

FEATURES

SPARTAN SPORTS



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Heat's on to Repair Old Boilers

Baily Januchowski
Staff Writer

About 48 years ago, a boiler was installed in Manchester's powerhouse, located behind Clark Computer Center, that would provide heat to the campus. On a nippy Friday, Oct. 16, workers powering up the steam heating system for the season discovered a hole eroded into a boiler tube and declared that old boiler unusable until it could be repaired.

Suddenly, several of the older buildings on campus, including three residence halls, faced a chilly weekend.

"The buildings that were affected most were East Hall, Garver Hall, the library, the administration building and Winger Hall," said longtime campus electrician and boiler operator Gary Heckman.

"Saturday morning was the worst," said sophomore Pfeiffer Neubert, who lives in East Hall, home to about 200 students. "I made sure to wear a lot of layers and bundle up at night," said the communication studies major.

Manchester paid about \$4,500 for a boiler expert to tap tapered steel plugs into the hold, Heckman said. Eventually, however, the University will need to replace the old boiler. He expects MU will install two smaller, more modern boilers to replace the current "oversized" vessel. The cost? "About \$175,000," says Heckman, adding the new boilers will be more energy and cost efficient and easier to maintain – and fire up.

Meanwhile, he has the system of firing up the old boiler each year down to a science and has written up a protocol.

"I've found 40 degrees for the low, and 60 for the high to be perfect (for the North Manchester campus)," he said. "If it's going to be around that temperature and rainy, cold and windy, then I'll turn it on."

The first time each season, it takes Heckman about a day and a half to fire it up. "After that, (if we get a warm spell and shut it down) it's still a long process. It takes me about seven hours." He began Tuesday running a test of the backup boiler, putting it online to prove it is capable. Other boiler-related challenges are surfacing with the cold weather. Workers discovered a steam leak Monday in the line the runs in front of East Hall.

Students shouldn't worry too much, Heckman said, noting this is the first boiler failure in 15 years.

Café Barista Angel Finch Mesmerizes with Finesse

Erin Fralick
Staff Writer

The scent of freshly made coffee fills Sisters Café, where campus barista Angel Finch practices an art form unique to her. Finch's art medium is coffee. Students stroll into the Academic Center cafe at all hours of the day to order a variety of complicated drinks.

The most complex, and Finch's favorite to make, is the caramel macchiato. "I start my day every day with a caramel macchiato," she said with a knowing smile.

Before making the concoction, Angel carefully prepares. First, she expertly pumps the va-



Photos by Savannah Riley

Sister's Café Barista Angel Finch

nilla into the cup with three quick strikes. Next come two scoops of ice, ensuring there is just enough, but not too much.

Then Finch pours the milk, calculating each step to ensure she has created the perfect environment for the milk. The penultimate step is adding the coffee: She fills two tiny cups with the steaming

cafféine, then pours them, one by one, over the milk and ice.

The strong, dark brown of the coffee shots bleed slowly through the creamy white of the milk, painting a portrait any coffee drinker would find mesmerizing.

With a steady hand, Finch adds the final touch: a drizzle of caramel in a patched pattern.

Balagaddé: Dream On, Dream On

Sarah Farnam
Staff Writer

When Frederick Balagaddé was a student at Manchester University, he never would've predicted that he later would be up on stage in Cordier Auditorium addressing the

student body along with his former professors and classmates.

Balagaddé received an invitation to address Manchester because of his invention of the micro-fluidic chip. In his own words, he is working on "mass-producible health care solutions that are af-

fordable in developing countries." Through the use of microfluidic technology, his dream is to democratize access to health care.

Balagaddé says many have told him that this dream is impossible. He recognizes that, sometimes, a person may be the only one who believes in his or her own dream. "If you lead your life without a dream, it is like a ship without a captain," he said. "It doesn't know where to go."

