

# School of Champions

## Men's Basketball Wins HCAC Championship via Teamwork

Mandy Hoff  
Staff Writer

After beating Anderson 81-71 in a heated game on Feb. 16 and Transylvania 79-62 on Feb. 19, the Manchester men's basketball team has finished first in the conference, securing the title of Heartland Conference Regular Season Champions, and will host the conference tournament Feb. 25-27. "We had high expectations and we are really where we thought we should be," said Coach Brad Nadborne. Although they have done well this season, the team and head coach seem to be keeping level heads and are staying focused. They've stuck to the core plan they've always had and use what Nadborne likes to call the ABCs of MC basketball. By focusing on academics, basketball, and the community the team won game after game. "Who we are and who we want to be doesn't change," Nadborne said. "Success is inevitable when trying to do the right thing. When you have good people working hard for a common goal the key is to keep focused." Focus, of course, can become difficult when the crowds are going crazy during games and the players get closer and closer to the conference tournament but the men's team has done well in remembering that winning isn't everything. "Winning is the prize that is put out for the public to see, but year after year it is the development of the team that I look forward to," Nadborne said.

After spending so many hours together in and outside of practice these athletes seem to be more of a family than a sports team. This could be because the five captains share a house off campus or that the team is always together. "When everyone else is on break we're here playing basketball," said junior captain Jordan Moss. However, it is more likely that they have formed this strong bond through hard work and mutual respect. "The guys are phenomenally close," Nadborne said. "I



**MEMENTO OF THE TITLE** Senior Mitch Schaefer cuts down his piece of the home net after Manchester's men's basketball team won against Transylvania for the title of HCAC regular season champions. The Spartans overpowered the Pioneers at home in front of a full and rambunctious crowd of students, faculty, staff and community members. The Spartans will host the HCAC tournament this weekend.

*Photo by Jessie Hickerson*

never sense any division." Coach Nadborne credits the team's wins to their camaraderie and says that it is something that no one can take away from them. Although practice takes up the majority of the team's time together, they do enjoy taking part in yearly traditions. Around New Year's the team meets at an assistant coach's house and has a "burning of the boot." During this custom, all of the team members take an old shoe or other article they have brought with them and literally throw it into a fire and watch it burn. Although Nadborne

admits that the team didn't lose a single game after burning these shoes, he says that the tradition is more of team bonding than a superstition or mysticism. This, however, is not the only way the team has chosen to bond this year. When they were unhappy with their 3-3 record, Moss suggested that the whole team shave their heads. "When he says something, they seem to listen," said Nadborne about the junior. So, the team met at the house the five captains share and did away with their locks. Tyler Henn also admits to having a ritual

that began after a loss to Anderson earlier in the season. "Every time I didn't wear my t-shirt under my jersey during a game we ended up winning," Henn said. The rest of the team also had their wardrobe to consider before games began. They have three sets of jerseys; black for away games, white for home, and gold for championship games. "This year we've worn gold twice," said Nadborne. "Once in Florida during the second game of the tournament down there we wore them and we won. In Transylvania they wanted to wear their red jerseys

so our guys wore gold and we won again. We hope to wear our gold soon for the conference championship." Whether the cloth-

ing choices of the players had an effect on their score is hard to tell but it was certainly not the only thing they did to try to improve their performance. "We watched tapes from the '95 team," Henn said. That year the men's team was second in the conference and watching recordings from those games helped the guys in ways that simply running drills may not have. The team also enjoys another tradition after every win. "We sing the Alma Mater which ends with 'cheer to victory' after every verse," said Nadborne. "You'd think that 20-year-old guys would like it but they love it." With all of the pressure that this team-turned-family is facing it is always nice when they get a chance to center themselves and focus. Many times, this occurs during their team huddles. Like other teams, the guys have a chant they say at the end. However, unlike the generic "go team" or "Spartans," they say "we're the ship." This is their way of saying that they are in it together through thick and thin. "They're out there together on the ocean and on the journey," Nadborne said. "It's all about how you are going to handle the beautiful days and the not so beautiful days." With being so close to qualifying for the NCAA tournament it is easy to forget where these guys began. "For many of them we started in next to last place in the league when they were freshmen and to be this, to be champions, it takes patience, persistence and maturity," Nadborne said. "It speaks volumes of who our guys are."

