



The Oak Leaves



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Camp Mack Weekend Entertains Students

Despite New Weekend Tradition, Many Students Attend Camp Mack Festivities

Shelby Covington
Staff Writer

A bumpy gravel path led past a green wooden sign proclaiming the words "Camp Alexander Mack." It showcased an enchanting camp ground sprinkled with stone lodges, leafy hiking trails, and welcoming camp coordinators, where 60 MC students escaped the confinements of studying to indulge in a weekend of carefree excitement last Saturday in Milford, Ind.

"I hope for some, Camp Mack is a chance to unplug for a little while and go out and experience nature and the outdoors," said Campus Pastor Walt Wiltschek. "It's a chance to get to know other students they haven't met yet. My goal is that everyone has fun and will return to school energized for another week because they had a good weekend."

For the first time, Wiltschek and campus ministry oversaw the coordination of Camp Mack with funds from Student Activities Council. According to Wiltschek, the tradition of the annual Camp Mack event extends back for quite some time in the college's history because of its affiliation with the Church of the Brethren, creating a natural connection to the college's religious commitment.

Before campers arrived, 30 students partook in a service project sponsored by the Office of Volunteer Ser-

vices, by clearing brush and trimming plants along trails to make them accessible for hiking. Others cleaned and stacked nearly 20 watercrafts or collected wood for the campfires from various piles across the camp.

Several thrilling commodities were offered at the camp. A 30-foot rock-climbing wall was a favorite among students. "I was

afraid about midway up so it was a great feeling when I reached the top," said senior Shawn Deetz. Many students dared to scale the tower while others stood back and cheered on their peers.

Campers also headed down to the lakefront for the annual, Residence Hall Association sponsored canoe racing

tournament. "It's tradition to always have a canoe race, and that's exciting," said Program Director Curtis Rowland. Three heats of canoeists competitively rowed out to a buoy, and the first pair to propel its canoe back to shore was declared winner.

First and second place winners from the first heats competed in a final heat,

with first-year Kyle Riege and sophomore Laban Wenger stealing the championship. "Winning the canoe race was awesome," Wenger said. "Camp Mack was the perfect opportunity to enjoy the beautiful, natural scene of nature." Excitement shook one canoe a little too roughly though, flipping the occupants, Deetz and fellow senior

Jessie Hickerson, into the chilly lake.

Students also tapped into their creative senses by crafting home-made Zen gardens with Professor Ejenobo Oke. Others visited the playground filled with swings and climbable wooden animals. Students competed in disc golf, ultimate Frisbee, volleyball, night Frisbee and a Euchre tournament. A handful of students stayed overnight in Sarah Major Lodge, partaking in campfires and singing songs throughout the evening. "Staying overnight was a ton of fun," said first-year Taylor Sahlhoff. "I was able to hang out with a lot of new people."

The following morning, the Campus Interfaith Board (CIB) provided an outdoor, riverside worship service. Students held readings in different faith traditions with singing interspersed. Toward the end, Wiltschek led a time of reflection, opening campers to connect their own experiences with the CIB's theme, "Sailing the Seas of Faith" by dropping a natural memento into the lake.

Mixed feelings arose about the change from holding the event on a weekend instead of the traditional Wednesday with a day off from classes. "This is the first time we've hosted Manchester on a weekend," Rowland said. "It's a little bit different, but it's cool. We can be flexible. It's fun to see kids come out and try something new."



BELAY ON Sophomores Tonya Colwell and Turner Richie belay a fellow MC student as they climb the rock wall at Camp Mack. The students who attended were taught the Camp Mack rock climbing safety instructions, which included a good luck toss, scratching your nose to position the clip correctly, and a rehearsed dialogue to make sure everything was safe and secure before climbing.

Photo by Julia Largent

Students Pray to Give Peace a Chance, End War

Laura Gladfelter
Staff Writer

Manchester students flocked to the mall this past Wednesday at noon to pray for peace. In an effort to create global awareness, Sept. 21 was deemed 2010's International Day of Prayer for Peace (IDPP), by the World Council of Churches (WCC). The observance was initially developed by UN Secretary General Kofi Annan and WCC General Secretary Rev. Dr. Samuel Kobia in 2004.

This year's proceedings highlighted the violence occurring in Africa. According to the WCC website, goals for 2010 include calling attention to Africa's production, emphasizing ministries and church groups striving to create continental peace, continuing to encourage African churches to utilize the "Ecumenical Declaration on Just Peace," and intensifying African involvement in the "International Ecumenical Peace Convocation."

About 20 MC students took part in a campus observance. After an initial prayer lead by Walt Wiltschek, the campus pastor, the students took part in a popcorn style prayer to voice their own concerns for peace. The session was



GIVE PEACE A CHANCE Campus Pastor Walt Wiltschek leads students in prayer for the annual International Day of Prayer for Peace on Sept. 21. At noon around the world, people gathered to take a stand against war and violence. The event emphasizes Manchester's commitment to peace and justice issues, and the college's connection with the Church of the Brethren, a historic peace church.

