

The Oak Leaves

Manchester University Issue II - September 21, 2012

Bellace Brings a Better High to MU Students

Kyle Lahman
Staff Writer

Motivational speaker Matt Bellace had an important message for Manchester University students this past Monday: "Get High Naturally." Presenting as part of Manchester's fall VIA series, Bellace encouraged students to make healthy choices and to avoid artificial highs.

Bellace's core message revolved around his "L.E.A.D." program for upholding a healthy lifestyle: Lean on a healthy support system, Express yourself in a positive way, Achieve natural highs, Don't be afraid to take a stand.

Throughout the program, Bellace emphasized that natural highs can be just as powerful as artificial highs. For instance, he offered the example of laughter. As he told the audience, a recent study shows that laughter has a comparable cognitive effect as cocaine; similar neurotransmitters are released in both scenarios. And as Bellace added with a laugh, "You don't wake up the next morning with a 'laughing' hangover."

The audience was certainly experiencing the "natural high of laughter" during the program: Bellace's presentation was loaded with good-natured humor. One highlight was Bellace's ribbing of the

town of North Manchester. At the beginning of the program, Bellace detailed how he cruised Main Street looking for a place to eat. After finding ongoing construction and closed restaurants, he sulked at North Manchester's "one stoplight." While this was obviously an exaggeration (the town has two stoplights), the comedic aspect of Bellace's program enlivened the audience and empowered his message.

Many students went into the program expecting to hear a cliché message like "Don't do drugs," but Bellace delivered a program that was both entertaining and informative. "I thought that the program would be more about the detriments of drugs and alcohol than the benefits of living a healthy lifestyle," said first-year Morgan Wolf. "The educational aspect was fascinating; I enjoyed learning how toxic substances affect the brain."

When he found out that Bellace was a comedian, junior Bobby Swaby had high (no pun intended) expectations. Bellace did not disappoint. "Tonight's VIA tied with last year's magician as my all-time favorite convocation," Swaby said. "The comedic aspect was hilarious, and the message was relevant to the college audience."

Wolf agreed that the humor enhanced the



LIGHTHEARTED FUN A MU student laughs as he shows through pantomime the feelings expressed in Ellie Goulding's song "Lights." Matt Bellace used music during his performance this past Monday, Sept. 17, to explain to students how it can be used as a better means to release pain or feelings rather than drugs or alcohol. His presentation did not demonize drugs but rather offered students examples of "natural highs."

Photo by Emily Witvoet

convocation: "Tonight's program would have been less interesting without the humor," she said.

Throughout the program, Bellace cited examples of his own support system and his decision to "take a stand" as an undergrad at Bucknell University. During his freshman year

of college, Bellace was having a hard time fitting in with his peers. His decision to avoid drugs and alcohol was "painful." Heeding the advice of his support system, he elected to "make a difference" by starting a drug-free organization on campus. His student group is now in its 19th

year and has inspired over 100 similar organizations. The "Spartan Choices" organization serves a similar function on Manchester's campus.

Bellace doubles as a stand-up comedian and neuropsychologist. According to his personal website, he received his

Ph.D. in clinical neuropsychology from Drexel University in 1995, and "encourages over a hundred thousand students a year to pursue natural highs and make healthy choices." After presenting at Manchester, Bellace hit the road for a performance at Missouri Southern State.

Withers' 'I Am a Man' Photos Grace Campus

Jacob Ray
Staff Writer

In 1968 Ernest Withers took a photograph of Martin Luther King Jr.'s funeral procession. Some 44 years later, that photo and nine others also capturing American civil rights history line the first floor of Manchester University's Academic Center.

Ernest Withers' photos, collected here under the title, "I Am a Man," are normally on display at the Ft. Wayne Museum of Art, but thanks to professor and art coordinator Jena Oke, Withers' work resides here on loan. However, it is only here for the semester.

"After the new academic center was constructed, there were all those beautiful blank walls," Oke said. "But we found it wasn't in the budget for decoration. So, I looked into Ft. Wayne Museum of Art."

There were many different shows to choose from, but she chose "I am a Man" due to the University's connection to Martin Luther King Jr. (King spoke on the campus 44 years ago, two months before his assassination.)

Oke continued to elaborate on her choice of Withers' work. "It highlights our past," she said. "I know some are uneasy with all the new changes to the school, which makes the photos

a comfort because we're celebrating past connections."

And the photos truly are something to celebrate, each capturing a civil right victory or defeat. "For generations to come, our understanding of the civil rights movement will be shaped by Withers' photographs," said Katy Gray Brown, associate professor of philosophy and peace studies.

The portfolio's titular photo shows hundreds of black men standing with signs reading "I Am a Man," further on down the hallway King and his friend, Rev. Ralph D. Abernathy, take their first desegregated bus ride, and at the other end of the first floor hangs the image of King's funeral procession in Memphis with thousands trailing the casket.

But what should one take from these photos? "What most people don't get today is that none of them really have a connection to the civil rights movement," said Josh Busenbark, a first-year bio-chem major.