**The Spartans will host the HCAC tournament today, tomorrow and Sunday. The schedule is as follows:**

**Today, 6 p.m. Rose Hulman vs. Transylvania (G1)**  
**Today, 8 p.m. Anderson vs. Bluffton (G2)**  
**Saturday, 5 p.m. Winner G2 vs. Hanover**  
**Saturday, 7 p.m. Winner G1 vs. Manchester**  
**Sunday, 2 p.m. Saturday Winners**

**Come root on the Spartans on Saturday at 7 p.m. to help our team secure another title.**

## Spartan Cross Country Team Celebrates HCAC Championship

The 2010 cross country team lines up across mid court to be recognized at half time of men's basketball game against Anderson, Feb. 16, as coach Brian Cashdollar claps for his team. The team was congratulated by the crowd for their exemplary record and efforts throughout the season. The Spartan runners were repeat winners of the HCAC championship in both men and women this season, and some individual runners received top honors. Men's All-Conference honors went to juniors Braden Nelson, Cole Jackson and Alec Womboldt as well as first-years Curtis Kent and Chris Lafree. Women's All-Conference honors were received by seniors Jessi Bremer, Megan Miller and Katherine (KP) Pea and sophomores Meredith Cors and Ashley Kopla. Molly Wright and Curtis Kent were named Freshman of the Year throughout conference. Cashdollar was named Conference Coach of the Year. "We worked as a team, we fought til the end and came out where we knew would throughout the entire season!" said senior Pea, who ranked 4th in the conference because of her performance. The team also received honors in academic standings, having a high team grade point average.

*Photo by Jessie Hickerson*







# Around Campus



## Discussion Days 2011 Begin Monday

William Rhudy  
Staff Writer

“Food for Thought” is this year’s theme for Discussion Days at Manchester College, Feb. 28- March 5. According to the Indiana Humanities Council, “Food for Thought is an examination and celebration of the ways food helps to define Indiana’s culture, considering food in the context of history, law, politics, science, the arts, religion, ethnicity and our place in the world.” Discussion Days will host several keynote speakers and give students four opportunities to receive VIA credit, engage in critical, necessary conversations regarding the culture of food, and interact one-on-one with local food producers.

Frances Moore Lappe, author of 17 books, most notably the 1971 publication of “Diet for a Small Planet,” will present students with an alternative perspective dealing with consumption: more is not better, it simply means less for others. Lappe currently works at the Small Planet Institute whose mission statement is to “further an historic transition: a worldwide shift from the dominant, failing notion of democracy- as something



**‘FOOD FOR THOUGHT’** Food is the topic of this year’s Discussion Days. Frances Moore Lappe is the guest speaker for Monday night’s VIA “Why Hunger in a World of Plenty?” while the keynote speaker, Dr. Richard Wilk, will speak at VIA Wed. at 9 a.m. Both VIA events will be held in the Upper Union.

*Photo by Epi Sanchez*

done to us or for us- toward democracy as a rewarding way of life: a culture in which citizens infuse the values of inclusion, fairness and mutual accountability into all dimensions of public life.”

The accountability begins with simple knowledge. Do you know whether the beef on your burger

was raised using Genetically Modified Organisms? Or perhaps the vegetables in your salad were carrying dangerous bacteria until they were watered with nitrate-rich pesticides. Ejenobo Oke, assistant professor of art at Manchester College and chair of the Discussion Days committee, sees this to be a key prob-

lem at the beginning of the global-food discussion. “A lot of students don’t know where their food comes from,” she said.

Students will have several opportunities during Discussion Days to learn about the nature of food, the distribution of food on a local, national and global scale, as well as participate in discussions with MC professors and guest speakers...all the while earning valuable VIA credit!

Local food producers will be offering a presentation Tuesday, March 1 at 3:30 p.m. in the Upper College Union. Representatives from Midwest Poultry Services, Seven Sons Meat Co., Hawkins Family Farm and Joyfield Farm will be discussing roles and responsibilities in serving a local food market.

On March 2 at 9 a.m., Dr. Richard Wilk, professor of anthropology at Indiana University, will

discuss the endurance of food in our culture and the inference that can be made regarding the presence and absence of particular foods in a society. The discussion will be held in the Upper College Union for VIA credit!

Other notable events during Discussion Days includes a screening of the movie “King Corn,” directed by Aaron Woolf, the story of two college students from Boston who move to Iowa to farm an acre of corn. The movie will be shown on Tuesday at 3:30 p.m. in the Upper College Union.

Student group the Feminist Student Union will host a discussion entitled “Food and Gender” on Thursday, March 3 at 3:30 p.m. in the Upper College Union, discussing the connected relationship between food and gender and how they affect our world.

