



Pollonais Accepts Student Diversity Role

Carly Greaves
Staff Writer

With her unique cultural background and a desire to celebrate differences, Maegan Pollonais has proven to be a diverse addition to the staff at Manchester.

Pollonais, who has served as the hall director for Schwalm Hall since late July, has recently been appointed to the position of assistant director of Student Diversity and Inclusion.

This position suits Pollonais perfectly. Her parents are from the Caribbean nation of Trinidad and Tobago, and Pollonais lived there herself from ages 6 to 18. “It was truly an amazing upbringing,” Pollonais said. “I would go out all the time with friends to the beach or to parties and then we would all come back by my pool and hang out in my backyard.”

It was also in Trinidad and Tobago that Pollonais discovered her love of music. She won multiple vocal competitions at the Biennial Music Festival of Trinidad and Tobago and sang with the Marionettes Chorale, one of the oldest choirs in the Caribbean. This passion continued to influence Pollonais after she moved to the United States to study sociology, and it was not long

until she added music as a major. Even now, Pollonais is working to get her doctorate of arts in music, with a concentration in educational psychology, from Ball State University. “Music has been the vehicle for all my successes,” Pollonais said. “Studying music has shaped the way I view the world through the study of foreign arts and diverse concepts.”

While Pollonais has been working hard on her studies, she has also been engaged with her duties at Manchester University. Pollonais serves as a hall director at Schwalm Hall, a job she strives to do well. The tasks involved with being hall director include supervising and distributing tasks to the residence assistants and planning events with the other hall directors. “Essentially, we are the liaison between the Administration and Residential Life and the students,” Pollonais explained.

Despite already having these responsibilities, Pollonais was glad to accept the title of assistant director of Student Diversity and Inclusion. Her new responsibilities include supervising five Multicultural Affairs programmers and helping any international students with documents and visas. The time that Pollonais lived in the Caribbean has put her into a unique position to help these students. “What I bring to the table and this position is that duality and understanding,” Pollonais said.

“It will help me reach a wider scope of the needs of our students.”

This understanding, along with her supervising experience, makes Pollonais a logical choice for the position. While she intends to take some time to get her bearings, Pollonais does have plans for her new role. “My plans [are] to increase the recognition of the importance of international students on this campus and the importance of diversity as a whole,” Pollonais said. “We are tasked with preparing our students for the future—how we treat people with different kinds of diversity or different kinds of situations—so it’s important that we bring that importance to this campus and that is part of truly preparing our students for the future.”

While she is certainly kept busy with her jobs on campus, Pollonais still takes pleasure in some of her hobbies: watching Korean romantic dramas and international movies, trying different foods and traveling. She also enjoys her interactions with Manchester students. “I see them grow and see how their minds work,” Pollonais said. “It’s so great to work with younger students.”

She has a lot of work ahead of her, but Pollonais is eager to spread her appreciation of diversity and understanding to the students of Manchester.



Photo Provided by Chris Francois
Already a hall director for Schwalm Hall, Pollonais is becoming the assistant director of Student Diversity and Inclusion.

Spartans Go Global Annual January Sessions Offer Memorable Study-Abroad Trips

Erin Hickie
Staff Writer

Manchester University has given students the opportunity to travel during the January session known as “Jan-term” to students across campus. This year, professors are taking students to new countries in hopes to broaden their learning experiences and create lasting memories.

Spartans are still able to

take classes online or on campus, but if they wish to travel during the month of January, they may. This year, MU is offering a number of classes in a variety of fields that will travel to many different places. Some of these classes include International Sports Medicine, Tapping into Beer Culture and Mathematics in Culture. This January, Jeff Beer, program director of Undergraduate Athletic Training and associate professor

of exercise and sports sciences, is teaching International Sports Medicine. Beer will be taking students to Ireland and the United Kingdom in order to offer opportunities to study the European model of sports medicine while being immersed in the culture. The regions this class will visit have unique medical professionals, health care and sports medicine teams that will allow students to connect similarities and differences between the United States and other countries. This course hopes to provide students with firsthand experience in various facilities, universities and other sporting events.

Tim Brauch, associate professor of mathematics, is teaching Mathematics in Culture. This class is a three-credit course and will examine the development of mathematics while highlighting how other aspects—such as the history and tech-

nology in a different location and time—influenced the development and influence of mathematics. This course, however, cannot not be used for credit in the mathematics major or minor.

