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## MU Advocates for Accessibility



### Brittany Dilley Staff Writer

It's easy for many students to take getting around campus for granted. But accessibility to and within buildings is not so simple for individuals in wheelchairs. So in his Adapted Physical Activity class, Professor Kim Duchane and his students complete a simulation where they navigate the campus in wheelchairs in order to analyze the accessibility of certain buildings.

Duchane starts the course by analyzing the attitudes of his students through survey questions. The adapted physical activity course not only informs students of the struggles that disabled persons have, but helps inform them how to adapt and conform to the needs of those with physical disabilities.

The students completed the simulation over the entire campus, accessing and analyzing elements from elevators to ramps. By law, Manchester's disability accessibility meets the standards of the Americans with Disability Act. Duchane, however, believes there is always room for improvement. "I always thought to put a wheelchair lift in the stairs," he said.

Duchane stressed that each of the buildings have certain criteria to follow under the American Disability Act. This even includes door knobs. He aims for the campus to be sensitive toward the needs of those with disabilities. "[Our] university will bend over backwards to assist anybody who wants to go here," Duchane said.

The wheelchair simulation takes place during one 50-minute class period. Each student takes their turn in a wheelchair (donated by Peabody) in their assigned building on campus. They use each of the accommodations available for those with physical disabilities.

The class period following the simulation is dedicated to discussion by the student participants.

SEE DISABILITY, PAGE 2

# Students Learn Life Lessons 'Inside France'

### Tanner Edge Staff Writer

Students and faculty went "inside" France during January to experience the culture from an insider's perspective. Led by French professor Janina Traxler and psychology professor Marcie Coulter-Kern, the group of 14 students shunned tour buses for public transportation, enabling the students experience what it is like to live in the city.

Students learned about the history, culture and the everyday life of France. Everyone used public transportation, so not only were they learning curriculum but also they were learning how to adapt to taking the subway, tramway, train and bus. "The biggest thing I learned during the trip was how to use public transportation and how to navigate in big cities," said sophomore LiaAmia Gregory.

Paris, Lyon and Strasbourg were the three main destinations while in France due to their rich historical backgrounds and contemporary facets of French culture. The group stayed at each destination for about five days each and visited art museums, historical monuments and places of worship.

In Paris, the group visited the Cathedral of Notre Dame and the Eiffel Tower on the first day. Each evening, the class split up into multiple groups and ate at different local restaurants to experience their own taste of French cuisine. While in Paris, the group toured Sainte-Chapelle, a royal chapel with Gothic-style architecture, the Louvre, the world's second largest museum and art museums and historical monuments such as the Musée de Orsay, the Musée de l'Orangerie and the Arc de Triomphe.

After their time in Paris, the group rushed through the train station and took a four-hour train ride south to Lyon.



Students and faculty visit the European Parliament in Strasbourg, France.

In Lyon, the group took a tour of traboules, or secret passageways that were built in the fourth century. The class also visited ruins of an amphitheater, took a tour that passed murals throughout the city and visited the Resistance and Deportation History Center.

After the course of a few days, the class ventured to their last destination of Strasbourg. Here the group toured the European Parliament building, took a tour of Alsace neighborhoods and visited an Alsace museum.

As the last days of the trip were winding down, students still were not prepared to leave France. "It was difficult to fully understand the culture since we were only in each place for less than a week, but I gained such an appreciation for the overall atmosphere of France," said junior Spencer Thomas. "The trip certainly made me want to return as soon as I can."

While exploring each of

these sites, the students also learned about social diversity. "I learned about French culture, the French language and the art of traveling internationally," said sophomore Carly Kwiecien.

She explained that some people haven't had their "first time" for many things in life, such as their first time on an airplane or their first time being in a different country. "One of my fondest memories was making friends with the man sitting next to me for the ten-hour plane ride to Paris. There's so much out there to explore and so many people I still want to meet."

Similarly, this trip was the first time junior Hunter Gaerte found herself appreciating art and French culture. "It made me want to learn so much more," she said. "I learned to live out my dream instead of just dreaming about it. It made me want to do something great with my life and stop wasting time because there are so many

amazing places to see in this world."