The upcoming Discussion Days will give MC students a chance to delve into a multifaceted issue. Whether your interest is focused on local food production, the practices and processes of producing quality food at a fair price, or the operations of vast, multinational corporations and their role in food distribution and cultivation, the many events scheduled for Discussion Days will feed your brain in several ways.

## First-Year Students Win Writing Awards

Carson McFadden  
Staff Writer

On the afternoon of Monday, Feb. 14, the Science Center was filled with first-year students and their families, friends and professors for the inaugural First Year Writing Symposium. In this writing competition for first-year students only, participants submitted analysis, research, or creative papers to be judged and presented. Subjects varied from a literary analysis of Kate Chopin to a research study of obese children, with nearly every department of the College represented.

Holly Rittenhouse, from Portland, Ind., chose the research category. “I had written a paper in my Intro to Religious Studies class and I did well on the paper,” Rittenhouse said. “Then I saw all the posters and I thought, ‘Oh! I could just submit my paper!’” Rittenhouse researched Wicca, a religion that almost no one at her presentation had even heard of. “We had to write a research paper over a religious creation myth,” Rittenhouse said. “It just fascinated me and I had interest in doing more research on my own even outside of class.”

Jeremiah Sanders, another first-year participant, entered in the creative writing category. “I wrote about a personal experience I had and also talked about what we could do to change some things in the education system,” Sanders said. “I feel like it’s important to have something

for us first-years to participate in, and this provided that opportunity.”

Sanders and Rittenhouse were both adamant in their appreciation for the opportunity the symposium provided. “It was a great way to say that first-years’ work is important too,” Rittenhouse said.

Dr. Beate Gilliar, the symposium organizer, had some similar thoughts. “We needed a way for first-year students to get engaged in research, analysis and creative writing,” Gilliar said. “First-years have valuable messages. They can demonstrate that they have worked hard on paper and that they have wrestled with an idea.”

Despite all the work that went into the event, everyone involved was keen to stress fun and enjoyable aspects. “I liked being the expert on something, because I was talking to a bunch of adults and professors,” Rittenhouse said. “They were the ones asking me questions, so that was pretty cool.”

No one was happier with the proceedings than Gilliar. “It’s one of my highlights here at Manchester College,” Gilliar said. “One of the greatest highlights.”

Gilliar continued to elaborate on her delight with the symposium. “It’s not just about presenting the paper,” she said. “It’s also how they deal with deadlines, how they come up with something that’s engaging and how they frame their work in such a

manner that it appeals to a larger audience. It’s basically being flexible, being adaptable, and still having a strong message. And not being afraid to keep on asking.”

Prospective participants had been asked to submit a resume and abstract by Dec. 6, 2010. By Jan. 31, 2011, if their submission had been accepted, they submitted three copies of their paper. Throughout this process, they worked on revisions with their faculty mentor. Professor Laura Turner-Reed served as Sanders’s mentor and Professor Kate Eisenbise mentored Rittenhouse.

Other faculty members served as faculty evaluators, who read each paper and selected a winner in each of the three categories. Tyler Evans won the analysis category with “‘Tartuffe,’ Social Awareness and Character Prototypes,” Xunantunich Haley came in first in the creative category with “Tam, the Cat (and Other Points of View),” and Jessica Collyer was the winner of the research category with “Obesity and Your Children.” Each winner was awarded a gourmet dinner from Chartwell’s catering service.

Gilliar described the First Year Writing Symposium as a precursor to the Student Research Symposium, a similarly structured event open to students from first-years through seniors. The Student Research Symposium will be held on April 8. Abstracts are due by March 7.

### *The Oak Leaves*

Published by the students of Manchester College

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Subscriptions: The general fee is paid for by full-time students whose tuition includes a subscription to *The Oak Leaves*. Mailed subscriptions are available for \$20 for one school year. Make checks payable to *The Oak Leaves* and send to the address below.

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# Around Campus



## ‘Biggest Loser’ Tips for Success: Phone Apps

Jessie Hickerson  
Co-editor

It's essential to track what you eat and how many calories you burn. Numerous studies have proven that daily tracking significantly improves the success of weight-loss, and thanks to telecommunications and the internet, it's become just as easy as texting.

Since a majority of Americans carry around smart phones and a few (or a lot) of extra pounds, application designers have honed in on the ever-present need for people to lose and maintain their weight. There is a full selection of apps to choose from in various markets, but I researched the top-rated free calorie counting and fitness tracking apps for each of the three top smart phone producers on the market: Apple, Android and BlackBerry.

