

Discussion Days 2011: Food for Thought



FOOD FOR THOUGHT Speaker Frances Moore Lappé addresses the audience Mon., February 28 during the first VIA of Discussion Days 2011. Lappé focused on the problem of world hunger and how to better society. For more information on Lappé, read the story on pg. 2

Photo by Derek Wells

Katie Majka
Staff Writer

Discussion Days 2011: Food for Thought focused on various aspects of food and how it affects lifestyles. The events ranged from panel discussions and guest speakers to films and a “Think Fast!” game show on Saturday, all centered on specific elements of food.

“It’s a very key topic,” said Professor Beate Gilliar, one of the committee members for Discussion Days. “It’s important to emphasize well-being and just the knowledge of how to be well.”

Other committee members included librarian Darla Haines as well as professors Tim Reed, Jenna Oke, and Jeff Beer, who made the week possible with a grant and sponsorship by the Indiana Humanities Council and the National Endowment for the Humanities.

“We chose it because it was a theme explored in the English 111 text: Fast Food Nation,” Gilliar explained. “We were really pleased with the responses in terms of attendance and the attention paid during the events.”

These events included presentations concerning local food production, panel discussions on food and lifestyle, films and discussion on “King Corn,” “The Future of Food” and “Mostly Martha,” speakers on the topic of world hunger included Todd Montgomery, a representative of Heifer International, and renowned author Frances Moore Lappé.

Discussion Panel I featured Manchester College faculty and staff presenting topics on how certain social factors interact with food and eating habits. The panel discussed Islamic traditions, veganism, keeping Kosher, and eating disorders, all of which contribute to an individual or group’s choices when it comes to those eating habits.

The second discussion panel focused on “Food and Gender,” a presentation organized by Manchester’s Feminist Student Union that discussed how certain stereotypes can be either oppressive or liberating based on the culture in which they are found.

Student Kayla Zehr talked about food and women in Amish culture. “It’s a culture very much based on gender roles,” Zehr said, explaining how Amish women are automatically socialized. “In our culture, we can be moms but we can also further our education and have other opportunities. With the Amish, women sit with women, men sit with men. It’s not a set rule, it’s just tradition.”

Jacquiline Nagila described how African American women interact with food. “They look at it as power, a way of defining your motherhood and womanhood,” she said. “The man might wear the pants, but I’m the one who tells him how to wear them.”

Professor Katherine Tinsley, after demonstrating how women and food have been portrayed over the decades in “Joy of Cooking”, said, “If you look at the context of modern cooking and how terminology has changed, the assumption that women are in charge of cooking, I think that cooking is one area where you see gender roles breaking down in your generation.”

By the end of the week, “Food for Thought” managed to explore all aspects of food, from international, culinary, aesthetic, and microbiological points of view. It discussed issues and raised consciousness of health, well-being, and even environmentalism.

“It’s a very rich topic and one we need to look at in terms of what we’re putting in our bodies,” Gilliar said. “Really, what do you eat? Are we lab rats? Because what I learned – there are some scary things in corn.”

Although corn has been explored, gender issues tackled, and other food anomalies been explained, the Discussion Day week has ended, the events continue with an international poetry reading entitled “More than a Culinary Delight,” which will feature Manchester College faculty and students reciting poetry from around the world. The event takes place on April 14.

More information about Discussion Days on pg. 2

Pell Grants Threatened by Budget Cuts

Mary Kohrman
Staff Writer

Higher Education is expensive and becoming increasingly more difficult to afford in today’s economy. The federal government recently proposed budget cuts, including the Continuing Resolution (H.R. 1) Bill, which cut about \$60 billion from the federal budget effecting higher education funding, including the Pell Grant program. Such cuts may significantly affect many Manchester College students as soon as next school year.

Granted, cuts must come from somewhere, but many Americans are asking if the proposal to reduce higher education funding is the right choice. MC President Jo Switzer was passionate about how advantageous the Pell Grant is to students and about how detrimental losing it could be. “I believe the Pell Grants are essential to the nation’s goal to increase students’ educational opportunities,” Switzer said. “These grants open the doors of a college education for students who have high financial need, so I believe a reduction in the Pell is absolutely the wrong place to find budget cuts.”

According to US-News.com, The Pell Grant Program is considered the backbone of financial aid to the country’s most needy students. The H.R. 1 Bill

has cleared the House and been approved to cut about \$60 billion from the federal budget, including cutting \$5.7 billion from the Pell Grant Program. The changes would take effect for the 2011–2012 school year, decreasing the maximum amount of aid for the most applicable students from \$5550 to \$4705, a difference of \$845. In addition, approximately 1.7 million students who receive the less significant Pell Grants would become ineligible for the program altogether.

Manchester College students and faculty alike are concerned about the potential effects such cuts would have upon the student body. Samantha Carwile, the Manchester College Peace Studies coordinator, emphasized that 43% of Manchester College students currently receive aid through Pell grant funds and 17% of MC students receive the full amount of Pell grant funds. “If these cuts come into effect, between \$845 and \$5550 in financial aid could be cut per student, depending on the student’s financial needs,” Carwile said. “H.R. 1, in favor of decreasing Pell Grant aid, is disadvantageous to students and Manchester College as a whole.”

Such potential losses raise even more questions about the ripple effect such government proposed financial aid cuts

would cause. President Switzer seems confident in the ability of the college to see it through these uncertain times, yet she recognizes the possible effects of these cuts. “We do not know the impact of a Pell reduction on enrollment,” Switzer said. “One concern is that the state of Indiana is also looking at its expenditures for student aid. Average aid to needy students from Indiana has decreased nearly 39% in the past two years. That means a huge hit for our students.”

With only so much money to go around, the question of where to come up with more financial aid for students is an ever-present concern. “The College has already increased its financial aid to students by 26% in the last two years,” Switzer said. “Obviously, we cannot keep increasing financial aid at this rate because we also need to pay our faculty and staff salaries, pay for utilities and for all the other expenses of keeping a college running.”

