

The Oak Leaves

Manchester University Issue XII - March 1, 2013

MUIA Warms Hearts at Valentines Day Dance

Holly Pawlak
Staff Writer

With cameras flashing and students dressed to the nines, it looked as though the Grammys had made a reappearance in North Manchester Friday night. Instead, it was Manchester University International Association's "Love is a Universal Language" Valentine's Day dance. Similar to United Sexualities' "Validating Love" campaign on Valentine's Day, MUIA hosted a formal dance recognizing and celebrating love – no matter the language.

MU Junior Kaitlin Jines found herself drawn towards the posters marketing the dance. "The heart seemed to jump off the poster," she said. "I really liked how they used all the different languages' words for 'love' in such a unique, and fitting, way. It's interesting because I never realized how similar the word love is in some languages." Her favorite "love language" to be found in the heart? "German," she said with a smile.

The dance featured DJ Bishu, and took place in the Upper Union, to Jines's dismay. "It gets less hot up there than it

does get in Wampler, but it still felt a little awkward going there," she said. "That and it's further to walk back to my Res. Hall. Man, it was cold," said

by Rihanna, that's when I found my energy," Jines said.

The ladies weren't the only ones who loved the dance's atmosphere.

flair that DJ Bishu brought to the music played at this dance. "I love coming to events like this put on by MUIA," said Emily Krabach, a sophomore. "I can

how they always play a variety of music, especially from different eras," she said. "It's what makes these dances awesome."

Along with energy,

going to shops in Warsaw in hopes of finding really fancy, prom-like dresses for this dance," Krabach said.

However, ultra-formal attire was not required to attend. "I wasn't going there for best dressed or anything, but I did have fun prepping for the dance. I liked what I wore and my friend's black dress was super cute," Jines said.

A red backdrop with two gilt intertwined hearts, hearts sprinkled around the sides and roses splayed across the bottom turned out to be one of the main attractions. "You could be silly taking pictures," Jines said. "I noticed a lot of people came for the photos. It felt a bit like prom again, especially with the pictures."

Despite aching feet and a chilly walk back, MUIA's dance gave students the chance to flaunt their styles in formal wear and dance to another of DJ Bishu's great mash-ups. "I was looking forward to good music and a fun time with friends," said Jines with a giggle. "It was great bonding time with the girls. It wasn't the Grammy's, but it sure was surprisingly great."



SHAKE YOUR GROOVE THING Michael Dixon, director of Intercultural Affairs, dances along with students attending MUIA's "Love is a Universal Language" Dance on Friday, Feb. 15. The dance, where attendees arrived in style with the formal attire, was held to celebrate and recognize love on the chilly winter night.

Photo by Vivien Carter

Jines, mimicking a shiver. Despite the chill, DJ Bishu put on quite the performance that had students dancing from 10 p.m. until 1 a.m. "I don't mean to be cliché, but when they played "We Found Love"

"Even though I can't dance I was still able to have fun," said Josh Plank, first-year. "Going and hanging out with friends is what really made it enjoyable."

Other students enjoyed the international

always count on them to play a song from another country or in another language that seems to bring some variety and get me dancing."

Sophomore Nicole Lynn agreed. "I love

participants also brought style to the dance floor. Several ladies could be found wearing very formal dresses, and most of the men wore full suits. "My friends and I actually spent several hours today

Students Travel Through Time at Organ VIA

Jeannine Jordan Incorporates Music, Stage Performance

Hannah Schutter
Staff Writer

The VIA held on Feb. 19 took audience members through the life and time of Johann Sebastian Bach. Entitled "Bach and Sons," the organ performance put Dr. Jeannine Jordan as not a typical concert. She not only performed organ pieces by Bach, Jordan but also broke up the music by acting as the different women in Bach's life, ranging from his first wife to his eldest daughter.

During the concert, Cordier Auditorium's stage was practically empty, with the exception of a large projection screen drawn down and a lone organ in the corner. Fulfilling its description as a "multimedia organ concert," Jordan's face and images of her playing were projected on the big screen through cameras attached to her organ. This was all made possible by her partner, David Jordan. Keeping in line with the family theme that "Bach and Sons" emphasizes, David Jordan is Jeannine Jordan's husband, and together they travel, putting on these shows. Although David is a Ball State University alum, the Jordans hail from Oregon.

Jeannine started off with a well known piece by Bach, and then jumped into his life and the history of the time period. To make it seem less like a

to life. For example, when acting as Maria Barbara Bach, Johann's first wife, she made sure to quickly put on a head scarf and other accessories design-

as well.

Because of the camera placement on her organ and streaming of her organ playing, audience members felt as if

cert attendee. "Being able to see how quickly her feet and hands moved while performing intricate pieces made me gain a newfound respect and appreciation

and intriguing due to the modern use of technology. The history of Bach was expressed through performances of his musical pieces (including some works by his sons), pictures detailing his life and narration, and storytelling from the women in his life. This made the VIA an event that appealed to students on an audio and visual level. Performing 20 of Bach's musical pieces as well as describing his personal life, Jeannine Jordan made sure audience members were able to gain a newfound understanding of a man who significantly impacted the musical world.



