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# PHOENIX

# LETTER FROM THE EDITOR

Hello readers,

Thank you for joining us for another year of creativity and investigative student news stories. While my time as an editor at the Marian Phoenix has not been long, it has been enjoyable to work with all of the intellectual, outstanding, innovative student writers here at the Phoenix, and to watch their ideas and stories grow from Day 1 of this semester. I have enjoyed getting to know every single one of the writers I've worked with and have grown alongside them with writing my own stories and creating media.

To our readers-

Thank you for supporting us by reading our stories throughout the semester as well as the magazine

now! We hope you have enjoyed looking at our work, just as much as we have creating it and putting it together!

To Julia-

Thank you so much for being the best co-editor and for putting all of the hard work that you have done this semester and for creating the magazine that YOU reader are holding today!! It has been great to work with you and to read your stories and creative pieces!

To Dr. O

Thank you for being our Mentor and guide in this class! For helping us to be the best writers we can be and helping us to grow. The Marian Phoenix wouldn't be what it is without you!

While I'm excited for my future outside of Marian it is bittersweet to leave the Phoenix program that I have come to love over the past few years. I am excited to take all of the skills and lessons that I have learned during my time here and to apply them to my future career. I can't wait for semesters to come to read future writers' work as well as enjoy the current contributors on their writing journey.

Thank you all again, and I can't wait to see what comes from the Marian Phoenix!

-Madeline Smith '22



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# SERIAL KILLERS ELIGIBLE FOR PAROLE AND THE PAROLE SYSTEM

By Madeline Smith

This year as well as 2023 and 2024 there could potentially be several serial killers released back into the public, due to the fact they are up for parole.

Serial killers like David Berkowitz (Son of Sam), Luis Guarvito, Edmund Kemper, and Don Miller are all up for parole this year and in the following two years. Not only do these serial killers have an opportunity for release, but recently there has been talk of passing Senate Bill 5036, which would demolish the life without parole sentence. If this is passed other serial killers like Gary Ridgeway (The Green River Killer) would get the opportunity to receive parole, and therefore could be released.

One question that circulates around serial killers is how these people can be released back into society after all the terror and destruction they have caused. Serial killers have the opportunity to be released on parole based on their sentencing. For example, David Berkowitz was sentenced to 25 years to life meaning the minimum he must serve is 25 years while the max is his life span. However, due to his eligibility for parole from his sentencing, he is eligible for parole after a certain time has passed, even though it is very unlikely for a man with his crimes to be released on the first parole attempt.

But how does parole eligibility for a serial killer work? The basic terms of parole are laid out by the US Department of Justice as such:

“Unless the court has specified a minimum time for the offender to serve or has imposed an “indetermi-

nate” type of sentence, parole eligibility occurs upon completion of one-third of the term. If an offender is serving a life sentence or a term or terms of 30 years or more, he or she will become eligible for parole after 10 years.”

Once someone has the eligibility for parole it doesn't end there. A person seeking parole must then attend a parole hearing. According to HG Legal Resources, the inmate seeking parole, “will be asked questions that determine how safe the convict will be in the outside world. In some cases, the victim or family of the victim will attend the hearings and testify to their experience in front of the board.”

Officer Larry Cress went into further detail about what the parole board looks for. He said “The parole board look at what inmates or serial killers have been doing during their time in prison. They see if they have been attending different activities for their betterment such as bible studies or classes to earn a degree or even something like sewing or knitting.” Not only does the parole board look to see if they are working on becoming a changed person but Officer Larry went on to say that “the parole board looks to see if the inmate shows remorse and show concrete evidence for change.”

While several serial killers are up for parole this year and in the years to come, it's up to our judicial and parole systems to decide if they are released back into the public or not. We can only wait and see what is to come.

# ACCESSIBILITY ON CAMPUS

By Bella Simons

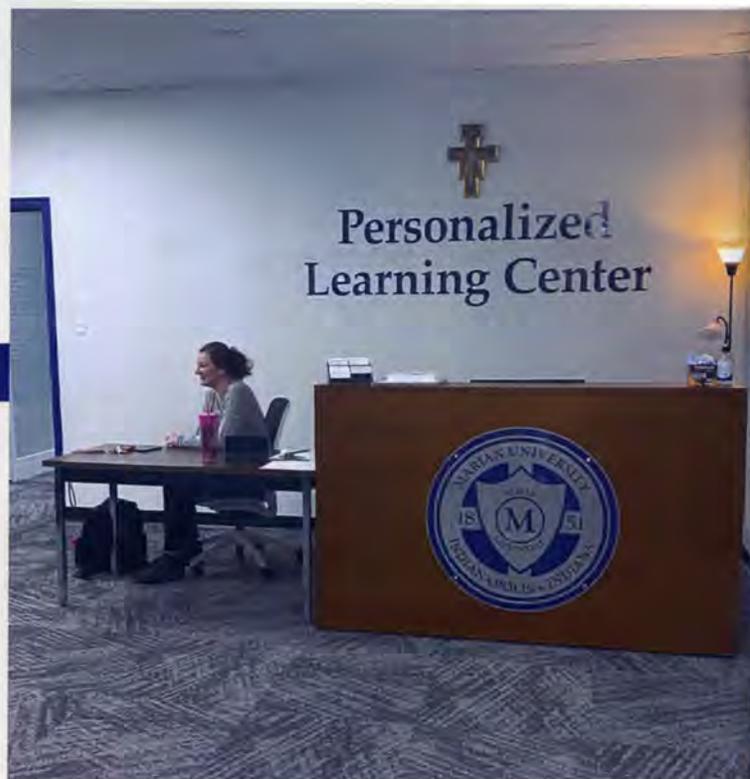
Accessibility is an issue on Marian's campus. From Clare's non-functioning elevator to the lack of knowledge about individuals with disabilities, there is room to improve.

The Personalized Learning Center helps students needing academic accommodations and sends out accommodation letters to faculty. However, those letters don't disclose the disability to the faculty. A side effect of this is that teachers might look at a student and not see anything that overtly points to a disability and not give them the help/resources they need. Ultimately, it can make people with disabilities feel unseen and isolated.

When I joined Marian my freshman year, I needed an accommodation letter that allowed for more time for testing; I thought I was alone. I did not know another person who had accommodations, although there were many. Due to this, I started a club for people with disabilities and allies: ACCESS MU. In the club, individuals with disabilities can come to a safe space and share their experiences at Marian. The goal of the club is to have a place where students won't be nervous to share about their disabilities and are unafraid to ask for help.

Hadley Hawkins, a senior majoring in Elementary Education, suffers from an autoimmune disease, which impacts her daily life through exhaustion and abdominal pain. Her autoimmune disease can be problematic when it comes to teachers' attendance policies on campus, and expectations for clubs. "I'm a very involved person, so this catches up to me very quickly," Hawkins said. "It also causes a lot of pain, abdominally, at certain times when I eat anything."

For individual accommodations, she said that professors are generally well equipped to deal with students' needs, saying that the Personalized Learning Center has helped, but for disabilities, there is room for improvement.