Across campus, many MC students have been vocalizing their refusal to allow their financial aid to be taken from them. William Kallas, the Student Government president and Political Science Club vice-president has a deep interest in politics and has taken the reins to raise awareness about federal financial aid cuts on campus. Kallas even



AFFECTS 43 PERCENT The above pictures outline the impact losing the Pell Grants would have on MC. The top picture is a full class, while the bottom has removed 43 percent of the students. Many students are actively sharing their opinions and trying to stop the cuts.

Photo by William Kallas

helped organize a venture to the Indiana Statehouse in early February where students lobbied for financial aid on behalf of the Independent Colleges of Indiana. These endeavors to raise awareness on the subject have been steadfastly supported by many MC faculty members, especially President Jo Switzer and Dr. Tim Brauch. Kallas is involved

in many of the projects in the works to raise awareness about financial aid cuts on campus. “Currently, students are taking pictures of classes with every student present, then removing 43% of the students and taking another picture,” Kallas said. “Why 43%? Well, our math indicates that is how many students will be affected by a decrease in the Pell grant

alone.” From the photos, the Student Action group hopes to compile a video illustrating the effect of the cuts. “We are also hoping to video record both the A Cappella Choir and Band so the audience can hear the difference,” Kallas said.

Continued on pg. 5 as PELL GRANTS



Around Campus



Lappé Speaks on Ways to End World Hunger

Mandy Hoff
Staff Writer

“Why Hunger in a World of Plenty?” was the title of the talk Frances Moore Lappé, cofounder of Food First, gave Monday, Feb. 28, in the Upper Union. Her visit and speech were part of Discussion Week and, like the rest of the events and speeches, centered around food, or in her case lack thereof. Because her jobs as a public speaker, author and co-founder of three national organizations all surround the issue of food, she does enjoy a certain perk. “If you focus on good food, no one offers you less than the most delicious,” said Lappé with a chuckle.

Because many organizations were involved in bringing Lappé to campus, including the Discussion Day committee, Peace Studies and the Humanities Council, and because the talk was a VIA sponsored event, the audience was more than full.

The main question that Lappé asked during her speech was why haven’t we figured out how to feed ourselves? “Feeding ourselves is what every species does and we haven’t figured it out yet,” Lappé said. After providing proof through psychological and sociological studies that humans have access to food, that it is in human nature to help others and that there is more than enough

to feed everyone, her initial question still remained unanswered. After all, if we had figured out the answer people would have full stomachs, not empty ones.

Lappé elaborated on what she meant about human nature not being a viable blame for hunger. “Cooperation is like eating chocolate,” Lappé said. “So it is not human nature to not help others. We enjoy more giving to those we love. We hurt when others hurt.” With such deep emotional ties to one another and our very nature calling for us to help when we hear a child beg for food, Lappé had her audience wondering, just as she does, why people are still starving.

Although she did not have a concrete answer for how to solve the problem of hunger, Lappé did point out a few ways of making our society better. She talked about three things that bring out the worst in us: concentration of power, secrecy of anonymity and being a culture that blames others instead of ourselves.

Lappé figures that if we simply reverse these aspects of our world, we can improve not only world hunger but our culture as a whole. Instead of having a few in charge of many, power should be co-created and dispersed more evenly. Instead of secrecy, we need our society to be more transparent because

we all seem to act better if we know someone is watching. Instead of being “finger pointers,” we need to take responsibility. Lappé figures this change would be a big step towards solving world hunger.

Lappé’s talk of hunger was not only to educate about the issues. It was also meant to interest and upset her audience enough to want to do something about it. “We are not by nature coach potatoes and whiners,” Lappé said. It is not in our nature to watch idly as our neighbors starve and yet that is what most of us have been doing.

Lappé also warned of our actions, or inaction, of not helping our fellow man. “Why are we creating together a world that not one of us would choose,” Lappé questioned.

According to Lappé: if someone have never seen hunger, or experienced it, it is hard to understand the pain and desperation that countless people feel every day. As she would say, it is outside of your “mental map.” Although it seems that the problem of hunger will always exist, there is no telling what may happen in the future. “It’s not possible to know what’s possible,” Lappé says. We don’t know what will happen in the future, but we do know that when it comes to hunger, Lappé will be involved and probably writing her eighteenth book.

Wilk Speaks for Discussion Day: Connect with Your Food

Lynette Griffin
Staff Writer

“Use food as the center, not as a peripheral,” said Dr. Richard Wilk, as this was the moral of his discussion. On the morning of Wed., March 2, Wilk, professor of anthropology at Indiana University, spoke to a packed room with an audience that was still waking up. He talked about how certain foods help us to connect to our culture, while others do not.

Wilk spoke of two relevant stories from the past that related culture and cuisine. They told us how we eat and the things we eat.

Belize, the setting of Wilk’s first story, is filled with rainforests and different types of food. He visits the same village each year, and he watches how culture and food have changed.

In the rainforest, the people provided their own food and incomes by method of slash and burn agriculture. The village’s main crop was corn, but it was not used to feed their hogs or to be turned into high fructose syrup. After the years’ harvest, they would store the corn in houses to make tortillas. This is why 75% of their diet came from corn.

“It is all in the corn,” Professor Beate Gilliar said. “Passion to eat drives the food chain, inspiration to break cells down fertilizes unforeseeable consequences, and packages contain more than what we eat.”

The village people also ate palm hearts and seasonal fruits. The cashew was an important part of their diet, as the fruit part was the tastiest.

The average home in the rainforest was made from vines and palm trees. They had no metal or nails to use. Most of their medicine came from fish and game.

Wilk’s recent visit back to the rainforest of Belize was very different though. Non-village people have bought large amounts of land and used them for shrimp, cattle, banana, or orange plantations. These people are ruining the rainforests, and the village folk are no longer getting their vitamins from the rainforest.

The village people have acquired a new taste for modern food. The children are being brought up eating snacks and drinking pop. The people are eating and drinking from grocery stores, and are no longer drink water

from the natural springs.