ELECTRONIC ORGAN EXPERIENCE Using video cameras strategically placed upon her organ, Dr. Jeannine Jordan allows students to see how quickly both her hands and feet move during her performance on Feb. 19 in Cordier Auditorium. Entitled "Bach and Sons," Jordan used her time to give students not only a musical experience, but also a historical one as well. She also acted as the different women in Bach's life between musical numbers. Ultimately, Jordan described the event as a "multimedia organ concert."

Photo by Alexah Parrin

history presentation and more of a performance, Jeannine would put on a costume in between her organ performances to bring a certain character

nating her role. Jeannine continued to do this enacting throughout the concert while taking on the roles of Johann's patron, eldest daughter and second wife

they were up close while watching her play.

"I cannot believe how well she could play the organ," said Mandy Toney, a sophomore con-

for organ music."

Although the performance transported viewers back to the seventeenth century, it still was able to remain relevant

Inside: "Going Green" ~ Happy Hour ~ Softball Preview



Around Campus



Students Travel to Indy, Protest Rising Tuition

David Lloyd
Staff Writer

What are you doing to make your voice heard about tuition hikes? As education costs rise again for the upcoming school year, students tend to notice the increasing price and compare it to the lower costs of public schools, such as Indiana and Purdue, but tend not to do much more than discuss the matter privately.

On Feb. 12 a dozen Manchester University students and staff, led by Professor Leonard Williams and Public Relations director Jeri Kornegay, traveled to Indianapolis for the Student Lobby Days, where they participated in talks regarding the act of maintaining the state SSA-CI grants.

SSACI, which stands for State Student Assistance Commission of Indiana, and is also called the SFA (Division of Student Financial Aid), helps Indiana college students by awarding grants to colleges that reward students in order to lower their annual tuition. As of now, Manchester University receives \$2.25 million per year from the SFA, and 37 percent of students receive state aid, with an average of \$4,470 per student.

The Student Lobby Days, which will take place twice more this year (March 12

and April 9), are put on by the ICI (Independent Colleges of Indiana), which includes area schools such as Huntington and

the funding given to private schools prior to the finalization of the budget.

"Lobby Day really impacts us at Manches-

Jake Burns. "We only get this chance to ask for more funding when the state passes a new budget every other year. We attend

The goal for the Manchester group was to make an impact on the legislators they had the opportunity to speak with. They came armed with professional dress, relatable stories and a handwritten letter stating how state financial aid personally affects them as Manchester students.

Following an 8 a.m. departure from Manchester, the group arrived at the Indiana Historical Society around 10:30 for a lunch meeting with other members of the ICI, as well as a presentation briefing the students on statistics and figures relevant to their cause.

After the students left the Historical Society, they headed over to the State House, where they bided their time till their opportunity to speak with legislators.

The students also had a chance to meet up with Veronica Schilb, a 2012 political science graduate of Manchester, who now has a job as a Governor's Fellow at the office of Governor Mike Pence.

"It was exciting to see a Manchester graduate working so successfully," said Becca Creath, the Peace Studies Intern at Manchester. "The experience of the lobby process was interesting, and I think it is always incredibly im-

portant to have a presence of faces to represent the statistics of state aid and the goal of maintaining, if not increasing it."

Another issue they argued was the award caps of members of the ICI. These caps control the maximum amount a student is able to receive from the SFA, which has dropped off in recent years. Although funding has increased in past years, the need for aid is increasing as well, and the caps help prevent students from receiving what they need to complete a degree. "Everyone deserves a chance to attend a fairly priced college," Burns said. "They should be able to attend the college of their choosing, regardless of their money situation."



POISED AND READY Several MU students travelled to Indianapolis on Feb. 12 with Professor Leonard Williams and Public Relations director Jeri Kornegay for the Student Lobby Days held there. While in the state capitol they participated in talks about maintaining the state SSACI grants and ultimately hoped to make an impact on the legislators they met with.

Photo courtesy of MU Public Relations

St. Francis, as an opportunity for students of private institutions to speak with state legislators regarding

ter because it gives private schools a voice in the State House," said first-year political science major

so we can ensure that students are financially able to attend Manchester as a private college."

Initiative Encourages Campus to 'Go Green'

Caleb Noffsinger
Staff Writer

Would you believe it if Manchester University is very actively "green" and many of the things that happen on campus are affected by a mission to "go green"? It's true, courtesy of The Green Campus Initiative. A task force commissioned by President Switzer, their purpose as a collective is to consolidate all of the actively green efforts on campus, to push for more energy efficient buildings, and to help with recycling and reusing efforts. The task force was created as a way to pursue the campus' master plan to become more sustainable and must follow the University's sustainability policy.

