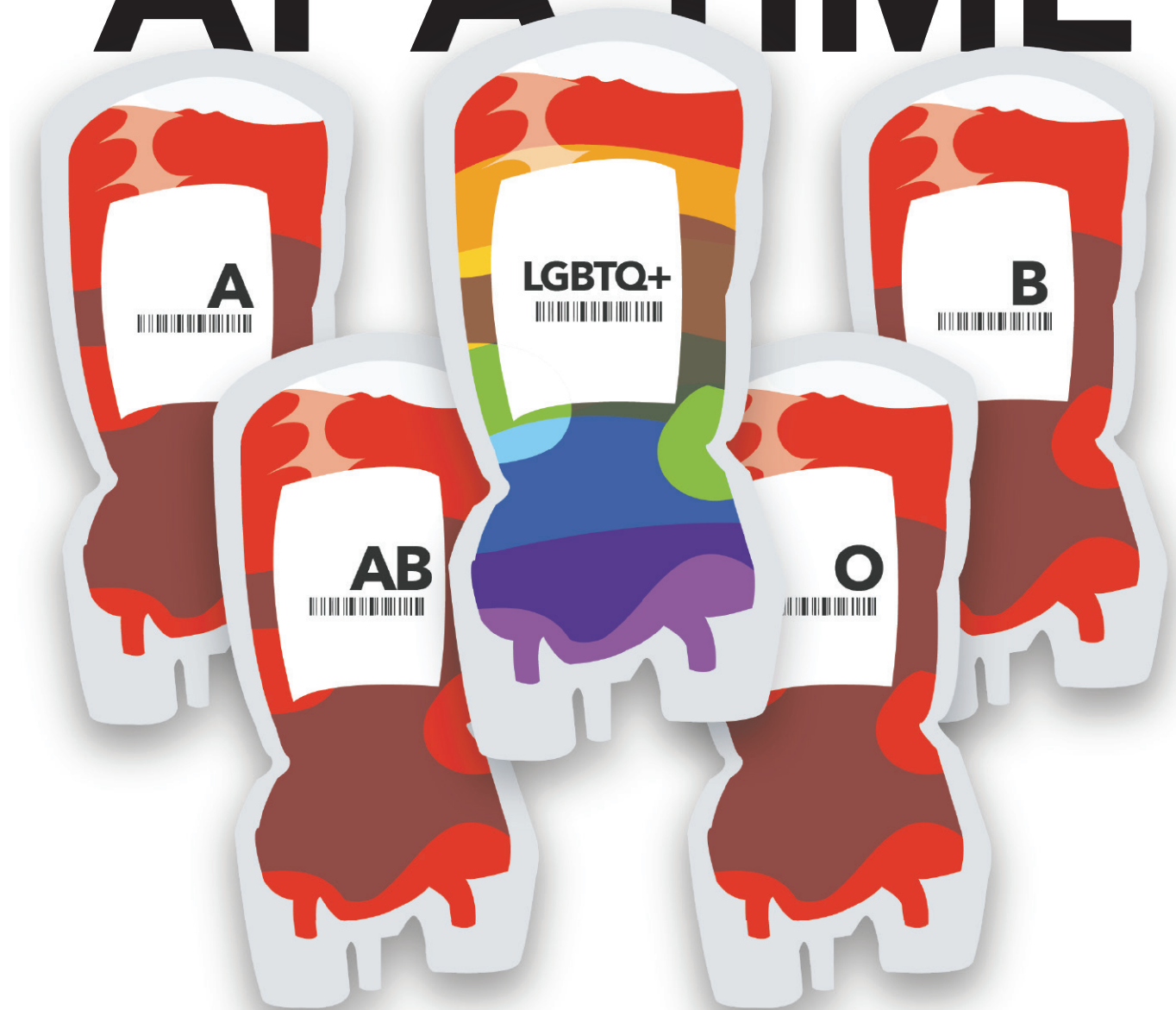
Many hands work together to create the theatre experience. ▶ 14

## DNOpinion

### Healthy hobbies

Hobbies can help us maintain healthy minds and bodies. ▶ 16

# ONE DROP AT A TIME



The FDA is reconsidering a 40-year restriction on certain LGBTQ+ individuals donating blood and plasma.

MEGHAN HOLT, DN DESIGN

Did you miss it? Catch up on the news from March 12-16...

# BallStateDailyNews.com



Follow the DN socials



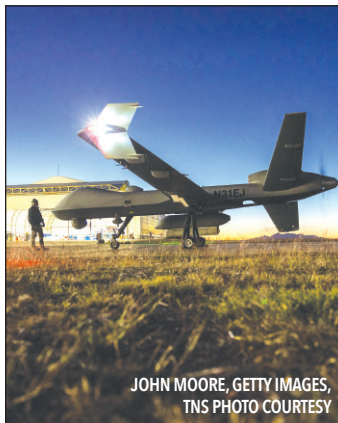
JACY BRADLEY, DN

## Women's Basketball receives WNIT bid

► **March 12:** Following its 70-61 defeat to Bowling Green in the semifinals of the Mid-American Conference (MAC) Tournament last week, Ball State Women's Basketball received an at-large bid to the Women's National Invitational Tournament (WNIT), a postseason tournament designed for teams who were unable to make the NCAA Tournament.

## Can you find the lucky four-leaf clovers?

► **March 16:** Happy St. Patrick's Day from The Ball State Daily News. To celebrate, our designers have hidden three four-leaf clovers somewhere in this week's edition of The Daily News. Once you think you've found them, take a photo, post it to your story and tag us on Instagram @bsudailynews for a chance to be featured on our story. Good luck!



JOHN MOORE, GETTY IMAGES, TNS PHOTO COURTESY

## Russian-United States tensions rise after drone incident

► **March 14:** United States officials said Russia violated international law after a Russian fighter jet struck a U.S. surveillance drone. U.S. forces brought down the drone over the Black Sea in response. Russian officials refuted this claim, saying the drone crashed into the water after executing a "maneuver" during the encounter. The drone was unmanned, though it's unclear if it was unarmed.

### 4-DAY WEATHER FORECAST

**BENNY WEATHER GROUP**

Oliver Moster, Weather forecaster, Benny Weather Group

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CHANCE OF RAIN</b>	<b>CHANCE OF RAIN</b>	<b>MOSTLY CLOUDY</b>	<b>PARTLY CLOUDY</b>
Hi: 57° Lo: 42°	Hi: 49° Lo: 23°	Hi: 31° Lo: 21°	Hi: 38° Lo: 22°

**THIS WEEK:** Windy conditions expected going into the weekend. Showers moving into the area Thursday night associated with a cold front, knocking temperatures down to the 30s for the weekend.

START CHECKING FROM DAY ONE.

## Cardinal WX

Waking Up with Cardinal Weather is Ball State University's first and only morning mobile show focused on getting you ready for the day through local news, weather and lifestyle trends. Waking Up with Cardinal Weather airs every Friday morning at 8 a.m. at @cardinalwx live on Facebook.



The Ball State Daily News (USPS-144-360), the Ball State student newspaper, publishes Thursdays during the academic year, except during semester and summer breaks. The Daily News is supported in part by an allocation from the General Fund of the university and is available free to students at various campus locations.

**CONTACT THE DN**  
Newsroom: 765-285-8245  
Editor: 765-285-8249,  
editor@bsudailynews.com

### VOL. 102 ISSUE: 25

#### EDITORIAL BOARD

- Elissa Maudlin**, Editor-in-chief
- Evan Chandler**, Print Managing Editor
- Angelica Gonzalez Morales**, Digital Managing Editor
- Kyle Smedley**, News Editor
- Hannah Amos**, Associate News Editor
- Daniel Kehn**, Sports Editor
- Corbin Hubert**, Associate Sports Editor
- Lila Fierek**, Lifestyles Editor and Copy Director
- Mya Cataline**, Associate Lifestyles Editor
- Grayson Joslin**, Opinion Editor
- KwaTashea Marfo**, Associate Opinion Editor
- Amber Pietz**, Photo Editor and Visual Editor
- Jacy Bradley**, Associate Photo Editor
- Jacob Boissy**, Video Editor
- Olivia Ground**, Social Media Editor
- Alex Bracken**, Visual Editor
- Josie Santiago**, Visual Editor
- Lisa Renze-Rhodes**, Adviser

The Daily News offices are in AJ 278, Ball State University, Muncie, IN 47306-0481. Periodicals postage paid in Muncie, Indiana.

#### TO ADVERTISE

Call 765-285-8256 or email [dailynewsads@bsu.edu](mailto:dailynewsads@bsu.edu) between 8 a.m. to 5 p.m. Monday - Friday or visit [ballstatedaily.com/advertise](http://ballstatedaily.com/advertise).

#### TO SUBSCRIBE

Call 765-285-8134 between 9 a.m. to 3 p.m. Monday - Friday. Subscription rates: \$45 for one year. POSTMASTER: Send address changes to The Daily News, AJ278, Ball State University, Muncie, IN 47306.

#### TO DONATE

Visit [BallStateDailyNews.com](http://BallStateDailyNews.com).

#### JOIN THE DAILY NEWS

Stop by room 278 in the Art and Journalism Building. All undergraduate majors are accepted and no prior experience is necessary.

## CORRECTION

In the March 2 edition, one part of the news story Pulling Up a Chair was not included in print. The mistake has been corrected online.

In the March 2 edition, there was no date given for the Ball State Men's Basketball game against Toledo for the season finale. It was March 3.

In the Feb. 23 edition, a caption was misplaced on a photo in one of the news stories. The protester wasn't holding a sign, they were chanting.

# The Layered Struggles of Womanhood

Ball state professor, students talk about intersectionality and historical struggles of women. ▶ 4



ALEX BRACKEN, DN ILLUSTRATION

## Campus

### Provost leaving for Aurora University

Susana Rivera-Mills, Ball State University provost and executive vice president for academic affairs, has accepted the position of the 14th president for Aurora University in Illinois. Her last day at Ball State is March 31, and she'll start at Aurora June 1. In the following weeks, Ball State President Geoffrey Mearns will announce an interim provost and start a search committee.

## Indiana

### Retired Anderson University professor arrested and charged

Scott Borders, 36-year Anderson University English Department veteran, was arrested March 14 after a search warrant was executed. Borders was formally charged with child solicitation, manufacturing/dealing methamphetamine and possession of methamphetamine. Predator Catchers Indianapolis helped to catch Borders.