The one that I am currently using on my iPod Touch is the livestrong.com Calorie Counter Lite. This app allows me to track my weight, my calorie intake and my fitness activities.

The weight tracker displays my losses and gains over a specified time in a line graph that allows me to better see my progress (or lack thereof).

The calorie tracker is one of the easiest things to use. You can search for food by ingredients, brand or restaurant, and it will add everything up for you. However, if you're a label watcher and you know how many calories your last meal consisted of, you can make custom entries that are retrievable later on.

The fitness feature allows me to easily compare consumed calories to those I have burned. It has a search feature with exercises that will tell me roughly how many calories I've burned depending on how long I did it. The database includes regular gym exercises and extends to ordinary activities such as lab work, typing, watching children and some interactive bedroom activities. Like the calorie tracker, you can make custom entries if your calorie tracker on the elliptical tells you differently.

A friend of mine that is also participating in the Biggest Loser has been using a similar app. She downloaded the top-rated MyFitnessPal from the Android Market and swears by its accuracy. This app is very similar to mine, but allows for closer tracking of customized goals based on weight, measurements and caloric intake.

For BlackBerry, there is the Calorie Counter by FatSecret. It has many of the same features of the other apps. The main differences are the diet journal that accompanies the weight tracking, along with bar code scanner that instantly inputs nutrition labels into your consumed calories.

So, if you already spend a lot of time on your phone throughout the day, why not download a free tool to help you stay on track to becoming a better you. The key, just like in exercise and dieting,

## VIA Encourages Fiscal Responsibility



**MONEY, MONEY** President Jo Young Switzer gives her annual ‘It’s Your Money” VIA address. She emphasized the importance of financial responsibility and making the right choices for one’s future.

Photo by Julia Largent

Katie Majka  
Staff Writer

Although the majority of Manchester College students won't be ready to graduate come May, the college feels it necessary to stress the importance of fiscal responsibility. However, although President Jo Young Switzer's annual “It's Your Money” VIA focused on the financial responsibilities of students, offered more than the title promised. Switzer took the time to acknowledge the importance of the VIAs that Manchester College requires, saying, “You can get together and think about ideas you wouldn't think about in the normal course of the day.”

Switzer's point was made clear throughout the “It's Your Money” presentation as she discussed ele-

ments of students' financial choices and responsibilities, some of which may have been uncomfortable points as the looming possibility of fiscal woes in the real world becomes clearer. In the meantime, Switzer emphasized the importance of what students do in the present, as the choices made now will impact future decisions, and impressed this upon her audience with her Eight Observations, beginning with “Choices Matter.”

“The courses you choose make a big difference,” Switzer said. “There's a lifelong tradition at Manchester of choosing classes based on professors, and any that begin after ten in the morning are okay,” she added jokingly.

Although students may feel overwhelmed with their course requirements

at times, Switzer assured those attending the VIA that Manchester's abundance of course readings and writings is a “really encouraging sign.” She went on to urge students to spend more time studying, saying, “Twenty hours a week isn't enough to learn the material your professors are trying to teach you.”

This statement segued into Switzer's next two observations, which focused primarily on too many material possessions: “Wants and needs are not the same thing,” and “We have too much stuff.” Switzer went on to discuss the advantages and disadvantages of credit cards, advising students against excessive use, saying, “Credit cards are not cash; they're more like a loan.” She continued in this vein, warning stu-

dents against accumulating negative debt due to things that are unnecessary, as opposed to having “positive debt,” such as a mortgage.

When Switzer reached the observation entitled “College degrees to not guarantee happiness,” it was a surprising turn of events to hear an educator state this opinion. However, she went on to say that while there is no guarantee for bliss once graduation has ended, a college degree does make a difference in both employment opportunities and personal finance – more specifically, financial stability.

Similarly, her next observation stated that along with a diploma, money does not “buy” happiness; rather, it can provide one with comfort and security.

Switzer's final ob-

servation, “Advice,” encouraged students and other audience members to “spend less money than you earn.” This ideal correlated with Switzer's earlier observations: making the right choices for the future, separating wants from needs and asking the questions of “Do I use it?” and “Do I love it?” as touchstones for the necessity of certain material possessions, and being able to differentiate cash from credit.

Ultimately, the “It's Your Money” VIA lived up to its title when it wasn't exceeding expectations, encouraging students to take responsibility and control of their money, and thereby securing their futures.