Balagaddé's dream was unlike that of many of his classmates at the time, who were mostly trying to make it through the semester with a passing grade. "When you get an A, it doesn't benefit anyone else," he said. "What if I dream a different kind of dream?" Frederick wishes to alter the course of history, and make changes within the realm of global health.

A major drawback of his dream is that it doesn't come along with the guarantee of a paycheck. However, he said that not going for your dreams could be an even bigger liability. "You can't afford to be afraid," he said.

Born in Uganda, it was a dream of his to come over to the United States for schooling. When he came to Manchester in 1997, he was overwhelmed by the brand new experience. Now, he would call the experience a very special one.

SEE BALAGADDÉ, PAGE 2



Photo by Nate Corder

Frederick Balagaddé challenges students to achieve their biggest dreams.

Dean Shatters Record, Credits Teammates

Guerby Ruuska
Staff Writer

Running tightly bunched with 250-plus runners can make for a tense, yet thrilling, moment of any race. Runners must stay determined to keep pushing forward and keep up with the people around them. It's all about taking every painful mile with stride until the final straightaway, says junior Thomas Dean, who cherished every bit of the Spartans' impressive performance at the Interregional Rumble invitational at Oberlin College on Oct. 17.

Dean, of Bremen, Indiana, made Manchester University history, and led his team to one of its most successful meets of the

season. The Spartan runners gathered 426 points to place 13th in the 32-school field.

"What just happened?!" exclaimed a bewildered Dean right after he broke a Spartan record that hasn't been touched since 1980.

Dean clocked 25:10.8, topping the 8K race record of 25:17 shared by Tom Lower and Kirby Herschberger.

"I did not see myself breaking the record, but sometimes the unexpected happens," he remarked humbly.

"Thomas has worked very hard for three years and he has responded from the training really well," said Head Coach Brian Cashdollar, who leads both men's and women's cross-country teams.

"To be honest, the record was not on our minds during the meet," Cashdollar said. "We focus on racing well, and in cross-country, that is more about placing than it is time. We knew the course was fast, we knew the weather conditions were great, we knew the competition was good, and we knew we had a good race plan going into the race."

Dean gives his team the credit for his success.

"Training/racing with my teammates inspires and pushes me to run well," he said. "It is something that I will always remember. They drive me, along with everyone else on the team, to be better every day and they're always fun to be around."

Dean, originally from Connecticut, took up cross-country at a young age at the urging of his father. His family moved to Bremen Indiana six years ago. The faculty

Think it Out: Is Your Date Treating You Respectfully?

Karen Kanyike
Staff Writer

A good number of college students are dating, but do they know the signs of an abusive relationship? What constitutes dating violence? Who is at risk of becoming a victim of dating violence?

A VIA program, "Let's Talk About It: Dating Violence," a Wabash County organization and a new Manchester University club are starting the conversation this fall. Dating violence comes in a variety of guises: physical, psychological, emotional, verbal and sexual abuse, said Audrey Hampshire, MU associate registrar. The 2007 peace studies and history MU grad researched dating violence for her 2015 master's degree in criminal justice at Trine University.

She helped coordinate the VIA program with seniors Siera Updike, Donnie Watkins and Caniece Leggett. They worked with Heidi Vanderwork, an advocate for Wabash County Hands of Hope, an organization involved with combating dating violence.

"The main causes of dating violence among college students include learned behavior, increased stress and new-found independence," Hampshire said. "The increase in stress and process of navigating college life can cause students to engage in risky behavior such as drug and alcohol consumption."

Adding to the confusion

"Women between the ages of 18 and 34 are more vulnerable to dating violence, but it can happen to anyone at any time, even men."

-Audrey Hampshire
MU associate registrar

is that many young adults anticipate they will meet their future significant other in college, she said, adding, "This can lead some individuals to ignore potential warning signs."

People who are actively dating should look out for signs of violence that can manifest in physical abuse with hitting and kicking; or emotional abuse with jealousy or threats.

Verbal abuse shows up as name-calling and belittling, and sexual abuse surfaces with unwanted touching or forced sexual intercourse. There's even economic abuse, when the partner attempts or controls finances or refuses to let the partner work, for example.