## National

### Biden approves Alaska oil project

Announced March 13, the Biden Administration approved a drilling project on Alaska's petroleum-rich North Slope. The approval of ConocoPhillips' Willow drilling project will allow three drill sites with up to 199 total wells. Two other proposed drill sites will be denied. The project could produce up to 180,000 oil barrels a day, create 2,500 jobs during construction and 300 long-term jobs. Environmentalists have criticized the decision due to health of the Arctic and a lack of recognition for the impact to land, water, animals, etc.



Fourth-year history and political science major Delaney Fritch (left) answers a crowd question on how Chicana women empowered themselves within their movement despite intersectional struggles while Ball State alumna Katy Evans (right) listens Feb. 24 in the I.A. Pittenger Student Center. ABIGAIL DENAULT, DN



## Ball State professors and students discuss the historical struggles women face beyond gender.

**Abigail Denault, Maya Kim**  
Reporters

1989.

The year might bring images of big hair, Madonna, Michael Jackson or the last years of the Cold War. However, beyond these popular cultural moments, it is also the year when Kimberlé Crenshaw, a young Black woman, wrote a paper titled, “Demarginalizing the Intersection of Race and Sex: A Black Feminist Critique of Antidiscrimination Doctrine, Feminist Theory and Antiracist Politics” that introduced the term “intersectionality.”

Merriam-Webster defines intersectionality as “the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism and classism) combine, overlap or intersect, especially in the experiences of marginalized individuals or groups.”

Emily Rutter, associate dean of the Ball State University Honors College and associate professor of English, recognizes how the foundation of the United States is based on racial stratification. She said when it comes to imagining women, the default is typically a white woman, even though there is diversity among women in the U.S.

“Intersectionality, in the conversation about gender, feminism or women’s empowerment, helps us remember that there is no universal woman’s experience,” Rutter said. “Intersectionality, along with other terminology and other kinds of complexities, helps us remember that there’s all kinds of experiences of being a woman.”

Rutter is the faculty adviser for the Student Anti-Racism and Intersectionality Advisory Council (SAIC). The group was created by Rutter and students in March 2020.

Rutter said she and the students originally planned SAIC to introduce a course centered around anti-racism and the relationship between racism and sexism, but the group grew to be more than a course.

“It blossomed into many other things — events, educating [the] community and students and providing resources online,” Rutter said. “We also planned the class, which is now part of the African American Studies curriculum, it’s called AFAM 150: Understanding race, anti-racism and intersectionality.”

Rutter and the SAIC are not the only ones thinking about intersectionality. The 26th Annual Student History Conference, organized by the Ball State Department of History, held a panel Feb. 2 titled “Intersectional Identities in Modern History,” where presenters shared papers about the stories of a diverse range of women throughout history.

The papers explored stories of women of color throughout time and through a variety of spaces: day-to-day life, film, revolution and more. The papers featured works from several students such as one by Ball State graduate student Emily McGuire, “1939’s Gone with the Wind: Gender & Race in the Symbol of Southern Mythology,” and another by University of Illinois-Chicago graduate student Katy Evans, “El hombre hacer valer a la mujer: The Perception of Women and Their Participation in the Revolution.”

Another presenter was Madeline Mills-Craig, fourth-year history major, who wrote a paper titled “Tiger Women: Analyzing the Chinese American Women Experience in Western United States from 1850-1885.” Mills-Craig is an Asian studies and Chinese minor, inspiring her to research Chinese history. She said there were few documents for her to study because of how few Chinese women immigrated to America.

“

Intersectionality, in the conversation about gender, feminism, or women’s empowerment, helps us remember that there is no universal woman’s experience.”

**- EMILY RUTTER,**  
Associate dean of the Ball State Honors College  
& associate professor of English

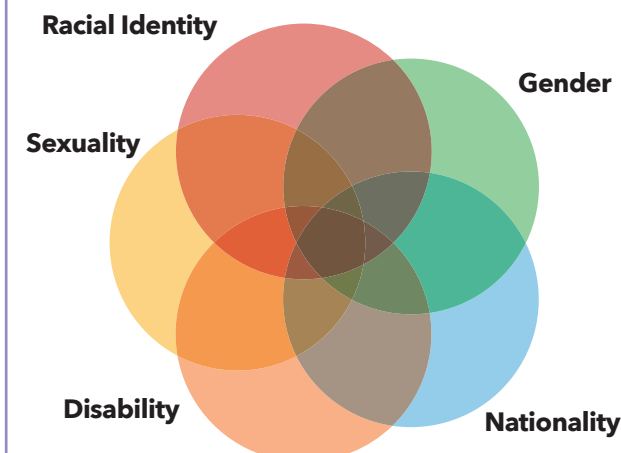
“One of [the Chinese women’s] biggest hardships was trying to find their place in society,” Mills-Craig said. “As foreigners, they weren’t really seen as the typical wives ... or real [women]. A lot of times women were brought over illegally and used for prostitution.”

Mills-Craig said her studies connected to intersectionality due to how the Chinese women were viewed by the people around them. She said they had the “worst of both worlds” because in America, due to both their ethnicity and gender, Chinese women, similar to other women of color, had to face double the hardships compared to white women at the time.

Mills-Craig said the intersectionality issues women of color had to face in the past are still relevant, but people tend to not acknowledge these issues.

“Intersectionality is one of those topics that a lot of people will gloss over,” Mills-Craig said. “It is such a big barrier minority [women still face today] ... writing a paper on these double barriers could be even more relevant.”

### MANY IDENTITIES FOR EACH PERSON



Intersectionality is based on the idea that each person’s unique set of identities overlap and inform one another. This diagram illustrates some of the many factors that can influence the challenges a person faces

ALEX BRACKEN, DN DESIGN  
Source: Boston YWCA

Delaney Fritch, fourth-year majoring in history and political science, also spoke at the panel. They recognized how queer history primarily covered white people who identified as queer. Fritch said when there is research on the queer community, it is usually centered on white people.

Fritch came to the idea for the research after spending time in classes with Charlie Geyer, assistant teaching professor of Spanish, and Emily Johnson, associate professor of history. In a class with Geyer, they were able to read the work “Borderlands,” also known as “La Frontera,” by Gloria E. Anzaldúa, which introduced them to the complexities of Chicano culture. In their simultaneous class with Johnson, they said they were given the opportunity to see stories of how whitewashed queer history was. They said both professors had influential roles in the inspiration and development of the research process.

In their paper, Fritch researched the idea of sexuality intertwined with the Chicana identity.

▶ See **WOMANHOOD**, 18



Fourth-year history major Madeleine Mills-Craig (right) answers a question about how some Chinese women were brought over to the United States and placed into prostitution Feb. 24 in the I.A. Pittenger Student Center. ABIGAIL DENAULT, DN



Grand Master Ron White (center) talks to a class about self-defense at the White & Rymer Bushido Dojo March 14 in Muncie, Ind. AMBER PIETZ, DN



# Getting the Upperhand

Self-defense instructors discuss various aspects of the styles they teach to their students, ranging from techniques to general life lessons.

**Zach Gonzalez**  
Reporter

One in three. That's how many women worldwide have experienced physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime, according to the World Health Organization. Women ages 18 to 24 in college are three times more likely than other women to experience sexual violence. Women at that age not in college are four times more likely, according to the Rape, Abuse, Incest Network.

“

What the RAD program wants to do is teach the average everyday woman who doesn't have a lot of background with martial arts some things that are going to work for them.”

**- MATT GAITHER,**  
Ball State UPD lieutenant and RAD course instructor

However, there is a resource at Ball State University available to help women in violent situations.

Ball State's Rape Aggression Defense (RAD) Training is a four to five week program offering self-defense training for only women. Before students learn techniques, RAD educates women on threatening real-world situations, which include areas such as awareness and prevention.

Course instructor and Ball State University Police Department (UPD) Lt. Matt Gaither shared solutions to dangerous circumstances with students, such as locking doors, being aware of surroundings and trusting one's gut feeling.

“There's certain things that sometimes precipitate something bad happening to somebody, and it's something as simple as your stuff getting stolen, somebody getting in your house [or] your car [or] isolating you in your job or school,” Gaither said.

Furthermore, Gaither understands certain aggressors take advantage of defenders in ways where they can more easily hurt them, playing a part in advocating situational awareness to RAD students.

“Bad people will find people's weaknesses and then try to work at that weakness, so if they know you're someone who doesn't like to tell a person ‘no,’ they will keep on that to try to isolate you away from the group,” Gaither said. “They'll try to get to where you're feeling apprehensive about telling them no, maybe letting the person know where you live or giving them a ride home.”

The reason why this RAD class is only for women is because separation of students by gender has remained a consistent policy, and deviation from that would go against protocol, UPD Sgt. Samaria Cooper said.

As for the training aspect of RAD, the program focuses on sensitive areas on a male attacker's body, like the groin, and other important factors,

“

The development of character and environment is our number one priority; self-defense is number two, but they go hand in hand with each other.”

**- RICHARD RYMER,**  
Owner of White and Rymer's  
Bushido Karate in Muncie

such as whether the attacker is under the influence of drugs or alcohol, in a dynamic style with an emphasis on avoiding prolonged fights.

“A lot of the things the program teaches when you talk about a male aggressor versus a female person is going to be very dynamic,” Gaither said. “It's going to be things that stop the person without it being an all-on fight for a long period of time because that's just not realistic to think that.”

The techniques of RAD, ranging from joint manipulations, upper and lower body strikes and escaping grabs, complement the aspect of handling realistic, everyday situations as taught in the program's educational stage.

“Say you're in a bar, and somebody grabs your arm, it's very realistic,” Cooper said. “This gives you scenarios that will potentially happen to you at some point in your life, whether it's a simple grab or you actually are attacked.”

The program encourages female students to feel more confident in their ability to defend themselves, and for Cooper, who claims to be more introverted than extroverted, she relates to fellow women who want to participate in the RAD program but might be scared at first.

“If somebody is more of an introvert, and they see somebody like themselves becoming something else and bettering themselves, that motivates them,” Cooper said. “I was nervous to become a police officer, but it's something I pushed through, and so I think it comes from being able to relate to other women and understanding that out of this uniform, I'm the same as them.”