Photo by Julia Largent

concluded with a final moment of prayer by Peace Studies intern Samantha Carwile.

Wiltschek used a poster from the organization On Earth Peace and

the sounds of a drum to deepen the spirituality of the event. "The drum made me think about the impact peace can have on the energy of the environment," says sophomore Turner

Ritchie. "The rhythm, beat, and sound seemed to empower the mall with a feeling of peace."

Ritchie further summarizes the event as "a good day to recognize that

there is conflict in this world that we face every day." He adds: "Through prayer, we can empower each other to do better. Peace is attainable, and this day helps create it, even if it is just for

a moment. The dignity of humankind is important."

In spirit of the international theme outlining IDDP, junior Whitnee Hidalgo preformed a Puebla protection ceremony. This ceremony is normally takes place one time per individual to protect them from harm. "My aunt does it when there is a birth in my family," Hidalgo says.

Hidalgo placed a picture of the protected individual in a bowl filled with oil and lit a candle to produce smoke. Wine was present to represent the blood of Christ, and a melon was thrown indicating that the ceremony was successful when it landed in correct orientation.

Hidalgo's representation of peace enhanced the observance, and is an example of the cultural diversity of campus. Overall, both ceremonies highlighted MC's commitment to peace. According to the campus website, MC is the nation's first peace studies program.

Ritchie agrees with the college's commitment. "I believe that our prayers for peace can affect ourselves, in turn affecting our neighbors, in turn affecting the community, nation, and world," he says.

Inside: Eel River Clean Up - Women's Soccer



Around Campus



Tenth Amendment Discussed for Constitution Day

Carson McFadden
Staff Writer

Manchester College’s annual Constitution Day event was held at 7 p.m. on Sept.19 in the upper Union. Leonard Williams, a professor of political science, oversaw the panel discussion along with Dale Carpenter, the director of Human Resources. By federal law, every educational institution that receives federal funds (nearly every college, high school, or elementary school) is required to have some sort of program for Constitution Day where aspects of the Constitution are discussed. Sept. 17 is the actual anniversary of the signing of the Constitution, where delegates finally agreed and sent it out to the states for ratification. The Tenth Amendment was the focus of this year’s program. “The 10th amendment is essentially known as the reserve powers clause,” Williams said. “It says that powers not given to the federal government nor powers that have been prohibited to the states, that those powers are reserved either to the people or to the states. It essentially tries to limit federal power.” This year’s panel discussion was a VIA credit available to all Manchester students and faculty as well as members from the community. It was planned for around 75 people to attend, but the event actually had an even better turnout of 125. In the past, the program has also taken the format of a question-and-answer session, a debate or even a simple speech. According to Williams, recent surveys report that only around a third of Americans have read the Constitution, making programs such as Manchester’s even more important. Attending educational programs like this one will help to get everyone and anyone to be more knowledgeable about something Williams sees as being incredibly important. “It expresses American political culture and it sets the framework for government,” Williams said. Whenever you have big debates in American politics, a lot of it comes back to what this Constitution means, what kind of document it is, what it says.” In addition, the event can hold additional importance each year with the relevance of the topics discussed. In 2008, the Electoral College was discussed in relationship to the election. Right now, the Tenth Amendment holds particular relevance with current government issues. “There has been quite a bit of debate surrounding big government, in particular with regard to health care reform and in regards to immigration,” Williams said. “What can the states do to limit federal power, what can the federal government do to assert that power, and what’s the proper balance between the states and the federal government?” According to Williams, there is an almost constant debate on the line between state and federal government. This constant debate is down to the different interpretations of our nation’s constitution. A prominent figure in current Constitution arguments is Glenn Beck, a host of political TV and radio shows. Recently, Beck held a gathering at nearby Trine University, urging attendees to return to traditional religious and political values. Williams says that Beck doesn’t believe that we as a society are interpreting the Constitution the way it’s supposed to be understood. But Williams says that’s how the Constitution is. “The language was written in a fairly abstract way, so we have to interpret it,” Williams said. With a Constitution that is ever evolving with our changing society, programs discussing the finer points of such important historical documents are a beneficial aspect of being at Manchester College.