In the task force itself, there are six official members and multiple liaisons of active staff that are doing what they can to help the campus go "green." Many students have led projects as well, such as reducing the amount of plastic bottles we use on campus by using reusable water bottles instead. They also created the "Take a Bike Leave a Bike" program. Some of their past and current projects include tray-less dining, "green cleaning," and the electric car station. "Sustainability is more of a process than an end point," said Dale Carpenter, director of Human Resources and a member of the Task Force. "Manchester University has always been a place that is actively conserving resources and al-

ways will be."

The task force has even sparked up some attention around the nation. Staff members from other campuses have contacted those in the Green Campus Initiative for advice while they change their own colleges' and universities' transition to sustainability.

The task force also had a part in the construction of the new Academic Center and other building projects and renovations. The Academic Center was built from the skeleton of the old building Holl-Kintner with a few additions. Yet with all of the technology being used in this building that is visible, much of it is away from eyes and affects not just the Academic Center. A Dedicated Heat Recovery Chiller (DHRC) in the basement of the Science Center, which recovers heat from the heating and cooling systems as so the boilers do not need to be working as hard to heat the buildings, is connected to the Science Center, the Academic Center, Cordier Auditorium and the Union by underground piping. Many of the processes used followed the Sustainability Policy and were helped by the aid of Green Campus Initiative. The task force also had a part in the construction of the Pharmacy School.

There are also many small things that the task force is doing to change the campus into a true green campus. They are promoting more recycling and trying to change the campus' lights to LED

lighting. "The return on investment of many of the upgrades here on campus is still only about two years," says Gary Heckman, systems supervisor of Heat Services and member of the Green Campus Initiative. "There is just enough technology out there that there will always be something better." Green technology is advancing just fast enough that it is difficult to keep up. That is why the Green Campus Initiative is constantly pushing for better technology to increase the sustainability of the campus to help reduce the amount of energy and trash go to waste.

The Oak Leaves

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Around Campus

New Photo Series Sparks Opinions in ACEN

Ariel Smith
Staff Writer

As students walk through the second floor halls of the new Academic Center, they see more than just classrooms and other students.

Provocative photographs hang against the bare white walls, just screaming to be looked at. These are not just any photos, but ones taken by University of Saint Francis professor Cara Wade that depict drag queen life inside a cabaret. Not everyone has taken well to these photos, but they remain in the halls, waiting for a passersby to give them a chance.

Wade explained that the photos were shot while she was in college working in the cabaret of a gay bar. "This body of work is a retrospective of just over ten years of working with this unique and beautiful group of entertainers," she said. "I was welcomed into their world and many times felt that I had been adopted by a wondrously dysfunctional family." The photos show men dressed as women during performances and even glimpses into backstage life while the performers are getting ready.

Art professor Ejenobo Oke gave her ideas on the photos and what

she saw in them. "It was a chance to have an in-depth look at what the life of a drag queen was like," she said. "The performers, the make-up, the appearance."

The photos may seem explicit, but they give an insight into something that is not seen every day. Some students seem to be fine with the photos, while others seem to find them slightly offensive or off-putting.

Professor Oke mentioned that while the photos were being hung, some people were questioning them. "I think that Manchester is an open enough environment where we can show different aspects, and different subject matter and it doesn't mean you have to like everything," Oke said. "This is a chance to know that there's more out there in the world than just what 'I' think, and what 'I' feel and what 'I' know," she continued.

"People have permission not to like it, and other people look at it and feel supported or encouraged that we can have different perspectives and share them."

Everyone has their own opinion about the photos and has the choice to look at them or not when passing by. "I think it bugs some people, but I think it represents Manchester

pretty well," said student Kelsey Barta. "We're a diverse and pretty liberal college; there might be a bit of nudity, but mature people shouldn't have a problem with it."

The Academic Center was chosen to house the photography for multiple reasons, one being the plethora of people walking the halls each day, and also the space available on the walls. The photos hang the length of the hallway from railings that were provided by Glenn Sharfman, dean for Academic Affairs.

"Our whole point of using the Academic Center halls for art is because we have these beautiful blank walls, but it's a chance to get people in front of the art," Oke said. "Only so many people come to the galleries, so if you're not going to come to the galleries and see the art, we're going to bring the art to you."



QUEENS OF CONTROVERSY The second floor of ACEN is now home to photos depicting drag queen-life inside a cabaret by photographer Cara Wade. To some, the photos may appear explicit, but they ultimately hang in the hallways to incite questions and reactions from viewers.

Photo by Alexah Parnin

Music Mini-Festival Fills Weekend With Music

Heather Elson
Staff Writer

Manchester University was filled with music over the weekend of Feb. 22, when the university's music department held its first Music Mini-Festival, a composer conference that celebrates modern day music. The music featured the saxophone in a variety of forms such as solo, chamber and electroacoustic works in Wine Recital Hall.