"They might have a grandparent who does, but no one ever talks about the past, it's all about 2060 when we land on Mars." Withers helps viewers remember, from one end of the hallway to the other, that while America may, together, one day make a very large leap to Mars: it first

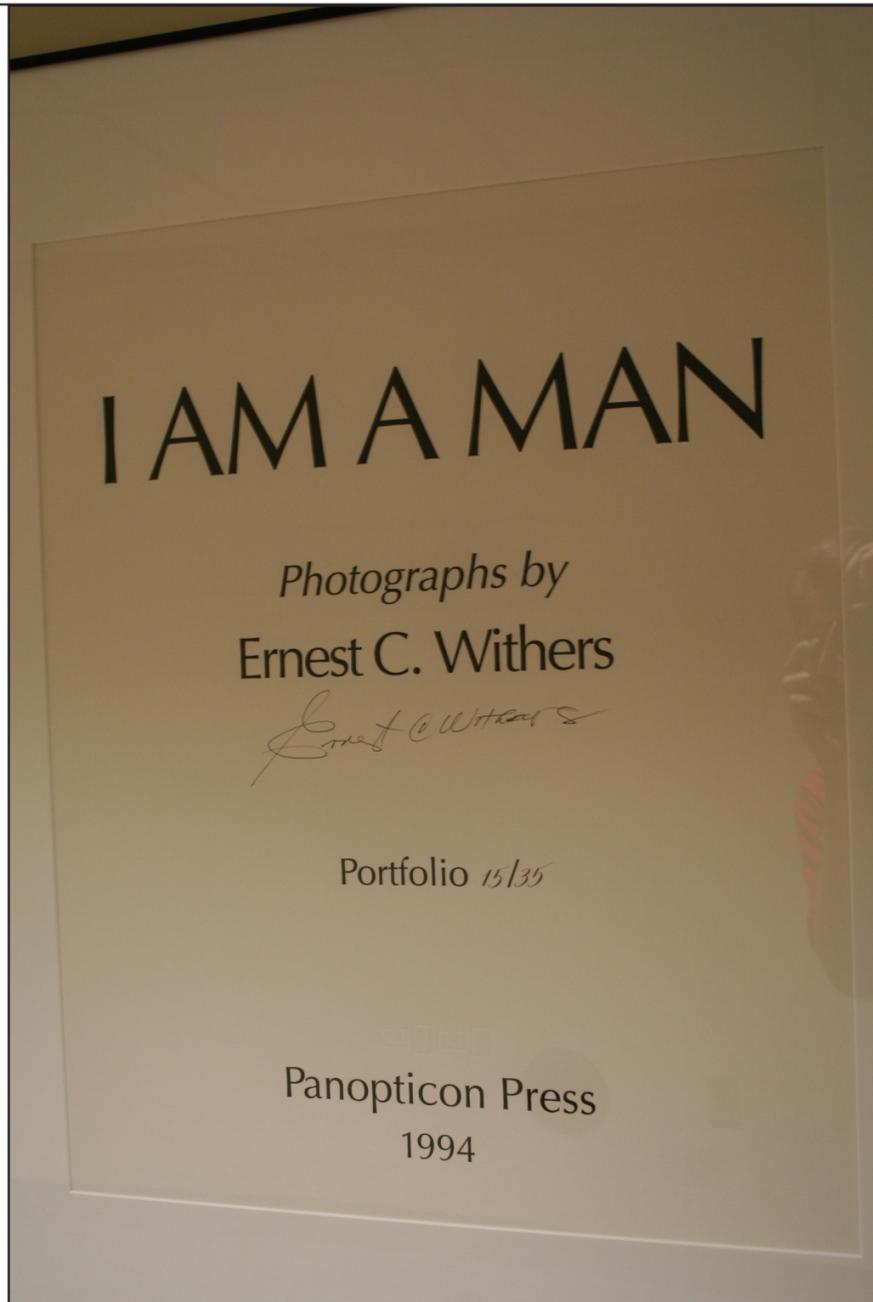
took many small steps to come together.

In 2010, several documents came to light, revealing Withers, who died in 2007, to have been a CIA informant during the late 1960s, reporting happenings in the civil rights movement to higher ups in the government.

Some may have felt that he had personally betrayed his friends, but Gray Brown showcases another way of viewing Withers' connection to the CIA. "In an unexpected way, I am more appreciative," she says. "I see not just the iconic moments of the civil rights movement, but also the complex and imperfect individuals who achieved tremendous things by working together."

These were people, not gods, and what they accomplished is remarkable," she continued. "So, too, with Ernest Withers."

In a few months' time, Withers' work moves back to its original home in Ft. Wayne, making its stay at Manchester University a fleeting one at best. But, that's what photography is: capturing a fleeting moment, which perhaps someday will stop someone long enough to understand.



IN BLACK AND WHITE Withers' photographs that can be found on the first-floor level of the Academic Center tell the story of those involved in the civil rights movement like Martin Luther King Jr. or his friend Rev. Ralph D. Abernathy.

Photo by Randa Gillespie

Inside: Skateboarding ~ Athletic Trainers ~ Women's Soccer

Around Campus

Skateboarding Now Banned from MU Campus

Devin Clark
Staff Writer

Not only is Manchester University tobacco-free, it's also skate free. Skateboard free, that is. It used to be that students could have skateboards on campus, but due to a few issues dealing with students and skateboards the rules changed.

Skateboards are now banned completely from the campus, meaning there is no certain spot, for those who have skateboards, to ride them.