Gaither said such confidence through the program comes not because of a sense of overwhelming physical strength but through simplistic yet effective techniques comprehensible for anyone.

“What the RAD program wants to do is teach the average everyday woman who doesn't have a lot of background with martial arts some things that are going to work for them,” Gaither said. “It's not something where you have to have weeks, months and years of training to get proficient at it, because most ordinary people don't have the time to dedicate to a particular program.”

However, Richard Rymer, chief instructor and owner of White and Rymer's Bushido Karate in Muncie, said self-defense is a lengthy process, with consistent training in order to obtain skills learned in classes.

► See **UPPERHAND**, 6





Brown belt Isabell Rymer practices a front kick at the White & Rymer Bushido Dojo March 14 in Muncie, Ind. AMBER PIETZ, DN



Black belt Jacqueline Rymer (left) and grand master Ron White (right) demonstrate how to get out of a head lock at the White & Rymer Bushido Dojo March 14 in Muncie, Ind. AMBER PIETZ, DN

## UPPERHAND

Continued from Page 5

The seventh-degree black belt instructor teaches karate, kickboxing and both Filipino and Okinawan weapons systems at his dojo. A weapon Rymer believes is effective doesn't refer to the techniques one possesses rather through discipline and compassion.

"If you go to a qualified school, you're going to learn a lot about yourself, and a lot of those bullying tendencies [are] usually eliminated pretty quickly," Rymer said. "The development of character and environment is our number one priority; self-defense is number two, but they go hand in hand with each other."

From a technical standpoint, even the most basic essentials — from punching, blocking, breathing and maneuvering — all remain a part of each lesson for the growth of every student.

"Those are fundamental skills that everything else is going to be built upon, so if you're practicing the recommended amount of time, you're going to be able to progress fairly quickly," Rymer said. "You're going to have usable skills within a few months and see a noticeable difference in physical and cardiovascular behavior, but each skill that we teach builds upon the next skill ... so it's fairly easy to acquire new skills because everything's built off the skills you've learned prior."

Even though Rymer is a sensei at his dojo, he still views himself as a student, allowing him to better relate to the students he teaches.

"I was thrust upon a sensei when I was fairly young, so I had to learn a lot as I went, and the best way that I have is to give the students the things that I knew I needed as a student," Rymer said. "That also helps me in my character development because I have to be a living embodiment of that ... because there's nothing worse than me talking about right action for my students and me not following through with it with my own life."

“

We work together to make better citizens by trying to strengthen character and discipline and doing things we never thought we'd be able to do.”

- RICHARD RYMER,  
Owner of White and Rymer's  
Bushido Karate in Muncie

That mindset allows for accountability from both himself and his students, preparing the entire dojo to help each other continually grow as both defenders and people.

"We work together to make better citizens by trying to strengthen character and discipline and doing things we never thought we'd be able to do," Rymer said. "It's kind of our own living society with many different people and many different stories trying to strive for the same thing."

The dojo will be offering women-only classes starting March 27 at 7 p.m. The classes will be taught by Jacqueline Rymer, black belt, on Mondays and Wednesdays.

Contact Zach Gonzalez with comments via email at [zachary.gonzalez@bsu.edu](mailto:zachary.gonzalez@bsu.edu) or on Twitter @zachg25876998

College-aged women (18-24) are  
**3 times**  
higher at risk for  
sexual violence.

**26.4%**  
of undergraduate female  
students experience some  
sort of rape or sexual assault.

Approximately  
**13%**  
of all students  
experience some sort of  
rape or sexual assault.

Source: Rainn.org



# The Story of a 30-year Career

John McGlothin, Wes-Del Boys Basketball head coach, has decided to retire following the 2022-23 season after 30 years of coaching. ▶ 10



Wes-Del Boys Varsity Basketball head coach John McGlothin poses in the boys basketball locker room March 6 at Wes-Del Middle/High School in Gaston, Ind. JACY BRADLEY, DN

## Track and Field

### Griffith named Pridemark Student Athlete of the Week

After participating in the NCAA Indoor Track and Field Championships, fourth-year high jumper Charity Griffith was named the Pridemark Student Athlete of the Week with her fifth place finish in high jump. Her finish is the highest finish ever by a Ball State athlete at the Mid-American Conference (MAC) indoor championships. It is the third time this season and the second in two weeks where Griffith was recognized as the top student athlete for the Cardinals.

## Men's Swim and Dive

### Multiple Cardinals receive MAC honors

First-year diver Porter Brovont highlighted the end-of-season awards for the Mid-American Conference (MAC) when it came to Men's Swimming and Diving. Brovont was named Freshman Diver of the Year for the MAC, while third-year freestyle Joey Garberick and fourth-year freestyle Owen Chaye were named to the All-MAC first and second team, respectively.

## Soccer

### Peyton York named assistant coach

Ball State Soccer has brought a new member onto the coaching staff. Peyton York joined the team as an assistant coach for the 2023 season. York spent the last four years as a student assistant coach at Mississippi State. York was also a member of the 2018 signing class for the Bulldogs. Prior to coaching, York had 54 goals through three seasons with Prosper High School in Prosper, Texas.



# 'It's RELIGION here'



Basketball means more here in Indiana, especially in my hometown of New Castle.

Second-year opinion editor Grayson Joslin sits in a chair courtside at New Castle Fieldhouse March 3 in New Castle, Ind. AMBER PIETZ, DN

**Grayson Joslin**  
Opinion Editor

*Grayson Joslin is a second-year journalism major and writes for The Daily News. His views do not necessarily reflect those of the newspaper.*

On a cold Saturday night in March 2017, I stood in line alongside others waiting to get inside a beige brick building. You would think it's just an old, uninteresting building; however, it is the gym of my high school: New Castle High School. And on this day, it was the location of the high school basketball sectional championship game, and our hometown New Castle Trojans had a chance to win and continue our hopes for a state championship.

It was a spontaneous trip for me and my mom; this was only the second time I went to a Trojans basketball game. Luckily enough, we had home court advantage. Not only were we hosting the sectional, but we also called the largest high school gym in the world our home.

My mom and I were still standing outside when the national anthem played, and I could hear the roar of the crowd. I didn't know what to expect when I walked through the doors to get to our seats but what awaited me was something magical.

Almost every single seat in the fieldhouse — with a capacity of almost 9,000 — was filled as the game began. The crowd, cheering either for New Castle, our rival Connersville or there just for the love of the game, were loud and boisterous. One moment from that night still stands out; down the stretch, in a gritty game, the Trojan faithful stood up from their seats to cheer on our team. The Connersville fans, in a sea of red, responded the same.

In every corner from the New Castle Fieldhouse, people were cheering their heads off. It was so raucous you'd think you were at a rock concert.

If there ever were a basketball town, it would be New Castle. Our fieldhouse is a cathedral to the pageantry and importance of the game of basketball to our town. The sheer size and magnitude of this

“  
In our town, it doesn't matter your socioeconomic status, who your parents are or what your interests are; basketball unites all of us.”

gym would make you think it would be built for kings and queens to have their feasts or for Roman gladiators to fight to the death. Instead, the parquet floor is made for ordinary high school teenagers doing extraordinary things every Friday night during the frigid winter.

The construction of the Fieldhouse in the late 1950s, which officially seats 8,424 (previously, it sat 9,325), was not without merit; the Trojan basketball program is one of the most historic and legendary in our state. That status has only grown with time, with New Castle holding 60 sectional championships, 19 regional championships, four semi-state championships and two state championships to its name. Add to that two Mr. Basketball awards, a No. 1 pick in the NBA Draft and a myriad of Indiana All-Stars, and it's safe to say our legacy is cemented.

Up until the previous decade, New Castle was a part of the North Central Conference, which was known across the state as one of the best basketball



conferences. At one time, six of the 12 largest high school gyms in the world were in the NCC: New Castle, Anderson, Richmond, Muncie Central, Marion and Lafayette Jefferson.

I learned about this long and illustrious history, as well as the unique experience of Indiana high school basketball, in fifth grade, when I checked out a book in my elementary school's library about the sport in my state. I got to learn about how a snowstorm trapped fans in the Fieldhouse in 1961, how New Castle's own Steve Alford chalked up 57 points inside Butler's famed Hinkle Fieldhouse in 1983 and how Damon Bailey of Bedford North Lawrence became a statewide celebrity and closed out his high school career capturing the state title in front of 40,000 fans in the Hoosier Dome in 1990.

Just reading that book got me passionate about high school basketball and its history. I got a miniature Indiana Hoosiers basketball hoop — where our two Mr. Basketball award winners, Kent Benson and Steve Alford, went — and practiced shooting it in my bedroom.

With the wooden floor beneath me acting as the floor of our Fieldhouse, I imagined I was wearing the Kelly green and white of our Trojans, making the game-winning shot to win sectionals for our school.

I would never play basketball; I wasn't athletic enough, but the passion and love I had for this game and this town would not wither away and die. After managing the middle school football teams, my middle school physical education teacher — who was also the high school basketball coach — suggested I help manage the high school team.

I thought about it, and that sectional championship game in a packed Fieldhouse convinced me I should go for it. Sure, I wouldn't be playing, but I was closer to the action than ever before.

Every day before practice, the other managers and I would go down to the athletic director's office to fill up the water bottles and get the towels; it was gritty, dirty work, but it was worth it. In those

practices, I got to learn more about the psychology of basketball and what goes into the makings of a basketball team, and it made me appreciate the players of the team even more.

One of my favorite experiences was getting to go to other gyms and experience the traditions other schools have. On the bus rides to these away games, I would put on my headphones, listen to Oasis and look forward to the night ahead. From Hamilton Heights to Carmel and Rushville to Mississinewa, each high school gym was unique, yet every single one had the same magical aura that accompanies each and every high school game in Indiana.

But yet, there was no place like home. Being on the court in the Fieldhouse is a feeling unlike any other. Getting to walk down the stairs and out of the long green tunnel onto the floor is a privilege I was grateful to have. Being on the floor and walking out to the cheers of the Trojan faithful is a feeling more euphoric than being in the stands.

The part of the season that will forever remain in my head is the two weeks following our sectional championship. On a bright Saturday morning, we headed out on a school bus to Marion High School for regionals. After winning against Angola in the morning, we spent the day in Marion before heading back to face the hometown Marion Giants.

This was personal; besides being former conference rivals, the last time New Castle was in regionals back in 2008, our season ended to Marion via a buzzer-beater in overtime. Now, a decade later, we met again in the regional championship on Marion's home court.