This event allowed over 30 musicians and composers to come together and enjoy each other's talents. Professor Tim Reed coordinated the event and had help from Dr. James Farrell Vernon, solo saxophone soprano musician and associate professor of Music at Indiana University-Purdue University in Fort Wayne. They had over 400 submissions to choose from and together they chose the 34 pieces that were performed.

The weekend opened with a Saxophone Quartet concert, which included a number by the Saxophone Choir. An assembly of four saxophone musicians who play different forms of the saxophone, such as soprano, alto, tenor, or baritone, the Quartet played "Deleted Scenes" by composer Sarah Horick, along with a variety of other composers' works. This particular piece, however, accompanied a series of photographs, and each

new photo was complimented by a new song to express its meaning. The show ended with the Saxophone Choir playing Paul Siskind's "Antipochrome."

Saturday opened with a chamber and electroacoustic works concert, where both composers and musicians played. Composer Michael Pounds' "The Swing Garden Project" had a very spooky melody. Pounds created this piece from sounds he heard during his time at I-Park in Connecticut, and he associated the piece with another resident's landscape design, called "The Swing Garden Project." Pounds started with the original sounds followed by the transformational sounds that he created to go with them. Manchester students' found the piece entertaining. "It was kind of scary because it gave an eerie feeling and was a bit overwhelming," said Mackenzie Lowry, a first-year. Also played throughout the concert were piano, violin and saxophone.

The musical weekend ended with a Solo and Chamber Works concert featuring Vernon. The performance opened up with Reed on piano and Vernon on alto saxophone playing "Winter Waltz" by Victoria Malawey. Another piece preformed was "Biomechanics" by Simon Hutchinson. The performers were Vernon on both soprano and tenor saxophones and Edward Renz on a bassoon. This piece discovers the interaction between

musical control and freedom, improvisation and a variety of musical virtuosity forms. "This concert was interesting because it was more instrument based, where as other concerts sponsored by the school include singing," said sophomore Joyce Bangel.

The festival weekend was a success because students learned new ways to produce music. "These concerts have expanded my knowledge on today's music because I am used to hearing and playing only classical music," said Carrie Shank, first-year.

Also, members of the university band came to see professionals who play their particular instrument. "I wanted to see what the music festival was because I'm in the band," said Hannah Miles, sophomore. "I also play the alto saxophone, so I like to go see professional saxophonists in concert."

The next Mini-Festival will take place in the 2014-2015 school year and will feature new music for musicians and composers to perform.

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Around Campus

Students Study Science, Culture of Australia

Kaitie Kemper
Staff Writer

While many Manchester University students snuggled up with blankets, hot cocoa and textbooks during January session 2013, Dr. Rachel Polando's biology class—Science and Culture in Australia—cuddled with koalas in Queensland. Polando and 11 students flew out of the United States on Jan. 13 for an eight-day educational excursion filled with spearfishing, hiking through a rainforest, snorkeling on the Great Barrier Reef, touring historical Sydney, and interacting with native animals and people.

The group braved scorching 112 degree temperatures in order to obtain first-hand knowledge that schoolbooks could never provide. "The objective of this course was to learn about why Australia is unique from a science and cultural standpoint," Polando said. "Australia is very isolated, so it's interesting to see how they've evolved as a culture, and the implications of bringing in outside forces. They have a lot of problems with invasive species, forest fires and regeneration issues that we don't see here."

Students were immersed in the culture, where they gained insight about the continent's indigenous population. "We talked a lot with the aboriginal natives," said senior Shantel Short. "They taught us how to live off of the land, and they use the trees to determine different

seasons instead of a calendar. For instance, they have scrub turkey over there, and depending on what the trees and leaves look like, you can tell if the

ilton. "You had to act like you were a tree, and they would set him on you—where he would grab onto your arms. He was really soft and cuddly, but you

onstrate how aboriginals hunt to feed their families. "My favorite part of the trip was when we went spearfishing with our guide, Brandon," said Short ex-

layer. "We learned about sun bleaching, which is when the heat from the sun makes the water really hot, and ultimately turns the coral white." Hamilton

ing, New York-style city. However, the traveling scholars took their journey indoors to study another aspect of Australian culture. "We went to an art gallery and learned about aboriginal painting and the history of painting," Polando said. "Then we actually got to paint little key chains that are called 'matchbox beans.'"

The trip created strong student advocates who recommend studying abroad. "It was easier to learn about how the English colonists came and settled Australia since we got to walk around and see all of these different places," Hamilton said.

Short agreed with her sentiments. "You learn a lot more talking to the people first-hand," she said. "You could read all of it in a book, but you're not going to get the experience."

Going on another class trip to Australia would delight Polando, who said that her favorite memory was feeding the kangaroos. "I would love to have a pet kangaroo," she said with a laugh. "I love Australia. I've been three times, and it's one of my favorite places in the world. I thought it would be fantastic to take students. I've had several of them come and say 'Can we go back now?'"