The students certainly learned a large handful of things, whether it was class related or life related. "I think the biggest thing I learned was traveling in a group and having patience with everyone when you're experiencing jet lag, haven't slept or are missing home," said Kwiecien with a laugh. "That's something I am always trying to improve."

Gregory appreciated the experience. "I recommend studying abroad because you learn how to travel and be a citizen of the world," she said.

Gaerte recommends traveling during January session to everyone. "It is such an amazing experience and it's really the only time in your life where you will be able to travel the world for such a low cost and get to visit so many places at the same time."

# Manchester's PGx Program First in Nation

### Kelleen Cullison Staff Writer

If you heard someone on the street say "Pharmacogenomics," your first reaction might be to say, "Gesundheit."

Pharmacogenomics, or PGx, might be mistaken for a sign of oncoming sickness, but one day it could be the solution for it, and MU's Fort Wayne campus is the first in the nation to create a master's program in the field.

PGx is the study of how prescription drugs interact with genes, and with precision medicine, healthcare providers can use genomic information to specifically tailor a patient's drug regimen to them. "The Master's degree is cutting edge and prepares students to be well-rounded scientists or health care providers," said Dr. Diane Calinski, director of Pharmacogenomics Operations. Calinski is responsible for developing and teaching pharmacology courses at MU's satellite location. "I unintentionally 'stumbled' into PGx in some of my first laboratory experiences and found the work to be fascinating."

Pharmacists' knowledge paired with the genomic course work will allow graduates of the program to use patients' genomic information to treat them. With its accredited pharmacy program, Manchester was an ideal place to launch the new program. It trains students in laboratory techniques, the bioinformatics, human genetics and pharmacology.

The benefits of Pharmacogenomics could significantly improve the patient experience. The thousands of genes in the body decide features like the body's eye or hair color, but they also decide how each body will react to different medications. "By allowing healthcare providers to tailor any drug



Dr. Diane Calinski, director of Pharmacogenomics Operations

regimen to a patient's genome," Calinski said, "patients will have fewer side effects, get the best drug at the onset of treatment and can hopefully become healthy much faster."

There is also the possibility of finding new uses for "failed drugs"—drugs not approved by the FDA because they didn't benefit the specific group of patients being tested. By determining patient genomes with precision care, a link can be established between the genotype and drug efficacy, the

maximum response that can be received from a dosage of medicine. With this link, these "failed" drugs could be tailored to specific patients whose genes say they'll benefit from them.

Students who graduate with the degree will be prepared to work for PGx companies, for pharmaceutical companies or as medical liaisons for said companies in research and in the healthcare field at large. "Our graduates will be a driving force for pushing medicine

into the future," Calinski said.

Students already employed in research and healthcare fields will benefit from the new training. "These working students will see growth in their current jobs and enhancement of patient care," Calinski said.

Pharmacogenomics is a relatively new field, and therefore is still developing. The study's current uses are limited, but new approaches using the developing methods are being explored in clinical trials. According to the U.S. National Library of Medicine, PGx has the potential to develop tailored drugs to treat conditions like heart disease, HIV/AIDS, asthma and even cancer.

With a small sample of blood or saliva, a pharmacogenomics test can determine the type of medicine to take, the dosage and the possible side effects the medicine might have on the specific body. "The laboratory looks for changes or variants in one or more genes that can affect your response to certain medications," says the Mayo Research Clinic of Individualized Medicine.

The new field is faced with several current limitations; the tests aren't available for all treatments yet. Furthermore, it may take more than one test to determine how one patient will respond to all the medicines that can be tested for, which would be costly over time. Lastly, pharmacogenomics hasn't extended to over the counter medicines such as aspirin yet.

Manchester University is taking the first step in overcoming these shortcomings by producing masters in the PGx field. It's just the beginning of growth for the fairly new satellite location. "We think the PGx program is just the beginning of great things to come to the Ft. Wayne campus," Calinski said.