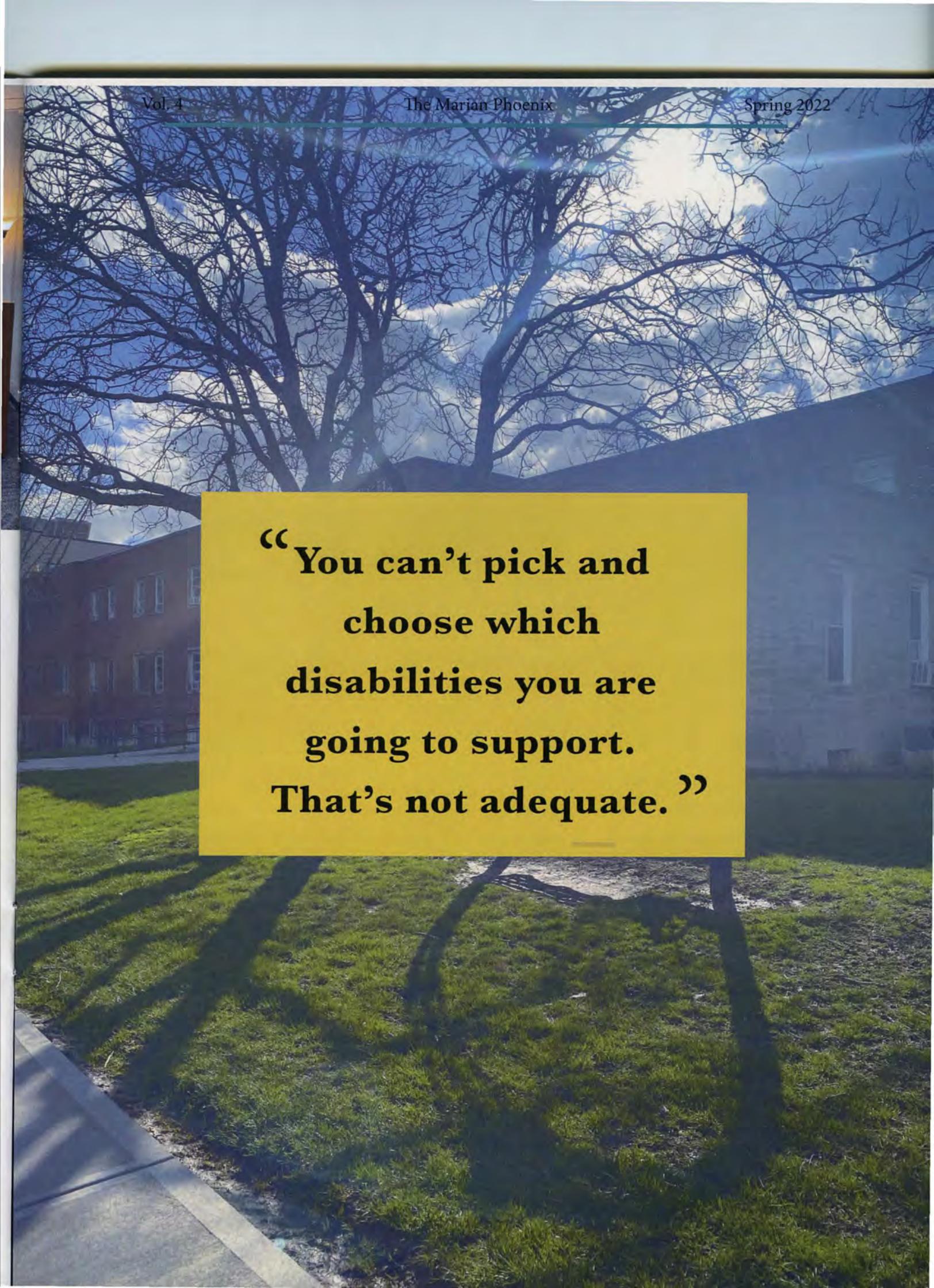


Hawkins said that there are visible and invisible disabilities: "Disabilities that allow us to still walk and move, but still inhibit our daily functioning and way of life," she said.

She believes Marian's campus does not have suitable resources for people with disabilities. She cites that there are no functioning elevators, consistently working handicap sensors, as well as ramps that aren't covered in ice. "All of those things matter," Hawkins said.

Her accommodations include extra time for resting and recovering, as well as extensions on deadlines, and the ability to leave class when she is getting sick. She said that she had not had any problems getting around Marian lately, but the school could improve by being accessible to all types of disabilities. She cites the Clare Hall elevator, which, she says, is locked half the time and doesn't work other times causing problems for those with mobility issues. She added that the opportunity for students to safely maneuver the campus and find accessible handicap parking is low.

"While they are great at supporting some groups of students, they are not for other groups and I think disability accommodations need to go across the board," Hawkins said. "You can't pick and choose which disabilities you are going to support. That's not adequate."



**“You can’t pick and  
choose which  
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That’s not adequate.”**

# “WOMEN OF MARIAN,” GIVING NEW OPPORTUNITIES TO STUDENTS

By Lizzie Schmidt

Female students at Marian have a new organization that helps further their professional aspiration. Women of Marian, founded in 2020, is a relatively new organization that offers scholarships, service and leadership opportunities for students that join.

The organization holds multiple events throughout the year that honor a panel of professionals in different fields, such as nursing, education, and more. This gives students the opportunity to network, as well as have a way to ask professionals questions about their fields. Linny Rousseau, the advisor for the student chapter, says, “Women will be able to mentor students, and students will be able to grow great relationships with women doing amazing professional things.”

There is a student and a professional chapter encompassed in this organization, with the professional chapter being called the greater society. The student chapter encourages female students to learn about philanthropy and to have students develop professional relationships with the greater society.

According to Jennifer Waning, advisor for non-student members, there are giving circles within the organization. The giving circles are tiered, and gain more benefits



within the society with each tier climbed. The funds from these giving circles go toward scholarships and sending philanthropic women to Marian University. This academic school year, three incoming freshmen received the scholarship, and the society would like to expand this number in years to come.

There is an annual fee of less than \$20 for the student circle. The fee goes toward the scholarship fund or new students coming to Marian. Jada Burton, president of the student society, said, “This gets students involved with philanthropy and giving back to our community.”

While the society is still new, it is kicking the semester off strong. In the past week, they held a “Galentine’s Day” brunch where a panel of nurses came and spoke. There will be more events to come in the future.



# OPINION: MARIAN GOT RID OF THE POLITICAL SCIENCE PROGRAM AND FOR WHAT?

By Julia Akre

During the 2021 fall semester, the Board of Trustees at Marian ruled in favor of demolishing the Political Science major, displacing the teachers like Johnny Goldfinger who once had tenure. Many students, faculty, and staff banded together to protest the proposal. The whole event compelled students on campus to protest. The verdict shocked the protesters and left them feeling as though their work amounted to nothing.

I was briefly trying to help those protesting to save the major since Goldfinger provided one of the most informative classes I have taken. Teachers voted 104 to 26 in favor of keeping the major according to the Appletreenews website created to inform people about the situation. I talked with Donna Proctor, Assistant Professor of Theology, one of the teachers who voted in favor of keeping the program to learn more.

Proctor believes that the decision was, in short, bad. She felt as though the voices of the teachers and students did not have any influence. All the avenues they used to convey their thoughts did not matter. She goes on to stress that a small number of individuals are actually capable of making decisions at Marian and that it's especially bad when the decision takes away teachers with tenure. It's a tragedy and sets an anxious warning to other departments that they may

still lose their jobs with no reason given. The Board of Trustees does not have to explain why they make a decision. However, the provost seems to have a different outlook on this event.