And at the end of a back-and-forth classic, with a good chunk of the city of New Castle traveling down I-69 to see this game, New Castle came away with the regional championship. The joy on everyone's faces, from the players to the coaches to the fans, shows how much this meant to everyone in New Castle. In our town, it doesn't matter your socioeconomic status, who your parents are or what your interests are; basketball unites all of us.

“

Every week, I would look forward to those games, and what new gyms I would see, what new traditions I would hear about and what storied histories I would learn.”

The loud cheers of “Here we go, Trojans, here we go” permeated throughout the Bill Green Arena, which seats 7,560, during each timeout. While our coach ran through the plays, and I gave the players their water and towels, the electricity in the gym flooded our huddles. I am sure the electricity and passion of our Trojan faithful could have powered the entirety of New Castle for a day.

However, there were even more of the Trojan faithful who made the longer trek to Lafayette Jefferson High School the next week for our semi-state encounter against Culver Academies. Waiting in the locker room before we started our warm-ups, the cheers of “We Want the Trojans” filled the Crawley Center. It was a sea of green there too; our fans took up one entire half of the 7,200-seater gym and then some.

Our congregation was there to praise the word of New Castle basketball, and even though we ended up losing, the experience of going to those gyms and experiencing Hoosier Hysteria in the flesh is something I will never forget.

The next season was a tougher year for us; we lost Gillis for the year due to an injury, but Bumbalough put together a great campaign for Mr. Basketball. However, the highlight of the season came toward the end as New Castle hosted sectionals. The Friday night slate of games was exciting, as we had a grudge match against foe Hamilton Heights and 3A number 1 Delta matched up against Blackford and their modern-day folk hero Luke Brown.

Just like it was two years ago on that Saturday night, the Fieldhouse was packed like sardines with people ready to watch Indiana high school basketball. In our matchup against Hamilton Heights, it was a back-and-forth encounter with an anxious crowd hanging on every shot. One of the commentators said it best: “They call it Hoosier hysteria for a reason, you watch it long enough, and you'll go hysterical.”

Those two years of being manager consisted of the highest of highs and the lowest of lows; however, being on the team taught me many valuable life lessons. It taught me the importance of community and what it is like to be a member of a team. After my mom had a heart attack, managing provided me with a distraction and helped me recover from the incident. I learned how to value my worth by helping out with the team.

Would I do it again? Yes.

Being down there on the parquet floor, it was my happy place. Every week, I would look forward to those games, and what new gyms I would see, what new traditions I would hear about and what storied histories I would learn. Being on the floor during practices, I would look around in awe at how beautiful and massive our gym and our history is.

Why do we care about it so much?

‘It's religion here.’

Contact Grayson Joslin with comments at [Grayson.joslin@bsu.edu](mailto:Grayson.joslin@bsu.edu) or on Twitter @ [GraysonMJoslin](https://twitter.com/GraysonMJoslin).

## LARGEST HIGH SCHOOL GYMS IN INDIANA

- 1 New Castle Fieldhouse**  
New Castle High School  
8,424 seats
- 2 Lloyd E. Scott Gymnasium**  
Seymour High School  
8,228 seats
- 3 John A. Baratto Athletic Center**  
East Chicago Central High School  
8,054 seats
- 4 North Side Gymnasium**  
Elkhart High School  
7,345 seats
- 5 Hatchet House**  
Washington High School  
7,090 seats
- 6 Bill Green Athletic Arena**  
Marion High School  
6,974 seats
- 7 Southport Fieldhouse**  
Southport High School  
6,744 seats
- 8 Crawley Center**  
Lafayette Jefferson High School  
6,690 seats
- 9 Muncie Fieldhouse**  
Muncie Central High School  
6,578 seats
- 10 Cougar Den**  
Gary West Side High School  
6,402 seats

AMBER PIETZ, DN DESIGN  
Source: John Harrell's Indiana Boys Basketball



Second-year opinion editor Grayson Joslin sits in the stands at New Castle Fieldhouse March 3 in New Castle, Ind.

AMBER PIETZ, DN





“

Kids are kids no matter where you're at. Whether it's coaching a Division I player or if it's coaching a 12th man on your team, they all want some discipline. They all want you to put your arm around them and tell them that you care about them. And they all want to do their best for you.”

**- JOHN MCGLOTHIN,**  
Wes-Del Boys Basketball  
head coach

Wes-Del Boys Basketball head coach John McGlothlin poses in the gym March 6 at Wes-Del Middle/High School in Gaston, Ind. JACY BRADLEY, DN

## To John McGlothlin, being a basketball coach is more than just X's and O's.

**Zach Carter**  
Reporter

It's March 23. The last practice before Wes-Del's final regular season game against Elwood.

Warriors head coach John McGlothlin blows his whistle after each minute and tells his team, who are partner shooting, to switch shooters.

“We do it at least three times a week,” McGlothlin said. “Lots of shots, working on our individual game ... I felt like when I was a younger coach, my teams didn't take enough time just getting shots up.”

For the winningest coach in Wes-Del history, this is what winter weeknights have looked like for the last 30 years. But following the 2022-23 season, that routine will end with his retirement.

“I didn't think 30 years,” McGlothlin said. “I think when you get into it, 1993-2023 seems so far away. But you would never think, ‘My gosh, I'm gonna still be coaching,’ but also when you're at that time, I was 22 [or] 23 years old. You also realize that 53 seems a lot older than it does right now, too.”

### Where the Passion Began

His love for the game came when he was a kid. His father, Floyd McGlothlin, coached him in every sport he played, except basketball.

“That's not a bad thing,” John said. “I just think it was always kind of funny that I gravitated to the one that he didn't know anything about. But

I kind of took a liking to it and then starting in sixth grade, I started going to basketball camp at Grace College.”

John went to Blackford High School in Blackford County and played on the basketball team. After graduating in 1988, he went on to play for Indiana Wesleyan University. Following the end of his college career, he started to miss the sport.

“How can I stay involved in [basketball]?” John said. “And I got an opportunity right away at Wapahani with Chris Benedict in 1993, and I loved it. Once I got into it, I was like, ‘Man, this kind of scratches that itch to still be part of it.’”

### The Coaching Journey

John found his first official coaching job at Wapahani where he coached the middle school team and was an assistant for the high school varsity team. Then, an opportunity opened up at Haines City High School in Haines City, Florida. He went there mainly to teach, but the job also came with an assistant coach role.

“They played for the state championship the year before,” John said. “And it was a loaded area for basketball, and I just felt like I fell into something. I had been working on a lot of camps and a lot of college camps in the summer to make extra money at Butler, Ball State and a lot of different camps. So I knew when I saw these guys, I was like, ‘Oh man, these are some college-

level players.’”

After Haines City, he went on to be an assistant at Auburndale High School. But after a few seasons in Florida, he was looking to return to Indiana — mainly because of his family, but there was something else.

“The one thing I loved was that [the Haines City players] were so athletic and had such great talent when I was there,” he said. “But we had times where we would have five or six Division I players on the floor, and 150 people were in there to watch us. There's nothing like Indiana basketball. So once you've been in Indiana, it's just different.”

After returning to the Hoosier state, he made another assistant coaching stop at Bluffton High School. He was only there for one season (1998-99), but that time, with then-Bluffton head coach Wayne Barker, was a memorable one.

“We won the first sectional they've won in 48 years or something like that,” John said. “It was awesome and a great time. Wayne's one of the best people, and still, we're really close, and I learned a lot from him.”

But Barker believes it was John who made the biggest impact on the team.

“He helped me more than I helped him,” Barker said. “You know ... quite honestly, it had been the worst team I've had yet, and it was the first time we had won a sectional. And a big reason we won a

sectional is just his ability to motivate kids. He was really good at talking to kids and getting them to want to play hard for him.”

Following that, he was a varsity assistant at Yorktown for five seasons, but then he found a lead role. After a long tenure as an assistant, he was hired as the new head coach at his alma mater: Blackford High School.

The new role came with new responsibilities for the first-year head coach.

“You don't realize all the paperwork,” John said. “You become not just a coach, now you're checking people's grades, you're looking at whatever issues the kids are having. So now you're ... working on counseling with kids, you're spending time with them, buying and ordering everything and getting all the stuff.”

After five seasons at Blackford, he moved on to teach and become an assistant for Jay County, but he started to realize the toll it was taking.

“I had an hour drive there with a two and a half hour practice,” he said. “My daughters, there were a lot of things that I missed out on looking back. They were raised in the gym. I've told all these guys, ‘I want your kids in the gym. I don't care if they're noisy or what.’”

When it comes to his family, John understood what they had given up. Due to that, he decided to take a teaching job that had opened up at Wes-Del. Basketball was not even in the picture. After McGlothlin arrived, the Warriors' then-head coach, Joel Roush, left his position.

▶ See **MCGLOTHIN**, 18





# Off-Stage *Artisans*

There's more to theatre than what happens on stage. ▶ 14

First-year student Kyra Sells completes her Avatar costume for a stage makeup design class Feb. 21 in University Theatre.  
OLIVIA GROUND, DN

**Local**

## Muncie holds annual St. Patrick's Day Parade

Celebrate St. Patrick's Day with a parade in downtown Muncie. The parade is set to start March 17 at 6 p.m. The parade will begin south on Walnut Street to Charles Street and will return via Mulberry Street. Entering the parade is still available with prices for businesses at \$50, political organizations at \$75 and nonprofits at \$25.

**Campus**

## Our Planet comes to Emens

The Netflix show *Our Planet* has been turned into a live concert event that will be at Emens Auditorium March 17 at 7:30 p.m. The concert will combine cinematography and orchestrations composed by Steven Price, an Academy Award-winning composer. It will be narrated by broadcaster David Attenborough. Admission to the event is free.

**National**

## One film steals the show

The 95th annual Academy Awards show, also known as the Oscars, was held March 12. The 2022 sci-fi film "Everything Everywhere All at Once" took home seven awards. The movie won Best Picture, Best Original Screenplay, Best Directing, Best Editing and three acting categories. The other acting category, Best Actor in a Leading Role, was won by Brendan Fraser for "The Whale."



# The FDA is considering changing policies on blood and plasma donation for men who have sex with men.

**Lila Fierek**  
Lifestyles Editor

You must be 18 years or older. You must weigh more than 110 pounds. You must be in good health. Simple rules for donating blood, right? Not necessarily.