SEE VIOLENCE, PAGE 2

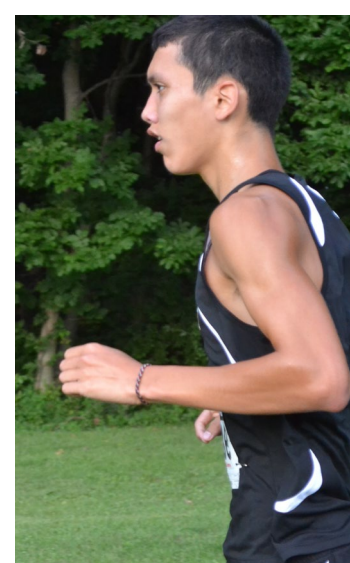


Photo by Savannah Pugmire

Junior runner Thomas Dean

and the opportunity to continue his music interests drew him to Manchester University. "I'm able to do the three things I love doing – (music, math and running) – in college, which is great."



Daylight Saving Time 2 a.m. Sunday, Nov. 1

Manchester University will fall back an hour this Sunday, Nov. 1 at 2 a.m., giving students an extra hour of much-needed recuperation. Students are encouraged to change their alarm clocks before bed so not to show up an hour early to brunch. "I get an extra hour of sleep Sunday, so I'm not worried about getting to brunch on time," Billy Pigg, junior, biology and environmental major, in reference to Daylight Saving Time (DST).

Indiana is one of the 48 states that participates in Daylight Saving Time (and no, that isn't a typo, as "saving" acts as an adjective rather than a verb). The only two states that do not participate are Hawaii and Arizona. Around the world, only about one quarter of the population observes the event, because those closer to the equator see less difference in daylight hours throughout the year.

Conversely, Indiana ex-

periences large shifts in temperature and daylight between winter and summer. When moving the clock forward in the spring, the lost hour makes up for those long summer nights. In the fall, the extra hour is used to give more natural daylight.

Prior to 2007, DST occurred before Halloween. However, that year, observers passed a law that the time change would occur on the first Sunday of November to reduce the chances of trick-or-treaters getting hit by cars. Children are four times more likely to be struck on Halloween.

The purpose of DST confuses some students. "I see the necessity for it," said junior English major Tyler Roebuck. "But I think that the politics used to defend it are ill-reasoned. I believe it was Mitch Daniels who once argued that it would create jobs. That's a bunch of hooie."

Quick Guide to MU Certificates

Sarah Farnam
Staff Writer

Manchester University offers three certificate programs to students

Certificate of Mediation and Conflict Resolution

Who Should Take It: "Everyone should be required to take one of these classes," says Michael Himlie, sophomore peace studies major. "It would solve so many simple problems."

Skills You'll Develop: Coordinator for this certificate is Katy Gray Brown, associate professor of philosophy and peace studies. She acknowledges how detrimental workplace disagreements can be. In these courses, you'll learn how to handle these disagreements, as well as conflicts within friendships and families.

What Your Future Boss Will Think: "If people have the tools for mediating disputes carefully and clearly, they can quickly become central figures in helping their workplaces become healthier and more productive," says Gray Brown, directs MU's Peace Studies Institute.

who want to amp up their résumés and increase their knowledge base in scientific computing, libraries and literacies, or mediation and conflict resolution.

To get certified, you'll

need to take a couple of classes that will provide you with useful life skills in any of these areas. Here's a quick guide to help you decide which certificate is the best fit for your future.

Certificate of Scientific Computing

Who Should Take It: If you have no problems with chemistry or physics, the certificate in scientific computing may be for you. Mathematics Assistant Professor Timothy Brauch, who teaches courses for the certificate, says the program may be too difficult for students who are not at least a science minor.

Skills You'll Develop: Science is reaching the point where our questions cannot be answered by putting pencil to paper, Brauch says. Therefore, this course will teach you how to "take a question in science and convert it into something that can be programmed into the computer." You become the liaison from mind to computer; the computer does the rest.