Alan Silva, Executive Vice President and Provost, said that the Board looked at all the pros and cons of getting rid of the program and still decided to get rid of the program. He said the voices of the students are very important but the success rate of the program was still weak. He talked about how students showing up provides a valuable learning experience even when the outcome is not how you like it. The experience is not the only lesson that can be taken from this whole incident Dr. Silva goes on to say.

Even though the Board of Trustees, according to Dr. Silva, does not provide any official statement as to why they close a program, Dr. Silva informed me that the program as a whole was not healthy for the school. The Trustees goal is to examine the students, to determine what will attract them and retain them. The political science major



he said, was not a program that could keep their students to graduation. With a success rate of only four graduates per year on average the Trustees felt it wasn't up to par with Marian standards.

The school plans to replace the program with a global studies department. The U.S. government will be primarily studied in history classes now. However, the program will also include sociology and, of course, learning about global studies. However, Proctor said that the world is so divisive that we need to teach our students what is happening in our government. Going so far as to say there is nothing that says that political science for students isn't important. She said, "We have so many problems with people understanding what government is about, and what politics is about, and we are such a fractured country right now that political science is needed more than ever."

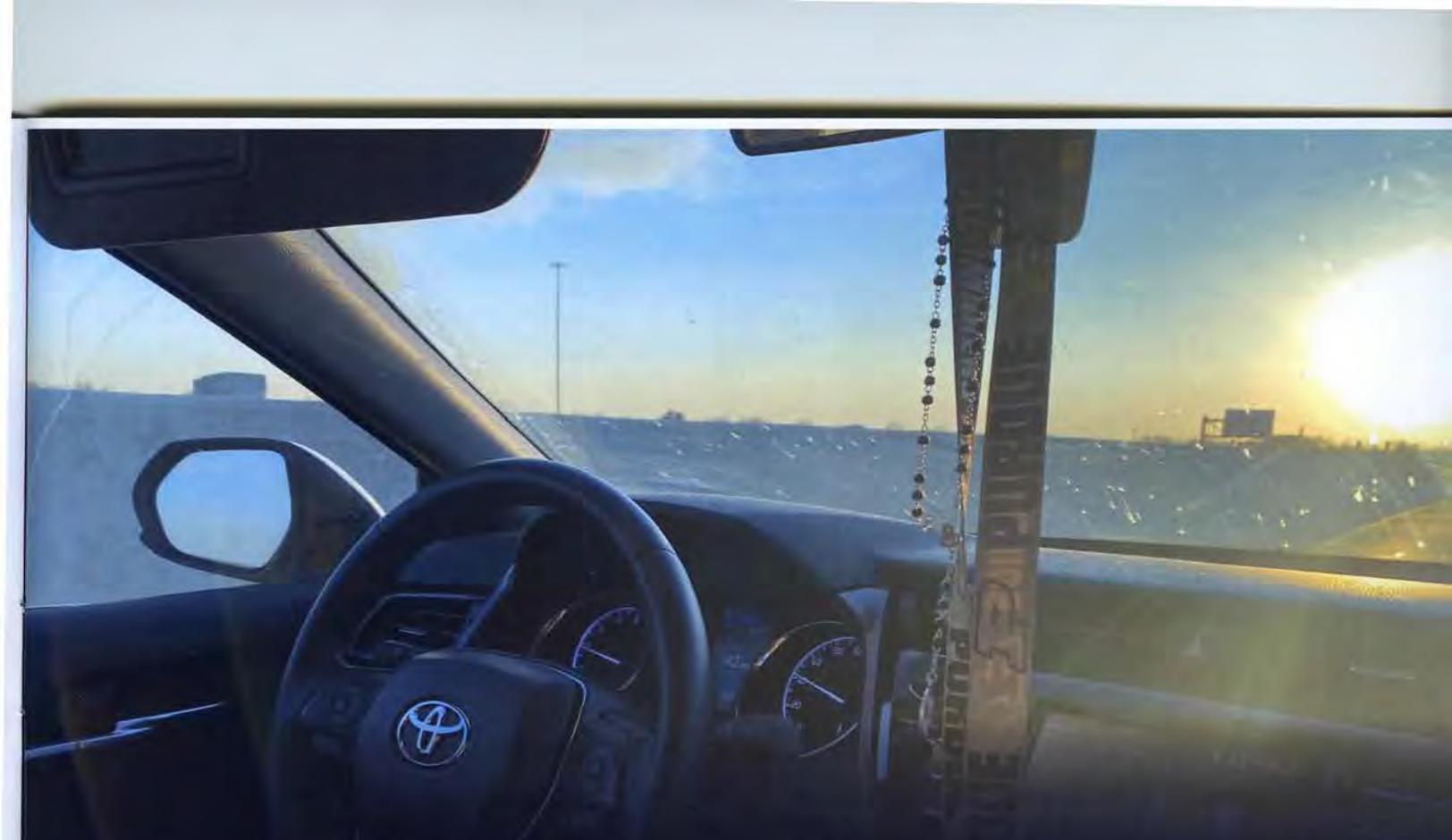
Marian itself seems to be going through a fractured state as it rebuilds itself. And I mean that literally, as Marian erects a new engineering building and takes away our Arts and Science program. To me, it appears Marian is on a path that would one day lead to the dismantlement of the original intent of the Sisters of Oldenburg. Proctor said, "I am sad that we are discontinuing the legacy of the Sisters." A place

that educates students to be well-rounded and compassionate people in touch with their humanity.

I too am disappointed that the Board of Trustees decided to do this. After talking to these individuals I am not convinced anything could have truly been done to save the program, it felt like, in these conversations, the decision was already made. I am also dissatisfied that global studies is acting as a replacement. Both topics are good to have, yes, but getting rid of a traditional and valuable content-heavy program is setting a bad example to other schools.

I still hold the belief that learning about the U.S. government system can not be boiled down to history classes. It is a system we interact with daily, not a fact of the past.





## COMMUTERS AND GAS PRICES

By Lizzie Schmidt

With recent political changes in our world, gas prices are on the rise. Gas prices went from being fairly reasonably priced to outrageously expensive. Commuters at Marian University are experiencing the negative effects.

Commuters at Marian are saying that they have to pick up extra shifts at work, as well as refrain from doing fun activities due to the rising prices. Students are overexerting themselves while working, and trying to make up for this expense.

Marian student Rachel Marks, a freshman Psychology Major, said, "It's all taking a toll." Rachel reported having to work constantly, and she feels as if she has no time outside of work and classes to do anything, including schoolwork. She stated, "I am also picking up more shifts at work, just because I know it will take more to pay for the regular things." Another commuter, Zack Cooper, agrees with Marks.

Cooper, a junior Elementary Education Major, states that he has been spending double the price on gas

than what he used to. He says that he leaves school and goes straight to work. This makes him feel physically and mentally tired. "When I am at school, I am tired all of the time," stated Cooper.

While students are affected by the rise in gas prices, faculty and staff are also experiencing the hardships. Joanie Schmidt, Marian's staff member, says that gas prices have affected her and her family, as she has to help pay for gas for multiple cars. Schmidt said, "I am more or less cutting back on my personal enjoyment as a result." She stated that she is no longer doing the things she intended to do with her extra funds, as they are no longer extra.

The price of gas is currently negatively affecting commuters at Marian University. It does not seem that gas prices will lower anytime soon, and this will be a matter we have to adjust to.

# TRUE CRIME BREAK DOWN WITH MADELINE

## The 1-70 Killer Herbert Baumeister

Herbert or "Herb" Baumeister is one of the most unknown pro-lific serial killers.