You must not be a male who has had sexual contact with another male in the last three months.

You may be able to donate blood as a trans man ... but not if you've had sex with another man in the last three months. If you are an individual who identifies as female and has had sex with a man, you may be eligible to donate blood.

When Kristina Wilson-Pike tried to donate blood at the American Red Cross, the last restriction stopped her from donating, though the restrictions were more severe when she tried to give blood eight years ago.

The transgender woman and retired firefighter wanted to give back to her community, but this opportunity wasn't available to her.

"It is kind of unfair. We're talking about my blood going to save someone's life," Wilson-Pike said. "As a firefighter, I donated blood a lot, so to find out later I couldn't donate, it was quite upsetting."

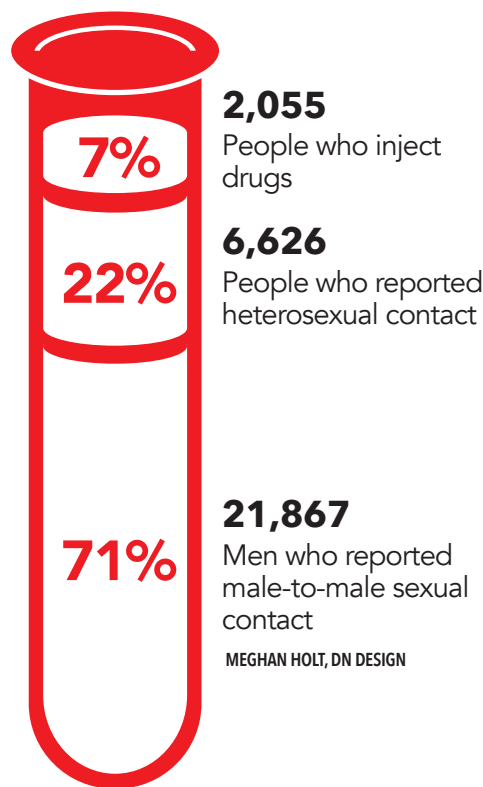
Today, men who have sex with men (MSM) can only donate at the Red Cross if they are sex free for three months. Due to restrictions from the FDA, this is the same for BioLife, CSL Plasma and many other blood and plasma donation places in the country.

It doesn't matter if you're in a monogamous relationship. It doesn't matter if you've never had HIV. It doesn't matter if you bring in test results. If you're a man who has had sex with men in the last three months, you cannot donate. But that 40-year-old policy may be changing after the FDA announced earlier this year it's considering loosening the regulations against MSM.

"Why does it matter who I sleep with? What does it matter if I am trying to save someone's life?" Wilson-Pike, member of MuncieOUTreach, said. "If I am in the hospital, I'm not going to care where the blood comes from."



Members of the BioLife staff talk with donors. BioLife has over 190 plasma centers in the United States. BIOLIFE, PHOTO PROVIDED



**30,635\***

HIV diagnoses among people aged 13 or older in the US and dependent areas in 2020

Source: CDC

## Regulations and Reform

In 1983, according to the ADVANCE (assessing donor variability and new concepts in eligibility) Study, the FDA put a policy in place excluding any MSM since 1977 from donating blood and plasma. This restriction came after the AIDS epidemic, when people with HIV passed the virus through blood transfusion. Though there is medicine now that can help treat types of HIV, according to HIV.org, the virus doesn't have a cure and can cause hepatitis B, hepatitis C, tuberculosis and AIDS.

According to the CDC, though HIV is higher among the LGBTQ+ community, with MSM being the group most heavily affected, heterosexuals made up 22 percent of new HIV infections in 2020, and of that, women accounted for 68 percent.

Despite nucleic acid testing, a test which recognizes HIV in blood, being introduced in the late 1990s and each person's blood being tested, donation restrictions have been kept in place.

Claudia S. Cohn, chief medical officer at the Association for the Advancement of Blood & Biotherapies (AABB), said this is because of a "window period," the time after being exposed to HIV but before testing can detect it.

"To help ensure that donors do not unknowingly transmit HIV to a patient during this 'window period' ... the FDA and AABB require a 3-month waiting period after which donor testing will be able to detect a recent infection," Cohn said. "Manufacturers of donor testing systems are continually working to improve test performance, including earlier detection of very low levels of the virus."

In 2015, the policy was updated to allow

men who haven't had sex with another man within a year to donate. Then in 2020, the policy was updated again to shorten the period to three months.

Wilson-Pike said three months doesn't make a difference because she knows people who have donated who are in same sex relationships and have had sex.

"It doesn't really matter," she said. "People are gonna lie, so if they're testing it anyway, it doesn't matter."

## "Liquid Gold"

According to the National Library of Medicine, after the one year policy was implemented in 2015, there was no observed significant increase in HIV risk through blood/plasma transfusion. Per 100,000 cases, HIV incidence in first-time donors before the policy was implemented was estimated at approximately three people, and it stayed the same after two years.

According to the Cleveland Clinic, "plasma is the liquid component of your blood that contributes to 55 percent of your blood's total volume."

The associate director of communications at BioLife, Mary Ann Schultz, called it "liquid gold," saying it can "create therapies for hundreds of thousands of people living with rare and complex chronic diseases." Plasma also helps with nutrients, removing waste, preventing infection and recovering from injury.

Unlike blood donation, a machine separates plasma from the red cells and platelets in blood, then the blood is put back into your body. Plasma replenishes itself in roughly 24 hours, so donors can usually donate about twice a week.

At BioLife, Schultz said the process usually takes about two hours. Potential donors start with a physical examination and a medical screening, and if passed, they move on to the actual donation.

According to Abbott, the plasma supply during



According to Abbott, the plasma supply during the COVID-19 pandemic went down by 20 percent. People were stuck in their homes, unable to donate during the pandemic, and it's still having an effect. In January 2022, the Red Cross declared their first-ever blood crisis.

The Red Cross supplies 40 percent of the United States' blood, but they have had to limit their number of distributions since the pandemic. This is one reason why the FDA updated their restrictions on the period MSM can donate.

Wilson-Pike said it shouldn't take a blood shortage to create change for MSM.

"My biggest thing is take [blood] from everybody, and if it doesn't test right, then don't use it. Don't discriminate blood," she said. "My basic thing is just it should be that way all the time, not just when they are short on blood. It should be a set standard forever."

Donating plasma is a popular way for college students and those with lower incomes to make money. According to GoBankingRates, as of December, you could make anywhere between \$360 and \$1,000 donating, though it depends on the number of visits and the location.

BioLife's homepage says, "Give plasma and get up to \$900," and CSL Plasma's website says you can make \$100 on your first donation and \$500 in your first month. The money at most plasma locations, like CSL Plasma and BioLife, is loaded onto a prepaid card.

Willow Bishop, second-year theatre creation and dance studies student at Ball State University, has been donating plasma twice a week since October 2022 to pay for rent. Though she hasn't been going as frequently lately, she has already made \$1,100.

Wilson-Pike said she is technically homeless right now, and she wanted to donate to make extra cash, but she didn't want to go through potentially being rejected again.

Wilson-Pike isn't the only one who is afraid.

### The Dread of Denial

Ethan Bravo is the treasurer for Spectrum and a first-year social studies teaching and public history major at Ball State. He said everyone he

“

Why does it matter who I sleep with? What does it matter if I am trying to save someone's life? If I am in the hospital, I'm not going to care where the blood comes from."

- KRISTINA WILSON-PIKE,  
Member of Muncie OUTreach and transgender woman

knows who has thought about donating is either too scared or doesn't want to "go through the hassle of being deferred."

MJ Butcher, first-year public history major, said they tried to donate at an on-campus blood drive hosted by the Red Cross last semester, but they were deferred. Butcher said the Red Cross wouldn't tell them why they were rejected, just that it wasn't because of their heart condition.

Butcher said though they aren't sure, they assume it's either because they're nonbinary or because they're gay, questions they were asked in the donation process.

"If they are going to defer you, they need to tell you why," Butcher, the Spectrum vice president, said. "I don't see why I would be told no."

Butcher believes the Red Cross's eligibility is based more on sexuality than assigned sex since the restrictions say trans men cannot donate (within the three months) but trans women may be able to donate.

"If you're thinking purely biologically, trans men and trans women should be reversed in this sort of policy," they said.

Butcher said there are too many holes you must jump through, making it more difficult to donate.

"Sometimes, I think people in the community are too confused on the requirements that they don't want to go through the hassle of possibly being denied," Bravo said.



A member of the BioLife staff checks the blood pressure of a donor. It takes about 130 plasma donations to treat one patient for a year. BIOLIFE, PHOTO PROVIDED.

Bravo thinks blood donation places shouldn't be worrying about gender identity as much and that everyone should be checked.

"If anyone can contract it, no matter who you are, you can get HIV or sexual diseases," he said. "They should really reevaluate the questions. I do get sex at birth because that's biological, gender identity isn't an important question."

Butcher agreed, saying that it should be based solely on health and HIV.

"It's gotten better in the past 30 years, but it's still not great and can always be better," they said.

### Following Suit

Compared to some of the United States' allies, the country is behind when it comes to lighter blood donation restrictions.