Another traveling course being offered during January 2020 is The Development of Modern Scientific Thought with Susan Klein, professor of chemistry. This course will examine how British scientists have contributed to the development of modern scientific theory. Students will be able to visit museums and historical sites in Great Britain in order to explore the lives and works of numerous scientists and how they have been influenced by their environment and daily lives. The students will take a historical, political and religious perspective while also looking at the social structure of each lives of these scientists. Other courses being offered during

January include International Sport Governance with Ryan Hedstrom, Tapping into Beer Culture with Michelle Calka, Medical Practicum with Jeff Osborne, Social Psychology with Marcie Coulter-Kern, Culture and Psychology with Rusty Coulter-Kern, Cultural Anthropology with Jared Friesen, and Practice in Peace Studies with Katy Gray Brown. Each class has its own cost in order to participate in the course and cover expenses.

If students are interested in traveling abroad, they can contact Thelma Rohrer, director of Study Abroad and Off-Campus Academic Programs. Students can also find more information about classes that will traveling during any time of the year through flyers posted around campus, emails and by looking under the course catalog in ChetNet’s Spartan Self-Service website open to all students.



Photo Provided by Noah Tong
Sport management and exercise science majors travelled to Greece and Italy to learn about international sport governance and medicine.



Photo Provided by Nick Buttermore
Nick Buttermore applies a shot to a native Pakumche-speaking villager in Guatemala.



Photo Provided by Manchester Instagram
Students were able to ride camels and gaze at pyramids in Egypt during the 2019 January semester.



Photo Provided by Noah Tong
Travellers in Professor Hedstrom’s and Professor Beer’s study-abroad course took a guided tour through the historic Roman Coliseum.

MU Hosts Chan Fellows Visiting from China

Jacob Hamilton
Staff Writer

Manchester University recently entertained the Chan Fellows, students visiting all the way from China, on Nov. 11, 2019. These scholars traveled quite a distance to learn about Midwestern culture and take in the sights to see in this part of the world, as well as further their studies and experiences.

The scholars, who were eating breakfast in Haist Commons

during this interview, all spoke with excitement and smiles on their faces. What did they think of food in the Midwest? The response was quite positive. “The food is actually really good here,” said Carol Chen. “Different in a lot of ways but still very good.”

The 11 scholars spent four nights with host families (including faculty, friends of MU and longtime North Manchester residents), and, during the day, traveled to a variety of locations, including farms, a shopping mall, and an ice-skating rink. They saw a play at the Embassy Theatre, attended classes at the university and toured the free clinic Matthew

25 in Fort Wayne. According to senior scholar Justin Hung: “People are friendly and pleasant here. In fact they’re actually much friendlier than people in Cali.” (Many of the Fellows have been studying at the University of California—Berkeley.)

The Chan Fellows arrived in Indiana at a historic time—in terms of the temperature. The weather was the coldest that it had been in mid-November for 30 years. Did they notice? Senior scholar Yuki Li replied simply: “It is cold here. VERY cold.”

Hung compared Indiana again to the West Coast, but this time Indiana didn’t come out on top.

“California weather is nice,” he said. “Very nice weather. A lot of sun and warmth. Not like this.”

Fellow scholar Maisha Yusuf actually saw snow for the first time that weekend, and she seemed to very much enjoy the experience. The snow was, as she put it, “nice in its own way.”

The scholars all appreciated the efforts made by their host families. Maisha Yusuf and Yuki Li, who stayed with Patty Grant, executive director of the Community Foundation of Wabash County and member of MU’s Board of Trustees, and her husband David, said their family is “extremely hospitable” and “helpful”

to their efforts in the United States.

The Chan Fellows also visited certain places that are believed to define this area of the country. One such place was a large farm owned by the Hartsoughs—who were also a host family—and it made an impression. “We are visiting from a very urban area of the world,” Yusuf said. “All we normally see are cities. It’s what we’ve become used to. Being here, we saw a lot of farms. It provided a lot of new experiences and perspectives. I really enjoyed my time here.”



Photo by Emily Bailey on MU Instagram
A group of Education majors enrolled in a domestic travel course to Austin, Texas, last January.



Photo Provided by Nick Buttermore
Biochemistry majors take a group photo in Yo Peten, Guatemala. The sign is located in the Isle de Flores, a place known for its fruit and flower produce.