### An Odd Upbringing

Herbert was an odd child growing up. He was often alone and cast out by his peers and showed disturbing behavior towards death even at a young age. Supposedly he was fascinated with dead animals and would often leave them on his teachers desk. As a teen he was also diagnosed with schizophrenia and multiple personality disorder. While he was taken to be seen he was not treated for any of his ailments.



### A Seemingly Normal life

Later Herb would go on to college at Indiana University and IU. Both times he ended up dropping out. After his second college stint, He got married to his Collage sweetheart Juliana Saiter. They would go on to have 3 children Marie (1979, Erich (1981,) and Emily (1984). Before his children were born, he worked at the Indianapolis star as a runner for a short time and also worked at the BMV for nine years during the time his children were born. In 1988 he and his wife opened their thrift store Sav-A-Lot. Contrary to a lot of sources this is not the same as the grocery stores that can be found in the mid-west. His thrift store was thriving in the begging and later on he was viewed as an extremely successful. He quickly became rich, and bought a mansion in Carmel called Fox Hollow Farm which still stands to this day.

## The Investigation

In 1977 Virgil Vandagriff who was a retired Marian County sheriff opened a missing persons investigation firm which was called Vandagriff & Associates Inc. By 1994 Vandagriff was receiving an alarming number of calls about young men who went missing going to and from popular gay bars. Vandagriff was then tipped off when a man known only as Tony came to him and said a man by the name of Brian Smart had tried to kill him by choking him with a hose. After the incident Tony couldn't find his attacker. They had tried to set up an operation to Catch "Brian" in the act but he never showed. A year later Brian and Tony ran into each other again, and Tony was able to get his license plate. Brian was then later identified as Herb. Herb would not admit to doing anything and wouldn't allow the investigators to search his house. Investigators then went to his wife to search the house and at first she refused but then saw how weird her husband had begun to act, so she let the investigators conduct their search. It is during that search where they found the first fragments of bone.

## The Known Victims

At the time of these crimes, the gay community was somewhat of an outcast in Indianapolis and wasn't taken seriously especially when it came to crime. Sadly because of this so many men lost their lives. The victims they were able to positively identify were:

- Johnny Bayer
- Allen Waynd Broussard
- Roger Goodlet
- Richard Hamilton
- Steven Hale
- Jeff Allen Jones
- Michael Kiern
- Manuel Resendez

## Serial Killer Warnings

His son, at 13 found skeletal remains in their backyard which Herb claimed belonged to his late father's research. In reality it was one of his victims.

Herb also had an obsession of death and was even on the news for photographing "roadkill."

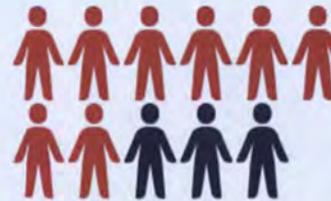
He had a very dirty, unkept house, except for his pool house which he kept in superb condition and surrounded by mannequins

## The Aftermath & End

10 days after the bones were discovered at his home, Herbert was found dead of suicide at Piney Park in Ontario Canada.

In addition, since he was no longer alive he couldn't attest for the crimes he committed and police couldn't 100% confirm that he was the one leaving bodies off of I-70.

## Finding the Victims



While Herb is believed to have murdered as many as 28 men along I-70 between Indianapolis and Columbus, only 4 of the 11 bodies at his home, Fox Willow Farm, were identified at first, but three years later, DNA testing positively identified 8 men out of the eleven. It took investigators so long to identify the bones of the victims because there were over 5,500 pieces of bones scattered in the backyard where his children played. It took investigators days to collect all the pieces.

# HONORING YOUR MEMORY

By Lizzie Schmidt



In this creative piece, I talk about how losing my dad has affected me over the years, and how I have started to overcome this.

Trigger Warning: death of a loved one or parent.

On May 29, 2017, my life changed forever within minutes. It all began the morning of Memorial Day. My dad had been a member of the military in years past, and I had texted him to thank him for his service, as well as wish him a happy Memorial Day. There was no reply to my message. I originally didn't think anything of it, although it was unlike him to not reply to my message right away. I went about my day until I had asked my brother if he had heard from our dad today. When my brother replied, "No," I knew something was wrong.

I told my mom that something wasn't right. My mom

said that I was overthinking. "I have a terrible gut feeling. We need to go see him," I replied. My mom and my dad were recently separated, so he lived elsewhere from us. I had finally convinced my mother to drive to his house.

We knocked on the door and rang the doorbell multiple times. There was no answer. "We have to call 9-1-1," I told my mom.

When police officers arrived on the scene, they forcefully broke through his front door. It was so unlike him to not answer. "Go sit in the car," my mom said. Minutes later, that's when I heard it- a heartbreaking cry from my mother that I will never forget. That is when I knew what had happened. I jumped out of the car to go comfort her and told my brother to stay where he was. Minutes later, he was wheeled out, covered in a white sheet. I desperately wanted to see him, but the police officers and coroners would not let me.

This is the story of how I found out my dad passed away. These past 4 years have been so different without him. My dad was always the one to give me advice on bullies in high school, and in relationships. Quite frankly, without this advice, I am lost. I have gone through so many rough patches while finishing high school and starting college that I wished I could just talk to him.

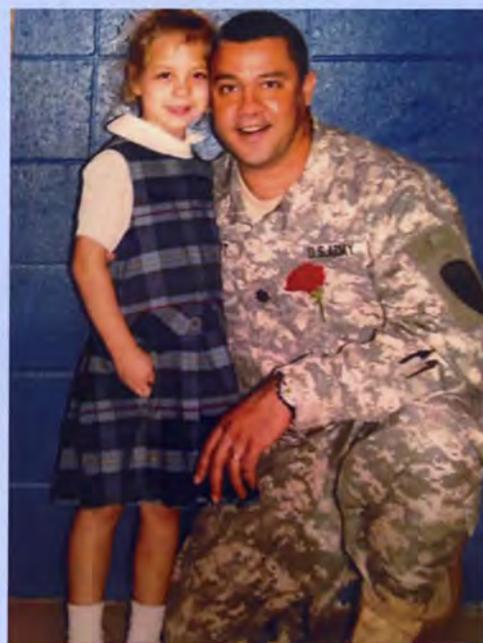
I used to call his number and leave voicemails when I missed him. In the past year, someone new received his phone number. One day when I was missing him, I called the number, and when I actually received a reply, I was startled. I explained why I was calling this number, and the person on the other end was very kind. They talked me through it. For years I had questioned my faith due to this incident, but this really helped restore my faith. This kind stranger was truly a miracle in my life, and I can never repay them for helping me through that time.

While I miss him every day, I find comfort in the little things that would have made him proud. He would have been proud to know that I continued my aca-

demie and cheerleading career at Marian University. He would have hated that I adopted a kitten, but he would have loved her for the comfort she brings me in his passing. He would have been happy to know that I never outgrew my Taylor Swift phase, and stayed young at heart. Most of all, he would have been so proud that I have stayed true to me all of these years.

There is a light at the end of the tunnel, but I am still trying to fully find it. I still listen to his favorite songs and cuddle the bear he gave me because it makes me feel closer to him. I will spend the rest of my life honoring his memory, and trying to make him proud of his little girl, even though I am not so little anymore. One day I will meet him again, and this brings me hope. I love him just as much as I did four years ago, and I always will.