"Skateboards are not allowed on campus," stated Les Gahl, director of Campus Safety. "In the past, the University experienced significant problems with skateboarding on campus, including reckless behavior by skateboard operators." For instance, skateboarders damaged the campus library's steps. The school had to use money to have the stairs repaired due to the chunks of concrete that fell out when the skateboarders used the stairs as a practice arena.

As the situation over skateboards can lead to high emotions, some requested to have their names protected. "Having skateboards on campus

was frustrating sometimes, especially when I was on my way to class," said one interviewee. "Some skateboarders thought they owned the sidewalk and would almost try to zip between people, causing a few people to get hurt trying to get out of the way."

The interviewee went on to describe also how it was also a distraction when trying to study. The interviewee described how if she was outside the noise of the skateboard was "overwhelmingly annoying and obnoxious." She also stated: "I am very happy that skateboards are banned, makes the campus all the more better."

However the second student interviewee, who had his skateboard on campus, disagrees. "I live off campus and being able to ride a skateboard to and from the campus was very convenient for me," he said. "Skateboards are much easier to store because of their size and can be brought inside and put in the closet, where as having a bike is much more challenging to store."

The student agrees that there were a couple of students who did



AT A CROSSROADS A student skateboarder rides on the streets of North Manchester, one of the last places he can do since a ban was placed on the activity. The MU Source was recently revised to no longer allow skateboards, longboards, Razors, Ripstiks and other similar devices on campus. Like the recent ban on tobacco, this change has met with many mixed emotions.

Photo by Maia Marusak

abuse the power of having a skateboard on campus, but he does not think it is fair for the rest of the skateboarders to be punished for other students' "mess."

Another question

that might be asked is this: does this new rule pertain to only skateboards? The answer is no. Policy 23 located on page 36 in The Source states: "Skateboarding, including the use

of long boards, Razors, Ripstiks, and other similar devices, is not allowed on any part of the University campus."

Any student that breaks this policy will have

to go through both the Conduct Review Board, which includes the Student Conduct Review Board. Students are advised to use The Source as their guide to the rules for the campus.

Residence Halls: Ice Boxes or Infernos?

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Students Living on Campus Explain How Temperatures Affect Their Living Conditions

Kari Cottingim
Staff Writer

There are mixed feelings about the air conditioning situations in Manchester University's residence halls. While Garver, Helman, Oakwood and the East Street apartments have air conditioning, East and Schwalm Halls do not.

The residents who tend to be least comfortable with their hall, there are those who live in Schwalm and East without air conditioning.

The heat in the warmer months of the school year makes it difficult for students to do certain activities. David Lloyd from East Hall said when it gets too hot to study he usually goes outside or to the library.

Meagan McKeny from Schwalm Hall says the heat makes it hard for her to fall asleep sometimes. She says it is most uncomfortable in the summer and comfortable in the winter. But it is "perfect in the fall," she said. "Not too hot, but not too cold."

Other residents have had the same problem with the heat in their hall. Although Katelyn Barta did not leave Schwalm Hall because of the lack of air conditioning, she is much more satisfied with Garver Hall's

temperature. She says she is not only more comfortable, but it is easier to concentrate on her homework.

She also sleeps better than she did in Schwalm. Even though Barta is a heavy sleeper, she would often wake up in the middle of the night because it was too hot for her in Schwalm. "Being in Schwalm for ten minutes was uncomfortable because it was so hot," she said.

To combat the heat, many residents in Schwalm and East halls close their blinds, open their windows and turn on their fans. McKeny said she has six fans in her dorm room to keep cool on hot days.

Not everyone is entirely dissatisfied with the lack of air conditioning. Trinity Schelich, who lives in Schwalm Hall, says the heat is "not intrusive enough to cause a long-term complaint." This is her second year living in Schwalm and she loves it there.

Lloyd says he stays in East Hall despite the heat because it is "cheaper than all of the other dorms." He says it works because he is a low-maintenance person and when he gets hot, he just takes showers and continues on with his day. Residents in the

halls with air, Helman, Garver, Oakwood and the East Street apartments, seem satisfied with their conditions. "Air conditioning is the best thing ever, I love how cold it is," said Elyn Sallee from Helman. Caleb Murray of Oakwood says the athletes especially enjoy the air after practice.

But even the air conditioned residence halls have their flaws. "Occasionally the vents (in Oakwood Hall) make weird noises, which can effect sleeping and studying," Murray says.

Kelly Iler, who is a singer and former resident of Helman Hall, said that last year the air conditioning was not turned on until mid-spring. It really affected her asthma and allergies and she could not breathe to sing, which is really important to her.

She now resides in the East Street apartments where she can adjust her air conditioning as she pleases.

Around Campus

Opinion: 2 txt or not 2 txt- that is the question

Both Students and Faculty Struggle With Phones in the Classroom

Caleb Noffsinger
Staff Writer

The words “turn off your phones” can seem like a death sentence to many students. We have grown up in a society where we require staying in touch with friends, even in the most inappropriate of places. We have to be in the now of our lives.

But how far is too far?

Yes, there are times that texting is important to know crucial information. In college there are remarkably less students texting in class because of a general increase in maturity, and the heavier workload of classes.

Yet there are still some who text with the “under the table,” or via the “I am looking in my purse” tactics, but the truth is that most professors do notice these actions, they just choose not to confront the student due to the fact that it would be a major distraction. But they do notice.