Photo by Marv Patterson
Six students line up at the site of Ancient Olympia, where Olympic athletes first competed in Greece.



Photo by Noah Tong
Zoe Walbert and Braydon Sewell smile for the camera at a Greek restaurant.



Students Enjoy Unique Thanksgiving Day Plans

Mackenzie Kopplin
Staff Writer

When people think about Thanksgiving, the usual picture painted by television producers and the media is one big happy family sitting around a table full of food with either NFL football or the Macy’s Thanksgiving Day Parade on television. The food is generally a roasted turkey, with a variety of different side dishes that include mashed potatoes, stuffing, vegetables and cranberry sauce.

However, this is not the picture for everyone who celebrates the holiday. Several Manchester University students spoke about their personal Thanksgiving Day traditions. Their experiences range from what society views as typical to some different traditions that are created by cultures or families.

Jordan Napier, a MU senior, stated: “This year I plan to go to roughly six different Thanksgiving celebrations. All of them are a typical Thanksgiving setting with food and tons of family members. I go to my friends’ houses and celebrate with them and their families until ending my day with those I live with.” Napier plans to travel back to Greenwood, IN, to celebrate the holiday.

Timmy Bozeman, a sophomore at MU from Melbourne, FL, said: “A typical Thanksgiving at my house consists of family coming over to spend time together. We hang out,

eat food, watch football, and play spades. The day typically ends with the family arguing since everyone is insanely competitive.” Bozeman plans to fly home and spend some much-needed time with his family over Thanksgiving Break.

Shakira Perez, a senior from Elkhart, IN, commented: “Since my family lives in New York I celebrate Thanksgiving with my parents and two brothers. We watch the Macy’s Thanksgiving Day Parade and eat rice, pernil (a Spanish pork dish), and potato salad.” It’s a nice time at home with only a handful of family members.

Jalmen Sullivan, a junior basketball player at MU is looking forward to Thanksgiving for a few reasons. One: they get a break from practices. Two: he gets to go home and see his daughter. “Our Thanksgiving tradition remains the same every year,” Sullivan said. “We all come to my house, the entire family grills, cooks, and enjoys each other’s presence. We also get together and talk about everything that has changed over the time that we have been away from each other along with any problems. Overall, we just hang out and enjoy the time we get to spend together!”


Senior Destina Easley shared her family’s traditions as well. “My immediate family comes to my house and we eat and enjoy the time we spend together,” she said. “Usually my grandma, my mom, and I do all of the cooking except for the turkey, which my dad makes. We have

a wide variety of food and desserts, but the cherry cheesecake is my favorite!” Easley went on to state that the majority of their time spent after eating consists of a family nap session.

Clearly there are many different ways that Manchester students celebrate Thanksgiving. Some students are not as fortunate as others in the fact that not everyone gets a chance to go home and be with their family.

If you do not have anywhere to go for Thanksgiving don’t worry. Every year Manchester hosts a Thanksgiving celebration in the Jean Childs Intercultural Center on Nov. 28, starting at 2 p.m. If you are remaining on campus don’t be shy. Go and get some food! You might even make some new connections.





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Senior Spotlight on Chris Francois: Peace Studies Major, Cofounder of Health Initiative

Erica Mohr
 Staff Writer

College is about the art of juggling—coursework, sometimes practices and games, all while maintaining a certain GPA. However, Chris Francois is juggling significantly more than an average student. Just a few of their responsibilities include being a resident assistant, running two companies, and being active in several different clubs. Francois is a senior at Manchester University from Haiti and wears many hats for their different roles on campus.

Francois will be graduating this year with a degree in peace studies,

and Manchester’s peace studies program is one of the reasons that drew them here. “The peace studies program is just fantastic here,” Francois said. “Just knowing that it was the first program in the world and knowing I could get an education that was tight knit really drew me here.” The peace studies program has been a positive influence on them throughout their four years at Manchester. “I got to present my research at the top undergraduate conference for peace studies at Notre Dame and that was because of the alumni connections that faculty here have,” Francois said.

Francois was the odd one out in their family, choosing to follow a social science instead of a more

math-based science. “My family is very traditional, my mom is a doctor and a professor, my dad is a banker and my stepdad is a doctor,” Francois said. “I was going to go into engineering to follow the traditional STEM hard-science kind of route, but my mom has been involved in a lot of charity work. I got an award this year and she actually got the same award quite literally a decade ago. Peace studies was a calling for me; it just fits.”