## MC Starts ‘Biggest Loser’ Competition

Lynette Griffin  
Staff Writer

Many people have set their New Year's Resolutions to losing weight, but after about a month of working out and eating right, they are done. The Wellness Committee from Manchester College has given students and employees or spouses of employees a reason to keep losing weight – by becoming Manchester College's Biggest Loser.

On February 14, about 80 participants started a 12-week-long weight-loss/wellness competition. Competitors had their picture taken at the first weigh-in and will get their final picture taken on May 13 to show their weight-loss journey.

Manchester's Biggest Loser competition was brought to the Wellness Committee by Tara Vogel, director of Health Services. She had known of other colleges holding this competition and they received positive results from it. The Wellness Committee believes this will be a good idea for our campus because it will help promote overall good health especially during this sick sea-

son.

“The contest sounded pretty interesting and I wanted to see what good I could do in it,” said Tiffany York, an excited participant.

Teams of four are competing to see who can lose the highest percentage of weight, not necessarily the amount of weight. Each team paid an entry fee of \$20 or an individual could sign up to be put in a “hat” for a random draw. The money collected will be used toward the prizes.

As teams signed up, they were to provide a unique team name, including “Mission Slim Possible,” “The Carbonettes,” “Weapons of Mass Reduction,” “Lose the Chub Club” and “Booty Busters.” The team “Large & in Charge” has been working out since the beginning of Jan term. “It is way more fun if you have a cool name,” team member Briley Albertson wrote in an email. “The hardest part is working out and eating right and seeing no fast results,” she adds.

Each competitor will weigh in once a month: March 14, April 14, and May 13. Competitors are not allowed to load up during weigh-ins and are

discouraged from drastic weight losses – anything over five pounds a week. The competition is to promote healthy weight-loss exercises. Participants are encouraged to eat lots of fruit and vegetables and drink extra amounts of water.

From the school's Gateway website, there will be a Wellness page that includes tips on how to eat healthily. It will also provide other information on how to lose weight effectively. You will also be able to track monthly team weight-loss percentages along with the top three team participants' percentages. An individual Biggest Loser will be announced monthly as well.

At the end of the competition, awards will be given to the top three teams. The top individual male and female will also receive a prize which is yet to be determined.

There are hopes that this competition will encourage not only competitors, but also other people to continue a healthy weight-loss program even after the competition is over. Crystal Rodriguez, a member of team “Large & in Charge,” hopes that her working out and better

eating habits “will become more of a ‘want to’ rather than a ‘have to.’”

Kelly Hippensteel, administrative assistant of Health and Counseling Services, said: “I hope this will last longer than 12 weeks. I hope it can be an overall change that people will continue even after the competition is finished.”

Many participants have noted that although this is a fun and helpful competition, there are many hardships. “The hardest part has been finding time to actually do a good workout because my weekdays are jam-packed,” said Danielle DeFreis. Not only do tight schedules slow down the process, but also do attractive desserts. “The hardest part, for me, is walking past the cupcakes and other sweets in the kitchen,” Rodriguez adds.

Competitors all seem to have similar goals for the competition. Aside from wanting to win the prize, here are the top five goals from participants:

1. Get in shape
2. Live a healthier lifestyle
3. Lose weight
4. Get in the gym every day
5. Have fun!

For many competitors, this is their first time being on a daily workout schedule, so motivation comes from their teammates. Other strategies include leaving sticky notes throughout the residence hall room with sayings such as, “Go Workout,” “Fatty,” and “No more pop!” Teams are becoming very competitive in hopes to become Manchester's Biggest Loser.

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# Around Campus



## Students Celebrate 30 Years in Nicaragua



**DOING GOOD DEEDS** Students and other members of the health service profession pose for a picture during the Medical Practicum in Nicaragua. The trip marked the thirtieth anniversary of Manchester students and faculty bringing medical assistance to the second-poorest country in the western hemisphere. Students offered health services to a portion of the population.