WE COME FROM A LAND DOWN UNDER Students from Dr. Polando's January Session class take in the culture of Australia. While abroad, this class gained the kind of first-hand experience their textbooks could never give them as they studied the culture and science of the country through hiking, snorkeling excursions and more.

Photo courtesy Dr. Rachel Polando

turkeys' eggs are good or bad, when their mating season is, and when the turkeys are in season to eat."

Along with the native people, the class also became acquainted with gray kangaroos, wallabies and koalas. "When we got to Cairns in Queensland, we got to hold a koala," said senior Makenna Ham-

could only hold him long enough to get a picture before giving him back. The koalas sleep so much, and the people only allow them to be on the clock for 30 minutes a day so they don't stress them. We only got to hold him for 20 to 30 seconds at the most, but he was really cute."

Other forms of wildlife were used to dem-

citedly. "Everybody had a spear, and we walked through the ocean during low tide before going into the mangrove trees. We speared a couple of sting-rays, a shovelnose shark and some crabs."

During their biological adventures, the group went snorkeling at the Great Barrier Reef, and discussed the ozone

said. "It's an issue that they're concerned about right now—will all the coral reefs be ruined by global warming?"

The crew continued their outdoor expeditions by hiking through a rainforest to learn about different flora and fauna, and touring Sydney—the former English prisoner colony that is now a boom-

Peabody Hosts 'Happy Hour' for MU Students

Catherine Lange
Staff Writer

Manchester students are spreading cheer at Peabody Retirement Home every Thursday from 4 p.m. to 5 p.m. during "Happy Hour." The program was suggested by a staff member at Peabody who contacted the Center for Service Opportunities to enjoy MU's musical talent and engage residents in social activity.

One notable attendee is Oscar Erwin, who wears a tuxedo to play piano during the Happy Hour program. This week's participants include Sari Algharabeh, Kyla Daniels and Jack Lowe.

During Happy Hour, residents are served drinks, sandwiches and chips with dip. Entertainment comes in the form of board games, cards or discussion – as well as the musical stylings of Manchester students. Roughly

15 people attend each Happy Hour, five of whom are students.

According to Carole Miller-Patrick, director of the Center for Service Opportunities, all students are encouraged to participate in Happy Hour, and those of musical ability are welcome to perform. However, those who wish to volunteer should contact Miller-Patrick first at 5721, via e-mail, or in person.

Circle K recently went to Peabody to distribute valentines, and among them was Ashleigh Maxcey's six-year-old son Hunter. "He's such a little gentleman," Miller-Patrick said with a laugh. "He would walk up to residents and say something like 'May I present you with this valentine?'" The seniors loved him."

Students who study gerontology or need service hours may consider volunteering for the Happy Hour program, as it is only one hour once a week. Residents are

happy to see students. "It's so neat to see their faces light up," Miller-Patrick said.

The Center for Service Opportunities would also like to remind students that the office location has moved to the first floor of Calvin-Ulrey where the nurse's office used to be. It is no longer in the basement of East Hall.

Loos Works With NASA During Jan. Session

Mike Dixon
Staff Writer

For many, NASA is a happy hunting ground for astrophysicists, aeronautic engineers and researchers across America. To Alyssa Loos, senior, NASA was home during the January Session, during an internship as a student research assistant at Glenn Research Center in Cleveland, OH.

NASA's midwest research center has dozens of buildings, each for a specific purpose. There is a hypersonic tunnel facility, a space power facility, a zero gravity facility, a spacecraft propulsion research facility, an engine research facility, and much more. This year on Feb. 13, the research center became the first NASA facility capable of replicating ice

crystal formation in aircraft engines.

At NASA, Loos worked with Dr. Jim Guyer, who was once a professor at Manchester.

Through her three-week tenure, Loos produced an Excel sheet that could help other NASA researchers find an object's emissivity, the energy an object would produce at all wavelengths over the energy it would produce as a blackbody wavelength.

Overall, Loos found the facility to be a great place to work. She considers its workers helpful and its technology awe-somely powerful. Many times she saw aircraft engines being examined, as if they were the crop of Glenn Center. Once she was able to see one of NASA's gigantic vacuum chambers. "Its size," she

said, "is about as big as the student Union's cafeteria."

Students who are studying computer programming, economics, and mathematics are welcome as well as engineers and physicists. For those interested in participating in a NASA internship, Loos suggested its summer programs. Applications opened up on November 1, 2012, and will close March 15, 2013. Many other opportunities are available for undergraduates and graduates. NASA has introduced the One Stop Shopping Initiative (OSSI) for accepting online applications for employment and career development.



REACHING FOR THE STARS Alyssa Loos, senior, takes a moment away from her work with NASA to introduce us to one of her "little friends." Loos spent her January Session as a student research assistant at Glenn Research Center. One of her projects was to create an Excel spreadsheet that would help other NASA researchers attempting to find an object's emissivity.