Wal-Mart and fast food restaurants are becoming popular in the rainforests. Food from the United States is being imported in and it is cheaper to eat than if the people were to raise their own food.

The local people are experiencing obesity, dental and other nutritional problems. They have become more isolated, and as a result, healthiness is dwindling.

Wilk describes this situation as “sad, and unfortunate.” So, in return, he has helped the adopt-a-farmer program that is helping farmers bring their local produce to restaurants.

The second story that Wilk shared with his audience was titled “Considering the eel.” In this story he discussed factors such as the things we give up when our culture was being made, or how we recognize our roots when we embark on those specific ways.

During the days of the pilgrims, there was an abundance of eels. This is what kept the people from starving.

Eels were, and still are, an expensive plate, but the most preferred dish of seafood. England still offers eel on their restaurant menus. According to Wilk, smoked eel is very delicious. Not many people agree with his statement for the simple fact of gelatin. It is not known for being delicious itself.

America was the largest eel consuming nation on earth 100 years ago. Fisherman who caught the eel would throw it back for a lesson to the others. From 1915 to 1925, Americans stopped eating eel. Therefore, it went off the menus and the fishermen were put out of business.

Other American foods disappeared from tables at this time also. These include dark bread, strong beer and wild mushrooms.

As in the previous story, immigrants have forgotten this taste and the children were never taught about eel as a cultural cuisine. In the 60s and 70s, eel were not considered for domestic consumptions.

Elvers, or young eels, came back to the American culture. These animals were caught at such a young age and sent to Japan and China. There, they were fed to be fattened and then sold in restaurants. The eel slightly came back to authentic restaurants.

Wilk calls this process of eliminating national cuisine, the “great blanding of the American diet.” He incorporates the homogenization of the American diet, as well as the home economics and food reform movements.

“I can’t help but thinking about what’s actually inside the food I don’t know how to make on my own,” senior mathematics major Natalie Collar wrote in an email.

Freezing, canning and long distance transportation are also a factor. Wilk’s last point in factors that he makes is that immigrants seek to blend to the British diet.

After the discussion of these two stories, Wilk concluded many things. First, he says that the military has helped to shape our diet. He says that our diet has little or no connection with nature or our history. Instead of ranchers, fishers or farmers bring us our food, companies now do. Idealized servants such as sports stars and cartoons used to advertise our food. Now our variety comes from “mom” and cans.

“Some people don’t even know which end of a cow the milk comes from,” Wilk said. “Everything is packaged nowadays, and until you feel the utter in your hand, people don’t appreciate it.”

He says that there is very little incentive with foods as experiment. For example, nobody thinks to put corn in jell-o, or the wide variety of toppings you can add to a hotdog. Instead, people do what is convenient, tasty, and full of sugar, fat and salt. Here, there is no connection to the natural world.

Wilk challenged the audience to identify the food they eat by the ingredients. He said to eat healthier by connecting to our world.

“Remember that every time you buy something, whether it is a bag of potato chips or a soda, you are telling the corporate powers that be that you are OK with what they are doing,” wrote alumnus Jason Elliott via email.

When an audience member asked what Wilk thought a university or college could do to help change this, he simply said: “Educate, improve agriculture, and to get involved in the food business.” He added, “The things you can’t measure are very important.”

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Editors in Chief

Briana Bass
Jessie Hickerson

Faculty Advisor

Dr. Katharine Ings

Photography Manager

Erin Cole

Advertising Manager

Jennifer Musisi

Graphics

Alison DeNeve

Photographers

Erin Cole, William Kallas, Julia Largent,
Epi Sanchez, Joseph Stuart, Derek Wells, Kristen Wilhite

Staff Writers

Kelsey Barta, Chaz Bellman, Kelsey Collins,
Shelby Covington, Lynette Griffin, Amanda Hoff, Mary Kohrman,
Katie Majka, Carson McFadden, William Rhudy

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or

The Oak Leaves
604 E. College Ave Box 11
North Manchester, IN 46962

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at the Oak Leaves

The *Oak Leaves* is looking for a co-editor, beginning Fall 2011.

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All interested students should send a cover letter and resume to
Dr. Katharine Ings, knings@manchester.edu, by **Thursday, March 17.**

Interviews will take place following Spring Break.



Around Campus



Students Travel to France during Jan Session

Shelby Covington
Staff Writer

Professors Marcie Coulter-Kern and Janina Traxler brought 17 students to France during January Session in order to bring to life the value of learning in an entirely new culture. Students enrolled in either Traxler’s global connections course called “Inside France” or Coulter-Kern’s “Social Psychology” course, a required class for psychology majors.

The group of voyagers departed their familiar domain of the United States on Monday, Jan. 10. They immersed themselves into the foreign realm of French culture by visiting the cities of Paris, Lyon and Strasbourg throughout the 17-day trip. “The cities were all chosen because of the variety they represent,” Traxler said. “Their personalities are all different so students start to get a sense of that variety in French culture, which is something I want them to understand.”