Faculty Falls to Students in Fun, Humorous Game

Jeremy Walters
Staff Writer

The day before the annual student vs. faculty softball game associated with Camp Mack, Dean Glenn Sharfman was confident in his faculty team. “Our expectations this year are that everyone leaves the field healthy, that we all have fun, and we expect to win,” he said. Coming into their sixth game with Sharfman as the pitcher and manager, the faculty lost to the students only one year, 2009, since his arrival. The difference in this year’s game was a major change: the game was not held at Camp Mack, but on campus at Frick field. The change in scenery allowed many MC students that play on the varsity baseball and softball team to participate, giving the students an advantage they are not used to. In the past, the student team has consisted of upwards of 15 students playing made up positions in the field, as well as lining up in no particular order to get a chance to bat. This year gave the addition of a more organized team, since the students were required to sign up beforehand. A tournament was initially instituted, planning on making the student teams play each other to determine the best team before participating in the game against the faculty. However, there was only one student team to sign up, captained by senior Jonathan Larkin. Even though the students had acquired some new firepower, the faculty also had some new weapons. They had several returning players, including Jeff Osborne, Christer Watson, Tara Vogel, Jonathan Watson and Tim Ogden. Osborne has great hitting power crucial to the lineup, while Christer Watson has a cannon of an arm. Vogel plays so deep in right field, it takes her “an inning and a half” to come in to hit. Jonathan Watson has always proven to be a danger on first with a golden glove and stretch that can beat the fastest runner. And year after year, Ogden manages to play without wrinkling his clothes. As for new weapons, Arturo Yanez and Scott Humphries all played their first game this year. Yanez, from Venezuela, and Humphries, the conductor of the Manchester Symphony Orchestra, added great diversity to this year’s game. Even though the faculty had some new faces and many returning veterans, there were some missing pieces to the puzzle. Joe Messer had a Homecoming to attend, and Mark Angelos had an unfortunately timed doctor’s appointment. The missing links may have hurt the faculty’s chemistry, but the team still managed to have fun nonetheless. This annual rivalry has become heated in the past, maybe from the great tradition involved, maybe because of how close the games had come, maybe because the games had been decided in the last few innings for the past few years. With rivalry comes debate, and with debate comes trash-talking. “Taunting is not allowed,” Sharfman said coolly. “We are only at our best behavior. But what is said on the field from a base runner to a fielder stays on the field.” One advantage the faculty had in this aspect was the umpire, Dave Switzer, who may have looked the other way once or twice if some of the faculty started jawing. The game started out close, but ended up being a bit of a blowout. The score is unimportant; the important thing is that everybody did walk away healthy, everybody had fun, players and spectators alike, and, although the faculty walked away with their second loss in five years, this experience was still a win for everybody at Manchester College.



THE EASY LIFE Members of the faculty softball team take a ride out into the outfield from the baseball coach, making a joke about their own abilities. Though the game was purely for fun and entertainment, the student team ran up the score against their beloved faculty, 32-4. Despite the students’ early lead and overall win, the faculty team was the first to hit an out-of-the-park homerun with the help from Jeff Osborne.

Photo provided

Eel River Clean Up Shows History of River Abuse

Sarah Plew
Staff Writer

Donning a pair of sturdy work gloves and some old sneakers with a heavy-duty trash bag in hand, I wade knee-deep into the Eel River. My shoes immediately fill with muddy water, making each step a workout as my feet squish and splash through the slowly running current. Within a few minutes I hear the “ping” of metal and, reaching down into the water, I pull up my first piece of evidence of river abuse: an eight-foot-long strip of piping. I am one of around 40 volunteers who spent last Saturday morning hunting for garbage in a community-wide Eel River cleanup event. Participants poured in from all over the North Manchester area, including an assortment of town residents, professors, students and even a smiling young boy scout and his mother. From 8:30 a.m. until noon, the group scoured the river and its banks to begin restoring the Eel to its natural state and to spread awareness of the hundreds of species that inhabit it. What was found in the river astonished volunteers. In addition to my steel piping discovery, volunteers recovered—get ready for this—60 tires, 3,000 pounds of recycled metal, four bikes, two washing machines, an office chair, two complete bed frames, an automotive transmission, an innumerable amount of bottles, cement blocks, and bricks, fencing, and a countless number of kitchen pots, pans and plates. You might be wondering how such an unbelievable amount of junk ends up in a river in North Manchester. Julie Garber, adjunct instructor in the philosophy and religion department at Manchester College and volunteer at the cleanup, has an explanation. “Until towns like this had regular trash pickup, people used [rivers] to dispose of their trash,” she says. Garber’s yard backs up to the river, so she is able to see the misuse of the river quite clearly. “[My neighbor] has a travel trailer and he runs his gray water right into the river. He also has a sewage pipe that runs right next to the river,” she says. In addition to liquid wastes, she frequently finds silverware, ketchup bottles, dishes, and ceramic pots and pans in the river and on the shore that runs along her yard. Although many of these discarded items were removed from the river during the cleanup, there is still a long way to go. The Eel River runs a whopping 110 miles through northern Indiana, and volunteers were only able to cover about one-fourth of a mile before the ten canoes were too full of waste to continue. But river restoration efforts will not be abandoned. Heading Saturday’s cleanup was Terri Michaelis, watershed coordinator for the Middle Eel River Initiative. In addition to personally hunting for garbage in the river on Saturday, she works to maintain the water quality on a daily basis, monitoring six different tributaries in the river. “We run rigorous water monitoring samples every six hours, checking things like nitrogen, phosphorous, dissolved oxygen and pH,” she says. “We are writing a watershed management plan that determines what the problems [in the river] are and where they are initiating. Then we make changes that will impact the water policy in a positive way.” Michaelis is one among many who are passionate about the restoration of this river, no matter how daunting the prospect may be. Last April, the Fisheries Society of Manchester conducted a similar cleanup in a small section of the river by the college campus. In just a few hours, the group recovered 660 pounds of metal along the banks alone.