What Your Future Boss Will Think: He or she will be psyched that you have the computer skills that are now required in the fields of physics and chemistry.

Certificate of Libraries and Literacies

Who Should Take It: No matter what your major is, anyone can study for this certificate. Because there are so many types of libraries – from law libraries to museum archives – anyone interested in information-based professions can find this program beneficial, says Darla Haines, technical services and systems librarian. Dr. Katharine Ings is the coordinator of the program.

Skills You'll Develop: You'll learn about "finding, evaluating and using information effectively," says Haines. You'll also discover whether library school (graduate school required to be certified as a professional librarians) the next step in your future. As standard, librarians need to earn a master's degree in library studies.

What Your Future Boss Will Think: Employers in any profession will find the ability to handle information impressive, says Haines.



Photo by Savannah Riley

Senior Colleen Reed and sophomore Mallorie Jennings run spirit table



Photo by Savannah Riley

Juniors Lauren Byers and Shereen Antony sit for a free caricature drawing during Homecoming.



Photo by Savannah Riley



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BALAGADDÉ, FROM PAGE 1

He encourages other international students to treasure each moment they have here. "I learned a lot more about American culture (at Manchester), but also about cultures of other countries, due to the international students program."

He loves other aspects about the University, too. The small class sizes at Manchester inspired him in many ways. "We formed very strong bonds with the other students trying to get through the assignments," he said with a laugh.

He also formed friendships with many of his professors, and applies some of their techniques with his own students. "Being a friend of a student doesn't mean they can't learn (as well)."

He said he believes that, in order to achieve something, the key factors are passion, hard work and trust.

"There is no way around trust," he said. Rather, you must have faith in yourself and your dreams. "Just like when you put a seed into the ground, there is no guarantee that it will grow."

As dreams grow bigger,

the amount of trust you must have in them grows as well, he said. However, Balagadde would argue that, the bigger the dream, the bigger the payoff. "If you only do things you're capable of, you can never advance," he said. "You have to have passion about what you do." He believes that his passion is what fuels his life daily.

He acknowledges that big dreams are not always easy to accomplish. Rather, they require everything to be done the right way and in the right time. But, for him, "hard work is easy when you have passion."

VIOLENCE, FROM PAGE 1

"Women between the ages of 18 and 34 are more vulnerable to dating violence, but it can happen to anyone at any time, even men," Hampshire said.

However, there is help for victims. Call 911 if you are in imminent danger. Manchester provides resources such as counseling services, the campus nurse and Campus Safety. Also, faculty and staff are willing to help, and to help victims find help, Hampshire said.

There are also community resources, including Wabash County Hands of Hope, a division of Family Services Society Inc.; The Beaman Home in Warsaw and Sexual Assault Treatment Center in Fort Wayne.

A new campus organization aims to heighten awareness about collegiate dating violence and provide communication, conflict resolution and healthy relationship skills. It's called Project HOPE (Healthy Relationships, Open Communication, Promoting Re-

spect and Ending Dating Violence).

Project Hope will meet one or two times a month in the Student Activities Center. For more about the club, contact Audrey Hampshire at anhamshire@manchester.edu or President Siera Updike at slupdike2016@spartans.manchester.edu.

Students also can download the free Circle of 6 mobile app that connects victims or potential victims with six close friends or relatives to let them know where they are and how they can help.



The PERC packs full of athletes working out in the winter months.

Photo by Savannah Riley

The PERC: It's a Busy Place

Zach Newcomer
Staff Writer

Soon, the Physical Education and Recreation Center (PERC) will become home to many student-athletes until spring arrives and they return outdoors. With such cramped facilities, coaches sometimes face scheduling nightmares when it comes to reserving the PERC for their team.

Teams and intramurals have to take turns deciding who gets the facility and when they get it. This is where scheduling and communication between coaches play a huge factor.