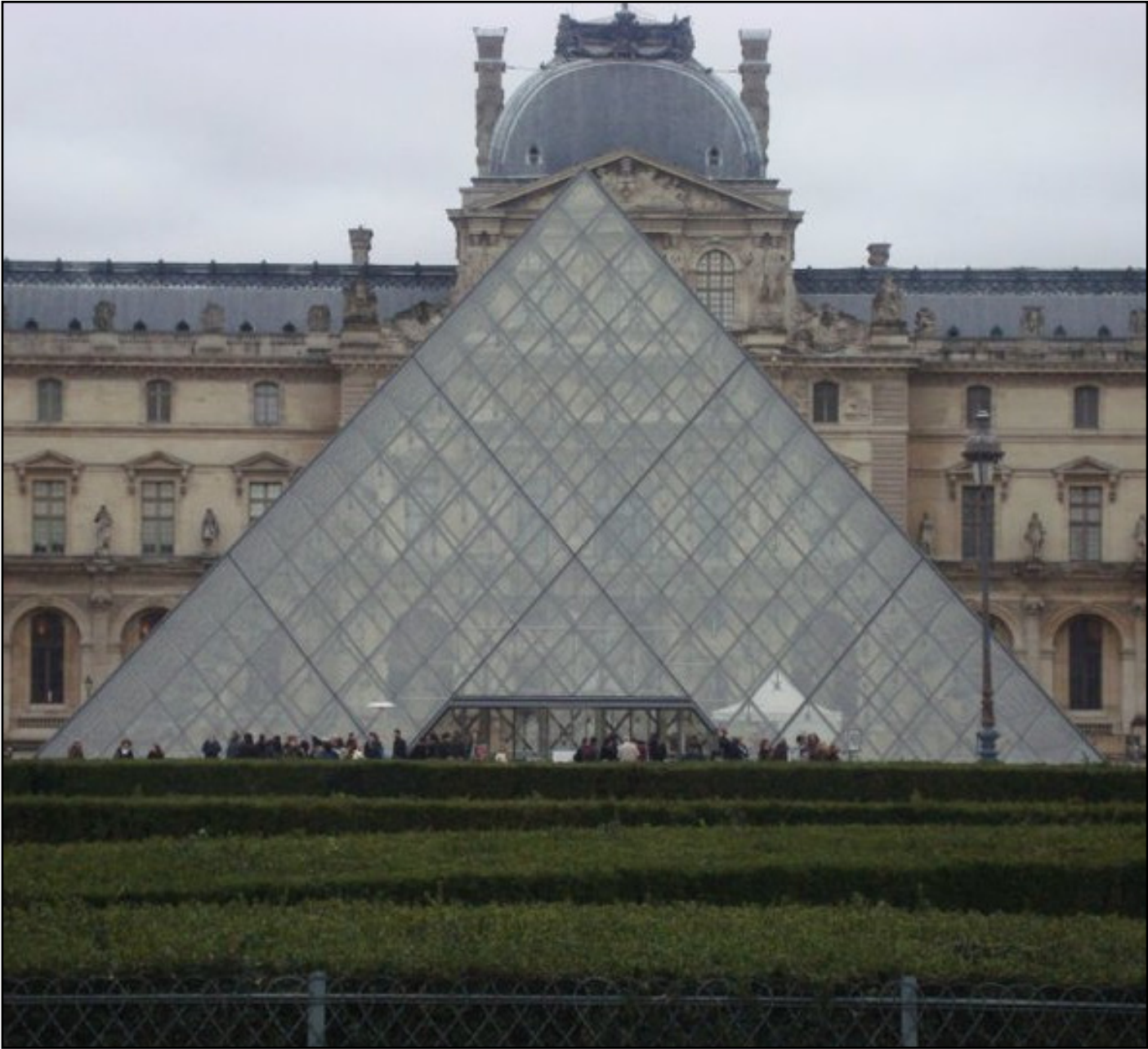
The journey began in the world-renowned city of Paris. Two of the very first sites students feasted their eyes upon were the iconic Eiffel Tower and Notre Dame Cathedral. “That’s where they really get hit in the face with the excitement of being in a place that they already have visual images of in their heads, but they’ve never touched before, and now they’re touching it,” Traxler said with a laugh. “That is really very cool.”

Students enjoyed viewing several famous sites in Paris such as the Arc de Triomphe, the Louvre and the Centre Pompidou. First-year Tyler Evans especially admired Les Invalides, a complex of buildings built in the late 1600s that now contains museums and monuments, all relating to the military history of France. “I was struck by the beauty of the building,” Evans said, “and I was glad to see Napoleon’s tomb because he’s an important figure in French history.” The mausoleum also serves as a hospital and a retirement home for war veterans, fulfilling the building’s original purpose.

After reveling in the centralized capital for five days, the classes boarded the TGV, France’s high-speed rail service, to depart for Lyon. This “Train à Grande Vitesse,” meaning high-speed train, can reach a speed of more than 320 km/h. “From Paris to Lyon, you go at top speed,” Traxler said. “The countryside is just whipping by.” For some students, this was their first time riding a train.

According to Traxler, utilizing the numerous forms of transportation offered in France is crucial to include on the trip. “From the very moment I started planning this trip, I decided that we would use all public transportation,” she said. “We’ll get around like the French do. It gets the students in touch with daily life.” Students familiarized themselves with five different forms of transportation over the course of the trip.

“The professors



LOOK A LOUVRE! Among many other tourist attractions and sights, the students of “Inside France” and “Social Psychology” visited the Louvre. Students gained a hands-on experience of another culture, while some got to try their language skills.

Photo Courtesy of Allison Harper

empowered us and trusted us enough to go out on our own,” said senior Stephanie Green, who had never traveled outside of the United States except for Canada. “Part of this class was to become somewhat recognized with the culture of France and to be able to travel from point A to point B within the metro systems and bus systems.”

Upon arrival in Strabourg after their five-day stay in Lyon, the professors handed students their transportation passes, a map and a number of tasks. Teams of four-to-five students discovered Strasbourg for themselves by boarding the tram system and attempting to complete a city-wide scavenger hunt. The students had two-and-a-half hours to fulfill tasks like describing the plaque of France’s national anthem, “La Marseillaise,” or discovering whose statue is placed at l’Université de Strasbourg. Winners each received a chocolate egg filled with a kinder toy.

“The scavenger hunt was intense!” Green said. “My group lost by five minutes so were kind of upset, but my group bonded well and it was awesome hanging out with those girls.”

The idea of a scavenger hunt actually resulted from an improvised solution to a change in schedule a few years ago. Traxler had learned of a massive transportation strike predicted to occur during the class’s voyage from Avignon to Strasbourg. Rather than risk being stranded in Avignon, the group traveled to Strasbourg a day early. As expected, everything was immobilized, and the students were left with a day of unscheduled events. “I couldn’t have them just go out and wander around

town; that’s not a very high-value activity,” Traxler said. “So I sent them on a scavenger hunt. It was so successful that we now plan it into the trip. They end up really discovering the town by themselves, and that is such a cool way for them to realize that they have learned travel skills.”