Peck Explains Joblessness Trends at Convo

for the people of America. 1 in 4 borrowers are “underwater,” a term used when homeowners owe more on their mortgages than the property they own is worth. Combined with the housing bubble was an increase in the distance middle class represented. The distance, caused by continually growing debts, has also been affected by the elimination of middle class jobs. Peck reasoned that the recession has yet

also gave some advice to students graduating soon and in the near future describing the importance of the first few years in the job market as well as building on analytical skills, teamwork, communication and a wide frame of cultural reference.

In the final few minutes of Peck's presentation he stressed five points: finish your degree at all cost, don't sacrifice breadth of study, choose a grad school judiciously, don't over value job stability and take risks

Even with a recession still in the works, there is keeping a hope to turn the economic situation around. With that, Peck's presentation stressed the importance of an education as well as rounding oneself out and ensuring the maximum possible chance of employment after graduation.

First-year Holds High Hopes for Future Years

does not help you make friends. Thankfully, the first floor is starting to liven up and more doors are staying open.

On top of my fear of not making friends, I was afraid of meeting my roommate. I was super ecstatic when I got the letter in the mail telling me who she was; however, as move-in day approached, I dreaded the idea of meeting a complete stranger which whom I would be sharing my room with for the rest of the year. Luckily for me, I have had plenty of experience when it comes to sharing a room with someone. Regardless it was my twin sister, but I

as soon as I got the chance. Clearly I was wrong since I am still here. The Student Organization Leaders, or SOLs, were more than helpful. They understood what we were going through and were willing to help us in any way they could.

After all of the help they provided us, there is no way they could prepare us for the reality of college, and by that I mean when everyone is finally moved in and classes are about to begin. With that, I would love to know who the person is that decides to blare their music at 9:00 a.m. Let's just say I am not a happy camper when it comes to me losing precious hours of sleep. Also, I don't really care too much for the fire alarms going off at odd hours of the

day. I find it humorous, but I am not a fan of evacuating the building for twenty minutes. It just puts a damper on my mood because I have to stop what I am doing just to go wait outside. Those are valuable minutes I will never get back, and the loud annoyance of the alarm is beginning to hurt my ears.

Even though my first year has just begun, I can honestly say I can't wait to see what the year has to offer.

Firehouse Manchester's Hot Spot for Live Music

ways stare and listen. Electric guitars typically don't ring out on the evening streets of North Manchester.

The vibes and atmosphere allow for the intimate feel of the Firehouse comfortable surroundings and great musical acoustics. Walking through the front door patrons will see a line of worn-in couches lining the west wall; they're not the couches you sit in, more the couches you sink into. Several drums hang down from the high hollow ceilings and spin slowly. A crowd of local high school students stand around the sound booth, and an Indie rocker walks through the doors carrying a tambourine and an accordion.

Phil Keim, a first-year student from Rochester, Ind., saw his first Firehouse show on Sept. 20 when Ortolan, from Riverside, NJ, was the headliner. "The entire Firehouse family was completely warm and accommodating," Keim said. "The positive vibes generated from the crowd welcomed the opening act

and by the time the main act appeared, the crowd was on their feet, ready to move to the music.”

Jabin Burnworth, booking agent/MC/Firehouse savant, doesn’t understand why more people don’t come out for the shows, “I’m not booking poop; students from the school (Manchester College) could walk seven blocks and see live music for free,” Burnworth said. The next show is scheduled for Oct. 24, featuring “Tiger Saw” from New England with special guest “Winter Sons;” a band comprised of several Manchester College students is scheduled to open. Regardless of your particular taste of music, the Firehouse provides a unique opportunity to see professional musicians, within walking distance, for free. The Firehouse is also avidly looking for new bands to play and anyone interested in playing a show can contact the Firehouse at the_firehouse@hotmail.com or via Facebook.





Around Campus



Education Dept. Standards to Change in 2013

Katie Majka
Staff Writer

While educational standards are no strangers to change, the education department itself is looking at some changes to be implemented in August 2013. The changes will not, therefore, affect current sophomores, juniors or seniors, but first-year education majors will be subject to the new rules. As the State Education Department changes the licensing standards, the college major is going to look different; one example is that an English education major will become an English major with minor in education, or the student will acquire a double major. “The problem is that there are so many standards to be met in both ma-

jors,” said English professor Stacy Erickson, “so the real issue is trying to fit it all in the tiny little schedules.” However, since the change won’t be introduced for a couple more years, Erickson remains optimistic on the subject. “The state hasn’t really figured it all out yet,” she said. “They’re talking it through, trying to figure out the problems now so we don’t have to deal with them later. It’s still up in the air.” Mark Angelos, chair of the history and political science department, is also optimistic, considering that this won’t be the first time education standards are being reevaluated. “You’re all adults, you need to know that this sort of thing happens all the time,” he said. “It will be dif-

ficult but what I can say as a long-time adviser is that it’s always been difficult. I’m actually pretty optimistic.” Despite the level of confidence that their professors exhibit, some first-year and future students might still have their reservations about the new system. So what exactly are these changes that the state is making to education major standards? “What the state is doing is asking questions like, ‘Are the classes meeting the standards future teachers must meet themselves?’,” Angelos explained. “They’ll still be able to graduate in four years; it’s going to be just as difficult but more honest, because it’s basically going to be double-majoring.” While the term