Coaches want a time most beneficial for them and their teams. Student athletes want a time that does not interrupt their studies, but they also know they need to practice sometime during the day.

"The biggest challenge is the time teams have to practice," said Athletic Director Rick Espeset. "But our staff does a great job of working together."

Not only do teams like to use the PERC for practice, students use the courts for volleyball and basketball intramurals, which bring large crowds of students participating and watching the games in the two gyms.

Teams in season have first pick for the PERC over teams out of season and intramural teams. Intramural Director Simon Cole-

man has to correspond with all the coaches when scheduling times for the sports he oversees. Many conflicts arise during this process, but with constant communication with the coaches, Coleman, a junior sport management major, develops a schedule and students are able to play intramurals.

"(Scheduling) will get very difficult during the winter because of all the teams that need to get ready for their season," Coleman said. "It all gets worked out in the end, though."

The lobby and main hallway in the lower PERC receive a lot of traffic for differing reasons. Exercise and sport science majors use the south end of the building for their major classes, while students and student athletes use the training room to help rehab injuries and undergo treatment.

Intramural sports bring more congestion to the PERC. Students line the bleachers and walls to cheer on their teammates, while all three courts in Stauffer-Wolfe Arena are in use. The cheering and yelling from the spectators and players

echo off the walls, creating a great environment during intramural play, making the games that much more intense and meaningful for everyone involved.

Before the break of dawn, football players, students and staff work out in Brown Fitness Center. In the PERC, sneakers squeak on the floor and the vigorous bounce of basketballs echo from the women's basketball team. Alongside, members from the football team pass balls and work on drills that cannot be done in the fitness area.

Throughout the day, before the volleyball team or men's basketball team dominates the courts, classes are in session for students taking one of the many P.E. classes Manchester offers. A few classes include indoor soccer, indoor hockey, SHARBADE, badminton, racquetball and weight training. Several other P.E. classes are offered in the classrooms in the upper PERC, including Zumba, ballroom dancing and yoga.

Intramurals take over around 9 p.m. until 11 p.m., when the PERC closes for the day.



Photo by Savannah Riley

Upcoming Convo Food for Thought

Emily Barrand
Co-Editor

"Once you know the truth behind your food, you'll be fed up," promises an upcoming VIA documentary about processed foods in the United States. The video focuses on the causes of obesity in the U.S.

The two-hour program on Thursday, Nov. 5 begins at 7 p.m. with a panel of local health-care experts, in Cordier Auditorium.

Co-sponsoring the VIA is Be Well Wabash County, an initiative striving to "move Wabash

"Once you know the truth behind your food, you'll be fed up."

County toward better wellbeing by promoting life balance in the areas of Community, Purpose, Mind and Body," according to its Facebook page.

Panelists are Robert Beckett, director of the Drug Information Center and assistant professor of pharmacy practice at the MU Pharmacy Program; Dr. Jamie Lindsay of NuStart Lifestyle Strategies and Dr. Nate Trump of Midwest Eye.



Students and squirrels prepare for winter on campus

Photo by Savannah Riley

Fed Up

Nutrition Education

Fed Up is a movie that chews on issues regarding the food industry. How do processed foods affect our health, childhood obesity and governmental policies? Join us for a discussion with a local medical panel prior to the movie.