Among several exciting discoveries in Strasbourg, students also received the opportunity to hear presentations from the representatives of the Jewish, Christian and Muslim communities in France. “It really stuck in students’ minds how overtly the three religious communities in Strasbourg cooperate and how they have a really good working relationship,” Traxler said. “That’s not a given in France. There can be a lot of tension between them.”

Meeting with these religious communities was especially pertinent for Coulter-Kern’s Social Psychology class. “My course has an emphasis on responsible citizenship,” she said, “so this allowed us to experience the conflicts going on in France across different peoples which got students to think about how people relate the same or differently and about powers of influence.”

Traxler called the trip a “24/7 learning experience.” Along with the hours of site-seeing and guided tours, students were required to complete various projects, papers, and homework assignments before and during the trip. “It was a lot of school on the road, but it was a manageable amount,” Green said. “Some of it was tough, but it was also a lot of fun so there was a good balance.”

After exploring all three cities, the group headed back to Paris for their last day

in the European country. Students were assigned to plan their own itinerary for the day. After the profes-

sors approved the schedules, students were off to enjoy their choices of a time well-spent in the “City



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Around Campus



ChetFest 2011 Begins Tonight at 8 p.m.

William Rhudy
Staff Writer

Chet Fest 2011 has descended on Manchester College. Tonight, WBKE will host Battle of the Bands at the Firehouse, 108 W. Main St., in downtown North Manchester and headliner Stroke 9 will take the stage at 8 p.m. tomorrow in Cordier Auditorium.

Chet Fest’s debut in 2010 was well received and fostered a repeat music weekend at MC this spring. Matt Siegel, a 3rd year economics major from Ft. Wayne, IN, is head of promotions for WBKE and excited about the growing popularity of Chet Fest. “This year we have a bigger name band and our battle has grown as well, six bands this year,” Siegel said. “It’s amazing... last year we wanted to have a music festival, and after a few weeks of planning Chet Fest was born.”

Julia Largent, a peace studies and communications studies major, as well as station manager for WBKE, is also excited about the esteem behind Chet Fest. A fan of Stroke

9, she believes people will turn out to see a recognizable band, “Once people realize they’re the band that sings ‘Little Black Back-Pack’ people get excited,” Largent said. Stroke 9 was formed in 1989 in San Rafael, California. It’s music has been featured in several films including “Jay and Silent Bob Strike Back” and the band’s release of their 1999 album

“Nasty Little Thoughts” received a certified gold rating from the RIAA (Recording Industry Association of America). The band’s most popular songs, “Little Black Back Pack” was ranked 6th in 1999 on modern rock charts, and in 2000 “Letters” made a brief appearance on the charts as well. Current members include Luke Esterkyn, Eric Stock, John McDermoot and Jens Funke.

The winner of the Battle of the Bands tonight will open for Stroke 9 tomorrow night in Cordier Auditorium. Bands will be judged by a panel of faculty and students from MC in several categories including stage presence, sound quality, crowd participation, and over-all affect. Sets will be approximately 15 minutes long, providing a plethora of live music this weekend.

Official Chet Fest T-shirts are available at both concerts (quantity permitting) and cost \$12. A free shuttle service will be offered to MC students who wish to attend the battle at the Firehouse beginning at 7:30 p.m. and running until show time. Students will have a chance to win several prizes during the Stroke 9 concert. Attendees will be given a raffle ticket with a chance to win a “meet

and greet “ with Stroke 9 as well as an autographed CD and other prizes. Chet Fest 2011 will showcase the talent of MC students and an established ensemble that has been honing its style for over two decades. The show is free, but donations will be accepted at the Firehouse to ensure more free shows in the future months.



Pell Grants cont. from pg. 1

The projects have been influential in opening many students’ eyes. “To see nearly half of a classroom wiped out due to a bill proposed by the government is shocking,” Junior Rebecca Pendergrass said. “Those people missing from the

photo could be my friends or even me, and that is not something I am ok with just allowing to happen.” Kallas, a Pell Grant recipient, is passionate about identifying flaws in the government’s plans to cut financial aid. “I under-

stand why cuts are being made; the spending by the federal government is a joke,” Kallas said. “However, Republicans in the House believe that everyone must suffer through this together, and we can’t invest in programs, even

the one’s that matter the most or are important to the future of this country. I consider the reduction in federal higher education grants to be a bold but disastrous move...supporting higher education doesn’t mean cutting funds when students need it the most!”

In an article published by StarPress.com Congressman Mike Pence was reported saying, “All Americans must sacrifice, including low-income college kids,” in reaction to the Pell Grant cuts. Philosophy and Peace Studies major Zachary Washington disagrees, saying that education should never be sacrificed. “I can not say that I feel a cut in education is ever justifiable,” he said. “Education is the best way for a person to have a better life. Educate children today and we will see a better society tomorrow. This is just not an issue of education, it is also going to affect the economy. Schools, if they want to retain their students, are going to have to come

up with this lost money.” To debate upon whom in the government is at the heart of the cuts is controversial at best. President Obama’s education portion of the “Winning the Future” budget proposal states, “To win the future we must out-educate our global competitors by giving every child a world-class education and opening the doors of college and opportunity to all students.” Whitehouse.gov even states that the primary concern of the President’s initial budget proposal promises to “maintain maximum Pell Grant award, helping 9 million students afford college.” Yet in the light of the current budget cuts, the line between promised proposals and reality lies somewhere between the White House and Congress. College is a stressful time regardless, and many MC faculty members see these cuts as yet another stress being applied to students. “The legislation, if passed, would make college less affordable for stu-

dents, and thus less accessible,” Carwile said. “What a shame it would be if MC lost 17% of its students, and even more so to lose 43%! The decrease would impact our whole school... classrooms, athletics, ensembles and more.” With so many powerful politicians advocating in favor of the bill, the task of fighting it may seem daunting. However, representatives serve to be the voice of the people, and many students are letting their voices be heard. “The House of Representatives, the Senate, and the President have different approaches to the Pell Grant program,” MC President Switzer said. “My hope is that all of them will find a way to keep the Pell grant limits at their current levels so that more students can attend college... We all need to advocate respectfully with our state and U.S. legislators to keep financial aid to students strong.”