One of the many responsibilities Francois has is that they are the vice president, cofounder, and director of Marketing and Communications for the Delice Dental Health Initiative. Francois was 16 when they helped to co-fund this project, a nonprofit based on giving inexpensive or free dental health to citizens of Haiti. This whole initiative is a “labor of love” because it is completely entirely volunteer based.

Francois tries to stay connected with Haiti a few ways, although it can be difficult as they are the only Haitian on campus. “I have a ritual where I cook Haitian spaghetti; it’s a special kind of spaghetti, where you eat it for breakfast, and I make it every Saturday,” Francois said. “It’s the easiest dish to make with the ingredients here.” Another way they stay connected to their culture is how they speak Haitian Creole when on the phone with their parents.

In their room, there is a giant Haitian flag hanging on the wall, and



Photo Provided by Chris Francois
 Francois hopes one day to become a minister of health for Haiti.

there are books scattered on their desk, many with titles concerning racism in the Dominican Republic. “I do a lot of academic work on Haiti to the point where my professors don’t like it because they haven’t done much research work on Haiti,” Francois said.

Francois is currently still looking at graduate schools, with one option being the University of Notre Dame, because of historic connections

between Manchester and Notre Dame, and they plan to pursue a degree in evidence-based social intervention and social policy. “I’m really interested in a program that will combine international development, peace studies, public policy and social policy health care,” Francois said. “In 10-20 years I definitely see myself as a minister of health for Haiti, it’s my dream job.”

Professors Share Details on Life as a Twin



Chloe Leckrone
 Staff Writer

While they may have had quite different experiences with their siblings, for both faculty members Stacy Erickson-Pesetski, professor of English, and Jeff Diesburg, associate professor of art, growing up with a twin certainly shaped who they are.

Erickson-Pesetski and her sister, Sara, are identical, and while Diesburg and his twin brother, Adam, have never been tested to see if they are, in fact, identical, anyone who looks at a photo of the two together can clearly see the similarities.

Diesburg grew up in Northfield, Minnesota, though he moved around a bit when his father was working to gain his Ph.D. in Ames, Iowa. His parents later divorced,

which meant Diesburg spent a while in Oregon with his father as well. Diesburg has two siblings: one younger brother and a twin brother, Adam. When his mother was pregnant, she did not know she was having twins. “The doctor told our mother there was one child with a hydrocephaly—basically, a baby with a giant head,” Diesburg said. But as it turned out, there were two babies. Diesburg said that being a twin was not uncommon in his family, however, as they have a higher than average instance of twins.

Growing up, Diesburg and his siblings fell into the clear categories of oldest, middle and youngest child, as Diesburg was born over an hour before Adam. Over the years, he and Adam became more different. They were not friends as adolescents and fought regularly. Because they were so close, both as siblings and physically—they always had to share



Photo provided by Professor Jeff Diesburg
 The Diesburg Brothers were not friends as children, but are now much better friends as adults.

a bedroom—Diesburg and Adam felt pressure to differentiate themselves. “We spent our entire childhood up through high school fighting for personal identity,” Diesburg said.

To Diesburg, the differences between him and Adam are quite apparent. He described Adam as being more “aggressive and charismatic” than he and his younger brother. “The Diesburg personality is strong; we all act similarly,” Diesburg said. “But Adam is the most intense among us.”

They have many similar interests as well; both brothers have always enjoyed making art, though they were still competitive with each other growing up. Looking back now, Diesburg can also identify a shared interaction pattern that he and Adam had. “If I had an idea or I had come up with a new thought, I would pitch it to him and we would go back and forth until one of us had convinced the other one, so that we would have this agreeing worldview,” Diesburg said.

Erickson-Pesetski was born in Oshkosh, Wisconsin. Both of her parents were teachers, which could explain why she and her twin sister, Sara, both ended up as teachers as well. She and Sara were the typical twin stereotype. “We were instant best friends,” Erickson-Pesetski said. “We’ve always been really close.” As identical twins, they would joke about fraternal twins being “fake twins” since they do not look exactly alike. Erickson-Pesetski and her sister’s similarities transcend just their physical appearances, however. Both are English teachers and grew up loving to read and take trips to the library, which brought them even closer together.