*Photo Courtesy of Jeff Osborne*

Mary Kohrman  
Staff Writer

January session at Manchester College is a break from the long semester schedule and provides the chance to learn, grow and challenge oneself in exotic environments. Chemistry professor Jeff Osborne has been leading the January session Medical Practicum to Nicaragua since 2008. This year Osborne celebrated the thirtieth anniversary of Manchester students offering medical

assistance in Nicaragua. The Practicum was more than a tropical adventure for the 14 students who went; it was an opportunity to work hands on with the indigenous Miskito people, providing healthcare in the second poorest country in

the western hemisphere. The Practicum has deep roots with not only Manchester College, but also the Church of the Brethren. During the 1980's Contra War, the Brethren "Witness for Peace" program was in-

stated as a way to protect native Nicaraguans from encroaching outside Contra military forces. Such acts of selflessness inspired Professor Ed Miller to begin taking undergraduate students to Nicaragua in 1981. Osborne feels the work he leads in Nicaragua is a means to an end. "I do it for the students, but also because I feel like the U.S. had a big role in doing some bad things to Nicaragua over the last 100 years, particularly in the 80s," he said. "I feel like going without a political agenda, without wanting to change them [the Miskito people] in any way other than just trying to give healthcare is a nice gesture on an international level. It's about making amends and showing them that we care."

In the past 30 years, the program has blossomed into a powerful educational experience targeting students with an interest in globalization and healthcare. "The reason why I do this is because I want to educate students," Osborne said. "This experiential learning is wonderful. A typical student wants to go because it will help them professionally, which is really important, but there are other things. If their eyes are open they cannot avoid seeing poverty, being a minority, the frustration of not having sufficient language ability and seeing other parts of the world, seeing a different perspective. It's important."

With only 14 spaces available for students the application process is highly competitive. Regarding the reason for the 14-student limit, Osborne said: "I like to have a good job for everyone to do, for everyone to have a critical role, so there is a limit

to the number of students I can handle." His dedication to instill a sense of purpose in every student, as well as their chance to work one-on-one with five physicians, one pharmacist, and two dentists on staff makes the Practicum intense and individualized. Junior Alec Womboldt took a better sense of awareness from his Nicaraguan adventure. "The trip as a whole really just shows you that there is so much more to this world than what we have here in Indiana or the States," Womboldt said. "You really see that not everyone lives in white houses with green grass and running water, and actually most people in this world don't. Experiencing another culture and a completely different way of life really allows you to appreciate what we take for granted here in the States."

The average class in college involves lectures and note taking. The typical January session involves vibrant new cultures and fast paced learning from tours, exposure visits and excursions. What sets the Nicaragua Medical Practicum apart is that is it not an exposure to a culture, nor a preplanned lesson about a different way of life. It is becoming consumed in another life and culture entirely. Instead of bus rides and tour guides, Nicaragua entails 13-hour voyages downriver in hollowed-out canoes in pursuit of rural medical outposts located in villages up to 25 hours from any tangible civilization.

Working very closely with, and with the permission of, the Nicaraguan Ministry of Health, Osborne has been able to build a reputable and safe environment in which American students and health professionals can work alongside Nicaraguan doctors, nurses and community health workers in the pursuit of expanding healthcare to those in need. Due to the high demand for aid in the village areas, patients with the most serious or debilitating health conditions were given priority. "A lot of learning

is happening, and having these professionals along means there is a lot more one-on-one interaction than in most Jan Terms," Osborne said. "We had ten people with terminal degrees in their fields working with these 14 students, living with them and working with them for three weeks; there is a lot of chance for interaction."

The students were by no means just observers, but active participants. Working via translators, students helped in intake and registration, as well as worked alongside the health professionals to gain exposure to the power of hands on medicine. "It is a very rewarding experience to be able to help people that only receive healthcare a few times a year," Womboldt said. "The people were very grateful for our help and it's a good feeling to know that we made such a large impact on their lives."

Despite welcoming programs such as the medical Practicum, Nicaragua still has a long road ahead in achieving adequate healthcare. Though healthcare was nationalized there in 2007, prejudices against the "forgotten" indigenous people, and lack of funding makes adequate healthcare across the nation challenging.

In a land so foreign and harsh, lesser individuals might grow weary of the poverty and challenge; however, to Osborne, it is a way of life. "My soul requires it," he said. "I think it's really important for my soul to do this. It's a lot of work and sometimes I ask myself 'why am I doing this?' But I think it's important to do. To push, to reach out, to stretch oneself and to be exposed to things like this. My soul requires it right now. I am doing it for myself, too."

But the work is more than just volunteerism, it is deeper than that. "I'm helping them but I'm also helping myself," Osborne said. "They [the native people] realize we need to open our eyes too. They can see that. It [the work] is helping us as well, and the poor understand that. They don't want us to give them things, but to both be in the process of making the world a better place for both of us, because we are all kind of out of balance."

The Nicaragua January embodies what the January Session was created for, to expose Manchester students to a world beyond their own. Osborne says that in a world of violence and mixed signals a great quote to live by is one of the Aboriginal activist Lilla Watson, "If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together."