# Manchester Marches on Washington

**Kelleen Cullison**  
Staff Writer

Over 1 million people flocked to the Women's March on Washington, D.C., on Jan. 21. Among them were Manchester students, faculty, staff and members of the surrounding community concerned about the future of women's—and human—rights in the United States.

The sheer number of protesters—four times the estimated number of attendees, according to the march website—backed up the designated route, causing marchers to spill out onto the streets surrounding the National Mall, blocking traffic and interrupting businesses. “The best moment was seeing the streets flooded with people,” said Jesse Langdon, first-year.

Fellow first-year McKenzie Weadick spoke with equal awe of the crowd. “There was a moment when my group was going uphill on a street and we looked back and to our sides and just saw thousands and thousands of people” Weadick said. “It was a great thing to actually see all these people with their signs, with their children, with their voices being heard.”

Many marchers wore their hand-knit “Pussy Hat,” in var-

ious shades of pink, which became a visual symbol of the march. The easy-to-make pink knit cap squared off at the top, creating cat ears when worn. Considering the sea of pink at the march, many attendees embraced the idea in the spirit of female empowerment. Carissa Arnett, senior, called the hats “cute and accessible.”

Caroline Fearheller, president of Manchester's Feminist Student Union, however, calls attention to a counterpoint. “The hats are a good unifying tool,” she said, “but the idea behind it may not be inclusive to everyone who identifies as female, like people who identify with trans feminism.”

Many individuals participated to express their dissatisfaction with the current federal government. “I went to the Women's March on Washington because the incoming administration's campaign promises included actions that would not only stop progress on many of the causes I care about, but would take our nation backwards on: gender equality, LGBT equality, racial equality, poverty, religious freedom, health care, reproductive freedom, public education, immigration, environmental protection, labor rights, freedom of the



Activists march in front of the Capitol Building on Jan. 21. Over 1 million women and men flooded the streets of Washington D.C., and many wore “Pussy Hats,” the knit caps shown in the photo. Photo Credit: Elizabeth McKenney.



A protestor holds up a sign designed by Shepard Fairey, who also designed the iconic Obama “Hope” image. Photo Credit: Elizabeth McKenney

press—the list goes on and on,” said Professor Barb Burdge (sociology/social work). “I wanted to be part of something big to show the Trump administration the scope of the opposition they will face when do anything to threaten Constitutional freedoms and fundamental human rights.”

Although it was named “The Women's March on Washington,” the march became an outlet for people in support of other causes. Students from Manchester each had their personal reasons for marching, whether it was for women's rights or the rights of minority groups and immigrants. But “Donald Trump is what everyone is afraid of,” said senior Carissa Arnett on the variety of protesters.

The march was stuffed to the brim with various signs indicating the participants' outrage. “My favorite sign read, ‘No Human Be-

ing Is Illegal,’” Langdon said.

Counter-protesters also made their presence known over loudspeakers. For at least one marcher, however, those individuals enhanced the experience. “Katy (Professor Gray Brown) started chanting at religious counter-protesters, ‘People united will never be defeated,’ and we all followed,” Arnett said with a grin.

The march has pushed women's fight for equality into the spotlight, and also renewed the debate over who's included. “I found in the week just after the march that people were starting to fight against each other in the women community, which I was disappointed by,” said Manchester professor Stacy Erickson-Pesetski (English). “There were a lot of people saying, ‘Well it was just for white women’ or someone said that I couldn't speak for women's rights because I'm an

educated white lady. My response to that is, everybody speaks for themselves, but they also speak for women who aren't able to be there. I've done prison work so I'm there marching for all the women in prison, too.”

The misconceived notions surrounding feminism fanned the flames of dissent, which have quelled as the weeks since the march have passed.

While the Women's March coordinators have moved on to Action 2 in their plan for 10 Actions in the first 100 Days, MU students look even further into the future. “My biggest concern now is are all these people that were at the march going to continue to fight?” Weadick asks. “Will we see them in the voting booths in the next four years? Will I see them continuing to make themselves and their opinions known?”



## DISABILITY FROM PAGE 1

Duchane and the students talk about what was difficult, simple and what ideas they have to improve the accessibility for those with disabilities.

