International Buffet Serves up World Cuisine on Campus

International students from more than 17 nations prepared various types of cultural dishes and served them to more than 500 guests at the biannual International Fair, April 5, 2009. Dressed colorfully in cultural attire while surrounded by dozens of international flags, students shared their heritage through food, displays and entertaining dances.

International Buffet is one of the many programs that the Office of Multicultural Affairs hosts in order to promote diversity, share ideas and appreciate culture. It is a time of bonding for students as they become chefs to prepare the feast, and an opportunity for attendees, as well as volunteers, to learn about the language and customs of other nations while enjoying worldwide culinary delights.

Manchester students, faculty, staff and community members took in the irresistible smells and tastes of international cuisine such as Lega Tibs from Ethiopia, Oti from Tonga, Momo from Nepal, Baba Ghanuosh from Palestine, Samosas from Uganda ... the menu goes on.

Manchester College is home to students from 25 countries. International study opportunities for MC students abound. During January session, more than 100 students spread across the globe to destinations such as China, Italy, Great Britain and New Zealand.

May Day Weekend 2009
Shanon Green, Director of Student Activities

Spring is here, and it’s time to get out and play. Hard-working Manchester students are looking forward to the unforgettable fun of May Day weekend. Sponsored by the Manchester Activities Council (MAC), the annual event is historically the best attended MAC event of the year. May Day is designed especially to give students the opportunity to blow off steam before the academic pressures of finals week. This year’s schedule is as follows:

Thursday, April 30
Corn Hole Tournament
On the Mall, 5 p.m.
Friday, May 1
Trike Race
Garver Hall Parking Lot, 6 p.m.

Airband Contest
PERC, 9 p.m.

Saturday, May 2
Mud Volleyball Tournament
Mud Volleyball Pit, 10 a.m.

Questions regarding May Day weekend can be directed to Shanon Green, director of student activities, slgreen@manchester.edu.

Attending Commencement?
If you haven't already done so, now is the time to make plans for Graduation Day exercises on Sunday, May 24. Find information about tickets and make reservations for lunch at http://www.manchester.edu/Common/Graduation/index.htm.

Internships Can be a Key for Future Success
Jennifer Fisher, Assistant Director of Internships

Today more than ever, employers expect graduates to achieve more than just earning a college degree. Relevant experience in their field of study helps students to gain the competitive edge that makes them more marketable as they begin their job search. That's why it's vital for current college students to participate in one or two internships before graduation. Internships and other forms of employment while in college not only provide students with opportunities for valuable experience, they offer a realistic experience of a chosen career.

At Manchester College, the Office of Career Services is excited to offer a number of funded internships to students. These internships are made possible through a grant from the Lilly Foundation, Inc. and partnerships with area employers. During the summer of 2009, internships with local companies will provide opportunities in accounting, education, social work, web design, and many others.

Summer is approaching soon, so students should make appointments now to explore
FACT: 96% of MC graduates are employed, in graduate school or in volunteer service within six months of graduation.

The Manchester College PERC - Beneficial Resource During Finals Week

Tami Hoagland, Secretary, Athletics and Exercise and Sport Sciences Departments

The minds of Manchester College students are no doubt getting a rigorous workout these days.

The staff in the Physical Education and Recreation Center (PERC) wants to remind students that exercise is a terrific way to keep in shape physically, as well as to relieve some of the mental and emotional stress that comes with the weeks leading up to finals. With a variety of weight and exercise equipment, the Brown Fitness Center in the PERC is a great resource for all students.

Just a year ago, the fitness center was upgraded with new weight platforms and circuit weight machines, as well as eight new cardio machines including two treadmills, three elliptical machines, and three stationary bikes. The facility was also outfitted with three flat screen televisions that are linked for sound to the new cardio equipment.

The PERC is also the hub of intramural sports activities. Open gym time allows for a pick-up game of basketball, or students can schedule a racquetball court to play a fast and furious game with a friend. Student-led yoga is appreciated by many who enjoy a fulfilling workout that is soothing, both mentally and physically.

Combined with healthy eating and rest, exercise and recreation can help balance the activities of finals week so that students can tackle their exams in a more confident, relaxed manner.

PERC hours are 6 a.m. – 10 p.m. Monday – Friday, 10 a.m. – 6 p.m. Saturday, and 3 – 9 p.m. Sunday.

Faculty Spotlight: Brian Cashdollar

Brian Cashdollar, instructor of exercise and sport sciences and head coach for the cross country and track and field teams, has called Manchester College home for 10 years. His highly successful athletic programs have inspired student athletes to achieve goals beyond even their own expectations, both on the track and in the classroom.

Coach Cashdollar’s teams have a reputation for academic achievement. His cross country women’s teams earned Academic...
All-American honors three of the last five years, with a team average GPA of 3.2. Two student athletes have attained individual Academic All-American status—a feat that requires a 3.5 or greater GPA and a top 25 percent finish in the regional cross country meet—combining excellence in the classroom with athletic achievement. All in all, 53 Academic All-Americans, 20 Athletic All-Americans and three national champions have emerged under Cashdollar's coaching. He was named HCAC Coach of the Year in 2002 and 2004.

The cross country and track and field teams are tight-knit groups. Positive reinforcement comes from teammates as well as coaches. Cashdollar, however, refuses to take credit for his team's academic success. "Although I offer a lot of encouragement, they're all very self-motivated. That's a characteristic of good distance runners—they're driven."

A Ball State University graduate, Cashdollar earned a B.S. in sports administration in 1999 and was a four-year letter winner and two-year track team captain. After he began coaching at MC, he continued his education and earned a Master's of Education from Indiana University in 2002.