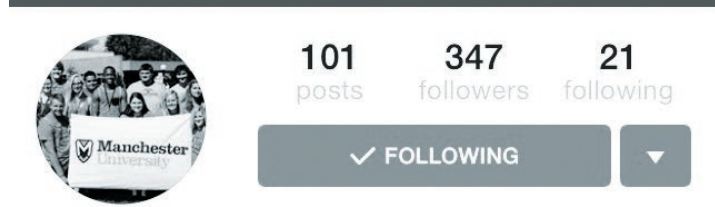


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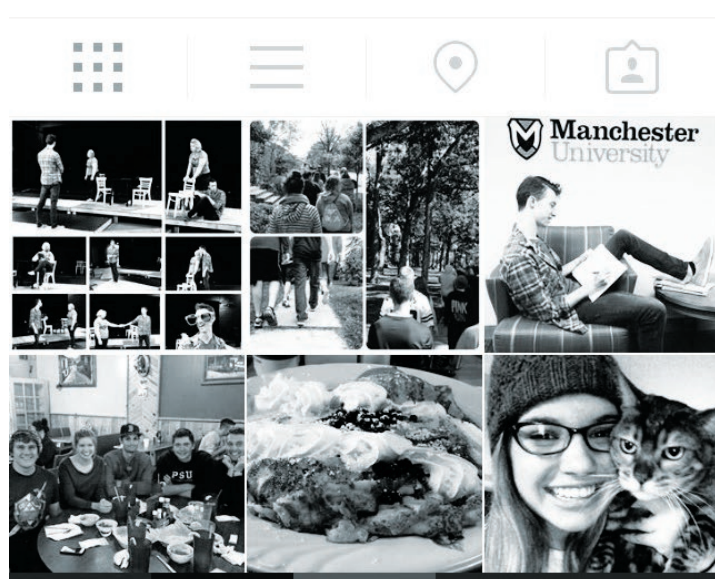
Thursday, Nov. 5 | 7 p.m. | Cordier Auditorium | VIA

EDITORS' NOTE: An incorrect byline appeared on page 3 of the Oct. 9 edition. The Oak Leaves sincerely regrets the error.

Students Focus on @ourviewofmu



Manchester University Students
See Manchester University from the perspective of a different student each week. This week's host is Jacob Ray '16!
www.manchester.edu



Screen capture of @ourviewofmu mobile Instagram page

Stratton Smith
Staff Writer

A group of students are laughing and enjoying their Sunday dinner when one student abruptly pulls out his phone and asks everyone to scrunch together to take a selfie for Instagram. In unison, the friends grin for the camera and share with the world the moment they just experienced.

It's a new project, called "Our View of MU," striving to capture the experiences and memories students are making here at Manchester University. Led by Erica Graphman, social media content specialist, "Our View" follows a different student-led host every week through an Instagram account, capturing pictures to show their followers about their personal experience at Manchester.

The @ourviewofmu Instagram account quickly found eager followers. "We had 100 followers in a little over 24 hours," Graphman said. After six weeks and eight hosts, @ourviewofmu now has 344 followers and is gaining momentum every week, Graphman said.

"There are so many students that would be great at doing this ... we've already had several students host the account in the last six weeks," she said.

Hannah Brown, a peace

studies and sociology major from Yellow Springs, Ohio, is one of the students who brought her perspective of Manchester to Instagram.

"It was just a fun way to express my view of Manchester, like how life is for us here," she said of her recorded experiences with intramural volleyball, a photo shoot with President Dave McFadden, a moment captured with perspective students at a Manchester lunch and a view of a Manchester football game.

"My favorite photo was my photo of lunch hosting," Brown said. "I love being an ambassador and taking perspective students to lunch."

La Porte native Carly Kwiecien, a communications studies major, joined Brown as last week's host of the Instagram account. She captures an entirely new perspective: She is MU's first first-year to host the page. "I think it is important for first-years to share experiences at Manchester with everyone else because I feel that we have completely different opinions and views about everything," says Kwiecien.

The account has inspired Kwiecien to enhance other skills and to look at Manchester in several different ways. "It has given me an eye for the beauty on campus and has also allowed me to be creative through my photography."



Spartans Fall to Bluffton Beavers

Kody Smith
Staff Writer

It was a jam-packed Homecoming crowd as the Spartans traded scores for the duration of the match-up with the Bluffton Beavers on Oct. 24. But, as heavy rains scattered most of the fans, a fourth-down pass attempt failed, giving Bluffton a 28-20 victory.