In the past, Duchane had the students compose a letter of their findings and concerns and choose the best one to send to the

editor of the Oak Leaves newspaper.

The findings this year were that the newer, renovated buildings are more accessible than older buildings, such as the Administration Building.

Duchane says that the course isn't just a voice for those with physical disabilities; it also speaks for those with mental dis-

abilities. With this course, Duchane hopes to “spit out” more and more advocates for disability accessibility and equity for all. “We're not just advocates for disabled people; we're advocates for people,” Duchane said with a sincere smile.

This adapted physical activity course is open to all majors and Duchane encourages more students to take the course.


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Editors-in-Chief  
Sarah Farnam and Carly Kwiecien

Design Editor  
Jafet Garcia

Chief Photographer  
Tyler Roebuck

Web Editor  
Karen Kanyike

Faculty Advisor  
Dr. Katharine Ings

Staff Writers  
Brittany Dilley, Ciara Knisely,  
Destinee Boutwell, Jensen Lassiter,  
Kelleen Cullison, Maddie Jo Shultz,  
Shelby Harrell, Tanner Edge,  
Virginia Rendler

Delivery Manager  
Claire Mumma

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To contact the editors:  
[oakleaves@manchester.edu](mailto:oakleaves@manchester.edu)

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## President McFadden Schools MU Students on Budget

**Virginia Rendler**  
Staff Writer

Manchester University President Dave McFadden gave the Spring Convocation Tuesday, Feb. 14 at 3:30 p.m. in Cordier Auditorium. The Convocation provided a look at who invests in the Manchester experience and how Manchester University invests in its students. McFadden aimed to answer the questions; “Who is investing in your education? How is Manchester investing in your education? Why is the Manchester Administration making these investments?” He also discussed the cost of attending Manchester and what the institutional budget is.

McFadden was onstage along with two members of Student Senate: Tate Wooding, Student Senate President, and Mariam Ali. They served to assist him and represent two voices of students and their questions, as no audience questions were taken.

The overall cost of attending Manchester University is approximately \$40,000. President McFadden used boxes to represent this number, each box representing \$1,000 or 2.5 percent of total tuition cost. Students assisted in moving these boxes across the stage to show the distribution of money. For example, as a breakdown

of how tuition is paid on average, 2 boxes represented financial aid (\$2,000), 3 boxes represented state aid (\$3,000), 18 boxes represented Manchester aid, 6 boxes represented student loans, 3 boxes represented parent loans, and 8 boxes were student and family contribution. Seeing the boxes onstage allowed students to visualize how money is distributed.

Manchester University provides 45 percent of tuition costs in aid, which annually comes to \$21,000,000. Students provide 42.5 percent and 12.6 percent is provided by outside loans.

After discussing cost, McFadden moved into discussing the budget of Manchester. This year’s undergraduate budget was \$53,500,000, \$50,000,000 provided from tuition and \$3,500,000 in gifts from donors. The largest part of Manchester’s budget is spent on financial aid, 40 percent. 35 percent of the budget represents staff, faculty, student and administrative payroll. \$1,000,000 goes to student wages.

The remaining budget goes to programs and operations (18 percent), and technology, buildings and debt (7 percent). McFadden recognized that there are many students who have qualms about tuition, such as parking and food. He emphasized that many schools in the area are being forced to shut down many programs because they

don’t have the funding, and that at Manchester budgeting is currently focused on keeping crucial programs running.

Student Senate President Tate Wooding was present with McFadden on stage. He said that the goal of Student Senate is to take up concerns and questions students have. “We try to be a bridge between the students and administration,” Wooding said. “I would say to the most important thing for students to understand is that the University does its best to allocate money to where it needs to go. One of the main priorities is students’ needs and providing enough help for them.

Wooding also said that, as of right now, there is not a committee open on the subject of budgeting; however, they are always interested in student’s concerns about the matter. “We will also be hosting an Open Meeting on Feb. 26 at 6 p.m. to talk more about the capital projects,” Wooding said. “I would like students to know that Student Senate is here to be their voice on not only this matter, but any matter that they believe is important.”