# MODERN IMPRESSIONS

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# Around Campus



## Students Travel to Italy over January Session

Kelsey Barta  
Staff Writer

This past Jan session, Prof. Thelma Rohrer took her Art in Context class to Italy for a more hands-on experience.

The class departed from Chicago O'Hare airport around 4:00 p.m. on Jan. 11. They first flew into Rome where they then boarded a connecting flight to Venice. When they landed it was then Jan. 12 around 10 a.m., when they were then met by their tour guide, Sergio. Not wasting any time, they found their suitcases and boarded the coach bus for a ride to Verona.

In Verona, they engaged such activities as visiting Juliet's house where the outside walls are covered in 'Letters to Juliet,' touching the statue of Juliet's right breast (which is supposed to give you good luck in love), exploring part of the town, and going inside the amphitheater. From there, they got back on the coach bus to head to the 117 islands that make up Venice where they spent the next three nights.

Throughout the next two days the group traveled to Piazza San Marco by vaporetto, or water taxi. The vaporetto system runs much like a bus in other cities and since no cars are allowed in Venice, water transportation is the only choice. "Being on the water was amazing and the city was like unlike anywhere I have ever been," said Leslie Bailey, a sophomore. "I loved how they only use boat transportation."



**EXPERIENCING THE ARTS** Students viewed the Sistene Chapel while in Vatican City. Besides paintings, students were introduced to other forms of art and visited various ruins.

*Photo by Kristen Wilhite*

The class walked through St. Mark's Basilica where they caught their first glimpse of mosaics. They also had a guided tour of the Doge's Palace. The next day they visited the Accademia where they were free to take notes and ask questions on their own. They then took the vaporetto to the Rialto Bridge where they had time to shop and eat.

They parted ways with Venice the next morning and drove for a few hours until they stopped at Ravenna. The class first stopped in the Mausoleum of Galla Placidia where they viewed important mosaics. They continued their journey to Florence shortly after. As they almost reached the city, they stopped at Piazzale Michelangelo to get a beautiful few of the

city. They spent the next three nights in Florence.

In Florence they required a local guide and she started them out in the Accademia where Michelangelo's famous "David" is housed. "When I first saw the 'David,' I was in complete and utter awe," said Ashley McGovern, a junior. "It was amazing that Michelangelo was able to create the 'David' out of one piece of marble and make it seem to come alive." After that, they went into to the Uffizi Museum which holds many important pieces of art by Leonardo, Michelangelo, Raphael and Botticelli, all artists that the students had to know.

Together, they made their way to the Piazza del Duomo which is where the bell tower, cathedral, and baptistery are lo-

cated. Some of the students chose to ascend the bell tower's 414 steps to reach the top where they could take pictures of the beautiful city behind them. They were then given free time to shop and enjoy the city.

They were up early the next morning for a day trip to Lucca and Pisa. In Lucca, they visited the Romanesque and Gothic San Martino and also spent time in San Michele. Next stop was Pisa. For the most part, it was free time. Students ate lunch, shopped around and most took the typical tourist picture by the tower. Taylor Daggett and Jessica Wilmer braved the leaning tower and climbed to the very top.

En route to Rome, they stopped in Siena and Assisi. In Siena, they went inside the Duomo which

housed the Piccolomini Library which holds manuscripts that monks wrote and designed by hand. The time in Assisi was spent in Basilica di San Francesco and the Church of Santa Chiara. From there they started the journey to Rome again where they spent the remaining five nights.

The next day was full of activity in Rome. From their hotel, they took the subway to the Colosseum. They were taken inside and given a tour and allowed to take pictures while learning the history of the ancient place. Also right by the Colosseum is the Arch of Constantine which celebrates the victory over Maxentius. Close by is Palatine Hill where the first settlers built their houses. The guide also took them through the ruins

of the Roman Forum. The guide left them at this point and their personal guide, Sergio, took the class to see the Trevi Fountain, Spanish Steps, the Pantheon, Piazza Novona, and a few churches on the way back to the hotel.

A day trip was taken the next day to Pompeii. A local guide showed them around the ancient and deserted city. Barbara Garcia's favorite part was seeing how well preserved the buildings were.

The morning after was followed up with a day trip to the Catacombs of St. Callixtus and Hadrian's Villa in Tivoli. The Catacombs have about half a million tombs. Hadrian's Villa is the estate that once housed the Roman Emperor Hadrian. He designed all the buildings after places he admired. The final day was spent in Vatican City. The students were able to see the museums, the Sistine Chapel, and St. Peter's Basilica.