Rest in Peace Lieutenant Colonel Edward Schmidt.  
You are loved and missed every day.



# ST. JOSEPH'S NEW STAINED GLASS WINDOWS

By Julia Akre

After a roughly six-month wait, on February 10th, Marian University welcomed the new stained glass windows to St. Joseph Chapel located at the new Caito-Wagner freshman hall. These windows will not be the last addition to the new chapel.

Stained glass has been a staple in churches since the fourth century according to Cumberland Stained Glass, Inc (CSG). In the 12th century, the gothic style of architecture emerged as new churches were being built. These new styles had plenty of space for the satin glass art form to be popularized. The windows are praised for the way the light influenced the color and luster of the church. According to CSG, stained glass windows were also used to retell biblical stories through imagery or saintly depictions for people to

use as a centering point in prayer.

The four saints and one mother were chosen to be in the new stained glass windows are themselves, according to Adam Setmeyer, vice president of mission and ministry, symbols to young people in the church to say "yes" to God's call. These holy people are all representative of the diverse community on campus. It is the hope that the windows are to be looked upon by the students, faculty, and staff and prayed to for their intercession (asking them to pray to God on your behave). Each individual depicted has something to bring to the devotional life of the Marian college student.



The handcrafted pieces of art face the south side of the chapel and each vertical window is uniquely assembled with care. Saint Toribio Romo is the first in the line on the far left of the wall. According to Setmeyer, he is the patron saint of immigrants and has been reported to appear to traveling immigrants to give them encouragement and water. That is why he is seen in the window holding food and a water jug.

Mother Theresa Hackelmeier's window is next in line. She immigrated from Austria to America when she was 24. She is the founder of the Sisters of Saint Francis at Oldenburg Indiana. This organization started the school that would one day be known as Marian University. While called Sisters of Saint Francis, the school was made to educate German immigrant children. This stained glass window is the first rendering of her in this particular medium according to Setmeyer.



There is some space in the brick wall of the chapel before the third of the five windows. Saint Kateri Tekakwitha was a Native American Mohawk woman, her tribe's symbols can be seen painted on her shawl. According to Setmeyer, she is the patron saint of the environment. This is in direct correlation to St. Francis' devotion to the environment. St. Kateri is also an example to those who go through terrible hardship to remember that God is with you.

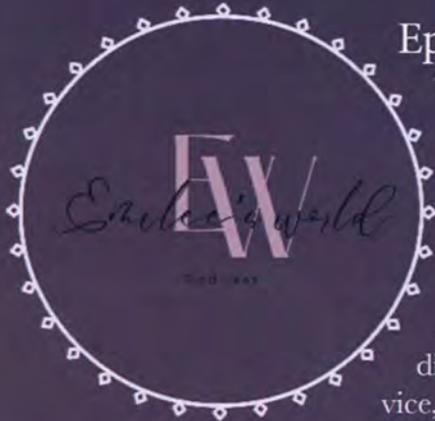
Saint Martin De Porres stands next to St. Kateri. Setmeyer said he is the patron saint of African Americans and was one himself. He is also a patron of social justice. He suffered many hardships as no one believed he could do great things, but he stayed in the truth of God and was canonized a saint in 1945. He is the first black male to be canonized according to BlackPast.org.

The last window is of Saint Pope John Paul II, who is closest to the altar. Setmeyer said he was a great proponent for the young people of the church. He is their patron saint and the creator of World Youth Day. He worked to serve the youth before becoming pope as a college professor of Moral Theology and Social Ethics, according to History.com. The stained glass window has been expertly crafted to represent each unique saint and showcase their diverse heritage and purpose.

The artist who originally worked with Setmeyer and drafted the window's designs is Corbert Gauthier, a trained painter. His work will be seen again in the chapel as he is producing two paintings of Mother Mary, St. Joseph, and Jesus Christ. Art can help elevate the viewer and provide a more spiritual experience. Setmeyer hopes that the stained glass windows will provide a chance for each diverse student no matter their religious affiliation to see themselves within God's call. Each person depicted in the stained glass responded to God's call and the viewers of the glass are encouraged to do the same.



# PODCAST



## Episode 1 | Wedding Planning While in College

By Emilee Horn

In this episode, host Emilee Horn and guest speaker Ryleigh Braun discuss the process of what it's like to plan a wedding while in college. With the trend of college engagements around us and the undeniable excitement of planning a wedding, this podcast has been created to help inspire, relay advice, relate emotions and inform us on how to balance school and wedding preparation to other fiancés currently planning their wedding while in college. I would also like to thank music by Ivymusic from Pixabay.



## Episode 2 | What's it like to be an MU Knight from a Commuter's Perspective

By Emilee Horn and Madeline Smith

In this episode, host Emilee Horn and guest host Maddie Smith talk about what it's like to be a Marian Knight from a Commuters perspective. They talk about the aspects of campus life, food, friendships, and their involvement within the Marian Community. This episode was created to bring light to how commuters feel and the ways in which they stand out compared to residential students and the opportunities commuters have to look for and become a part of to have a sense of inclusion.

## Episode 3 | Best Holiday Deals

By Emilee Horn

In this episode, host Emilee Horn talks about the best holiday deals to purchase from small appliances to clothing to furniture. For many college students who will be looking to purchase a house after graduation in the near future, here are the best times to start browsing and purchasing those big-ticket and small ticket items you'll be looking for.



# HIGHLIGHTS



## The Rundown

Jaden Wills

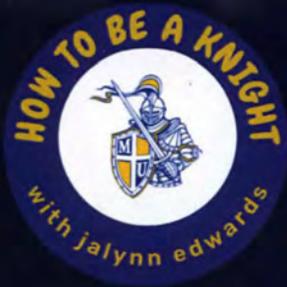
### Episode 1 | How Covid Affected the Lives of Student Athletes

Covid has impacted millions of people differently. In this short podcast, you'll gain insight into what it was like for me and how my community adjusted to the adversity that covid brought.

### Episode 2 | Crossroads

In this episode, I talk about the crossroads league experience and how the heptathlon worked, and how the experience impacted me. How it was getting third and being able to cheer on my team as the days went by.

# PODCAST



## Episode 1 | Judah Gustafson

By Jalynn Edwards

This is the first episode of How to be a Knight, with Jalynn Edwards a student with The Marian Phoenix. How to be a Knight is all about meeting Marian students we might not typically hear from, seeing what they do, how they "knight," and if Marian is fostering their future.

## Episode 2 | Emily Taylor

In this episode, Jalynn talks to Emily Taylor, a social work major and president of Knights for Life.

# HIGHLIGHTS

## Episode 1 | On Young Americans for Freedom.

By Harpreet Sandhu

Now, people are behind a screen and don't feel the same empathy they would feel in a face to face conversation. Expand Your Mind is a podcast that talks about international news and tries to explain them in a way that Americans can relate to. I hope you learn both sides of the stories and become more knowledgeable about events that are happening. Hopefully you can relate to these episodes and bring yourself into someone else's shoes.

Welcome to the first episode of Expand Your Mind. The goal of this podcast is to bring clarity to individuals on topics they might not have the best knowledge about and bring more awareness to people who are in their bubble. In this first installment of this podcast, I want to talk about something that everyone who has attended Marian University during the fall semester of 2021 may or may not know about. The event that imitated the falling of the Berlin Wall hosted by Young Americans for Freedom.