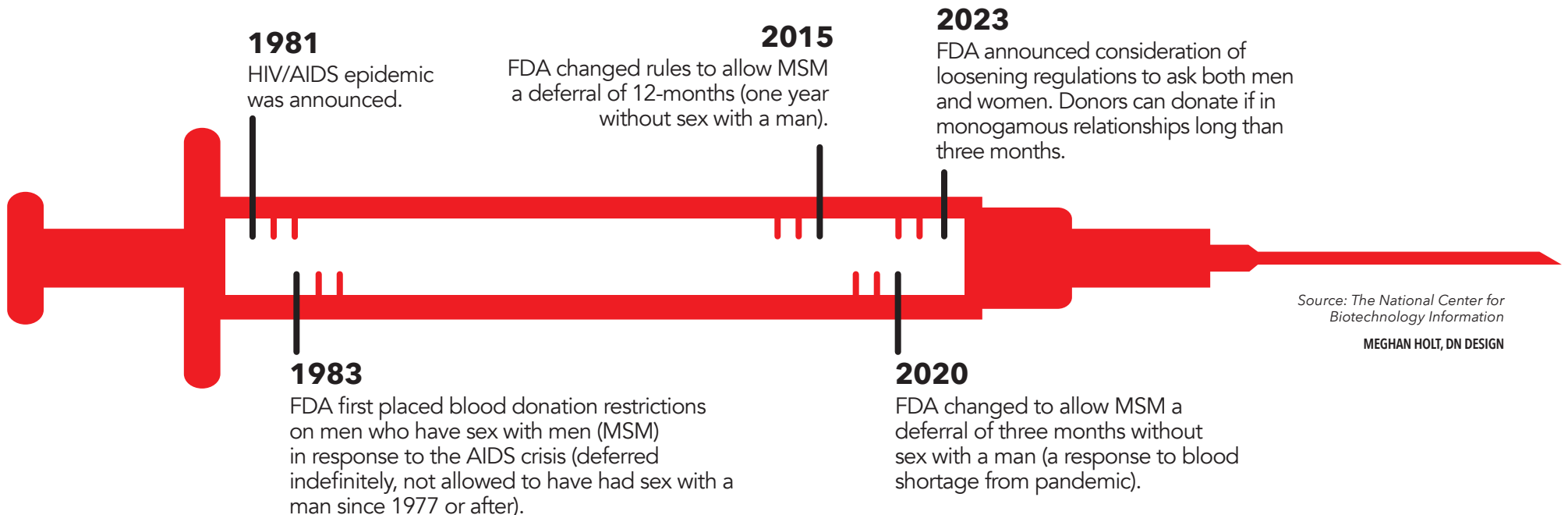
According to Canadian Blood Services, in April 2022, criteria specific to MSM and sexual behavior-based screening, regardless of gender or sexual orientation, was removed.

In England, Scotland and Wales, according to NHS Blood and Transport, MSM who have had the same partner for three months or longer can donate, and anyone, regardless of gender or sex, who has had anal sex with a new partner within three months cannot donate. This has been in place since 2021.

The Red Cross, OneBlood, Vitalant and Stanford Blood Center, along with the FDA, are working on a study to make donating blood a more inclusive community. The ADVANCE (assessing donor variability and new concepts in eligibility) Study is testing the blood of those with HIV and those in the LGBTQ+ community to see if the restrictions on blood donation are valid. Enrollment ended Sept. 30, 2022, so the study is currently underway.

The Red Cross said they couldn't say much because of the ongoing process, but they said they are excited about the study and want to make a more inclusive and equitable donation process.

► See **BLOOD/PLASMA**, 18



Source: The National Center for Biotechnology Information

MEGHAN HOLT, DN DESIGN



## Take a look at the work that goes into creating immersive storytelling in theatre

**Olivia Ground**  
Social Media Editor

Silence falls over the crowd. The orchestra plays the first notes. Energy vibrates through the room as anticipation grows. Goosebumps form, and smiles widen as the curtain opens to reveal a set — elaborately painted structures and period props, costumes, hair and makeup.

Before an actor says the first line, the audience enters the story. Kip Shawger, associate professor emeritus of theatre design of the Ball State University Department of Theatre and Dance, said these visual cues establish the setting, the time period and the tone of the story.

“We’re supporting the actors and the directors and everything they do by surrounding them with visuals to tell the story that makes sense,” he said.

The process for planning the design of a show at Ball State starts early, Shawger said. Months before rehearsals, the director meets to discuss the show’s creative direction with the costume director, set designer, lighting director, and hair and makeup director.

## Set Design and Props

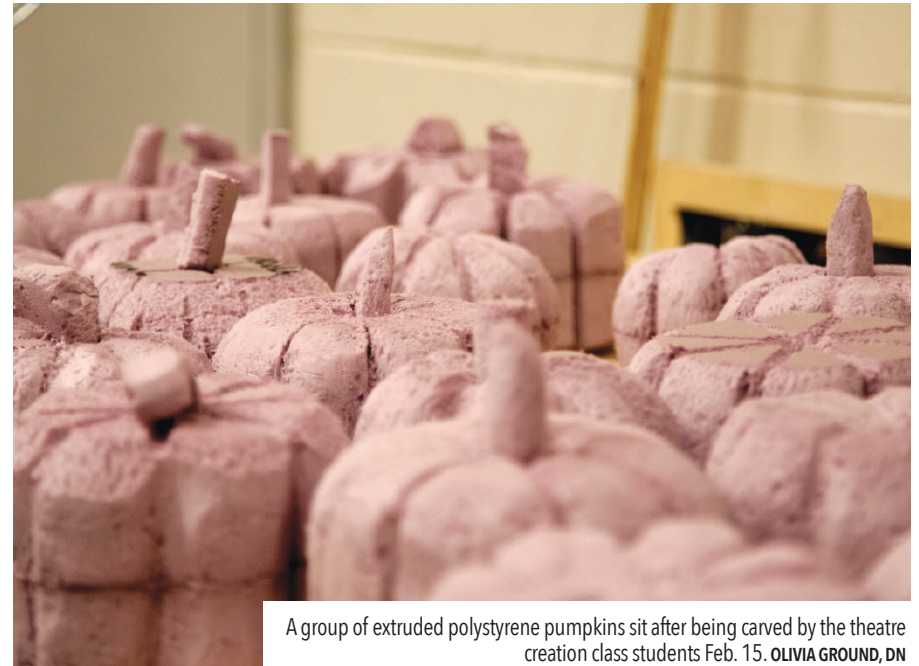
Shawger said research is a huge part of these roles. During the 2017 production of “Shrek: The Musical,” for example, he knew the director wanted a more realistic approach to the set. So, Shawger researched swamps.

That research led him to sketches which evolved into drawings he then presented to the director of the show. Once the director approved the designs, Shawger made computer renderings and then mini 3D models of the designs. He gave these models to the set shop to build the sets. Sometimes, he would have to revise the designs based on what the set shop could do. The whole process took months, but more involved shows start this process the semester before the first performance.

At roughly the same time, a team of students at Ball State gathers items needed for the show.

Some props are purchased or rented, while others are cobbled together from the theatre and dance storage unit or through thrifting and crafting. The set shop often helps with creating props, such as trees from wood or Styrofoam and lacquer thinner or stuffed animals from felt and fake eyelashes.

First-year theatre creation major Anna Muir carves a pumpkin out of extruded polystyrene during a theatre creation class Feb. 15. OLIVIA GROUND, DN



A group of extruded polystyrene pumpkins sit after being carved by the theatre creation class students Feb. 15. OLIVIA GROUND, DN



A student carves a pumpkin out of extruded polystyrene during the theatre creation class in the set design shop room in University Theatre Feb. 15. OLIVIA GROUND, DN







▲ Previously used costumes and props are stored in the basement of the Arts and Communications building Feb. 23. OLIVIA GROUND, DN

## Costumes

Ball State costume shop director Alexander Stearns said costuming follows principles and elements of design like balance, color, proportion and texture.

The design principles are an intentional choice. When selecting costumes for dancers, the costume must show off the body and movement, Stearns said.

Kathryn Rowe is an associate professor of theatre and dance and the department's costume designer. She said she tries to "get to know" a show before the design process. Then, she will work with the director of the show, as well as other creatives involved in the show, to ensure everyone is on the same page.

"I have to try to find out who the character is by capturing images I think might capture the character," Rowe said. "That is really kind of where the meat, the heart of it is."

Rowe's research comes from looking at photos of the time period, as well as elements of the character.



Alexander Stearns works on costume used in A Midsummer Night's Dream Feb. 23. OLIVIA GROUND, DN

## Hair and Makeup

Robert Dirden is an associate professor of theatre who teaches classes about hair and makeup design.

A designer of hair and makeup for a show attends creative direction meetings before a show is cast, then they will visit a few rehearsals and attend tech week and dress rehearsals, where the actors wear their full costumes. Tech week and dress rehearsals are the final weeks of rehearsals before a show opens.

Makeup and hair work hand and hand with costuming in establishing the essence of a character, Dirden said.

When thinking about designing a show, Dirden said he considers the "5 Ws: who, what, when, where, why." The answers to these questions are found through a lot of research of time, place, the character and the theme of the play. Understanding the 5 W's helps ensure a show's cohesion, he added.

Contact Olivia Ground with comments at [olivia.ground@bsu.edu](mailto:olivia.ground@bsu.edu) or on Twitter @liv\_ground\_25

**BALLSTATEDAILY.COM**

Read the full story online

Fourth-year student Cortni Banghman completes ▶ their special effects face scar during stage makeup design class Feb. 21. OLIVIA GROUND, DN



Wigs lay atop plastic heads in the Arts and Communications building Feb. 25. OLIVIA GROUND, DN



The inspiration for first-year student Kyra Sells' Avatar makeup design leans against a mirror in her stage makeup design class Feb. 21. OLIVIA GROUND, DN



First-year computer science and physics major Elaine Ulsh poses for a portrait in her room March 14 in DeHority Hall. JACY BRADLEY, DN



# Allow Yourself to Breathe

*We must carve out time for ourselves to engage in hobbies to improve our well-being.*



**Elaine Ulsh**  
Columnist

*Elaine Ulsh is a first-year computer science and physics major and writes "The Occasional Observer" for the Daily News. Her views do not necessarily reflect those of the newspaper.*

I love hobbies. Something about them just makes me so happy.

I think it may have something to do with the sense of nostalgia I feel every time I pick up a paintbrush or start a puzzle. My family fed into my creativity, so I would often receive art supplies as presents for Christmas or my birthday.

I have a clear and distinct memory of Christmas in fourth grade after I received my first set of independent painting supplies. It was thrilling. I had so much fun finding the hobby I then continued for many years.

“  
But are the  
excuses we make  
that compromise  
our downtime a  
justification to  
a means?”

As of recently, I never seem to have time for hobbies like that anymore — it sucks.

As a child, I used to have tons. Of course, I did not have as many responsibilities or access to the internet, but that doesn't make me miss hobbies any less. I used to read books as if I would straight up fall over and die if I didn't. I drew like crazy to the point many around me thought I would end up going to art school.

I enjoyed these hobbies so much that they gave me a sense of security in my own mind, a feeling that has seemed to slip away as I grew up.

There are other “hobbies” I have, so to speak. However, these hobbies are more like tasks I have to do to serve a greater purpose, like cooking for instance. I very much enjoy cooking and do it almost every single day.

But at the same time, I have to cook in order to eat, unless I eat at a dining hall.