Photo courtesy of Alyssa Loos



Spartan Sports



Softball Looks Forward to Upcoming Season

Kari Cottingim
Staff Writer

Manchester's softball team is preparing for the upcoming season with conditioning, team bonding and a spring break tournament in Florida.

In the past weeks of pre-season training the softball team has been conditioning inside and focusing on offensive and defensive fundamentals. While the weather has been keeping them indoors, Coach Tracy Cromer says they are anxious to start practicing outside.

The first game of the softball season will be a double header at Centre College in Kentucky on the weekend of Mar. 2 and 3. Cromer says it's hard to know what to expect from the team because they haven't had the opportunity to play outside, but she has high expectations for them and foresees a good season ahead. She plans to use the first games to figure out how the team is working together, what needs to be improved, and what spots need to be filled. "We have a lot of talent coming in from the freshman class," said junior Kaitlyn Schmidt. "They are causing the upperclassmen to work harder and the competition really pushes them."



BACK TO WORK The Manchester softball team practices indoors at the PERC in order to prepare for the upcoming season. The team plays its first games this weekend in Kentucky. They will face Centre College in a double-header on Saturday, Mar. 2 and they will play another double-header on Sunday, Mar. 3, against Spalding. The team will play at home for the first time this season on Thursday, Mar. 14, in a double-header against Huntington.

For the fourth spring break in a row, the Manchester softball team will travel to Florida for a tournament that includes other NCAA and NAIA teams. "Teams from all over the country come

down to play," Cromer said. The tournament will consist of eight varsity games and four junior varsity games.

"It's a great opportunity to play some good teams," Schmidt said. "It

has good talent to play against and it's a good opportunity to see some different competition."

Another part of preparing for the upcoming softball season is team bonding. They have par-

ticipated in some unique team bonding strategies this year. On Friday, Feb. 22, the team was split into groups and chose a theme. Then they dressed up according to their group's theme and went bowling

together as an alternative to having practice. They are also doing skits and lip synchs to spend more time together. "Florida is also a great opportunity for team bonding," Schmidt said. They have one day off that they will be able to go to the beach and hang out at the resort where they will be staying.

The team has their goals for the year in order. "Every game is an important game," Cromer said, but the team is looking forward to the Anderson double header. Anderson beat the Spartans in the tournaments last year and won the conference undefeated.

Last year, the team graduated four seniors and lost seven players total but gained eight first-years. After losing a four-year catcher, they are concerned about replacing her. "Communication is another thing we are working on both on and off the field, but that will come eventually" Schmidt said.

Overall, Manchester's softball team is "coming together very positively," according to Cromer. "I feel like they are all bought into the ultimate goal of performing well as a team," she said.

Photo by Felicia Nichols

Baseball Awaits First Games in Myrtle Beach

Jacob Ray
Staff Writer

By the middle of next week, many Manchester University baseball players will be sporting a nice new tan, because they'll just be returning from Myrtle Beach.

Called the Cal Ripken Experience, the team will be playing six games over the weekend, two of which are part of a double-header against Manhattanville.

"We are looking forward to being outside and playing," said Head Coach Rick Espeset. "The goal is to learn about our personnel and play to the best of our ability. Obviously we want to win games, but more importantly, we want to get better. We play the toughest non-league schedule in the and want to be in a position to compete."

To prepare for the season, the team gets out in

September before it gets too cold for three weeks practice known as "Fall Ball."

"We work mostly on the main skills and play a few games on the weekends," said senior infielder, Chaz Bellman. "It's also a good way to see what the incoming first-years have."

The team then picks up practice again in January, mostly indoors and at 5:30 in the morning. "With basketball, wrestling, and track going on at the same time, you have to find gym time when you can," Bellman said.

As for last year, the team only lost two players to graduation, making 2013's team very senior heavy. "This year's team is mature and expectations are big," Espeset said. "The team has been motivated by the success they had at the end of last year. It is easy to see that the desire to have the same finish they had last year plus one more step."

In fact, the team reached regionals last year and was beat by the team that eventually won the championship. "We are picked to win the league and will shoot for the title," Espeset continued. "I will take a top-four finish, which gives us a chance to advance. Our league is really competitive."

Bellman has similar feelings. "It's great to have this same team back," Bellman said. "Coach Espeset

and Coach Sprunger set great examples from the way they lead." This in turn rubs off on the first-years. "We have a lot of good, young guys coming in, it's a pretty neat group," he continued. "They really absorb things well. Sometimes you get guys with attitudes, but this group's been really special. They've come in with a real willingness to listen."

"It looks like a few will get some time in Myrtle Beach," Espeset said about first-year players.

Another addition to the team this year are coaches Jeremy Hochstelder and Mark DeLaGarza. "We are fortunate to have them, and they bring a wealth of experience," said Espeset. "Both have full-time jobs in Fort Wayne, but remain very committed to our program and student-athletes."