Senior Peace Studies major Michael Himlie said he appreciated that President McFadden gave students a visual explanation of how Manchester uses its funds. “It struck me just how privileged we at Manchester University are, to have such immense support be-



**President Dave McFadden**

hind our education,” Himlie said. “I particularly appreciated him clarifying what our funds are and, more importantly, are not supporting. I think an excellent future topic would be discussing the investments of Manchester.”

McFadden closed by answering the question; “Are the in-

vestments worth it?” The answer was a resounding yes. Within 6 months of graduating, 95.9 percent of Manchester graduates were employed or volunteering in 2016. 85 percent agreed that their education at Manchester was worth the cost, compared to a 77 percent national average.

## REVIEW

**Ciara Knisely**  
Staff Writer

Manchester’s Opera Workshop, “Love: Sublime and Ridiculous,” premiered Friday night and continued throughout the weekend, showcasing incredible talent of all sorts from exceptional vocals to hilarious jokes.

The audience nearly filled Wine Recital Hall and included a wide range of attendees, all looking to enjoy the talent of this year’s Opera Workshop.

The production began with a brief introduction by Dr. Debra Lynn, director of Choral Activities and Voice Study, that conveyed how much time and dedication she had put into the performance as her 19th year serving as the director. Setting the precedent for the show, Lynn stated that operas were “movies before there were movies.”

## Opera Workshop Showcases Student Talent

The first scene, Act I of “Tales of Hoffmann,” started with Dr. Pamela Haynes at a piano on stage, dressed in a flowing, sequined purple dress resembling 1920s flapper dresses. The rest of the cast slowly appeared, also wearing an assortment of tasteful, vintage-styled outfits, complete with feathers, pearls and bow ties.

When the first few cast members began to sing, it seemed a bit askew that the piano was the only source of accompanying music, but their magnificent voices quickly made up for that. At some points in the show, the chorus and their assortment of vocal registers filled the room with such beautiful music that it was hard to believe that the piano was, in fact, the only music playing.

Act I from “Tales of Hoffmann” was rather short, but still intriguing, telling the story of an inventor who creates a very realistic automaton to be his “daughter.” Olympia, the daughter, was played

by Kenzie Hare, junior vocal performance major.

Though the entire performance was outstanding, there was clearly something special within Hare’s voice as Olympia. She identifies her vocal register as coloratura soprano, allowing her to sing very high pitches. Hare says she wouldn’t consider the coloratura register to be rare, but it is definitely uncommon. Her role as Olympia showcases her ability to reach those high notes, and it is no small feat, especially when performing without a microphone.

Hare expressed that it was hard for her to learn to sit completely still, as her character is a human-like robot, but she still had fun with it and appeared to have mastered the jerky motions of a robot.

It was very entertaining to watch the character of Hoffmann, played by sophomore general music major Jake Svay, slowly fall in love with his beautiful automaton. When combining Svay’s melodic

voice and his character’s hilarious lines, “Tales of Hoffmann” became an unforgettable performance, and regrettably short. The scene ended in hilarious (intentional) disaster.

After intermission, the second production began: “Amelia Goes to the Ball” featured an uptight woman, played by Emily Lynn, first-year vocal performance and French double major, who desperately wants to go to the ball. Not only did Lynn do a fantastic job making the crowd laugh, but she also made the audience love her character, despite her vain attitude and comically snobbish remarks.

The cast appeared to be having as much fun as the audience was. The most surprising part of the show was when Amelia (played by Lynn) smashed a glass bottle over her husband’s head, sending shattered glass everywhere.

“We were so excited that Debra ordered some stage glass so that we could have something that breaks and was super dramatic,”

Hare said. “Our favorite thing to do backstage was to listen to the audience’s reaction to Grant getting whacked on the head by Emily!”

Junior history and education major Matt Grothouse says the crowds interacted well with the show and encouraged the cast. “This exchange of energy encouraged me to perform my character more theatrically,” Grothouse said.

Because the opera had such modern themes throughout the show, it surprised the audience.

“I didn’t expect it to be that good,” noted first-year Fotini Kristuli. “I thought it would be sad.”