Erickson-Pesetski could come up with very little that was different about her and Sara. They have very similar interests, including reading and running, and even share the same profession. One contrast between them is that Erickson-Pesetski

is “a little more obsessive” than her sister. Sara also dislikes shopping and never buys clothes for herself, so Erickson-Pesetski takes it upon herself to buy clothes for both of them.

Diesburg and his brother have a much more amiable relationship today. “I’m better friends with my brother now than I ever was growing up,” Diesburg said. They both still make art, though Adam now lives on the West Coast, works as a dentist, and has taken an interest in bonsai, something Diesburg has never been into.

Erickson-Pesetski and her sister remain incredibly close and text each other every day. The two have not lived in the same state since college, and it always makes her sad to leave her sister when she has to come back home to Indiana. “It’s still weird to me that we don’t live close to each other,” Erickson-Pesetski said. “But I think that as we’ve lived separately, we’ve become really alike.”



Photo provided by Professor Jeff Diesburg
 Professor Jeff Diesburg grew up in Minnesota and Oregon as a child.



Photo provided by Professor Stacy Erickson-Pesetski
 Professor Erickson-Pesetski describes the relationship with her sister as “instant best friends.”



Photo provided by Professor Stacy Erickson-Pesetski
 Despite not living in the same state anymore, Erickson-Pesetski and her twin are still in close contact with one another.

Coach Cashdollar Leads XC to HCAC Title

Alex Baker
Staff Writer

Manchester University men's and women's cross country team are triumphant yet again. Both teams have won the Heartland Collegiate Athletic Conference (HCAC) title.

This is the men's first conference championship since 2016. The male Spartans had three runners finish top ten in their race and Lucas Fontanez, junior, won the contest with ease as he beat the second-place finisher by 10 seconds. For the women's team, this is their fourth title in the last five years. Five Spartans ended in the top ten and senior Hannah Wappes lead the way as she captured another first-place finish. Wappes glided by her competition and won the race by an impressive 23 seconds.

With both sides having successful campaigns, Brian Cashdollar, director of cross country and track and field,

was named HCAC cross country coach of the year for both teams. Cashdollar has now won 15 cross country conference titles at Manchester, seven for the men's side and eight for the women.

Even after winning so many trophies, Cashdollar remains humble. "Each title is a unique experience because that particular team has its own strength and weaknesses that they are trying to overcome," he said. "That is the joy that I get out of it, seeing these athletes achieve more than what they thought what was possible." In the cross country program, these amazing experiences are called "forever moments." Cashdollar described them as moments that will never be forgettable and are a true accolade to everyone on both teams.

Cashdollar has won HCAC coach of the year 20 times and has won a regional coach of the year as well. Keeping it modest, he credits this honor to his runners. "It is a byproduct of the athletes'



Photo provided by MU Athletics
Manchester University won both the HCAC men's and women's cross country championships.

performances; in my eyes it is an award for them," Cashdollar said. "I do not want to brush it off, but it is a second thought to me."

One of the biggest obstacles this season for the program was to adjust to the construction of the stadium. "It definitely made it more difficult; we had to plan things a little differently," Cashdollar said. "We wanted to be consistent on the same courses so we could record all the results and see the progression; early on it was a struggle to find that consistency." The teams did not resort to heading inside to do more treadmill workouts, but Cashdollar did note that they went to the Manchester High School for to complete some workouts.

Cashdollar would like to shout out the seniors. "The girls are super close, they have been consistently striving for great performances and their conference performance really displayed their dominance," he said. The women's team always had good runners, so making sure they could become their best selves was his ultimate goal. However, regarding the senior guys, Coach was very honest.

"This group came in and they were not good," Cashdollar said. "These guys have just worked their tails off; they accepted the responsibility to progress as runners." Working with two different types of groups was an exciting challenge for Cashdollar as it gave him opportunities to work with a wide variety of individuals.

Focusing on the future, he feels confident about his younger runners as they have what it takes to embrace their culture of hard work and dedication. "We brought in two great classes of first-years and I believe that we will be fine in the upcoming years," said Cashdollar with a smile.

The Spartans have recently raced at the Great Lakes Regional contest in Grand Rapids, Michigan. For the women's side, seniors Ana Acevedo and Hannah Wappes earned regional honors. For the men, senior Sam Barnard received regional honors. In their respective races, both teams finished in 12th place.



