Opioids lower America's life expectancy

By Mahder Serekberhan

For the first time in decades, America’s life expectancy rate has dropped for the second year in a row. Some experts have correlated the drop with the increasing opioid epidemic resulting in overdoses. 2016 alone, out of 63,000 drug overdoses more than 42,000 were attributed to opioid addiction. The Centers for Disease Control and Prevention (CDC) inferred that the intake of painkillers has seen an increase since 1990. In 2012 alone, doctors across the United States prescribed 259 million opioid-based painkillers. We have many athletes, nurses and other professionals who directly or indirectly deal with painkillers, which makes it necessary for everyone to be aware of the prevention, cause, probability and treatment of opioid addiction. “First and foremost, people need to understand how the addiction works, and where it starts,” added White.

Two MMU events to give more insight into opioids

Mount Mercy University has scheduled two events that will give more information on the ongoing opioid drug crisis.

“Opioids in Linn County” is set for March 14 from 11:30 a.m. to 12:30 p.m. in Flaherty Community Room. The Iowa Harm Reduction Coalition will provide an informative program.

An evening panel discussion on Opioids in Linn County is set for April 4 from 5 to 7 p.m. in Flaherty. Panelists include MMU faculty, police and various community experts.

Addiction usually starts as normal use of opioid painkillers, which eventually builds tolerance and increases dependence on the drug. When Dickens stop writing the medications, some take it to harm and other illegally obtain opioids.

Event organizers shared a personal story about a friend who had taken opioid painkillers and was found fighting pancreatic cancer. After his cancer was gone and he stopped taking the painkillers, he felt the same pain that made him think his cancer was back. According to White, these feelings of pain are called phantom pain. “It requires understanding that sometimes this pain is not real and it is related to the intake of prescription painkillers that contain opiates, such as percoset, oxycotin and hydrocodone,” she said.

MMU counselor calls for understanding where addiction comes from

By Malder Serekberhan

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Creative Review.

Two actors from the University of Iowa above play the characters of Georgia, Mary Jane (left) and Charlotte Smith in the play, “Cross-Examined.” University of Iowa theatre student Stephanie Schwalb [left] answers questions from the audience after the play. "Cross-Examined," at the University of Iowa's University Center, is about racial segregation and the political process of desegregation in the United States.

By Caroline Greenbeck

Mary-Ann McCarty connected her personal experiences with the owners of the newspaper during the shooting of “Cross-Examined,” a play performed to University of Iowa students on Feb. 15. McCarty, a student at the University of Illinois at Urbana-Champaign, and Dr. Leslie Schwalm, University of Iowa Theatre, directed the play about the creation of the University of Iowa’s first black student organization.

The play is part of the University of Illinois at Urbana-Champaign’s annual Festival of Student Life, which is also known as the University of Illinois at Urbana-Champaign’s Festival of Student Life, which is also known as the University of Illinois at Urbana-Champaign’s Festival of Student Life, which is also known as the University of Illinois at Urbana-Champaign’s Festival of Student Life.
In memory of fallen friend

Some images from the 2011 Iowa College Media Association convention - Jennifer Koenighain (left) and the Staff at the time, including Koenighain.

Jennifer Koenighain, or Jen, as she affectionately called herself by her friends and family, died on Jan. 29 after being involved in a two-vehicle accident on Interstate 380.

The news of her passing came as a shock, because we didn’t think Jen was ever really ready to tell someone we care about, especially when they are only 28 years old.

Jen and I both went to Mount Mercy graduating in 2010. I majored in Public Relations, while I earned my degree in Journalism. We both worked together on the university’s newspaper, the Mount Mercy Times.

There are so many wonderful things I could say about her, but I don’t think I would be in justice. She was too many things to so many people, and all I really know is what she meant to me. She was a good friend; a genuinely kind person, to me.

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MMU offers resources for those dealing with opioid abuse

Opioids lower America’s knowledge is power” said Lacey.

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give students insight about the
recruiter for Girl Scouts,” said 2016 grad-
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Other vendors wanted to give
can protest

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Men beat Culver Stockton; women fall by two points

T Staff Writer

The Mustangs men defeated the Culver-Stockton Chargers this weekend. The men defeated the Chargers 70-59 to improve their conference win streak to 8-0 this season.

The Mustangs' next game will be on Feb. 24th against Evangel. The Mustangs then wrapped up the season against the Evangel and are 10-3 overall and 3-2 in conference play when looking forward to T&F Nationals.

On the weekend of Feb 17-18, the Mustangs men's and women's basketball teams competed in the 49 annual Hoosier Classic. The men's basketball team played 3 games on their next trip to Heartland Conference.

The Mustangs then won two of their last five games and are hoping to get back on track as they are home from Feb. 27th on March 5th. The Mustangs then won two of their last five games. They ended the game with 21 assists, 3 blocks, and 10 steals. The Mustangs' second set was won 25-17. The Mustangs were down 11 points to make their win streak going heading into their conference play when looking forward to T&F Nationals.

On the weekend of Feb 17-18, the Mustangs men's and women's volleyball teams competed in the 49 annual Hoosier Classic. The women's volleyball team played 5 games out of 6 teams while the men's team played 17 out of 78 squads competing.