First-year William Southern agreed. “The workshop certainly broadened my perspective of musical theater,” he said. “Prior to the premiere on Friday evening, I was not sure what to expect of an opera, but afterwards I was pleased to have attended due to the impressive cast and their abilities to simultaneously sing and act on stage.”

## Manchester Introduces Mental Health Club

**Jensen Lassiter**  
Staff Writer

It was a passion for de-stigmatizing mental illness that led two girls to organize the first mental health club on campus.

First year Anna Steele and sophomore Mariah Fleming are the leaders of Advocates of The Mind, or A.T.M., the mental health club. “I sort of got the idea last semester,” Steele began. “I asked Mariah if it would be cool to have a club that worked together to discuss mental illness and prevent suicide. I did something similar like this in high school. We got together to plan events that focused on how our society stigmatizes mental illness. We wanted to increase awareness and create a safe space, so I figured, why not?”

They began the process of turning their ideas into a club during the last few days of the January Session. Steele and Fleming worked with Counseling Services, and they began trying to fit their new club in at the Activity Fair. Although they weren’t officially a club yet, they promoted their ideas by displaying a bold sign stating, “Mental Illness and Suicide Prevention.”

While neither of the girls are psychology majors—Steele is a Bio-Chem major, and Fleming is a

Sociology major—they both have a deep passion for helping and discussing mental health. “I want people to know that they’re not alone, and that there are resources available,” Fleming said. “A lot of people don’t even know that we have a counseling service! It’s also important to help teach others about mental health.”

Fleming serves as the vice president. “It began as Anna’s idea, so it was only fair that she be the President,” she said. “She took the steps to make the club. I accepted the VP position because she asked me to.”

When developing the norms of the group, they decided on a few rules that would help the group transition into a cohesive club atmosphere. “One rule is that everyone here is in a safe space,” Fleming said. “The club is an area where anyone can come and feel safe without being judged. We’re trying to create another safe environment for students to escape to.”

Steele added: “I hope the club makes everyone feel more safe on campus and allows others to be themselves freely. I want people to see other people for who they are and not their mental illness.”

While discussing their hopes for the club, they also developed some general goals. “One of our goals is to be able to connect students with resources such as

counseling services and just regular information,” Fleming said. “We want to give students a chance to share their experiences with someone who wants to listen, judgment free!”

“When we had our table at the activities fair, many people that were signing up said they had wanted a club like this on campus since they first got here,” she continued. “So we did. I re-ally hope this

helps people.”

Meetings are held on Wednesday evenings from 6–8 p.m. in the SAC. “We hope to do stuff to de-stigmatize and inform others of mental illnesses,” Steele said. “We hope to eventually plan related activities and VIA type of events.”

Fleming added: “We’re very excited about Discussion Day this year, since it just so happens to involve mental illness.”

The girls recognize that college students can be affected by mental illness. “Mental illnesses might not affect just you, but it could be affecting your best friend or other loved ones,” she continued. “Spreading awareness is so very important and we hope that this is something everyone can take away, not just from Discussion Day or the club, but in general.”





## SPARTAN SPORTS



Senior Jenifer Lee passes to a teammate.

## Spartans Wrap Season with Win

**Maddie Jo Shultz**  
Staff Writer

Finishing up an exciting 2016-17 season, the ladies in black and gold played three games last week. The team traveled to Terre Haute in a battle against Rose-Hulman on Saturday, Feb. 11, hosted Defiance College on Wednesday, and welcomed Transylvania University to the MU campus for the Senior Day game on Saturday, Feb. 18.

The Spartans played valiantly against the Fightin' Engineers after having defeating them earlier in the season. "They're the conference champs and only have one conference loss—us, back in January!" said sophomore center Maddy Minehart. "We are the only team in the conference to beat Rose-Hulman, so that is something to hang our hats on."

On Feb. 11, after making a steady series of shots throughout the four quarters, the visiting Spartans fell to their Heartland Collegiate Athletic Conference rivals with a final score of 34-65.

This season has not been without its challenges. Minehart adds that the team has had to overcome a lot of adversity. "We had a lot of injuries and every player was counted on to execute their role," she said. "We had a lot of growing up to do, and we rose to the challenge."