Trailing 14-0 in the first quarter, the Spartans scored a 2-yard touchdown run by senior quarterback Logan Haston with one minute and 15 seconds remaining. With four minutes and 38 seconds remaining in the second quarter, Bluffton quarterback Conner Sheehan connected with receiver Lorenzo McLaurin for a 15-yard touchdown reception. However, within two minutes, the Spartans

responded with a seven-play, 75-yard drive capped off by an 8-yard touchdown pass from Haston to senior wide receiver Jarron Jackson. That brought the halftime score to 21-14.

Following scoring by each team and a failed extra-point attempt by the Spartans, a 28-20 lead for the Beavers highlighted the scoreboard as the clock ticked away. Playing under extreme winds and heavy rain, the Spartans offense came up short in an attempt to tie the score as the clock hit zero.

The duo of senior quarterback Logan Haston and sophomore running back Hunter Hardee led the offensive charge for the Spartans. Haston continued his efficient passing, completing 20 of the 30 attempts for 209 yards and a touchdown, as well as a 2-yard touchdown run. This was the 14th



Photo by Savannah Riley

Logan Haston, senior QB, and Hunter Hardee, sophomore RB

time in Haston's last 16 games when he has passed for over 200 yards.

Hardee continued his HCAC conference rushing lead, running for 142 yards on 19 rush attempts, including a 53-yard rush in the second quarter and a rushing touchdown. This was the fifth time this season Hardee has rushed for over 100 yards in a game. He leads the HCAC in rush yards per game (116.8), and rushing touchdowns (eight).

First-year defensive back

Dillon Nelson recorded his sixth interception of the season, putting him atop the HCAC in that category. Junior linebacker Nathan Birk flourished on the defensive side, recording 15 solo tackles and forcing a fumble.

The Spartans are now 3-3 overall on the season with 3-2 in the HCAC. The Black and Gold will host Rose-Hulman Institute of Technology (6-1 overall, 4-1 HCAC) on Burt Field on Halloween, with a 1:30 p.m. kick-off.

Basketball Standout Returns To Coach

Zach Newcomer
Staff Writer

Among the echoes of basketballs hitting the hardwood and sneakers' quick shuffling, a familiar voice is back in Stauffer-Wolfe Arena in the PERC. Jocelyn Hamilton, who graduated from Manchester in 2015 with a sport management degree, is helping guide Spartan women's basketball this upcoming season.

Hamilton is teaming up with her former head coach Josh Dzurick. She was a four-year standout for the Spartans, in the depths of the Manchester women's basketball record books rests her single-season record for assists - 147 her junior season. She also was two-time honorable mention all-Heartland Collegiate Athletic Conference and captain of the 2014-15 squad.

The new assistant coach brings a love of basketball to the program, and a passion for Manchester. "I love it here," Hamilton said. "I could not pass up this opportunity." She has the energy and experience needed to help take the program to new heights alongside Dzurick.

The past four years of her basketball career for the Black and Gold have shown Dzurick how good a fit she would be to fill the role of former assistant coach Heidi Messer, who took another job. "Basketball is in her blood" Dzurick said. "(She) also has the experience of dealing with me; a new coach would have to take time to learn how to interpret me."

Hamilton also knows most of the players on a personal level from playing alongside them the past couple seasons. The transition of teammate to coach was not an easy one. "I cannot hang out with them as friends now, like I did in school," she said. From the way she played the game wearing 33 on her back for the Spartans, she received respect from every teammate. This respect has carried over now with her former teammates after trading in her jersey for a whistle.

"All of the players have responded extremely well to Coach Hamilton," said point guard Kelsey Daugherty, a senior exercise science major. "Because of the preexisting respect that we have all had for her as a player, this respect remains as she settles into her coaching role."

Her roles include running stations during practice when the team splits up into groups, encouraging the players and maintaining the high-energy level. From what the program's record book shows, she mastered the art of passing. Now, she runs the practice drills to help her team become better passers that will help reduce turnovers.

"A lot more work is put into coaching than people think," Hamilton said, noting she has "a lot" more responsibilities beyond games and practices, "but I love it!"