The first home game is March 10 against DePauw University, but the team is especially looking forward to the games against Franklin College and Anderson University, Manchester's near-constant rivals. "We're one of those teams that are real quiet, and Franklin is one that cheers from the dugout," Bellman said with a smile. "It makes them one of those teams you want to beat by seven runs each game."

January Athletic Training Student of the Month



Mark Sexton

Hometown: Fort Wayne, IN
Future Plans: Physical Therapy School

Activities: Football, MUATC
Current Sport: Women's Basketball

Kari Cottingim
Staff Writer

What do athletes and business people have in common? One can influence the other, and not in the way you might anticipate. The article "The Making of a Corporate Athlete" by Jim Loehr and Tony Schwartz uses the mindset and habits of athletes to direct the lifestyles of business CEOs. This method can efficiently be applied to anyone who wants to live a more fulfilling lifestyle. "The practicality of it is nice because you can apply it to being a student," said Wayne Robertson, Manchester student.

By studying the routines of professional athletes and comparing them to the lives of CEO's, Loehr and Schwartz have

created a system of four components that helps transform the lives of the CEO's whom they work with and maximize their potential as professionals. The four components Loehr and Schwartz use in The High-Performance Pyramid model is body, emotions, mind and spirit.

Each component must have attention, but first you need to know how to draw out the maximum effect from each component. To increase your daily production, Loehr and Schwartz suggest adding rituals to your daily life. Rituals are routines that clear your mind and promote recovery and are highly used by athletes. Some rituals that they suggest are simple meditation, journaling, or something that you find refreshing. "The part that I

think is sometimes lost for students is the ritual part," said professor Timothy Ogden. "Students should identify ways on a regular basis to pin that oscillation into these four areas of their life."

The first component to focus on is your "Physical Capacity," or the body section of the routine. This is the base of Loehr and Schwartz's pyramid because a healthy body leads to a healthy mind. They suggest daily rituals such as scheduling time to exercise regularly, as well as eating small, healthy portions throughout the day.

The second component is emotion, and is defined as "the internal climate that supports peak performance." Loehr and Schwartz have found that

daily rituals assist in keeping your thoughts positive; this can help relieve stress and "restore positive energy."

Loehr and Schwartz's research also states that stress is not bad, it is simply a building component in daily life, compared to the building of muscle. In order to manage this effectively there needs to be rest. Rituals often serve as rest periods, and Loehr and Schwartz suggest that people apply calming rituals, such as deep breathing, for times when they need to overcome emotions and rid themselves of negative energy.

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Spartan Sports



Spartan Wrestling Prepares for Regionals

Kate Rosenbaum
Staff Writer

Injuries and cutting weight are common complications associated with wrestling. Even with these obstacles, however, Manchester has an abundance of wrestlers ready to participate in the sport.

"I think that wrestling definitely is a sport that molds boys into men," said Jordan Knudsen, who has been the assistant wrestling coach at Manchester for two years. "I'm still in contact with my coaches and talk to them on a weekly and daily basis. They've had a big impact on my life."

Knudsen also monitors weight loss. "We have regulations at the beginning of the year," he said. "We check body fat percentage and hydration. We make sure guys aren't losing too much weight too fast. Overall, wrestling in the past 10 to 15 years has changed. The new regulations have changed where guys can't just drop 20 pounds in a week."

Junior Gabe Zimmerly is a pro at handling bumps and bruises. "Injuries are just a lot, especially at college," he said. "It's



TEST YOUR MIGHT Junior Jason Pedigo wrestles an opponent during last week's home match against Mount Saint Joseph on Feb. 21. The Spartans lost the match 3-44. The team finished its dual season with a final record of 1-14. Tomorrow, the wrestling team will travel to Elmhurst College in Elmhurst, Ill., to compete in the NCAA Division III Midwest Regional. The tournament is set to begin at 9 a.m. CST.

Photo by Vivien Carter

just something you have to work through. It'll get you back on the mat quicker. You can't quit for every little zinger you get. You have to

work through." Wrestling is a team sport that can be considered to be individually based. "You're thinking about

yourself but you're cheering on your teammates because your team has a better chance of winning," Knudsen said. "It's more of

a brotherhood. The guys endure so much, you care about your teammate and you want him to succeed as well."

Senior Jimmie King, who leads the team in pins this year, agrees. "Being on a small campus people know if you're doing good or not doing so well," he said. "I think the worst part is losing in front of friends."

Manchester's wrestling team had their final match of the regular season on Feb. 21 at home. The team gained a victory at the match, but lost the other two matches to end the regular season. Senior Night 2013, held concurrently with the final regular season match, recognized Chuck Holmquest and Kurt Monix.

At one of Manchester's more recent matches on Feb. 12, Holmquest was noted for his win against Trine University. Holmquest won by decision and ended up improving his overall record.

Monix was most recently noted for his pin against the UW-Eau Claire at the UW-Whitewater Border Brawls on Saturday, Jan. 26.