Cassidy Courtney (Fr.) led way with 20 points scored. After the win last time out to Evangel, the men built on their success by securing back to back wins for the first time in twelve games. Culver-Stockton started brighter in the opening min- utes, but Mount Mercy quickly pulled back and ended the half with 40-43 lead. In the second half, the teams strained to victory. Mohammed Albarak led the way with 20 points scored. It was an important win and will prepare us for conference.

said junior Antwon Strong. On the back of that perfor- mance, the men's record stands at 14-14, and 8 in the Heart of America Conference. The men's team will now prepare for the first round of the Heart of America conference tournament on Feb. 26 at 7 p.m. as they look to face off against Benedictine College.

Mount Mercy cheerleaders pump up the crowd at the Culver Stockton basketball games.

By Josh Harmon

Men beat Culver Stockton; women fall by two points

Mount Mercy University Men's Volleyball team continued to stay hot with another conference win over Graceland University. They will look to keep their win- ning steak going heading into this weekend's double header.

25-22 was the final set for the Mount Mercy University Men's Volleyball game vs. Graceland University. The rest of the game went without a hitch for the Mustangs. Their second set was won 25-17. The Mustangs then swept up their win with a final set score of 25-7. With this win for the Mustangs, it now makes their record 10-3 overall and 3-2 in conference.

Although Graceland had 17 more total attacks than Mount Mercy, the Mustangs dominated the pace of the game. MMU dominated Graceland with their over all hitting percentage, as well as eliminating any sloppy play by keeping their errors to a mini- mum. Freshman Andrew Colantone from Plainfield, Ill. was all over the court setting up multiple spikes and kills for the Mustangs while also contributing to his own. Colantone ended the night with 21 assists, 3 blocks, and 6 digs.

"We played a good game; however, there are always improvements needed to be made," Colantone said. "It’s a lot of stressmatch- ing continuous play when you have conference wins under your belt."
By Derek Hamilton

In response to hate

It’s our own way, all we enjoy doing something that we are passionate about, whether it be knitting, hiking, or even LEGO building. A passionate young Mount Mercy student turned his childhood hobby into an adult passion.

Tom Snow is a freshman junior from Kirkwood Community College majoring in communication, and in his free time he collects and builds his own LEGOs.

It first started as a young child. At age 6, Snow’s collection started with Star Wars and Star Trek. As he grew up, he stopped from them, grew to building his own sets and kits. “I like to buy modular sets and take them apart to rebuild them in my own style,” whether that be changing the color of LEGO or completely customizing a new building out of LEGO,” said Snow.

It was not too much the collecting, but the building that keeps his childhood fascination going. Snow’s inspiration comes from seeing buildings around the world that he loves. He knows he might not see them again, but they fascinate him, so he builds it for himself, right in his own house.

Today, Snow owns thousands of LEGOs. He has many different types of LEGO structures, he is partial to both Marvel and DC Legos, if he had to choose, he would prefer DC because they work better in his personally designed city of Legos. You can find photos of his work on Instagram, where he would stage his Legos fighting in his own city.

His collection includes many classic hero’s such as Batman, Ironman, the Ghost Ridders and Superman’s favorite, Aqua Man. Snow also makes Legos that look like his own and give them as gifts.

Among history, you can even find a specialized Lego, Snow made in remembrance of his Grandfather, who defeated cancer. Snow was very close with his grandfather and missed in with him to give him content before his passing. Snow’s inspiration of his grand- father keeps him in a wheelchair and even a flame shirt. “He always wore flame shirts and every time I come in the room, he’s in the first thing I see, it’s kind of like he is watching over me,” said Snow.

Snow is very outgoing with his Legos and says to anyone wanting to pursue a hobby, “let your mind be creative, inventive and don’t let others stop you.”

Text of statement

Here is the text of the statement at Mount Mercy. Our campus is a safe place. As a Catholic Mercy institution, we uphold the inherent dignity and worth of all people. In our mission and Ministry values, we embrace inclusivity and broader diversity that supports human well-being. We affirm all people as persons, whatever their age, race, gender, sexual orientation, sexual expression, immigration status, national origin, religious affiliation, or any other identity. We denounce all forms of hatred and seek to build a community that is safe from harm.

By Connor Mahan

Editor-at-Chief

When the stakes are high, go all in! On Friday Feb. 23, students gathered chips from the help desk in the University Commons and took their chances to earn cool prizes.

Some of the prizes included a gift card, a Polaroid camera, and many more. Vegas Night sponsored by M2AP Board also featured Blackjack, craps, roulette, slots, poker, bingo, and a photo booth.

My favorite thing about Vegas Nights was our fine professors and advisors aware of the dangers for our students,” said Terry McIntyre, Assistant Dean, majoring in nursing. “It was to know that the rains games and take silly photos in the photo booth.

A lot of students have been learning how to play Blackjack and poker, but students also had an opportunity to meet staff, faculty, and instructors. “It’s like the community comes together and you can meet new friends and laugh a lot,” said Matt Reiger, junior, majoring in psychology and management. “It’s just such an active event you can meet instructors, other faculty members and have an opportunity to get to know them better as well.”

Rigby, a senior Polaroid camera during the event. All the events received plenty of attention. Some stu- dents even found themselves hitting the jackpot while playing slots.

Vegas night is one of the best events on campus,” said Lauren Tandy, sopho- more, majoring in elementary education and psychology. “M2AP Board did an awesome job again this year.”