## Episode 2 | World War 3?

Welcome back to the second episode of Expand Your Mind! For this episode, we are diving into current matters, the tensions between Ukraine and Russia. I am going to be touching a bit about the history between the two countries and how this could affect us in the near future.

Editor's note: As Julia Akre, I appeared as an interviewee in this podcast, however I am also one of the editor's of The Marian Phoenix. Opinions stated in the podcast don't necessarily reflect the opinions of The Marian Phoenix.

## Episode 3 | Ignorance Today



For this episode of Expand Your Mind, I will be addressing that happened this Feb/March. A Sikh boy was attacked by his peers in Whitestown High School

for wearing a turban. I will be addressing how this happened, how come media didn't spread the word, and how you as a Marian Student are affected by this predicament.

## Episode 4 | Slava Ukraini

In episode 2 I had briefly touched on the conflict between Ukraine and Russia and within some of those weeks, there have been great escalations in the conflict where it's

now considered...a war. I go further into the war and how Russia tried to manipulate the Russian public and how this is a Putin vs. Ukraine rather Russia vs. Ukraine. To support the Ukrainian people as they have to flee their homes, please donate to these charities or do more research and donate wherever you want.





# PODCAST HIGHLIGHTS

## Indy Boys: Racing Podcast

In this podcast, Tristan Grider and friends explore the world of racing with daily news, interviews and discussions about motorsports. Here are some highlights!

By: Tristan Grider (Marian University) and Daniel Chaney, and Justin Cox

### Episode 1 | Pilot and Predictions

In this episode of the Indy Boys racing podcast, we get the podcast OFFICIALLY started! As well, we cover some weekly news and go through some predictions for the 2022 IndyCar and NASCAR seasons.

### Episode 4 | Rolex & GOAT Talks

In this episode of the Indy Boys: Racing Podcast, we update you on the latest Motorsports news, talk about the Rolex 24 Hour Race at Daytona, and we discuss who is the GOAT of Motorsport.

### Episode 7 | Crashes, Commercials, and Daytona Review

In this episode of the Indy Boys: Racing Podcast, we update you on the latest Motorsports news, review the 2022 Daytona 500, talk a little bit about Harrison Burton and Myatt Snider's crashes, why FOX sucks, and finally give our predictions for Auto Club and St. Petersburg!

### Episode 10 | Black Flags Matter & An Indy Boy Wins!

In this episode of the Indy Boys: Racing Podcast, we update you on the latest Motorsports news, review the NASCAR Cup race at Phoenix, interview Motorsport YouTuber Darian Gilliam or Black Flags Matter, and make our predictions for NASCAR @ Atlanta, IndyCar @ Texas, and Formula 1 @ The Bahrain Grand Prix!

### Episode 13 | Toyota Rebounds & Dalton Kellett Joins Us!

In this episode of the Indy Boys: Racing Podcast, we update you on the latest Motorsports news, sit down with a special guest IndyCar Driver of the #4 Chevy for AJ Foyt Enterprises, DALTON KELLETT, and finally review the races for NASCAR @ Richmond Raceway! Then, give our predictions for NASCAR @ Martinsville, IndyCar @ the Long Beach GP, and Formula 1 @ Albert Park Circuit for the Australian GP!

# VIDEO HIGHLIGHTS



## Dancing || A Theatrical Poem

By Bella Simons

Bella Simons narrates “Dancing”, a poem that she wrote about dancing freely without a care in the world. The inspiration came from her

Creative Writing class. In this video, Matti Jo is the focus as she dances around the Japanese Gardens and the Dogwalk.

## My Journey as a Weightlifter

By Bella Simons

Watch Bella Simons’ journey as she joins a weightlifting class here at Marian. She initially struggles with the class, but later on, she becomes more confident as a weightlifter.



## My Experience at Marian University

By Madeline Smith

This video is about my experience at Marian and how it has changed me throughout my time here.





# TUTORING USED AS A CATALYST FOR CONNECTING

By Anna Getty | Written for Digital Journalism

On February 7, 2022, Marian University's student-organized volunteer group, Students Taking Active Reflective Roles (S.T.A.R.R.), will resume their service with the Indianapolis School on Wheels program.

S.T.A.R.R. has had a partnership with the Indianapolis School on Wheels program for 5 semesters. There was a brief hiatus in volunteering for School on Wheels due to the Covid-19 pandemic, but Marian students are ecstatic to have the opportunity to be back in schools tutoring once again.

Educating young minds is not the sole motivator for tutors, it's the young students and their stories that draw tutors back every week. Sophomore nursing major and School on Wheels tutor, MaryClare Swick said, "It is a way for me to give but I am also receiving a lot from it too."

School on Wheels is driven by its mission of providing educational support and advocacy for students involved in homelessness. Tutors play a valuable role in providing consistency weekly to students who are otherwise battling with inconsistency in other serious matters of their lives. The 45-minute tutoring sessions are an invaluable source of support for students experiencing homelessness.

School on Wheels is not a traveling bus that provides aid for students involved in homelessness. The program specifically works in the schools that homeless

students are enrolled in to provide the services. The school offers books, educational games, worksheets, and other materials to guide the tutoring session. Alyssa Newell, an Education Support Coordinator at School on Wheels said, "We also recognize the importance of going beyond academic needs to reach the needs of the whole child. Social-Emotional learning activities are also incorporated into the tutoring session to help students regulate their emotions and teach them how to handle difficult situations that they may experience."

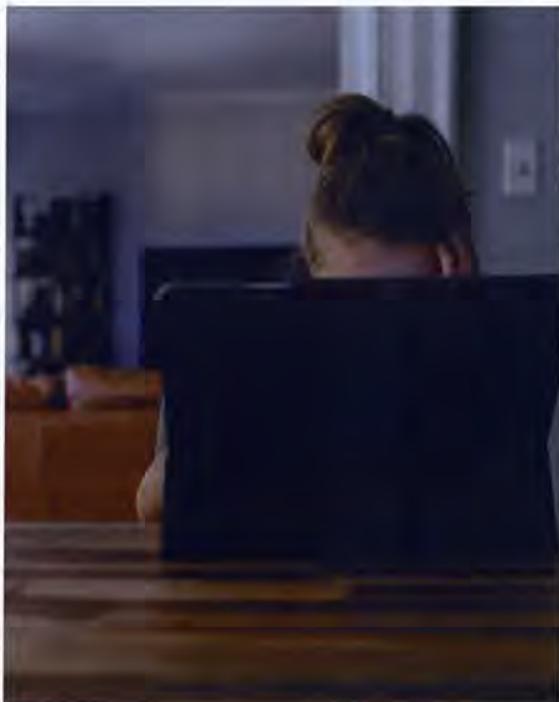
Currently, tutors are in great need in the School on Wheels program. Because tutors are provided with all of the necessary materials for their tutoring session, they do not need to have experience in teaching or tutoring; although, students studying education would greatly benefit from becoming a tutor.

Senior elementary education major at Marian University and School on Wheels tutor, Patrick Scheidler, learned many valuable lessons that he will incorporate into his classroom as a teacher. "Patience is a virtue that every educator should learn," Scheidler said. "It helps you understand where your students are coming from."

Students interested in becoming tutors are encouraged to join S.T.A.R.R. and learn more about homelessness in Indianapolis. Contact Alyssa Newell at [Alyssa@indysow.com](mailto:Alyssa@indysow.com).