The experience of studying abroad is unlike any other. "Without a second thought I would go again," Alex Drew said. "I probably learned more about art in my two weeks in Italy than I would have sitting in a classroom for an entire semester." While it seems as if the students received a free pass from class, they did not. All the while they were required to take notes and were graded on their notebooks. On their return to the States, they had to write two papers and once back on campus had to take an exam.

## January Session 2011







# Spartan Sports



## ‘Grand Spartans’ Support, Cheer as Women’s Basketball wins Senior Game



**HAVING A GRAND TIME** Grand Spartans Grace Metzger, Onita Johnson, Lois Davis and Elsie Barrett sit in the stands between the women’s and men’s basketball games. The Grand Spartan program was developed to bridge the generational gap between residents of Timbercrest Retirement Community and players on the women’s basketball team.

*Photo by Derek P. Wells*

Chaz Bellman  
Staff Writer

The Manchester women’s basketball team has found a unique way to involve the community. The retirement community, that is. The team has made friends with elders at the Timbercrest Retirement Community, many of whom have ties to Manchester College. Known as the Grand Spartans, these basketball fans are interested in the lives of today’s college students and over the past few months the women’s team has brought that involvement to them.

“Once or twice a month we go to the community and play games or socialize with the members there,” said assistant women’s basketball coach Ellie Geiger, who is in her third year at MC. In turn, the Grand Spartans can be often seen sitting courtside at the ladies’ home games, cheering on the girls whom they have made relationships with over the year.

This year, the Grand Spartans have been able to see the team refine a new style of defense. In a quick-thinking and ever-changing style, the team organizes its defense based on its offense. Depending on what happens on the offensive end of the floor, may it be foul shots or a

three pointer, the team will play a different style of defense on the other end of the court. This unique style keeps opponents on their toes and adjusting often throughout the game. However, running this style of defense has been tough with the injury plague that sneaked up on the team.

During the Senior Day game, five players were unable to play, including senior Kailey Honn, who tore her ACL in a season-ending injury. Although injuries have been prevalent, senior leadership has not stopped.

Honn alongside fellow senior Kelsey DeMott have found their unique styles of leading in their senior seasons. DeMott has made her way by leading by example and is the vocal leader of the team. She has been able to keep up team morale. While injuries may have taken Honn off the court she has taken leadership in another form. “She has become another coach and a set of eyes on the court for us,” Geiger said. This senior leadership has helped the team in their most impactful games.

In both battles with Hanover College, who stands atop the basketball conference, the women’s team has shown character. Although the team was not able to win either contest against this conference foe, both games were tough ones that Manchester lost within the last three minutes. Games like these have helped several underclassmen have breakout seasons.

Two juniors and a first-year have found add-

ed success on the court this season. Junior Alex Starchy has climbed her way up the roster over the past two seasons. She has worked up to playing solid minutes for the team this year and been productive on her time on the court. Fellow classmate Ashley Poe has found herself atop many statistical categories in conference and division three basketball this year. As the starting point guard Poe ranks atop fifteen different statistical categories. “As she goes, we go,” Geiger said.

First year-player Eyrnn Meiklejohn has stepped up as older members of the team fell with injuries. Although she has fought the up-and-down battles many first-year players do, she has been able to maintain focus and improve herself and ball skills in each game and practice. These breakouts can help the as the conference tournament approaches.

Conference tournament is projected to start tonight (Friday, Feb. 25), and as the season unfolded it appeared that the team is a lock for the fourth or fifth slot. This spot pits them in a battle against Defiance, who they lost to by nine earlier this month.

During their Senior Night game on Feb. 19, the team overcame an early deficit of 17 points to come back and in 75-74 with only seconds left against Transylvania. And their Grand Spartans were there in the bleachers, cheering them on.



**SAVING THE GAME** Junior Ashley Poe shoots another point to try and take the lead during Saturday’s game. The Spartans trailed 44-27 at the half, then rallied to make up the point deficit during the second half. With only seconds left and the score standing at 74-73 in favor of Transylvania, sophomore Melissa Eltzroth hit the game-winning layup with two seconds remaining, giving Manchester a 75-74 win.

*Photo by Derek P. Wells*

### January Athletic Training *Student of the Month*



**Tassy Winterrowd**

**Hometown:** Manchester  
**Future Plans:** Graduate and pass the BOC exam  
**Activities:** Working and covering Men’s Basketball