Yet there is potential for texting to link up with a class. Professors have begun to hand out their personal phone numbers to students, so in a time where a professor may be available, but



TOUCHY SUBJECT Both students and faculty, like Mackenzie Manee, below, and Dr. Heather Schilling, above, find their cell phones to be useful devices when they need to keep in touch. But recently, questions have been raised about the presence of phones in both of their lives.

Photos by

not able to check email, the student can still acquire help from him or her. Or the student can use their professor's number to schedule an appointment on the run or just to have a small conversation.

The biggest issue with texting in class is the ability for the phone to be so much more than just a texting device. Many students will use their phones in classes for calculators, voice recorders, calendars and note pads. The problem is the temptation. We have this item that is very useful



Opinion: Can You Hear Me Now?

MU Students Struggle to Keep in Touch

Heather Elson
Staff Writer

“I can't hear you... say that again. Where are you?” This is the typical conversation I have with my mother, when I try calling her from Manchester University. It is very irritating not being able to make calls. I have to sit on the window sill to take a call and that barely gets me enough bars.

Normally, I go outside for calls, but lately those drop just as bad. However, I get almost perfect service in town. In such a small town, one would think that cell service would work everywhere.

“Text not sent” is a common saying on Verizon phones here on campus. The benefit, however, of texting is that you can send a text with zero bars, but with calls you need at least one.

Though I can send texts without any bars, I still have to find a piece of metal to hold my phone against, go to the window, or my personal favorite putting it up to a friend's head.

In addition, it is recommended to have a land line in your room, but

how does that help when you are walking back to your dorm or in the parking lot at night? It does not.

If a cell phone cannot help you in a dangerous situation, it would not be able to save a life either, especially since the safety towers here on campus

were taken out last year. These towers were to be available to students in a crisis; it is more unlikely to happen here at Manchester than other universities, but the “what if's” are still there.

I wanted to know why Verizon hardly works; so I went

to talk to Travis Steele, Help Desk Manager. “Verizon does not own the rights or have towers in Wabash County basically,” he said.

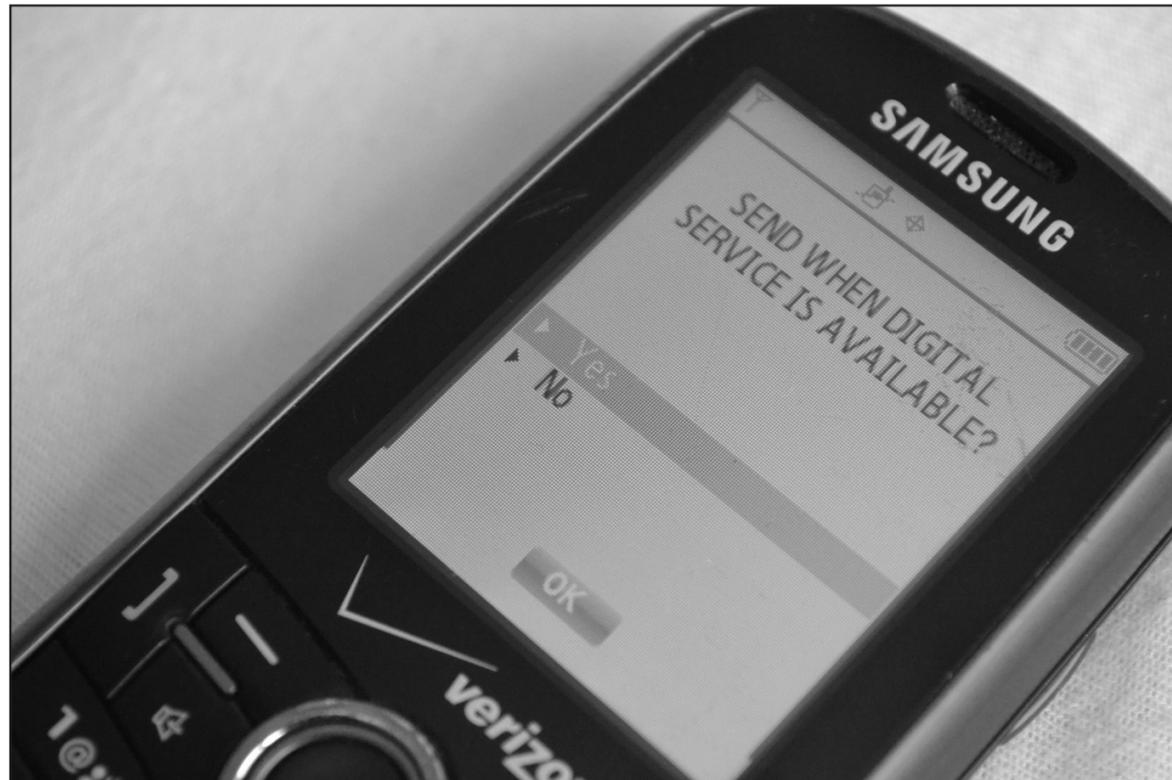
“It comes down to that Verizon does not own the frequency for the 3G service on the [cell] tow-

ers here in Wabash. The thought was if we could get a tower built here on campus, that maybe Verizon would want to utilize that tower. But that was before we knew that they could not broadcast their signal because of the frequency issue.”

He continued: “there are those USB devices that you can plug into your computer and they kind of admit the signal for you. Those don't really work here because of the way the network is... those are an option for residence off campus.”