# STUDENTS COMING BACK TO LEARNING AND COPING WITH BURNOUT

By Jalyynn Edwards | Written for Digital Journalism



At the beginning of the pandemic, and even further into it, many students' schedules consisted of online classes, which meant they had a little more freedom to do what they wanted, especially if they were at home. Coming back onto campus and having more hectic and less flexible schedules is causing more students to feel burnt out.

Lauren Bruns, a sophomore at Marian University, has felt the effects of burnout. "Going from being at home and on my own schedule to back on campus and thrown into all my different involvements has been kind of tough," she said. Lauren is involved in several different places on campus. Her schedule starts at 8 am she is not done until 10 pm. That often doesn't include time for homework, just class, and meetings.

With the return of in-person classes this past year and the continuation of the pandemic, many professors have opted for hybrid and asynchronous options. Some students, like Judah Gustafson, a sophomore at Marian, believes this has created a feeling of instability in his schedule. "My professors seem to switch it up every week in terms of classes, especially if there's a COVID scare." The uncertainty and sometimes short notice create more stress for students contributing to burnout.

Oppositely, some students find being in the classroom overwhelming. Both because of COVID and previously having little in-person interaction, to now, a lot of it. Bailee Laux, a junior at Marian, sometimes feels anxious about being in the classroom, simply because of the number of people. "I became accustomed to doing class from the comfort of my room with just me, and now I am in a room with 10-15 other people."

Through this, what seems to be a rollercoaster of feelings and factors, students' schedules are uncertain and tight. The number of classes/homework, extra-curricular, work, and general busyness all play into this looming burnout over students in college right now, coming back to learning shouldn't impact a student negatively, but unfortunately, these are the effects we are seeing.

# HEALTH BENEFITS AND DANGERS OF ENERGY DRINKS

By: Nyah Namisnak | Written for Digital Journalism

Austin Anderson, a junior at Purdue University wants the best caffeine to get through his late-night study sessions. Majoring in Kinesiology, Austin works hard to balance school, health, and relationships. He stays busy while maintaining a high GPA.

Anderson began his caffeine high in the sixth grade with a cup of coffee. Over the years, the one cup turned into many, and it heavily affected him during his first few years of high school. He then became interested in BANG Energy drinks. These drinks give more caffeine than coffee with 300+ mg of caffeine per can. BANG is his favorite, but he has also shown interest in Reign and Celsius energy drinks. When looking for his drink of choice, taste and health benefits are extremely important to him. If he has late-night studying, he will most likely choose the drink that has the most caffeine and doesn't give him a headache or a sugar crash. Being an avid tea and coffee drinker to this day, he still chooses energy drinks due to the taste and caffeine level. BANG is his first choice, because of their zero sugar and high level of caffeine content.

Although energy drinks can help a study session, it is important to be aware of the health dangers. Anderson describes his high school life of consuming 600+ mg of caffeine per day, which led him down a path of no sleep and headaches.

Anderson said, "You can't supplement energy without there being a cost."

He suggests college students or anyone consuming caffeine should try and find energy elsewhere— including getting 7-8 hours of sleep and fueling the body with nutritious foods.

Although Anderson had an early start to his caffeine journey, Jenna Davis, a senior at the University of Southern Indiana, didn't consume caffeine until she was a freshman in college. While she was working

hard to get into the Nursing Program, Davis quickly realized during her first year of college that caffeine was a must.

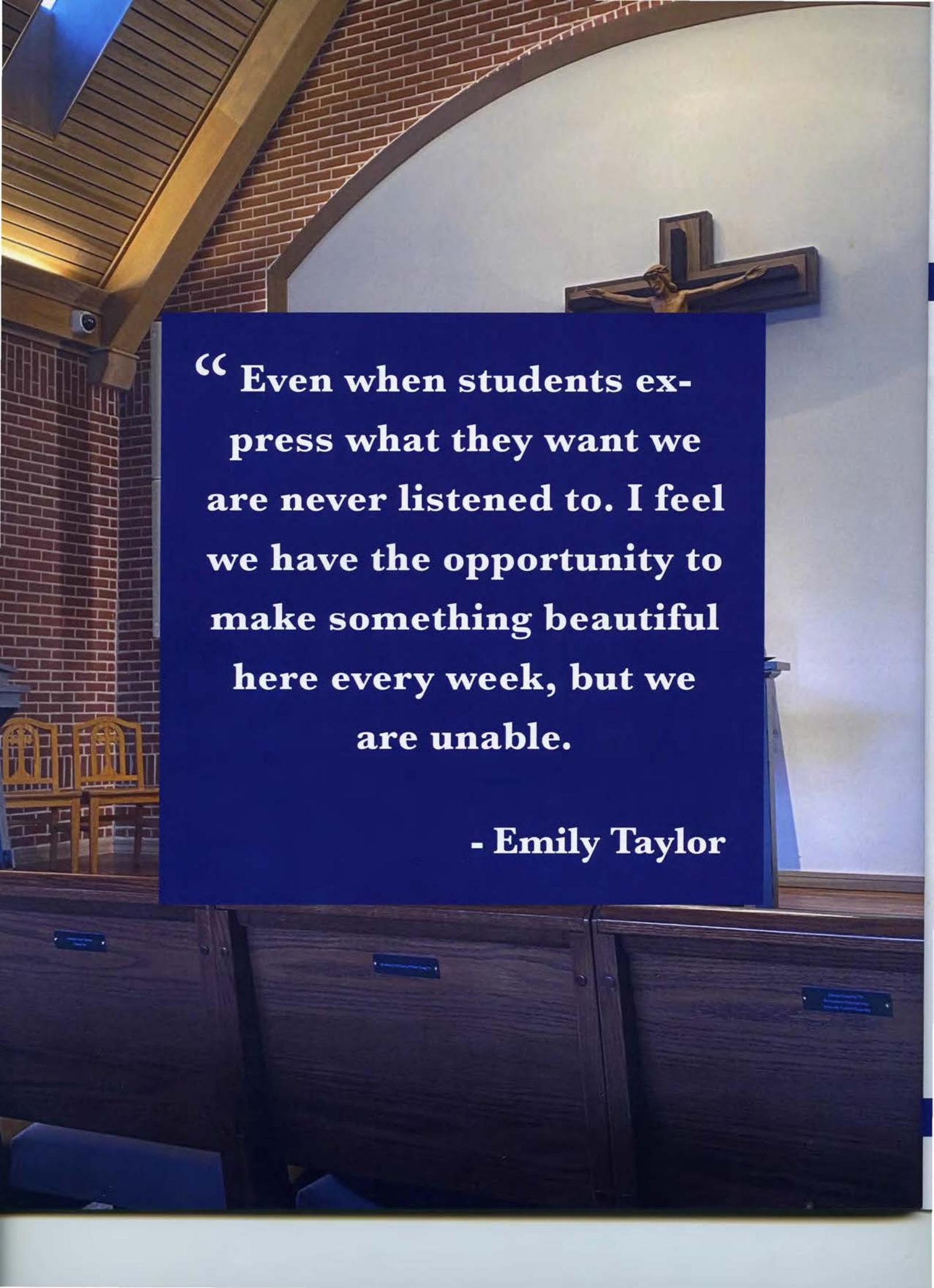
Having a background in gymnastics, Davis never had a kick for caffeine, until she joined her local college CrossFit gym. CrossFit is a form of movement that involves constantly varied functional training performed at high intensity. When looking for an energy drink, she focuses on both the health benefits and the taste. Her top three favorite drinks to fuel her day are coffee and energy drinks like Noco and Alani Nu.