Away from the court, Hamilton is pursuing a master's degree in sport administration at University of Indianapolis. Most of her classes are online and she hopes to change all the classes to online next semester.



Photo by Savannah Riley

Nathan Birk, junior defensive back next to a fallen Beaver

Rowe Sisters #twinning in Soccer and Track

Guerby Ruuska
Staff Writer

Senior twin business management majors Bridgette and Allison Rowe will have you seeing double on the soccer field and track.

The Rowe sisters of La Quinta, Calif., decided years ago to attend Manchester University. Together, they have tackled everything life has thrown at them ever since they were kids. College is no different.

"I chose the same college as my sister because we used to do everything together," Allison said. "I grew up following in her footsteps and I decided to follow her to college as well. I was accepted

to many other colleges, but she described Manchester in a very positive way and I wanted to see what it was all about. I ended up falling in love with the school's atmosphere and sports programs."

The Rowes easily found their place in Manchester athletics. It did not take Bridgette long to realize her potential on the national level. Bridgette is an NCAA Division III All-American in high jump, a national qualifier and an HCAC conference champion. Throughout these accomplishments, her love of competing side-by-side with her sister on the soccer field remains steadfast.

"Getting a team conference championship was something I will always remember about my

time at Manchester," Bridgette said. "Each member of the team did so well and they are going to do so well in the years to come. Getting my third All-American award was a good feeling but that was not the highlight of my career."

"My last year I had a couple of big meets and those still play



Rowe Twins share a soccer victory.

through my head today. My coaches have helped me so much over the last couple of years and I cannot thank them enough," Bridgette said.

"Soccer is an all-effort 90-minute team sport," Bridgette said. "Not any one player can survive on the field alone. For me, soccer was always a sport to get stronger and tougher." She credits her success in track to her efforts on the soccer field. "Track can be a very big mental game ... if you let it," she said. "Soccer has taught me to go out hard and not listen to any negativity."

Allison competed in the same track events as her sister - high jump, long jump and triple jump. "We started competing in track together in high school and continued it into my freshman and sophomore year of college until I quit for academic and personal reasons," Allison said. "I continued to play soccer because I love the game and have a very competitive spirit." Both are three-year starters for the Spartans.

Allison draws inspiration not only from Bridgette, but also herself, other successful athletes and her supporters. "The U.S. National Women's Soccer Team [and] my family and friends motivate me on and off the field," she said.

Szarenski, Hopkins Balance Work & Play

Baily Janucowski
Staff Writer

Tailor Szarenski and Emily Hopkins are honing their organizational skills as they balance being athletes and students.

"I enjoy it because it keeps me going and accomplishing tasks, and not napping and being lazy," said junior first basemen Tailor Szarenski from Bluffton, Ind. "I still enjoy a good nap, but I feel like I would be more relaxed and probably pretty lazy if not for playing baseball."

"It's easier because the sports keep you more disciplined," said sophomore Emily Hopkins, a Spartan goalie last season. "I do better during soccer season."

Szarenski and Hopkins agree that, taking practice and games into consideration, there isn't always enough time in the day for everything they want to do.

"It can be hard finding time to beat teammate Jake Tucker in FIFA (soccer video games) every night if I don't have my homework done," Szarenski said jokingly.

Hopkins said: "It can be difficult finding time for a social life and time to sleep."

Hours of homework is stressful enough, but adding a job into the mix would be extreme, both agree. "I don't have a job," Szarenski said. "My parents say that college should prepare you for life, and working too much during college can take away from studies."

While being a student athlete has its demands, Szarenski looks at the benefits. "It's rewarding to have the opportunity to have people impact my life, while also having the chance to impact someone else," he said. "When we graduate from Manchester and reflect on our time here, we won't remember games and how many we won and lost. We will think back to all of the people we met, and how they shaped us into the people we are today. Without playing baseball, those chances to interact with people would be much fewer and farther in-between."



Seniors Bridgette and Allison Rowe train for high, long and triple jump.