“double major” might strike fear into the hearts of some undergraduate students, the fact that this is the primary change that will be made to education majors’ requirements is in fact good news for them. “They’ll be much better prepared to teach the subjects they want to focus on because they’ll have to take upper-level classes,” Angelos said. “It’s going to help them pass the dreaded Praxis, and the students will get more credit for what they’re doing.” Still, this might not be enough to calm a first-year college student’s frazzled nerves about all they need to accomplish in the four short years they’re given, but it’s not only the professors who are confident in these changes –

it’s fellow students as well. “Once it gets figured out, it will be successful,” said junior English education major Emily Katona. “It’s just the process of getting there that’s difficult. I feel like they [the changes] would be a lot easier if REPA [Revisions for Educator Preparation and Accountability] stopped changing. We think we have the updated standards and we don’t, so we have to tweak everything, but it will all work out in the end.” Angelos agreed with the sentiment. “If there’s a feeling of dissonance, it’s because of all the things we have to do that are out of our hands,” he said, “but I’m still optimistic.” Ultimately, it would seem that incoming education majors have little to

worry about aside from the uncertainty, which is not an unfamiliar feeling for new college students or for education standards, which have changed more than once and will undoubtedly continue to do so as expectations for education evolve. To summarize this with an overall demeanor of confidence and optimism, Angelos gave his final word. “There’s nothing new in this,” he said. “When we finally get done with it all, the students are going to get more credit for all the work they’re doing.”

‘Jersey Shore’ Lowers Standard Everywhere

Kelsey Barta
Staff Writer

Most of us have seen “Jersey Shore.” If not, you’ve certainly heard about it. “Jersey Shore” is the show that mostly everyone is talking about and I can’t comprehend why. To put it simply, “Jersey Shore” is about eight people living in a summer house together with an undemanding job. The first season had them working at a T-shirt shop while the second season picked it up a notch by moving them to a filthy job; ice cream scooping. The characters re-

fer to themselves as Guidos or Guidettes, which is actually a slur for those of Italian descent. “I’m Italian and it’s totally offensive,” said Lexie Salcedo, a first-year student. However, the cast does not think anything is wrong with it and prides themselves on those words. This past Thursday I sat in a room filled with athletic, well-mannered and, dare I say it, chivalrous baseball players to watch the new episode of “Jersey Shore.” I couldn’t help but observe how their demeanor changed and how fascinated they became with the show. If it’s not the women they make

comments about, it’s the men they impersonate. It makes anyone wonder what personality traits are admirable in any of the cast members. “I feel like it is great entertainment,” said Dan Maringer, a sophomore. “It really shows you how to interact with women in a suave manner.” While saying this, Maringer couldn’t even keep a straight face. Clearly, he was making a joke but I’m sure there are some people out there that honestly believe that the men on this show know how to treat women. For the most part, the men see the women as sex objects and only

as a means to their desires. Let’s idolize people whose lives revolve around fighting, drinking and having promiscuous sex. It makes me wonder who sat down and believed that this would make for great television. Does anyone remember “Boy Meets World” or “Friends?” Weren’t those entertaining, funny and appropriate? Apparently our standards dropped so low that we are willing to watch a show just to make a joke out of people’s lives. Katie Miller, who never even sat through an entire episode said, “I feel like I’ve insulted my intelligence by watching the

show. They must be doing something right though to attract such an audience.” This brings up a great point. Still, I had not discovered what made it a hit show until Brenden Hart said, “I didn’t like the show until I saw that everyone else liked it.” It had become the classic “jumping on the bandwagon” show. Somewhere in the middle of viewers fist pumping, saying GTL (gym, tanning, laundry, the motto of some of the cast) and quoting the show, other people got involved and suddenly believed that this show was worth watching. Later as the show was continuing, a girl did

something demoralizing and Hart said something along the lines of his sister better never act as that girl just had. Although Hart knows the show is not the proper way to act, he still finds it entertaining. Each Thursday night people make time to tune into MTV to watch people that are getting paid for doing absolutely nothing with their lives while some of us will never see that much money. Congratulations, viewers, because you are enabling them to do so.