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Students Volunteer with Special Olympics

Kelsey Collins
Staff Writer

The Special Olympics program, which focuses on athletes with intellectual disabilities, has been at Manchester College for about six years. It all started when Professor Kim Duchane asked his class “adapted physical education,” how they would like to join the Special Olympics, and they thought it was a good idea. Now there are three colleges involved: Wabash, Mutroor Northfield, and Manchester. Special Olympics is made up of students who volunteer to help with the competitors, who range anywhere from children to adults. The students

help coach the children or adults who want to compete. Training starts in the third week of March. During this time the coach gets to bond with their competitors. The bond that the coach and competitor build helps when it comes time to practice for the Olympics. Luke Bentley is one student involved with the Special Olympics. Bentley works with three young men this year: two of them are twin boys with autism and the other is a young man with Down’s Syndrome. He works with them once a week to prepare them for their events in May. “I really enjoy working with them so far,” Bentley said. “They are a lot of fun and always excited to be there.”

Megan Hammel, another student involved with Special Olympics helps out at Manchester Elementary school preschool in the mornings. Hammel is very excited about the upcoming Special Olympics and watching her competitor compete. Volunteers do not have to be students in the ESS program, but there are a variety of students that help to volunteer with the Special Olympics. Duchane is trying to set it up so that students outside of the ESS class setting can volunteer and get credit for their help.



Spartan Sports



Duchane, Hedstrom Recognized by AAHPERD

Chaz Bellman
Staff Writer

Two of Manchester's ESS professors have earned national recognition for their work with the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), which presents several Midwest District Awards to a select few individuals. This year Dr. Kim Duchane and his former pupil Dr. Ryan Hedstrom received two of the eight prestigious awards.

The American Alliance recognizes one individual, out of a multitude of states, in each of eight separate categories. Midwest awards cover the states of Indiana, Illinois, Ohio, Michigan, Wisconsin and West Virginia. Each state is allowed to nominate only one nominee for each award, and then one winner for each honor is selected. These awards are given once a year and recipients can receive an award only once.

For the 2009-2010 year Hedstrom earned the Midwest District Young Professional Award. This award recognizes a younger member of the Alliance who has demonstrated outstanding potential in teaching, scholarship and service and has demonstrated the qualities that if continued will develop the individual into a distinguished member, according to the AAHPERD website (www.aahperd.org). Qualifications for this award require the recipient to be under the age of thirty-five.

Hedstrom earned

his undergraduate degree from Manchester and finished his doctoral at Michigan State before returning to Manchester to teach. He became an Alliance member in 2004. He was nominated for this award in a unique fashion: Duchane had urged his colleague to apply for the Indiana State Award and then urged Hedstrom to apply for the Midwest Honor. "I was pleased when I found out I won the state award, and was even more shocked when I won the Midwest Award," Hedstrom said.

This was the first award of this magnitude that Hedstrom has been recognized for. Tucked away in his corner PERC office, surrounded by bookshelves, Hedstrom recalled when he found out about this honor. "I had heard rumors that I had possibly won the award," he said. "I found out officially when President Switzer announced the recognition at a faculty meeting two weeks ago."

Hedstrom distributed the credit for his award to fellow award winner, Duchane, and the students of Manchester College. He thanked Duchane for urging him to apply for the state award and also thanked Dr. Mark Huntington, who was his mentor. He also noted the strong presence of Manchester College students at Alliance conferences and their impressive presentations that have helped the college and its professors remain active at the state and Midwest levels.

Duchane also re-



AWARD WINNERS Drs. Kim Duchane and Ryan Hedstrom were recognized by the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) for the 2009-2010 school year. Duchane received the Midwest District Honor Award and Hedstrom received the Midwest District Young Professional Award.

Photo by Erin Cole

ceived an impressive Midwest Honor for his many years of service. Midwest bestowed the District Honor Award to Duchane to recognize an individual who, by AAHPERD standards, is clearly outstanding in his or her profession with long and distinguished service to the areas of health, physical education, recreation, dance, and sport.

When pondering an award that honors those who have given

back, a thoughtful Duchane turned away from his computer and daily excessive amount of work and spoke of his award with the upmost professionalism. "It is humbling when your work is recognized by your peers," he said. The former president of the Indiana State Physical Education Association, Duchane felt like this award came as a result of a team effort and all he could do was thank those who he worked

with who helped him earn the Midwest Award. Duchane compared his success to the recent shared success of the basketball team. "Jordan Moss was the conference's most valuable player, and although Moss is great on his own, he has the help of excellent teammates who also deserve credit," he said.

To learn more about the Alliance and the awards won by Duchane

and Hedstrom, visit the website at www.aahperd.org. Here viewers can see further details of the qualifications required to receive these prestigious awards and learn more details about the exact awards themselves and the recipients of them. Also viewers can learn about other associations tied to Alliance and learn what role they play in health across the nation.

Baseball Splits Start of Season Double-Header



STARTING LINE-UP Seniors Trey Forbes, John Smolinski, Ty Foster, David Tatham, Jay Sheets and Curtis Mallery take a break from practice. Baseball season began Sun., March 6 when the Spartans played DePauw University, winning one game of the double-header. The baseball team travels to Goshen today at 3 p.m.

Photo by Joseph Stuart

Kelsey Barta
Staff Writer

The snow hasn't fully melted and it's not exactly warm yet, but the 2011 baseball season is upon us.

Since the weather doesn't cooperate with the time of preseason, the team is restricted to practicing in the gym, often at odd times. "During indoor practices we stick to fundamentals and repetition," Coach Richard Espeset said.

"We pretty much do everything that's in the game but not the game [itself]." Coming into this season, the Spartans are voted second behind foe Franklin in the Heartland Collegiate Athletic Conference (HCAC) preseason poll with three first place votes. Espeset has been coaching at MC for 16 years and says that in all those years, only once has the team that won conference also won the

tournament. Because of this, he believe that, although winning conference is a goal, being in the top four and advancing to the tournament gives anyone of those four teams a chance to be the champion.