Theoretically, I could consider writing these newspaper articles a hobby because I am a non-journalism major.

However, I find myself missing my old hobbies. Maybe it's the nostalgia I crave or simply the feeling of not quite wanting to be an adult yet. Growing up can be scary — all that responsibility placed on you all at once to keep yourself fed and housed.

All my current hobbies feel so grown-up. So, every once in a while, I will paint a full-blown portrait or read five books in a week's time.

But those kinds of things take hours; it takes time I just do not seem to have anymore, time I have not had in years.

I make excuse after excuse, compromising any opportunity to indulge in self-care: “I have to do this,” or “I have to do that.” I should not have to give up my hobbies for the sake of doing nothing in a moment of stress.

Though it feels like I'm relaxing by doing nothing, I would feel better if I was doing a hobby instead.

But are the excuses we make that compromise our downtime a justification to a means?

According to the University of Western Alabama, hobbies impact personal growth in various ways including boosting creativity, relieving stress and stretching skills and knowledge, among other things.

We decrease our chances of personal growth when we give up our hobbies.

As a college student, I have enough on my plate trying to juggle my classes along with the mounds of homework I deal with on a daily basis, a social life and obtaining a part-time job. It seems almost impossible to do something not related to school, especially when midterms and finals come around.

Free time? Who's she? I don't know her.

Not having free time, while it might have been an unconscious choice I made in an effort to keep myself perpetually busy, has taken its toll. I am always stressed and busy, yet I always seem to continuously add more onto my plate as the year progresses.

Eventually, my brain has had enough and quits at its own dismay every once in a while. Yes, I mean the awful witch called burnout.

Hobbies have shown several benefits in enhancing the overall well-being of a person as well as social connections, according to Utah State University, subsequently showing decreases in depression and anxiety.

In a 2019 study by the University of Macedonia, burnout can be caused by mental health disorders, namely anxiety and depression.

This means my anxiousness in not getting things done or having enough time in a day could be a contributing factor to burn out. It also means hobbies may be able to help.

Knowing this information makes me want to pick my hobbies back up even stronger. I would urge other people, especially my peers, to do the same and keep engaging with them.

“  
In a sense, hobbies are  
the toolkits we need to  
break out of our heads  
and have healthy  
mental states.”



Fresh food and plants sit atop a counter in first-year computer science and physics major Elaine Ulsh's room March 14 in DeHority Hall. JACY BRADLEY, DN

According to the American Psychological Association, nearly 60 percent of college students have some sort of mental health issue — a significant reason reincorporating hobbies into daily routines is so important.

We're at a point in our lives where everything seems to pile up: school, work, sleep and socializing. Sometimes it can all feel as though it is too much.

It is during these times when we need to take care of our minds. With us allowing our hobbies to carve out time in our lives to indulge in self-care roles, we are setting ourselves up for success.

Success can be achieved only when we are not constantly getting burnt out or feeling at war in our own minds. In a sense, hobbies are the toolkits we need to break out of our heads and have healthy mental states.

People may make excuses for not having them because of financial means, but hobbies don't have to cost much for you to enjoy them. Hobbies can be inexpensive with money and time.

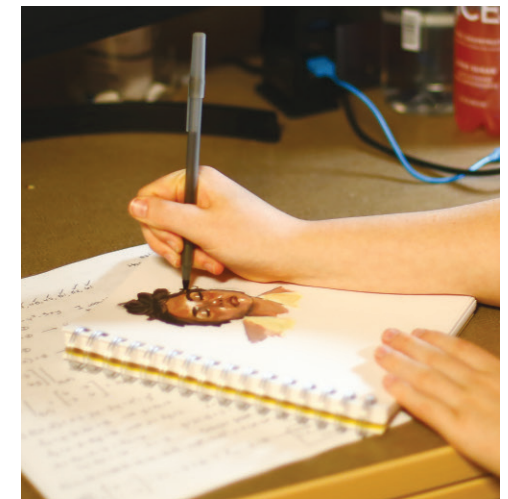
According to the blog Positively Frugal, cheap hobbies can include things like playing board games, putting together puzzles, reading books and gardening.

I personally would love to take up some board games as hobbies. A favorite of mine, Bananagrams, can take less than 10 minutes and improve your vocabulary due to the nature of the game.

Aside from that, reading does not have to be a time intensive activity. If you were to read for pleasure just five minutes a day, you would be reading more than the majority of Americans, according to the Pew Research Center.

Many of the aforementioned hobbies can cost less than \$10, especially if they are purchased from a thrift store or borrowed from a library. Once equipped with the necessary tools, it can be fairly simple to get into the habit of self-care.

A study by the British Journal of General



First-year computer science and physics major Elaine Ulsh draws on a painting at her desk March 14 in her room in DeHority Hall. JACY BRADLEY, DN

Practice states it can sometimes take around 66 days for a habit to fully form.

If we were to just set aside seven minutes a day or even an hour each week, we could have our hobbies reincorporated in around two months.

While this may seem like a big commitment, it is only as little as 7.7 hours for the whole of the 66 days.

Therefore, I implore everyone to make the change to include hobbies into your daily lives. It may make an impact you were never expecting.

While I personally have not reimplemented all of my habits fully, I have had the chance to pick a few back up. I have noticed I don't spend all day completely stressed out like I usually do.

Though the days may now seem slightly more packed, I have been doing more things I readily enjoy. And I think I'm going to keep this going because it's making me happier to do what I want to be doing, rather than just what I feel I need to do.

Contact Elaine Ulsh with comments at [elaine.ulsh@bsu.edu](mailto:elaine.ulsh@bsu.edu).



## ▶ **MCGLOTHIN**

Continued from Page 10

### **The Family's Decision**

When John was offered the Wes-Del job, he didn't make the decision.

"I sat [my family] down and asked, 'Do you want me to do this again?' and they said yes," he said. "So I've always had their support. They're my biggest supporters. They're also harsh critics. They're not afraid to tell me exactly what they think about this or whether you did this right or wrong. But at the end of the day, they'll always give me a hug."

John's wife, Brandi McGlothlin, is no stranger to his job. The marriage of 22 years began with a basketball game.

"He was an assistant at Yorktown, and another assistant was dating my friend and coworker's daughter," she said. "They decided to set us up. The plan was to come to one of John's games with my friend without him knowing I would be there ahead of time. I could check him out, and if interested, we would all go out together after the game. I gave the thumbs up, we went to Applebee's, and we've been together ever since."

When the Wes-Del coaching opportunity was presented, she did not hesitate. She knew coaching was her husband's dream job and believes he was lucky enough to accomplish it.

“

Each group of players is like getting a new group of sons that I hope I've helped make an impact on."

- **JOHN MCGLOTHIN**,  
Wes-Del head varsity basketball coach

"It wasn't always easy, but I knew what I was getting into when I said yes to being a coach's wife," she said. "I'll plan to remind him about the sacrifices, and he'll have to support a dream of mine — like moving to a beach somewhere."

Though John believes he missed out on a lot with his daughters, Kamryn and Rachel, Brandi thinks he has made up for those times.

"At times, it was quality of time over quantity," she said. "Vacations have always been a time for us to make up for any lost time. Whatever he did, it worked. They are both, most definitely, daddy's girls."

### **More Than a Basketball Coach**

When you talk to the people around John, one thing is consistent. He is loved by the people who play and coach under him, but it goes both ways.

"Kids are kids no matter where you're at," John said. "Whether it's coaching a Division I player or if it's coaching a 12th man on your team, they all want some discipline. They all want you to put your arm around them and tell them that you care about them. And they all want to do their best for you."

Current player, senior Cade Pretorius, has a favorite memory from John's final season: a senior trip

"It's a trip where he takes the seniors that he has to an event, and ours was a Butler game," Pretorius said. "It was just really fun, and we all enjoyed ourselves."



Wes-Del Boys Basketball head coach John McGlothlin poses in his office March 6 at Wes-Del Middle/High School in Gaston, Ind. **JACY BRADLEY, DN**

John has had a senior trip every season he's been head coach. He likes to keep it within the sport. Besides a Butler game, he has taken past seniors to Purdue and Pacers games.

"It gives us some time, as coaches, to just kind of put our hair down," he said. "It's funny, the stories we hear and the things that we learn and the fun stuff because we do it right at the end. We just did it like a week or so ago, and so we do it toward the end of their time. I thought that would've been cool if my coach would have done something like that, and we try to have a good time."

Like the senior trip, John does something else bigger than basketball and to him, more important than winning games: Every season he's been a head coach, his team has adopted a family for Christmas.

"We don't put it on social media, and we don't publicize it," John said. "It's not something that we do because we want people to know. It's important to me because I was one of those kids that, at some point, may have needed that. And so, we always took a community family and bought presents for them ... and the kids would come in, and we would play basketball and shoot and play knockout."

He received a lot of support in his last season. During a home win against Eastbrook, more than 30 former players and coaches came to celebrate with him before the game. But one tribute came just a few days ago.

A letter was mailed to John. It was from a current player's grandmother, and she thanked the coach.

"Your guidance, patience and ability to understand an individual's potential and worth ... have given [my grandson] the desire to move forward into a career," the letter read. "Hopefully, the strength you instilled will continue to grow."

The letter finished with the quote, "To make such a difference in a student's life has to be the best reward."

When John read it, he was emotional. But it reminded him why he coached for 30 years.

"I have kept several letters, cards and emails over the years," he said. "Coaching goes much deeper than the X's and O's that people see on the weekend. Each group of players is like getting a new group of sons that I hope I've helped make an impact on."

Contact Zach Carter with comments at zachary.carter@bsu.edu or on Twitter @ZachCarter85.

## ▶ **BLOOD/PLASMA**

Continued from Page 13

"The American Red Cross seeks to build an inclusive environment that embraces diversity for all those who engage with our lifesaving mission. As such, the Red Cross believes blood donation eligibility should not be determined by methods that are based upon sexual orientation and is committed to working with partners toward achieving this goal."

The Red Cross said it wants to treat all donors with equality and respect.

Now, the FDA is taking the next step by considering using individual risk assessment (IRA), asking all donors the same questions.

There would be no time-based deferrals for MSM and women who have sex with MSM, According to the FDA. All genders and sexes will be asked about new and multiple sexual partners and a history of anal sex within the past three months. Those who haven't reported having anal sex with a new partner in the three months will be eligible to donate, assuming other criteria is met as well.