Regionals will begin on March 2 in Elmhurst, Illinois, with the championships to follow on March 15 at Cedar Rapids, Iowa.

Cheerleaders End Season on an Exciting Note

Charlaine Grosse
Staff Writer

For the last men's basketball game of the season, Saturday Feb. 16, the Manchester University cheerleaders performed an impressive stunt, the result of weeks of practice and dedication.

"The squad put together a variety of skills, dances, and stunts that they learned throughout the year and created an entertaining performance for the Manchester fans," said Jessica Lynn Stiffler, one of two head cheerleading coaches.

The routine performed involved elaborate choreography, perfect synchronization from the team members, and you could see cheerleaders being lifted up and flipped all around. "We were performing for the past basketball games, but that was nothing like this," said Emily Witvoet, first-year majoring in criminal justice.

Indeed, the cheerleading team was waiting for the last basketball game of the season to show off their strengths and what they can do. "Each year the cheerleading squad puts together an outline for the last game of the season," Stiffler said. "It is a way to show everything the team worked so hard on, and a positive way to end the season together as a team."

Such performance



"MANCHESTER, MANCHESTER, FIGHT! FIGHT! FIGHT!" The Manchester cheerleading squad performs at the final home game of the season for the men's basketball team on Feb. 16. During the game, the cheerleaders performed an impressive routine that was practiced for weeks ahead of time. Each year the squad assembles an extraordinary routine to perform at the final game of the season.

Photo by Vivien Carter

was also possible thanks to the male members of the team, who lifted the girls. Jacob Archambault, first-year and athletic training major, joined the cheerleaders at the beginning of the winter season. "One of the female cheerleaders approached me about joining the team as it would be a lot of fun and challenging," Archambault said.

His role as a lift-

man consisted mainly of basic stunts, as shoulder sits, as well as shoulder sits to stands. "We guys just provided a little power to the girls' grace," Archambault said.

Coach Stiffler on her part insisted on the fact that each member, woman or man, is responsible for the entire squad's performance and success. "Cheerleading requires all

members to be determined to do their best, and to work to get better," Stiffler said. "Cheerleading cannot be done with one individual. It takes a group to put together dances, stunts, and performances." Thus, each Manchester University cheerleader is responsible for being a respectful leader, and is dedicated to his or her university and team.

Dedication is a fa-

miliar word for the whole cheerleading team. Indeed, according to Witvoet, the whole squad was practicing once a week for two hours, as well as before the game.

"The squad worked for four weeks putting together the parts of the routine," Stiffler said. However, the routine was a reflection of what the squad accomplished throughout the en-

tire season.

The big performance of last Saturday was a turning point for the team. "The squad needed to push themselves to meet their goals, and the routine's success showed them they can accomplish things when they work together," Stiffler said.

Indeed, the cheerleading team received a lot of positive feedback from the audience. "People were impressed by our last routine," Witvoet said. "I think that was the perfect time to show off our skills and what we built throughout the whole season."

Stiffler added that, as a coach, it was fulfilling to see the team's accomplishments shining after all the hard work. Now that the season is over, Stiffler is already planning the tryouts for the upcoming squad. "Transitioning into a new squad, and building a positive, dedicated, and respectable squad for 2013/2014, is the next objective for the Manchester University cheerleading team," Stiffler said.

When looking back to the season, Archambault does not regret joining the cheerleading team and reports a positive assessment. "The girls were great to work with and I made quite a few new friends during the season," he said. "I hope that next season is as exciting and as fun as this season."

Striving for the Ideal Performance State *cont.*

The third capacity is the mind. Focus is a key component to this section, and the article suggests simple meditation to direct your focus and keep it strong. According to the article, learning to focus your mind will improve time management as well as positive and critical-thinking skills. Loehr and Schwartz also suggest meditation and taking breaks to improve your mind. They conceived of the use of mental breaks based on the body's physical need for breaks. In the ideal system, you would take a 15 minute break to refresh your mind after working 90-120 minutes. "I like the aspect of taking breaks because it's not something most people think about, but it will help you

out in the long run," Robertson said.

The final component to the pyramid is the "Spiritual Capacity." This is defined by Loehr and Schwartz as "the energy that is unleashed by tapping into one's deepest values and defining a strong sense of purpose." Loehr and Schwartz suggest that people take a moment to step back from their everyday tasks and reflect on themselves. They suggest journal writing, meditation, and service to others as options to maximize your spiritual capacity.

By actively guiding your physical, emotional, mental, and spiritual capacities into your life, you will be on your way to becoming more focused and energized.

"It showed me that the effective worker was the effective person in every way of his or her life," said Daniel Wray, Manchester student.

For more detailed information and examples on this process, you can view the original article online by searching "The Making of a Corporate Athlete" in the Spartan Search on the MU Library homepage.

Loehr, Jim, and Tony Schwartz. "The Making of a Corporate Athlete." *Harvard Business Review*. Jan. 2001: 120-128.