Counseling Services Offers Depression Screening

Jessie Hickerson
Co-Editor

Corresponding with National Depression Screening Day, counseling services will be in the union during lunch, Thursday, Oct. 7 to promote a new online tool to help students better diagnose, understand

and battle depression. At the table, students can pick up a web address directing them to a page of screening assessments for depression and other related mental illnesses. Counseling services staff will be on hand to explain the process as well to answer any ques-

tions students may have. “What we’re offering is a set of anonymous online screening tools at no cost to students,” said Sara Bowlin, counseling services intern. “Students can use them in the privacy of their room or even at home.” The online screening program is sponsored

by the Wabash County Mental Health America Chapter, and consists of different personal response questionnaires to coincide with different categories of mental illnesses, including: depression, generalized anxiety disorder, bipolar disorder and posttraumatic stress disorder. Once stu-

dents enter the site, they can choose to take one, many or all of the assessments as they see fit. There is also an option to take one all-encompassing assessment that will combine parts of the specific screenings to give an overall idea of the participant’s mental health. Students who feel that they exhibit any of the symptoms of depression or other mental health conditions are encouraged to participate in the screening. Loss of motivation is a key component in diagnosis for many college students. A wavering of enthusiasm over short periods of time is normal, but paired with a feeling of stagnancy or lack of interest over an extended period of time (weeks or even months) is a warning sign that professional help might be in order. Other symptoms may include changes in appetite that result in weight loss or gains with no relation to diet, insomnia or oversleeping, loss of energy or interest, restlessness or irritability, or an overwhelming sense of worthlessness.

Those students who participate in the screening and receive results that reflect a possible struggle with depression are encouraged to seek help through counseling services or other community resources. Depression is not an uncommon diagnosis within college-aged individuals. Of the 1 in 10 adults diagnosed on a yearly basis, most report that their symptoms began in their late teens or early twenties. Nearly one-third of all college-aged students exhibit some symptoms or characteristics of depression or other mood disorders. These conditions, particularly depression, are considered very treatable. Between 80 to 90 percent of individuals receiving treatment report a significant improvement in their daily lives. Treatment options range from medication to scheduled counseling sessions. “The best intervention for depression is a mixture of medication and therapy,” said Danette Norman Till, director of counseling services. The screening page will be available to students throughout the academic year, so that students may access it as needed. “Our anticipation is that the availability of the online screening tool will allow students to have a reliable resource to access and on their own time share honestly the symptoms they are experiencing,” Till said. “If it helps just one student identify and understand what they are going through and then get connection to the help they need, we will be pleased.”



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Around Campus



Professor Davis Joins Chemistry Department

Kirby Dopkowski
Staff Writer

Tucked into a corner on the third floor of the Science Center lies Dr. Kathryn Davis’ office. Alongside the chemistry books and occasional family photo in her office, sit an unexpected discovery: toys. Crazy balls that light up, ones that make noises and are strange colors, and small keychain games she had since high school fill a basket on her table and sit on the shelf above her computer. “I like to fidget with things while I work,” Davis said. “I like things that light up and are cool colors.” This mentality is one of the reasons she became a chemistry professor. Davis grew up in Dearborn, Mich., just west of Detroit.

After completing her undergraduate studies at Hope College in Holland, Mich., she attended grad school in Pittsburgh where was awarded her PhD in August. “I’m the first person in my family to ever get a PhD; I think they are proud of me,” Davis joked. “They attended the opening commencement here so they can see me in my full attire. They are that proud of me.” Manchester is the right fit for her. Always having the dream to teach at a small college, and the fact that Manchester is located close enough to see her family, it is a perfect fit. “I like the vision that the college has,” she said. “I was just impressed by looking at the website.” Before landing the job in June 2010, Davis had to go through the inter-

view process. She actually did her lecture with a cold. “I was so nervous I would just start coughing during it,” she said with a smile. It’s easy to spot some of Davis’ students; they are the ones walking around campus with the goggle marks on their faces. “I just tell them, ‘We’ll all look dumb together,’” Davis said. Davis teaches four classes in the fall: Introduction to Chemistry, which you need for basic education, Organic Chem, which students who major in athletic training need, Fundamental Chem, which biology and chemistry majors need, and Physical Chem, which has just five students. “I like my Physical Chem class a lot; with just a small amount of students you can just feel their sense

of understanding,” Davis said. “I also like to make my students think about the neat things chemicals do and see their reactions. I like making them think about what they do, not just follow instructions.” Davis met her husband of four years, Matt, in grad school. He received his masters in chemistry from Pittsburgh also. “I knew him from afar; he worked in the computer lab I always did my homework in,” she said with a smile. “He would hear me and my friends yelling about our chemistry homework.” Davis doesn’t have any kids, but jokes that her ‘kid’ is about five years in the making and is going to be about 300 pages long.



Photo by Erin Cole

Dougal Becomes Full-time Professor



Photo by Erin Cole

Lisa Stojanovich
Staff Writer

When Professor Zachary Dougal first walks into the Athletic Training room, he is carrying a pillow and blanket. A colleague pokes fun at the blanket, which is made of Cleveland Browns’ fleece. Diplomas hang on the wall opposite the door, and there is a fridge and coffee maker sitting next to the tall, fairly empty, bookshelf. His office is a bit plain, but hints of personality shine through. There are photos of his four-month-old daughter, Anniston, on the bookshelf as well as on the computer desktop. He calls her “his newest hobby.” This may be Dougal’s first year as a full-time professor here, but he is no stranger to campus. For the last three years, he has been working at Manches-