On Wednesday, Feb. 15, the Spartans faced off against the Defiance Yellow Jackets at the Stauffer-Wolfe Arena. With a slow start, the Manchester ladies trailed Defiance 4 to 18 at the end of the first quarter, but rallied back into the lead with 22 points scored in the second quarter, leaving the black and gold only 8 points behind at halftime. The Yellow Jackets kept their lead, however, and with a similar 22-point rally in the fourth

quarter, Defiance scored a hard-fought conference win. The Spartans, despite sometimes struggling to make shots, never gave up and played hard.

The Spartans did not disappoint on Saturday, Feb. 18. They triumphed against visiting Transylvania University from Lexington, KY, culminating this season with a total of 9 wins and 16 losses (8-10 in the conference).

Before the game, in true Senior Day style, guard Jenifer Lee was honored for the four years she has played on the team. Lee was the only senior this season, and notes that she started out with five fellow first-years. "Now it is down to just me," she said. "It's not easy to juggle academics and sports, each takes a lot of dedication and hard work." Lee wants her younger teammates to realize that the years go by quickly. "Every moment counts and before they know it, they will be seniors getting ready to play their last game," she said.

Lee's last game at Manchester was certainly one to remember. The senior guard was the leader in spirit and in score for her team, rallying her teammates and tallying up a total of 12 points. After volleying the score evenly back and forth in the first half, the Spartans and the Pioneers were tied 49-49 at the start of the last quarter, but Manchester managed to take the lead and capture the win with a final score of 65-61.

As the team bids farewell to a senior player, the first-years prepare to take the same journey as Lee did. "This year we have had many ups and downs but our final game just showed our love for the game of basketball," first-year Haley Farris said. "We fought and played hard, and it was really fun to be able to pull it together and win for Jen."

## MU Swim Team Stops Worrying, Gets Wet

**Shelby Harrell**  
Staff Writer

Fresh off of a highly successful day at the Ohio Athletic Conference Championships, the Manchester University Swimming and Diving team returned to campus early Sunday morning around 2 a.m.

The Manchester University swim team saw a large number of achievements at this meet. "We set 19 school records," Coach Mike Kroll said, "which makes 28 school records on the season."

Although the taxing effort of pushing muscles to their absolute limit while moving against constant resistance is exhausting for the swimmers, they agree that it was easy compared to a more arduous task: jumping into the water.

According to record-holding sophomore Jamie McBride, it becomes increasingly harder to enter the water over the course of the meet due to the decreasing temperature of the water and the amount of swimmers that have already competed. "The hardest part of getting in the water is that you know the water is going to be cold," McBride said.

In order to prepare for the daily jump, Coach Kroll has implemented a rigorous training regimen that will have even the most hesitant of swimmers diving off the deep end. "We practice Monday-Friday and even Saturday for about two and a half hours each day," Kroll said. "We do a mix of swimming and weight/core stability or dry

land training." The team's philosophy emphasizes a technique-first approach, followed by establishing speed and then building speed endurance.

In addition to their training, the team's warm-up process aids in ridding each swimmer of their aquatic inhibitions. The aforementioned process involves a combination of a dry land warm-up followed by a swimming warm-up. "The dry land warm up is designed to activate their muscles and cardiovascular systems prior to entering the water for warm up," Coach Kroll said, "Our philosophy is that we warm up to swim, not swim to warm up." The swimming warm-up that follows dry land is a mixture of technique drills and speed work to prepare them either for competition or for practice.

However, the combination of training and warm up processes can only get the athlete so far. In addition to physically preparing their bodies for the water, each individual must be mentally and emotionally ready.

The emotional status of a swimmer reaching the starting block depends on a large number of factors including the swimmer's level of confidence, the event they participate in, and even the individual themselves. "Ideally we want them feeling confident in their abilities and to clear their minds," Kroll said. "If they are confident in both their abilities and their training, we don't want them to think we just want them to go out and race and let their body do what they have trained it to do."