Students living on campus with this cell service will just have to be patient. “It's possible [for it to get better],” Steele said. “Verizon would be able to provide a better time table, than I could. Verizon is to require the rights to broadcast along the frequencies of Wabash County. I would assume they would see some potential and do something, but who knows.”

We can get Verizon to start seeing the potential need of these frequencies in Wabash County. Write on their Facebook wall, tweet them, email them, call them, or send them a letter; we just need to use any type of communication possible and voice are opinions! They want to see the customer happy! So, are you ready to make a stand for better service? I know I am!



DROPPED CALL Students whose cell phones use Verizon have been struggling with spotty or, more commonly, non-existent service for the past few years. Efforts to improve the use of their phones were dashed when they learned that Verizon did not own the rights to have towers in Wabash County. There is little students can do to acquire good service other than utilize metal poles or great heights.

Photo by Emily Krabach

Around Campus

Creath Returns as Peace Studies Coordinator

Hannah Schutter
Staff Writer

Rebecca Creath is no stranger to Manchester University or Manchester's peace studies program.

Creath is a 2011 Manchester peace studies graduate with minors in sociology and gender studies. With life experience under her belt that includes volunteering with the Brethren Volunteer Service, studying abroad in Northern Ireland and, this summer, interning at the Death Row Support organization, Creath brings great ideas and a knack for helping out the community to her new job as Peace Studies Coordinator.

Creath, who hails from Fort Wayne, landed at Manchester due to its affiliation with the Church of the Brethren, and said it was "a natural choice" after volunteering for a full calendar year with the Brethren Volunteer Service after high school.

"The [Manchester] community has been a wonderful place for me to be," she said. Now she is giving back to Manchester students by working in the peace studies department alongside Professor Katy Gray Brown.

As far as her duties go, Creath plans Kenapoc meetings, helps students in the department and does a lot of

organizing. Creath states that due to this planning, the peace studies department is able to be very involved locally fulfilling the activist side this major calls for. Her coordinator position allows the peace studies program to have a strong sense of community.

Creath "fell in love with sociology" and added peace studies and gender studies because she "felt the three work well together." One who is big on applying her skills, Creath showed her passion for change by implementing the Tray-less Campaign while still a student at Manchester.

Along with Erin Cartwright, Creath felt that the trays were unnecessary for the environment and worked to rid our dining services of them, a policy that is still in effect.

"[The tray-less campaign] shaped my understanding of the power of people," she said. Right now, in the midst of planning events for students to attend such as the Cash Mob in Fort Wayne and Manchester's own Peace Week, Creath has plans to attend graduate school in the near future.

Creath hopes to take all of her hands-on experience as well as her wealth of knowledge from her multitude of academic studies and hopefully become a professor of soci-

ology.

When she is not working hard as Peace Studies Coordinator, Creath enjoys spending time with her friends, knitting and reading. She really enjoys the job that she "devotes her full energy and time" to and considers her position to be a great opportunity. Creath said it allows her "one more year of development [before graduate school]."

Due to her plethora of interests within her fields of studies and constant involvement and participation in causes, Creath has big dreams. Does she want to change the world? "Of course," Creath replied.



GLIDE ON THE PEACE CRANES Rebecca Creath, a 2011 Manchester peace studies graduate with minors in sociology and gender studies, returns to campus to serve as the new Peace Studies Coordinator. Her position involves planning Kenapoc meetings, helping students in the peace studies department and organizing various events.

Photo by Kellen Wilkening

Sociology Department Welcomes Hern to MU

Kaitie Kemper
Staff Writer

When notable Harvard sociologist William Julius Wilson came to Central Methodist University in Fayette, Missouri, to speak about poverty, welfare, and overcoming social problems, sophomore Lindy Hern heard his message loud and clear.

Hern, a Kansas City, Missouri, native, took Wilson's lessons with her to Manchester University's Department of Sociology and Social Work in July where she is serving as a visiting assistant professor. She is staying for a full academic year to fill in for Dr. Abby Fuller, who is currently on sabbatical. The courses she is teaching include Social Work, Introduction to Sociology, and Cultural Anthropology.

During her undergraduate years at Central Methodist, Hern studied and obtained bachelor's degrees in sociology and French. Although she studied abroad in France the summer after her sophomore year, her main focus remained on sociology.

"I decided to become a sociologist because I was really concerned about issues like poverty, welfare, and social justice," she said. I want to do something like

this so I can make people's lives better."

After graduating from Central Methodist, Hern received her master's degree and Ph.D. from the University of Missouri. While studying social movements dur-

ing graduate school, she decided to pursue a gender/feminist theory study on roller derby in 2007. Hern, who was in on the ground floor of the Columbia Roller Derby League, published her first article based on the roller derby

movement.

Known in the league as "Starr Destroyer" because of her middle name, Starr, she used her year of roller derby involvement for research, rather than playing competitively. "I was in it when we were still learning the rules, and learning to skate," she said. "From that, in one of my graduate-level seminars, I did some interviews about roller derby." These interviews helped fuel her article.

Although one of her areas of expertise is gender studies, Hern's main area of research revolves around single-payer healthcare reform. She has one article about this topic published, and another in progress. Hern studies this as a social movement, and not a policy, which can be seen in her dissertation,

"Everybody In and Nobody Out: Opportunities, Narrative, and the Radical Flank in the Movement for Single-Payer Health Care Reform."