ter through a contract with SportONE. “I’m happy to finally be a full time faculty member,” he said. Dougal received a Bachelor’s degree in athletic training from Ball State University and a Master’s degree in Physical Education and Sport Administration at Western Michigan University. Dougal has ADD, and said that school was sometimes a struggle for him. He had to work hard for his academic success, and is thankful for the help he received from teachers. It was these people who inspired Dougal to become an educator himself. “I wanted to be an example,” he said. “I get a lot of satisfaction from seeing students succeed.” Dougal finds himself drawn to the students that he sees a bit of himself in. He tends to gravitate to-

wards those who may also be struggling. “I’ll call them into my office to talk, those are the ones near and dear to my heart,” Dougal said. He knows how easy it is for professors to create a relationship with the students doing well in class, so he makes an effort to “pay it forward” to those who have to work hard for their grades. Don’t think it’s all school work with him, though. Asides from teaching classes he is a co-advisor for MCAT, Manchester College Athletic Training club, a college department ambassador, and an athletic trainer for men’s soccer and men’s baseball. He wants people to know how devoted the program and Athletic Training staff is “and how busy we are,” Dougal said. A normal day for Dougal may start at seven or eight in the morning when

there are classes and office hours, followed by meetings and games. Sometimes he may not leave campus until 10 at night, putting in well over 12 hours a day. “My job extends much farther than a traditional nine-to-five job,” he said. Dougal says he is happy with his career at Manchester and loves teaching. But that’s not all he loves. He also loves to cook. “I wouldn’t say I’m great at it,” he said, “but I try to perfect it throughout the summer.” He uses his knowledge from teaching nutrition class to bring healthy and delicious meals to his wife, Jill Dougal, who he says has no formal nutritional training. This summer, he found joy in cooking pizzas on the grill.

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Spartan Sports



Women’s Soccer Continues Valiant Effort



CHASING DOWN THE BALL Junior Kayla Werbianskyj races a Capital University player for the ball after the same player tried a switch step and lost possession of the ball. The Spartans went on to lose the game (2-0). *Photo by Jessie Hickerson*

Kelsey Collins
Staff Writer

After a rough start to the season Coach Stout prepares for another practice, while his three captains and early players brace themselves. The Manchester Women’s Soccer team has been struggling this season due to injuries. However, the team received a significant number of first-year students, who have stepped up to replace their injured team mates. The team is improving with every game and practice. The women would like to improve their conference standing this year and to have a better season than last year. HCAC is their big conference where teams have to be in the top four to qualify. Accomplishing their goal of going to HCAC would perk up their season spirits. Coach Stout and Captain Laura Jenkins

would like to have more people come and watch the matches. Having more people in the stands gives the team more excitement as well as getting them more riled up for the match ahead. Last Wednesday the team played St. Mary’s of Notre Dame and won. On Saturday, September 25, they had a game against Transylvania University which they lost 0 to 5. Jenkins pointed out that the women have home matches every weekend in October. Oct. 30 is the team’s last home game, which happens to be senior day as well. Their final home match is against Mount Saint Joe.

Football Restarts with Road Game Against Rose

Eddie Shei
Staff Writer

It’s that time of the year again. The air is getting cooler, the leaves are starting to change color and the crunching sound of football pads can be heard. Well, not this past weekend since it was a bye week for the Spartans. The football team has rebounded from their initial loss of the season and now have a record of 2-1 overall and a conference record of 1-0 after last week’s 28-7 win in their first conference

game of the season against new Heartland Collegiate Athletic Conference member Earlham College at home. The previous game on Sept. 11 was also a win, with the Spartans beating Kalamazoo 27-10 at Kalamazoo. The Spartans jumped to an early 14-0 lead against Earlham in the first quarter with Adam Schell rushing for an eighty-yard touchdown and Justin Minnich rushing 30-yards for another touchdown before Earlham responded with a 55-yard run and a

touchdown of their own. In the second quarter the Spartans scored another goal. After the half Kurt Monix scored the final touchdown of the game. Schell was the rushing leader for MC with 149 yards and two touchdowns. Minnich was 11-19 passing a total of 184 yards and 61 rushing yards. Monix had five catches and put another 94 yards on the board, leading the Spartans’ receivers. Earlham was only able to gain 42 rushing yards against the Spartans in the game. Dylan Snyder

led the team with 16 tackles. He had three sacks that totaled 20 yards of lost yardage. Andrew Totheroh also had eight tackles and two sacks, and Brecken Kennedy got his fourth interception this season and recovered a fumble. By winning their first home game of the season the Spartans have a good start on achieving one of their goals. “The seniors set the goals for this season. First: win all home games,” said Coach Shannon Griffith. “And second: beat Anderson.” He

also said that both wins so far have been “good wins” and the Earlham win was an important one for them because it was the first conference opener. Griffith is happy with the way the team has been able to rebound from the loss to Trine as well as with the team’s turnover margin, which is a +5, and their ability to run the ball while on offense and the way they have been able to stop the run while on defense. Griffith also said that the team is working to improve on the weak-

nesses on the field by watching video from their games and working on the problematic spots. He has been happy with the decision to move Kurt Monix from quarterback to wide receiver this season. The Spartans are on the road on Saturday, October 2, playing at Rose-Hulman at 2 p.m. The campus radio station, WBKE 98.5, will be broadcasting the game.