One of the ways for a swimmer to conquer their initial dread of the cold water is to exert some control over the way in which they enter it. Diving is the traditional, as well as the only allowable, method in which swimmers step onto a starting block that propels them forward into the water. "In a swimming start from the blocks, we are looking for both power and reaction time/speed in getting off the blocks," Kroll said. "This will enter them into a streamline position to enter the water at an angle that will propel the swimmer at depth where they can perform their ideal breakout for their race."

According to the rules, swimmers are allowed to dive into the water in a manner of their choosing. However, they must remain motionless until the start of their race. In addition, the swimmers must place one foot on the edge of the block. "Currently, most swimmers favor what I like to call a 'track' start where one foot is at the edge of the block and the other is behind them with the swimmer bent over grabbing the block," Kroll said.

The moments in which the swimmers stand motionless on the starting blocks could allow them ample time for reflection. The fact that they are able to overcome the incredibly daunting task of diving into the water is truly a testament to the athletes' passion for their sport. "I feel that each swimmer has their own relationship with and love for that water that is special to them," Kroll said. "The water feels like a second home."



Junior Ally Roskos successfully defends one-meter diving title at the Ohio Athletic Conference Championships.

## Spartans Outlast Transylvania on Senior Day

**Destinee Boutwell**  
Staff Writer

The Manchester men's basketball team honored their seniors this week both on the court and off the court with two victories against Defiance College and Transylvania University.

On Wednesday, Feb. 14, the Spartans beat Defiance 82-63. The team came out with energy and excitement that allowed them to work together and earn the win. That energy rolled into Saturday's game as the Manchester men's basketball team said farewell to their seniors. The team led by their six seniors achieved another victory against Transylvania. The score was 93-66, which concluded Manchester's regular season on a particularly high note and a conference berth.

When the seniors and their families walked out on the court they were honored by a standing ovation. There were six graduating seniors: Tyler Alexander, Brock Armstrong, Blake Brouwer, Chase Casteel, Conner MacDonald and Anthony Wright-Lake. "My favorite memory was definitely Senior Day and playing with the rest of the guys all on the floor at once," Armstrong said. "The atmosphere was amazing and we had a great time at our last game at home."

The seniors are all proud of the way the season ended. "Everyone knows that this season

hasn't been the best, but our record doesn't define us as team," Wright-Lake said. "I hate that it took us so long to finally come together and play as a family, but we know how dangerous we are when we play as a family."

The team hopes that this unity will help them be successful in their upcoming tournament. "This season has been full of ups and downs but we are starting to come together and play our best brand of basketball at just the right time. Hopefully we can take this momentum into the tournament and make a run," Armstrong said.

The seniors that were honored on Saturday have been playing basketball for a long time and they will have a lot to miss about college basketball. "I'm going to miss playing basketball in general, but I will also miss the people that I've played with here, because I've made lifelong friends here at Manchester," MacDonald said.

Armstrong implies that this is not the end of his involvement in basketball but it may mark the conclusion of him playing it competitively. "I'm a super competitive person and nothing will ever replace the high I get from playing basketball in that type of setting."

It takes a lot of support, encouragement and some tough love from people to keep student athletes motivated. "My dad is my biggest inspiration, because he has always pushed me to be the best I

can be and always pushed me get better especially after I had knee surgery my freshman season," MacDonald said.

Inspiration can also come from respect and shared principles. Armstrong, too, turns to his dad for inspiration. "He's taught me so many things including a strong work ethic. He works really hard to provide for our family and I admire him a lot for that. He's a very selfless guy and that's something he's instilled in me from a young age."

Other times inspiration comes from a person just being proud of the person you are becoming. "My grandmother is my biggest inspiration," Wright-Lake said. "She was always so proud of me and I know if she was here today she would be really proud of the player I was and she would want me to continue to be the best person I can be."

As the seniors say farewell to their regular season, they leave some words of advice to inspire future Spartans. "Don't try to cheat the process, you should trust the process because eventually everything will fall into place," MacDonald said.

The athletes also advised to not only focus on basketball, but school, too. "Take your education just as serious as you take basketball," Wright-Lake said. "The way you perform in the classroom reflects the way you perform on the court."