After teaching autonomously at the University of Missouri for five years, and serving as an adjunct professor at Saint Louis Community College, Hern brings her experience in sociology and peace studies to Manchester University.

"You can make

things better for people by understanding what is going on within your society," she said. "And when I teach sociology, I try to bring that across to students so that they start thinking about their social world and their place in it."

Along with the available sociology position at Manchester University, Hern was also attracted to the campus because of its mission statement, liberal arts curriculum and shared values. "My favorite part of Manchester University is the people because everything else about the university that I like really stems from the people that are here," she said. "The students are great. The faculty is great. They all seem really concerned and engaged not just on campus, but elsewhere outside of campus. They care about some of the things I care about like social justice."

Her journey has come full circle. Instead of being a college sophomore listening William Julius Wilson speak, she will be dining with him following a conference for the Association for Applied and Clinical Sociology in Milwaukee, Wisconsin, in October. Her future in sociology remains goal-oriented. "A huge goal is to get my dissertation published as a manuscript," Hern said.

Aside from sociology, Hern enjoys editing videos, and has even made a documentary about her mother's side of the family. She is also a performer, and likes to sing and act.

Along with theatrics, she enjoys reading, and is currently hooked on "The Hunger Games" series. Her two dogs, Sophie and Phoebe, and her pet rabbit, Rorschach-- more affectionately known as "Killer"-- keep her on her toes as well.

This is her first time living out of state, which means she is separated from her immediate family in Kansas City. She has two brothers, Nathan and John. Her mother is a teacher, and her father is a pastor in the United Methodist Church.



SOCIAL PERSONALITY Lindy Hern comes to Manchester for this school year, filling in for Dr. Abby Fuller who is currently on sabbatical. Hern brings a love for the subject she studies and often applies sociological thinking to other interests. While studying in graduate school, she began competing with the Columbia Roller Derby League and pursued a gender/feminist theory study on the sport.

Photo by Kellen Wilkening

Around Campus

Johnson Brings Warm Heart to Library Faculty

Amber Leavell
Staff Writer

Interested in the prospect of a job that encompassed both library instruction and technology, Rebecca Johnson thought the Library Instruction and Emerging Technologies position at Manchester University would be a perfect fit. Johnson came to North Manchester from Harrison College in Fort Wayne, Indiana, although she and her husband have only been living in Indiana for the past nine years.

Originally hailing from Morgan City, Louisiana, Johnson began college at the University of Louisiana at Monroe before transferring to finish her degree at Anderson University. She then completed her Master's degree in Library Sciences from IUPUI in Indianapolis.

She and her husband, Adam, live with their rescue dog Ditters, who Johnson found while she was in college in Louisiana. One day, as she was walking to class, she realized a dog had been following her through campus.

Not wanting to leave the dog outside,

the professor of her music class suggested that she bring him in. During class, the dog fell asleep as they were listening to the composer Carl Ditters von Dittersdorf. Her class

soon decided to name him Ditters, after the composer they were studying, and Johnson took him home.

According to Johnson, he was underfed and in bad shape, and no one

responded to the fliers she posted around. He soon became hers and has been with her ever since.

"There was a time when he wouldn't let you touch his head, so

we had quite a bit to work with," she said. "Now you wouldn't know he was ever that way. We like to say that he lives his life on a velvet pillow."

She and her hus-

band will be welcoming their first child in March, expanding their small family. Johnson is currently in the process of becoming a part of the Big Brother Big Sister organization to participate in a college mentor program.

She and her husband were heavily involved their church in Fort Wayne, Wallen Baptist Church, before moving to North Manchester.

The best part of her job, Johnson says, is the vast majority of the instruction she gets to teach. "I learn so much putting these instruction sessions together," she said.

"It really encompasses the idea of a life-long learner; I get to learn something new every day. I think that's what I like most about it." Johnson is the liaison for the business and accounting department, the exercise science department, and the education department. She also works with the First Year Seminars and the first-year students.

Aside from learning new things at her job and spending time with Ditters, her hobbies include knitting and traveling. "We like to take to take weekend trips around the area," she said. "Finding a little cabin in the woods, we'll take the dog with us."



TURNING A NEW PAGE Rebecca Johnson stands outside of her new place of employment, Funderburg Library, as she takes the position of Library Instruction and Emerging Technologies Librarian. Johnson sees this new position as a way to continue being a "life-long learner" as she describes herself. Along with an excitement for education, Johnson arrives to campus with a warm heart that reaches out to anyone, rescue dogs included.

Opinion: Room-Switch Day a Breeze for Students MU Hall Directors Make Process Easy, Accessible

Mike Dixon
Staff Writer

Room-Switch Day has been looming over the distance for quite a while. On this particular day from 10 am to 3 pm, students are able to go the upper floor of the Student Union to move into a room with an open spot. Students wanting to move into a completely empty room must have a roommate to move in with them.

Five desks are set up, one for each of the halls and one hall director to represent their hall. There were even some seats set in the middle of the wide room, giving it a feeling reminiscent to the dreaded BMV waiting capacity.

I was a Garver Hall resident desperate to switch to East Hall. I arrived a full hour late due to overlapping class, so I expected to wait in a long line only to find all the rooms filled.

I was happily mistaken.