In the 2010 season, Manchester tied with Franklin for second in the conference behind Anderson and surpassing Rose-Hulman. They then took first runner-up behind Rose-Hulman in the HCAC

tournament. "Last year was the first time that this year's seniors got to taste the conference tournament," Espeset said. "Hopefully they use that as motivation to get back [to the tournament] and do better."

MC saw number-one pitcher, Josh Atkinson, off to graduation along with Josh Buell, Kaz Kalita and Brett Smalley. This year the Spartans are led by seniors Trey Forbes, Ty Foster, Curt Mallery, John Smolinski, David Tatham Jay Sheets and Ben Dixon. Last year's First Team All-Conference selection included Trey Forbes batting .376 with 42 RBIs on the year and John Smolinski with a .380 batting average and 46 RBIs. In addition to his First Team All-Conference selection, Ty Foster was named to the First Team All-Midwest Region by the American Baseball Coaches Association and finished out the year batting .406 with 54 RBIs and led the Spartans with 14 home runs.

"Being a senior is something every athlete looks forward to because they have been through all the ups and downs over their college career," said senior third baseman, Jay Sheets. "Our class has seven outstanding leaders both on and off the field." Fellow senior, John "Smo" Smolinski is excited for this season also. "We have a really experienced team this year with great camaraderie," Smolinski said. One thing he is looking forward to is playing Wooster this year. "They are a very es-

tablished ball club and have been a top 25 team for the last few seasons. It will be a great test for us which will prepare us for our tough conference schedule."

As some students might have noticed, Smolinski has recently begun sporting a mullet which he has named the "Smollet" and will continue to grow it out through the season. "I did it because of Troy Tulowitzki of the Colorado Rockies," he said.

The season hit off on Sunday, March 6, with a 5-1 loss followed by a 6-5 win in the doubleheader against DePauw University. In the first game, DePauw opened up strong with a 3-0 lead after the first. Manchester tried to answer back but scored only one run in the third after Trey Forbes doubled and was brought in by Ty Foster's RBI single. DePauw scored again in the fourth and sixth inning. Brad Murphy went 2-3, John Smolinski and David Tatham both finished up 1-3.

In the second game, the Spartans started out on top by scoring three

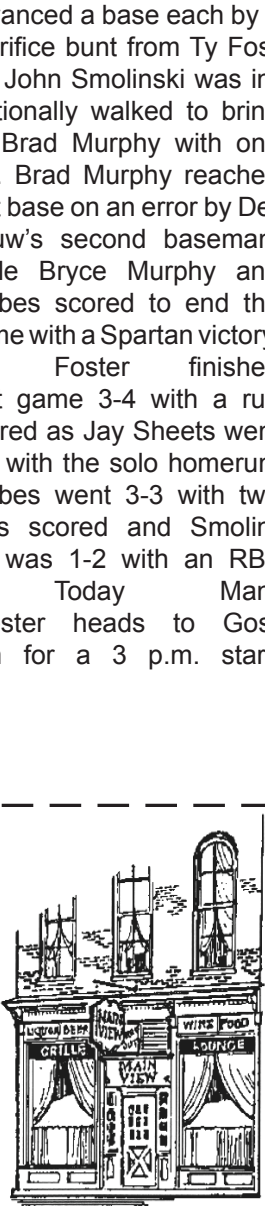
in the third and one in the fourth. DePauw retaliated by scoring once in the fifth and twice both in the sixth and seventh innings. Manchester scored once in the sixth with Jay Sheets' solo home run. Entering the bottom of the ninth, DePauw was up 5-4. Bryce Murphy started out the inning with a walk and was advanced to second with a single by Trey Forbes. They were advanced a base each by a sacrifice bunt from Ty Foster. John Smolinski was intentionally walked to bring up Brad Murphy with one out. Brad Murphy reached first base on an error by DePauw's second baseman, while Bryce Murphy and Forbes scored to end the game with a Spartan victory.

Foster finished that game 3-4 with a run scored as Jay Sheets went 2-4 with the solo homerun. Forbes went 3-3 with two runs scored and Smolinski was 1-2 with an RBI.

Today Manchester heads to Goshen for a 3 p.m. start.

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Spartan Sports



MC Hoops Draws Crowd to HCAC Tournament Games



GOING FOR THE WIN Senior Nathan Ferch blows past a Hanover guard on his way to the basket during the HCAC tournament championship game. Although Manchester won the HCAC tournament and earned a bid to the NCAA Division III tournament, they fell to Wooster in the second round.

Photo by Erin Cole

Carson McFadden
Staff Writer

The PERC was the place to be from Feb. 25–Feb. 27 as Manchester College hosted the Heartland Collegiate Athletic Conference Men’s Basketball Tournament. A total of five games were played at the Stauffer-Wolfe Arena, with Bluffton University, Rose-Hulman Institute of Technology, Transylvania University, Anderson University, Hanover College and the host Spartans all represented. Fans from every institution came to North Manchester in droves, all eager to see their team compete for the conference title. Manchester was given the number-one seed, showing it was well deserved with a victory in the championship game against Hanover. Junior Jason Spindler was named the most valuable player of the entire tournament following the game. “It’s definitely a great feeling, but I have to give credit to my teammates,” Spindler said. “It’s been a team effort this weekend, just like it has been all season long.” According to Spindler, hosting the tournament was a big boost to team spirits. “It was awesome to have so many people at the games,” he said. “I’ve never seen the PERC that full. And sleeping in my own bed each night wasn’t bad either.” The arena was packed for both Manchester games, with many students and community members as well as faculty and staff in attendance. President Jo Young Switzer, as well as Dean Glenn