The FDA said it would take 60 days to take comments regarding this change. Afterward, the agency will review the commentary and make a decision.

"The United Kingdom, Canada and many other countries have successfully adopted IRA to evaluate donor eligibility without affecting the safety of the blood supply," Cohn said.

“

If anyone can contract it, no matter who you are, you can get HIV or sexual diseases. They should really reevaluate the questions. I do get sex at birth because that's biological, gender identity isn't an important question.."

- **ETHAN BRAVO**,  
Spectrum treasurer

Rhonda Sciarra, communications director at CSL Plasma, said CSL Plasma is aware of the FDA's potential change and will comply with the guidance issued.

"CSL Plasma believes all potential plasma donors must be treated with equality, fairness and respect," Sciarra said. "Accurate donor histories and consistent donor deferral standards are critical to maintaining safe plasma donation and safe plasma-based therapies for patients."

Butcher, Bravo and Wilson-Pike all said they want to see change regarding these restrictions.

"Helping each other or any community in any way you can is the best thing you can do," Bravo said. "I would try and go ahead and donate when I can."

Contact Lila Fierek with comments at lfierek@bsu.edu.

## ▶ **WOMANHOOD**

Continued from Page 04

"They all identify as lesbians, and they all identify as Chicanos, and I guess you could also say they all identify as women," Fritch said. "However, that doesn't necessarily mean that their experiences are remotely the same. While there is overlap between them, they are quite distinctive."

Fritch explained the Chicano movement was a group of both men and women, but it began to segment, as members of the group felt it was not recognizing issues of patriarchy. Eventually, the members of the group formed new segments such as the lesbian Chicana movement.

Fritch discussed the importance of using the term intersectionality when people have discussions of women and others throughout history and modern day.

"Intersectionality allows us to paint a clearer and more accurate picture of people's lives," Fritch said. "Without intersectionality, we are simply skimming the surface of any group; it's needed to understand the complexities."

Contact Abigail Denault with comments via email at abigail.denault@bsu.edu. Contact Maya Kim with comments at mayabeth.kim@bsu.edu or on Twitter @MayaKim03.



Ball State graduate student Emily McGuire answers a crowd question. McGuire presented her paper "1939's Gone with the Wind: Gender & Race in the Symbol of Southern Mythology" as a part of the Intersectional Identities in Modern History Panel as a part of the 26th Annual Student History Conference Feb. 24. **ABIGAIL DENAULT, DN**



# Crossword & Sudoku

CROSSWORD EDITED BY KURT KRAUSS; SUDOKU BY MICHAEL MEPHAM

### ACROSS

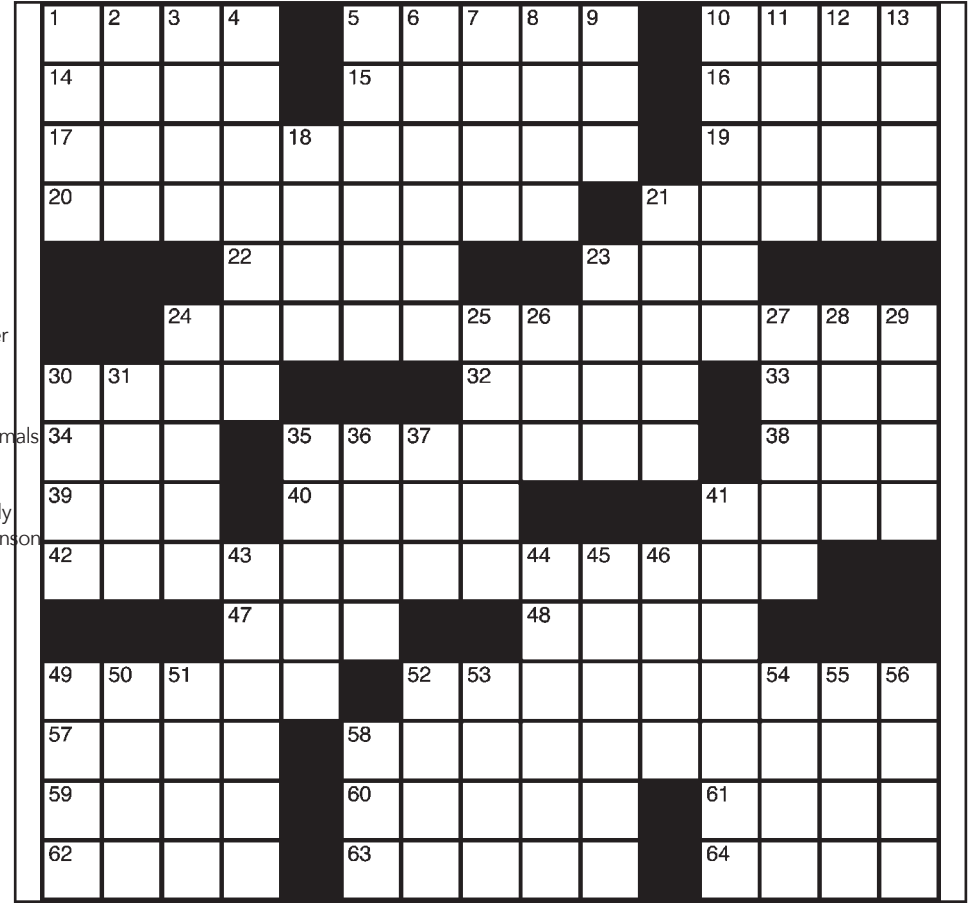
- 1 Title of respect
- 5 Suffix with "Wrestle"
- 10 Stinging insect
- 14 Both: Pref.
- 15 Scent
- 16 Prepared to veto
- 17 Actress who wrote the 2022 memoir "Dying of Politeness"
- 19 House spot
- 20 Spike Lee heist film starring Denzel Washington
- 21 Croquet sites
- 22 Hawaii's "Valley Isle"
- 23 Groovy
- 24 Expeditions made by freegans, say
- 30 Born in
- 32 Beer foam
- 33 Longoria of "Telenovela"
- 34 Olympic swimmer Thorpe
- 35 Sly, and a phonetic hint to the pattern in the last words of 17-, 24-, 42-, and 58-Across
- 38 Band's job
- 39 Bay Area airport letters
- 40 Scent
- 41 Black-tie party
- 42 Policy debate sides during an international conflict
- 47 Onyx, for one
- 48 Freeway sign

- 49 Stop and go
- 52 Competition with rockets
- 57 Hertz rival
- 58 Prima donnas
- 59 Afternoon fare
- 60 More sage
- 61 Half of dix
- 62 Playwright Kushner
- 63 Derisive sound
- 64 "\_\_\_ off to you!"

### DOWN

- 1 Crêche figures
- 2 Blessing ender
- 3 Hollywood's Vigoda and basketball's Saperstein
- 4 Least amount
- 5 Reconciled
- 6 One of the Musketeers
- 7 Old Chevy model
- 8 "Sounds like a plant!"
- 9 Thin batteries
- 10 \_\_\_ peas
- 11 All over again
- 12 Comics icon Lee
- 13 La Brea Tar \_\_\_
- 18 Maroon 5 lead singer Levine
- 21 Actresses Cheryl and Diane
- 23 German woman
- 24 "What am I supposed to \_\_\_?"
- 25 "Hot corner" base

- 26 Job listing inits.
- 27 "What happens in \_\_\_ ..."
- 28 Wicked
- 29 Drawn-out account
- 30 Sneakily probe (for)
- 31 Nadal of tennis, familiarly
- 35 Medical units
- 36 Semisoft cheese
- 37 2016 Super Bowl MVP Miller
- 41 Make a bundle
- 43 Cold War agent
- 44 More highly cherished
- 45 Vehicle pulled by yoked animals
- 46 Contended
- 49 Stretching on and on
- 50 Vinaigrette ingredient, briefly
- 51 "Knives Out" filmmaker Johnson
- 52 Washer cycle
- 53 Manila money
- 54 Sneaker brand
- 55 "\_\_\_, or won't?"
- 56 Legal honorifics: Abbr.
- 58 Yelps of pain



### SOLUTIONS FOR MARCH 2

C	A	B	A	N	A		V	A	S	S	A	R			
A	W	O	K	E	N		L	E	M	O	N	D	E		
M	O	H	A	W	K		C	A	R	P	O	O	L	S	
S	L	O		E	L	B	O	W	S		T	W	I	T	
			P	R	E	O	W	N	E	D		L	B	S	
A	P	P	S		B	O	B	S		R	A	E			
G	I	L	A		I	S	O		C	O	L	O	R	S	
A	A	A		A	T	T	Y		H	I	P	P	I	E	
I	N	T	O	N	E		C	U	E	D		A	G	E	
N	O	F	A	I	R		A	T	L		P	R	I	M	
			O	K	S		A	V	E	S		A	D	D	S
R	N	R		E	N	T	I	R	E	T	Y				
I	A	M	B		I	S	A	I	A	H		S	P	A	
D	O	B	E	T	T	E	R		B	O	O	T	U	P	
E	M	E	R	I	T	A			U	S	O	A	L	S	
S	I	D	N	E	Y				N	E	T	T	L	E	

2	3	7	4	1	6	9	5	8
9	5	1	8	3	7	2	6	4
6	8	4	5	2	9	1	3	7
8	1	3	2	6	4	7	9	5
4	9	2	7	8	5	3	1	6
7	6	5	1	9	3	4	8	2
5	4	9	6	7	1	8	2	3
3	7	8	9	5	2	6	4	1
1	2	6	3	4	8	5	7	9

			7		8		6			3
			9				1			
		3		2		9		8		
						4	3			
9					3					4
		3	7							
	7		5		3			1		
		1					7			
4		6		7		2				

**FRESH, FLAVOREFUL, AUTHENTIC**

VISIT US AT 509 S. TILLOTSON AVE. OR ORDER ONLINE!

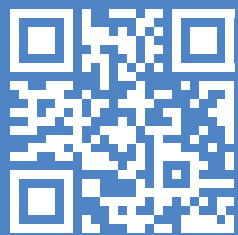
PUERTOVALLARTA.MUNGEONLINEORDER.COM



# Travel more. Spend less.

Get an extra 10% off flights  
and hotels with StudentUniverse.

Redeem Now



[amazon.com/joinstudent](https://amazon.com/joinstudent)

prime student  