Room-Switch Day turned out to be well organized and relatively painless. When the floodgates opened at 10 am, only a trickle came out. I asked the hall directors to approximate how many changes they see happen on average and their overall guess was 19 students over the whole five hours. In reality, only 15 students decided to change rooms this year.

They were each bored and spent most of the time doing what we students would be doing: using computers.

That's not to say they accepted their duties grudgingly. Placed in a void with no other means of en-



ONE HELPFUL BUNCH Hall Directors, two RA's and Allen Machielson, director of Residential Life, take a moment from their busy day to enjoy each other's company over lunch. The five HD's were all available in the Upper Union last Friday, Sept. 14, to help guide students through the process of Room-Switch Day. This day is the one time that students are able to change rooms either within the same hall or across campus without any questions asked.

Photo by Emily Krabach

tainment, I saw a thriving fellowship among the hall directors. Michael Corsey, a new director monitoring Oakwood Hall, gave some much needed energy to the room with music and a dance routine.

Kevin Prothero, the director of Schwalm Hall, was constantly throwing witty remarks across the room to Corsey and vice versa.

No one seemed inapproachable and all were

eager to aid incoming students whether they wanted to change rooms or just to socialize. In fact, most of the people I saw were resident assistants wanting to say hello.

It would be safe to assume that students are happy with their current rooms. "There aren't much problems with their rooms," said Janell Jacowski, director of Garver Hall, "Just adjustments." The majority of switching students are first-

years who have just gotten to know people.

Not many people switch halls entirely, but rather jump to neighboring rooms that offer a more entertaining roommate.

Those who do wish to change halls should remember that suite-style halls are rarely empty but East and Schwalm usually have some empty rooms. This year it seems that not many students were turned down. In past years there

have been a slight morning rush or lunch rush, but nothing so bad to show up an hour before the doors open.

If curious, one could email any hall director beforehand and ask which rooms are open, but they can't be claimed until this room change day.

I was satisfied with the amount of help available, but I had to make an effort to get it. I talked to RA's and emailed hall di-

rectors, all of which were helpful in their own right. In the end, I landed a nice room in East with the roommate I wanted.

It's also nice to know the hall directors. They're paid to help students with switching rooms, but they'll entertain for free.



Spartan Sports



MU Spartans Volleyball Picks up Momentum



READY TO RUMBLE The Spartans volleyball team stands together prior to the start of a recent match. The team is currently on a roll, as it holds a 9-5 record on the season and has won six of its last seven matches. The next event of the season will take place tomorrow afternoon when the team travels to Kalamazoo to face both the Kalamazoo Hornets and the Adrian Bulldogs.

Photo by Emily Witvoet

Charlaine Grosse
Staff Writer

The volleyball team seems to be sticking to its goal of the beginning of the season.

Last Saturday, Sept. 15, the Spartans won a four-set over Purdue North Central and swept Wilmington College of Ohio. Are both of those victories due to the freshness of the new MU volleyball team?

The Volleyball team is composed of 22

members, which includes 14 players, 8 coaches, and athletic trainers as well.

With a majority of eight first-year students, MU has a very young team this year. Although they will have to learn that being on a college team is very different from a high school team, this youth could also constitute a noticeable advantage.

They started the season strongly as they finished Aurora, the first tournament of the season,

with 2 wins. Their strategy for this season is to really work hard, especially on their defense, and their goal is to beat the strongest teams.

To get the new recruits settled in and off to a flying start, the first-year team members have had a summer of working out with lots of weight-lifting, conditioning and also playing volleyball in order to get back in the mood.

During the season they practice almost every day from 3 to 6 p.m.

in the Auxiliary room at the PERC.

This is an intensive, very competitive and overall a team sport.

So how do the new recruits deal with all those changes? According to the others members of the team, Devin Clark, a 19-year-old first-year, said that it is tough to reconcile trainings and classes. "Sometimes it's really hard to bond with the two," she said. "For instance when you're really tired after volleyball prac-

tice it's hard to push yourself to do homework. But we have to, we have no choice, we are students first."

As regards the difference between her high school team and the university's is that her team now bonded a lot faster than her high school team did. "My high school team did not get along well and it prevented us from reaching our full potential," Clark said. "I played for a team that was supposed to break every

school record and make it to state finals, but the girls hated each other so we lost in the final match in sectionals. My team now is the complete opposite; we get along great and have bonded really fast on the court together."

She added that they are an actual team now, and they play for each other rather than for themselves. This is necessary to be a successful volleyball team.

Clark, whose specialty is middle blocker, also wanted to add that one noticeable difference is the speed of the game. "High school is played a lot slower than college," she said. "College teams do a lot more quick hits so it speeds the game way up and makes it hard to sometimes read the setter to set up the block."

She continued saying that it's tough being a first-year on the team because you have to push yourself beyond your limits. "Being out on the court playing is what it is all about and that's what I love to do," she said. "Pushing myself in practice helps me improve when it comes to game time."

On Sept. 18, the Spartans were victorious on the road at IU-Northwest. The Spartans swept the RedHawks, winning all three sets by scores of 25-11, 25-14, and 25-14 respectively.

The next match for the Spartans will take place on Sept. 22 at Kalamazoo.

Athletic Trainers Treat Injuries, Provide Support to Athletes

Ariel Smith
Staff Writer

For Manchester University's athletic training department, the days are not short. While covering sporting events, including practices, is a huge part of their jobs, so is teaching and advising.