Sharfman and Executive Vice President Dave McFadden were all on hand to cheer on the Spartans. Sophomore Grant Noakes enjoyed the level of enthusiasm surrounding the tournament. “I try to go to as many games as I can, but it was definitely more exciting since we were tournament hosts,” Noakes said. “I worked the concession stand for one of the Anderson games and there were a ton of people here just for that game. But I’ve never seen the gym as full as it was for the championship game. It was really loud and energetic—which was an awesome atmosphere for a game.” It almost seemed as if the entire town had showed up for the game, with the Timbercrest Retirement Community even sending a fan bus. “Standing in the student section is awesome, but I think it’s even cooler that we have all the people from Timbercrest show up,” said sophomore Derek Jones. “I can only hope to be in good enough shape to come to games when I’m that age.” The men’s basketball team had been on a roll for a while, riding a streak of nine wins coming into the tournament. The team recorded emphatic victories over archrivals Anderson as well as Transylvania during the run, but the general consensus was that the tournament—especially the final—was even more exciting. Sophomore Tracie Doi managed to walk in right at the end of the game, but was impressed by what she saw. “I was in Indy all weekend

and so I only got back for the last few minutes,” Doi said. “But when I walked in, there almost wasn’t any where to stand. Once the game was over, everyone was going crazy and the energy was incredible.” Without a doubt, attendance was higher than Manchester’s other home games. Spartans fans of all ages were cheering on their team, something that Junior Casey Vallier says made hosting the tournament completely worth it. “As a radio broadcaster, I’m at every game, home and away, but this game was different,” Vallier said. “There were little kids, students from the middle school and high school, MC students, recent graduates, alumni and I even saw people from the retirement homes. I was just really impressed with how many generations of MC fans were there.” Spindler was equally impressed with the fans, but had more to say about their impact. “Playing at home for the tournament was huge,” he said. “It made all the games feel comfortable and just like a normal home game—only with way more fans. It really gave us a boost to have so many different people there cheering us on.” With the near-capacity crowd, Manchester was spurred on to the HCAC Championship and a berth in the NCAA Division III National Tournament. The Spartans defeated Bethany College in the first round of tournament play on Friday, March 5, before falling to the College of Wooster, the tournament hosts, the following day.

Men’s Basketball Loses to Wooster NCAA Tournament

Joseph Stuart
Contributing Writer

A dominant start to the weekend could not be repeated as the 21st-ranked Manchester Men’s basketball fell to sectional host and 5th-ranked Wooster in the second round of the NCAA Division III men’s basketball tournament. The 47-45 loss ended in heartbreak as senior Mitch Schaefer’s three-point attempt fell short at the buzzer. The hard-fought, low-scoring game came up just a few plays short of falling in the hands of the underdog Manchester squad. Wooster jumped out to an 11-2 start as Manchester could not find the bottom of the net. After beginning the game shooting 1-10 from the field, the Spartans were able to bounce back to lead at halftime with a 18-17 score. A defensive battle was developing and would continue throughout the second half; neither team was able to eclipse 35% shooting from the field. Despite low scoring it became a back and forth as the final 20 minutes got underway. Manchester claimed its largest lead at 31-26 with just under 12 minutes remaining in the game. The Spartans didn’t score again for the next four minutes, but the

bucket from senior Tyler Delauder put Manchester back on top 33-31. Wooster countered with a 14-5 run that was briefly stalled by a determined drive resulting in a three-point play from Heartland Collegiate Athletic Conference Player-of-the-Year Jordan Moss. It wasn’t until Manchester’s deficiency swelled to seven that Spartan fans expressed concern about their team’s fate. The HCAC regular season and conference champions, however, refused to go away. Their defense clamped down as they only allowed two more points over the final 3:49. Manchester also scored the final five points, including a much needed three from Delauder to bring the game within four. It wasn’t defense or a lack of offense that led to Manchester’s defeat. The Spartans forced Wooster into 16 turnovers. Ultimately, it was an inability to make free throws. Over the final four minutes Manchester shot 2-8 from the line and 50% for the night, while Wooster shot an efficient 75% from the free-throw stripe. The Spartans were led by Moss with 14 points and five rebounds, Delauder with 12 points, and Schaefer with nine points and five rebounds. Jason Spindler led the team

in rebounding with six. Friday night was a different story for the Spartans in a match-up against Bethany College from West Virginia. Swarming defense enabled Manchester to jump out to a 15-0 lead. The Bisons were unable to find a good look for the first nine minutes. Manchester pushed its lead to 34-17, but Bethany effectively utilized their full-court press to end the half on a strong 10-0 run. The Spartans still went into the locker room with a 34-27 lead. Delauder led with 11 points while Spindler added 7 boards to a convincing first-half performance. The second half did not prove to be much different for either Manchester or Bethany. The Spartans held onto a double-digit lead for most of the half as Delauder continued to drain three after three. The crowd was aware, however, that Bethany would not go away without a fight. A big three cut the Bisons’ deficit down to seven with just under three minutes remaining. A steal and a breakaway dunk from Spindler followed by yet another three from Delauder helped to quell any hopes of a Bison comeback. Senior Tyler Henn also threw down a dunk in transition just for good measure as Manchester only allowed three more

points on their way to a 70-58 victory over the Pennsylvania Athletic Conference tournament champions. The Spartans had four players in double figures including 23 points and six threes from Delauder. Spindler added a double-double with 12 points and 11 rebounds. Moss and Henn also added 14 and 11 points respectively. Henn also added five steals and four boards to fill up the state sheet. Manchester’s season ended with Saturday’s loss to Wooster, but it was a season filled with impressive accomplishments. The Spartans captured the HCAC regular season and tournament crown to go along with numerous individual accolades. Junior guard Jordan Moss was named the conference’s Most Valuable Player and Coach Brad Nadborne won the HCAC Coach of the Year. They were joined by all-HCAC second team performer, Tyler Henn, and two all-HCAC Honorable Mentions in Tyler Delauder and Nathan Ferch.

February Athletic Training Student of the Month



Mandy Scher

Hometown: Columbia City
Future Plans: To attend graduate school for either sports psychology or massage therapy.
Activities: Loves to watch movies and be with family and friends.