Photo by Chloe Arndt
The women's cross country team poses victoriously by the Academic Center.

MU Students Adapt to Frigid Conditions

Carlos Argueta
Staff Writer

Winter is quickly approaching at Manchester University: the temperature is starting to drop, snow is beginning to fall, and for many students, this will be the first time they will experience the brutal winter climate of the Midwest.

Many students from different countries and states will have the difficult task of adapting to the cold weather. "This is the first time I have seen snow," said Leo Rees, first-year, who lives in Florida. "It is cool to see the snow-fall and experience it."

Adapting to the typical winter will be difficult for many students who are not used to this type of weather. Many students had to stock up on warmer clothes and boots because they have never owned winter gear, and for many, it will be hard for them to get used to layering up every time before they go outside. "In Florida, it does not get below 40 degrees, so going outside is very different because now I have to bundle up every time," Rees said.

Many students are worried about the weather that is to come. They are afraid of the extreme weather conditions in the

middle of the winter, where temperatures drop to the negative 20s to 40s. "I am scared because other students have been warning me about the really cold temperatures, and I do not know if they are exaggerating how cold it can be," said Meron Lemma, first-year. "I do not know if our bodies can handle or withstand that type of weather, so I am frightened."

With the frigid temperatures, students are also wondering about potential class cancellations. "I have heard from other students that they cancel class because of the temperatures, so I am excited over that," said Jesus Aguirre, first-year.

Students are also afraid that the cold weather will cause them to come down with illnesses, and especially students from a warm climate, because they are more likely to get sick compared to students from places where winter is similar to Indiana. "Going from the freezing cold outside, then going inside where it is scorching, makes me worried about getting sick," said Naomi Taddesse, first-year, from Ethiopia.

Among all the worries, the students have so far been doing an excellent job of adapting to the weather. Students are even looking forward to the rest of the winter. "I am excited about the snow because I have never experienced it," Aguirre said. "I am excited about

adjusting to the weather because I like adjusting to new areas, and this is going to be a challenge for me, and I love challenges." Due to the mild weather so far this aca-

ademic year, students have slowly grown accustomed to the weather, which has not caused significant problems for the new students. "So far it has not been as difficult as

I thought it would be," Rees said. "I just have been wearing warm clothes, and it has not been too bad."



Photo provided by Manchester University Pinterest
Although the MU community has not faced a snowstorm yet this academic year, many students are getting acclimated to a much colder climate than they are used to experiencing.

OPINION

Christopher Carroll
Guest Columnist

For many students, college can be a time to have fun and experiment with new things. Manchester's drug and alcohol policy corresponds with state law and NCAA regulations and policy. However, there can be always consequences one must be willing to face, especially for student-athletes. Here at Manchester our campus is a dry campus, which means no alcohol

on campus, that also includes the prohibition of illegal substances such as marijuana.

If one were to be caught with one or many of these substances, depending on the situation students could face minor consequences such as a fee or community service hours. Depending on the amount of illegal substances a student is caught with and the degree of use they were involved in, it could result in a much more serious consequence such suspension and/or expulsion from the university, as well as penalties from law enforcement.

Remember that marijuana is still illegal in Indiana, despite it being legalized for recreational use in surrounding states such as Illinois and Michigan. Use and possession of Marijuana is still a felony and punishable by jail time or community service in Indiana. Now for student athletes, the consequences are stricter: even if the student is 21, using an illegal substance or drinking on campus is still illegal.

Student-athletes are required to consent to random drug testing as required by the NCAA and the rules of Manchester Uni-

versity. They can face punishment if a test is positive; these punishments can vary depending on the athlete's coach but the NCAA regulations and policy for a first offense is that the student sits out one game or meet.

So it is important to remember that coaches can suspend student-athletes for more playing time than the NCAA requires. A positive drug test also means a letter will be sent home to the student-athlete's parents. If caught with or abusing these illegal substances, the student-athlete will have a conduct hearing and

will have a chance to tell their side of the story and discuss what the punishment is.

For all students it is important to remember the consequences of our actions and what we could lose from the abuse of illegal substances. Those actions could prevent you from participating in athletics or prevent you from being fully engaged in school. Every action has a price or a consequence, so remember to make the right decisions and keep your head clear.