Like Anderson's favoritism for BANG's zero sugar, Noco is known for a clean and no carb drink. When choosing her drink, Davis typically looks for ingredients that are easy to read, because some drinks can cause chemical imbalances within the body. Although she uses energy drinks to help survive her long college days, she knows the risk that comes with it. She's seen first-hand the negative effects of caffeine such as irritating the heart and leading to a heart attack or even heart failure.

"Don't become reliant on energy drinks," Davis said.

Davis's 180 mg of caffeine-filled Noco keeps her on the go throughout the day, but she knows that it isn't always the best option. She usually consumes one source of caffeine throughout the day, but mostly relies on a good night's rest. According to the Reize Club, an online source that reviews energy drinks, these drinks can save you money but with potential weight gain and even insomnia as a consequence. College students tend to have long brutal nights and despite the energy drinks that keep them wired, Anderson and Davis recommend sleep to be the top source for energy. While there are numerous benefits related to energy drinks, this form of energy is not the only way to stay wired. Receiving adequate sleep and fueling your body with nutritious foods will give you the best source of energy.



A photograph of a church interior. In the foreground, there are several rows of dark wooden pews with blue cushions. In the background, a large wooden crucifix is mounted on a white wall. To the left, there are wooden chairs and a brick wall. The ceiling is made of wood. A blue semi-transparent box is overlaid on the center of the image, containing white text.

**“ Even when students express what they want we are never listened to. I feel we have the opportunity to make something beautiful here every week, but we are unable.**

**- Emily Taylor**

# MUSIC IN THE SACRED LITURGY AT MARIAN UNIVERSITY

By Chance Jozsa | Written for Digital Journalism

At 7 pm on Sunday evenings, Chartrand Memorial Chapel used to see upwards of two hundred people attending masses. The worshipping community of Marian is very special. Over the past few months, there has been a rapid decline in worship attendance and there is a strong argument that the music style for mass has become too contemporary.

In the fall semester, the music selections seemed to have been a perfect balance between traditional hymns and contemporary styles of music allowing people of all environments to be able to participate fully in mass while being comfortable with what they had grown up with.

When Choir member Emily Taylor was asked how she felt about the musical selections at Marian, Taylor said, "I feel that the music is almost always one-sided, even when doing a hymn, we tend to do a contemporary style of the hymn. Sometimes the music is almost distracting or done poorly. It takes away the sacredness of the liturgy."

Asking another student the same question garnered a similar response. He said "I feel like having a balanced liturgy specifically at Marian is so important because of the vast areas of worship people came from. However, we really lean more towards contemporary almost always, and rarely have we been using the organ this semester. Even when students express what they want we are never listened to. I feel we have the opportunity to make something beautiful here every week, but we are unable."

Father Matthew Spencer said this once, "Some are drawn to a Mass with a traditional choir singing hymns, others may be drawn to Gregorian Chant

specifically, while still others prefer a 'contemporary' Mass with praise and worship music."

There is an easy solution to fix this problem. Marian needs to provide a truer balanced liturgy. Only using the organ once every 3 weeks is not a balanced liturgy. Our attendance would go back up and more people would be happy with the music choices. The job of a music director is to make sure music is being provided that is both appropriate for the liturgy and meets the wants and needs of the congregation. Music has such an impact on the way people worship, and we should provide the best that we can for people here.



# MEET

# THE



Lizzie  
Schmidt

(She/Her) can be described in three words: optimistic, hardworking, and fun. While she started her time at Marian as an Elementary Education major, she is currently a junior, studying Communication.

Her favorite shows include *The Haunting of Hill House* and *The Haunting of Blye Manor*. She loves watching anything scary, including *The Conjuring*, her favorite movie. She is a cheerleader at Marian. In addition, her favorite artist is Taylor Swift. If she could save anything from a fire, she would save her autographed Taylor Swift CDs. Schmidt loves barbecue chips and Disney World.

Bella  
Simons

(She/Her) is a senior Communications major, with a minor in Writing. Bella is a member of the Marian Phoenix, Theta Phi Alpha, and the ASL club.

Bella is a fan of romantic comedies, and loves the movie, "Tag." Her favorite television show is currently, "Psych." Bella enjoys reading books, and her favorite book is, "Brave Enough." Bella is a fan of Disney, and enjoys the movie, "Moana," as it reminds her of her family trip to Hawaii. Bella loves her family, and thinks very highly of them.

Jalynn  
Edwards

(She/Her) is a junior at Marian University. She lives on campus as an AR for Doyle Hall. Edwards has lived in the dorm for all her 3 years at Marian aside from this past summer where she spent two months in Clare Hall. "I love it... it's definitely like a second home."

Jalynn is currently majoring in Communication and has two minors: Pastoral Leadership, and Peace and Justice. She is currently working for The Marian Phoenix as a staff writer and hosts the podcast How to be a Knight.

Emilee  
Horn

(She/Her) is a junior Business Marketing major with a minor in Communication. This is her first semester with the Phoenix.

When she isn't attending classes, or creating content for the Phoenix, you can find her doing one of her favorite things which include baking, shopping and cleaning. Emilee also enjoys talking to her friends about wrestling, since she used to manage her school's wrestling team in both middle school and high school.

Follow her podcast Emilee's World to see all the different topics she covers this semester.



# STAFF



**Tristan  
Grider**

(He/Him) is a junior Communication major with a minor in Business at Marian University.

He is a Third Degree Senior Black Belt in Taekwondo and owns his own martial arts school Grider's Taekwondo in Fishers Switch, Indiana. He loves auto-sports and loves making content. He can't wait for everyone to listen to the Indy Boys: Racing Podcast!



**Harpreet  
Sandhu**

(She/Her) is a senior Marketing major with minors in Spanish and Communication. She enjoys watching Netflix shows as well as reading books and listening to podcasts. She also loves creating graphics using canva and adobe but also likes editing using Adobe Premiere for fun.

This is Harpreet's first year contributing to the Marian Phoenix.

After she graduates this semester, Harpreet hopes to find a career as a marketing coordinator and maybe one day in graphic design/web design!



**Jaden  
Wills**

(He/Him) is a senior Psychology and Philosophy major here at Marian University. Jaden is the creator and producer to the podcast The Runndown published by The Marian Phoenix. The name is inspired by his passion for track where he talks about his experiences as a Marian Athlete.

An interesting fact about Jaden is that he has never dropped a pair of keys when tossed to him (test his abilities if you see him around).



**Madeline  
Smith**

(She/Her) is a senior Communication major with minors in pastoral leadership and theater. She enjoys watching documentaries and shows as well as reading books and listening to podcasts on true crime. In addition she had a love for creating videos and working with Adobe to create projects. This is Maddie's second year contributing to the Phoenix, and her first semester acting as co-editor.

After she graduates this semester, Maddie hopes to find a career in PR and maybe one day in videography!



**Julia  
Akre**

(She/Her) is a junior Communications major With a minor in Pastoral leadership and Writing. She is a huge marvel fan and has been a fan since the first iron man movies released in 2008. Julia is in her 3rd year as a Marian Phoenix staff writer. Along with that, she has been working as an editor and graphic designer for the newspaper for two years.

Julia aspires to be a news journalist for a Catholic organization after she graduates.



The Marian Phoenix returns in September, 2022

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