Karla Conrad Resrepresents D-III Athletes

Chaz Bellman
Staff Writer

If you are a student-athlete, as 75 percent of MC students are, Karla Conrad, a senior volleyball player, speaks for you to the NCAA. A member of the SAAC (Student Athletic Advisory Committee) at the conference (HCAC) and national level, not to mention being the co-president of the on-campus committee, Conrad represents Division Three athletics. Conrad notes that the SAAC committee aims to “be the voice of all Division Three athletes.” She meets two or three times a year with a national committee and four-to-five times a year within the conference group. At these meetings a multitude of projects and ideas can be discussed.

Their work includes partnering with the NCAA on the “Don’t bet on it” plan, which tries to deter student athletes from gambling; partnering with the Special Olympic programs; community outreach and special situations involving eligibility. Conrad began her SAAC career on the campus level during her first year. She quickly moved up to be a voice at conference level during her sophomore year. Near the end of her junior year she was nominated to be on the national committee by her coach, Kendra Marlowe, and attended her first meeting in May 2010. She will continue to represent Manchester and other Division Three student athletes for the duration of her senior year and for one year after she graduates. Division Three is

unique for SAAC members, because D3 members are allowed to speak at Convention, in front of the NCAA, as compared to simply voting at other levels. The most current issues at Convention have been rules and regulations, ongoing concussion safety (in all sports, not just football) and the consideration of testing all athletes for sickle cell traits which Division One has already begun. Conrad doesn’t want to be alone on the committee; she needs any and all athletes’ help. “We are always looking for issues to address,” Conrad said. The SAAC also enjoys hearing from athletes on the rules and actions they have helped pass or prevent. “We love feedback,” Conrad continued. Being involved

with the NCAA could open many doors for Conrad in the very near future. She even studies athletics in class. Not only is she a student-athlete and SAAC member, she is currently in the process of finishing her secondary education major with an econ minor and in her econometrics class she is finishing a project on over-confidence in athletes. In the midst of her busy schedule she is applying to numerous schools to finish her education with a PhD. After completing her degree Conrad wants to continue spending her time with the NCAA and athletics. She aspires to coach women’s volleyball or softball (which she played for two years before dedicating her time to volleyball and the SAAC committee). Having been in-



Photo Provided

involved with the NCAA for several years, she hopes that her chances for job and coaching position

Men’s Soccer Team Holds Positive Outlook

Lynette Griffin
Staff Writer

Many of you may know him as the groundskeeping supervisor, working hard in his denim blue button-up shirt with a left front pocket. Yet others know him more publicly as men’s soccer head coach, pacing swiftly up and down the sidelines instructing his team on how to win. David Good says it best about his team: “Our team mood is pretty good; just last week was disappointing, results wise.” Last week the team

tied with Alma and lost to Huntington, Olivet and Goshen. Both games versus Huntington and Goshen were close games. The Spartans only lost by one goal during each game. “We just didn’t play very well,” says Good as he looks at his desktop. “A few minutes of mental lapse just got themselves into a hole early.” Although after the game on Sunday versus Alma, Good says his team was “left encouraged with their play.” The start of conference play was Saturday

at Transylvania, with what Good calls the “best-picked team in conference.” Good, and his team, were looking forward to this game. “Transy always over looks Manchester, and it’s always a competitive game,” says Corey Brueggeman, a junior sport management major, as well as a co-captain of the men’s soccer team. But luck wasn’t enough as the Spartans fell to Transy. Good said his team was getting into the meat of their schedule, facing Goshen, Transy and Ohio Northern. “The guys have

bounced back, so it’s a positive outlook now,” Good says. His team is now 1-6-2 on the year, 0-1 in the HCAC. Due to a few “nagging” injuries that aren’t allowing all of the guys to go full speed, Good hopes to see many of these injuries cleared for the upcoming games. Cody Freels was out for practice on Monday but was able to play in Tuesday’s game. Two major injured players, according to Good, are senior J.B. Schwartz and sophomore Dian Radev. They both are attacking players and are

hoping to resume play soon. The men’s soccer team is in a two-week stretch of away games but on Oct. 2 they will face Franklin at home. “It would be great to see extra people in the stands,” says Good. “This will be a must-win game in order to make it into the conference tournament.” The top four teams make the conference tournament at the end of the season. The Spartans have been to this tourney nine out of twelve years. With the addition of Earlham College, it will make the conference

much more competitive. Good is just looking for a way for his team to score. “Our team is very young and inexperienced,” says Brueggeman with a smile. “But we’re definitely making the right improvements in preparation to compete in conference play.” The Spartans will travel to Ohio Northern on Tuesday. Following the Franklin game, plan to support the team as they host Kenyon and Hanover. Both of these are home games coming up in the beginning of October.