Student athletes make up a big portion of the student body and Manchester University participates in 19 different intercollegiate sports. That makes a lot of sporting events for the athletic training faculty and staff to attend.

The athletic trainers help students learn to prevent as well as treat injuries. "We help the athletes stay educated on correct biomechanics of movement," said Jeff Beer, assistant professor of Exercise and Sport Sciences as well as the undergraduate program director of athletic training education.

"If we notice something odd, we help educate

athletes on nutrition during the summer or preseason time to properly take care of themselves."

For the athletic training department as well as student athletes, there is a lot of work to be done, not only during the school year but before the season even begins. "The staff was very knowledgeable; they not only helped me get back on the tennis courts, but also taught me what I needed to know to stay safe and healthy throughout the remainder of the season," said Manchester alumna Emily Vail.

Besides being at sporting events, the faculty and staff of the athletic training department also teach classes. Three staff members also act as student advisers for the department.

For Beer, summers are used to prepare for courses he will teach that year as well as to attend conferences and look at new research for treatments of injuries.

The department faculty also act as mentors to all students at Manchester University. Students sometimes need motivation, including student athletes and the injuries they are working to overcome.

"We are mentors during the season and are also individuals who listen to a lot when it comes to the psyche of the athlete," Beer said. "We are friends to the athletes that need a person to talk to and we are the motivators to the athletes when they do not believe they can get through an injury and get back to play."

The whole department is as busy as it can be, working for the athletes to keep them healthy and happy. Strong bonds are formed between students and trainers due to the substantial amount of time spent together working not only on the field, but also in the classroom.

Athletic-training students are also an important part of this de-

partment. Those that are already accepted into the program are required to do a number of different activities including class work and observation. There are currently 38 students in this program with another 27 that would also like to be accepted into the athletic training major.

The whole faculty and staff work together to keep everything running smoothly. It may be a lot of work for one day—teaching and attending events—but Beer says he likes it. "I think we all enjoy that it is different every day which makes it interesting," he said.

"We love teaching and interacting with students. We love mentoring and making a difference in the students' lives. We love promoting our profession by doing a fantastic job and educating our future athletic trainers."

August Athletic Training Student of the Month



Brooke Waddups

Hometown: Logansport, IN
Future Plans: Become a Certified Athletic Trainer and attend Physical Therapy School
Activities: Athletic Training Student for MU Football, Secretary for MCATC



Spartan Sports



Men's Soccer Plays, Bonds in Chicagoland

Ashley McClintic
Staff Writer

After winning their first game of the season last Saturday against Trine, the MU men's soccer team lost a hard-fought battle Wednesday against neighboring Huntington University. The Foresters scored an early first-half goal and managed to keep the Spartans out of the net despite two on-goal shot attempts by seniors Cody Freels and Dian Radev late in the second half. Senior goalie Grant Noakes was also able to keep the net empty for the rest of the game, denying HU five shot-on-goal attempts. After Wednesday, the Spartans fell to 1-4.

"We had our opportunities, but we couldn't capitalize," said junior Connor Seavers. "Overall, it was a good game."

Junior Matt Gray agrees. "[It's] one we

could've won," he said. "We had some opportunities that we didn't finish. That's key that we definitely need to work on."

The men have yet to face a conference team but say that these pre-conference games help them find the best line-up possible to create that winning team.

In this line-up, only one first-year has currently started on varsity. Drew Vergonet, a defender from Elkhart, IN., had no expectations coming into this season nor did he expect to start on varsity.

He explains the differences he has seen between high school and college-level soccer. "[The differences are] speed and physicality," he said. "In high school, I didn't have to go as hard, but in college, you have to go hard every time. It's a bit faster, people are in better shape, and they are stronger."

With six new first-years added to the line-up, there is plenty of bonding to be had. Gray said that the first-years are "integrating a lot better than in the past years." The Spartans were able to do just that as they headed to Chicagoland this past

weekend for some business and fun. The men attended a Chicago Fire MLS soccer game, which seemed to be something of interest that they all had in common.

"The team's full of great guys," Seavers said. "It was definitely a

great team bonding experience."

However, in the mix of fun, there was also business to attend.

On Saturday, the Spartan men faced their first of two St. Louis Intercollegiate Athletic Conference teams: Fontbonne University. With a 4-0-1 record, the Griffins scored early with the only goal of the game, leaving the Spartans with another loss and a record of 1-5. In the first half, Fontbonne dominated Manchester 13-1 in shot attempts and again in the second with a total of 24 shot attempts compared to the Spartan's 6 attempts. MU goalie Grant Noakes successfully blocked 11 goals in 90 minutes.

In their second game on Sunday, the men competed against Webster University. With a staggering total of 20 fouls, the Gorloks defeated Man-

chester in what seemed to be a tight game, 3-2. Webster scored their first goal less than seven minutes into the game, but MU senior Dian Radev punished Webster with a goal on a penalty kick ten minutes later.

Webster's second goal came three minutes into the second half and their third and final just a few minutes after. Junior Matthew Suderman answered Webster's two goals with a Manchester goal of his own, heading in the ball from an assist from senior and captain Carson McFadden to finish off the game.

The Spartan men will have a few days to recover after a weekend of loss and a standing record of 1-6 to play Goshen on Wednesday, Sept. 19, on their own turf.



WARMING UP The men's soccer team stretches at a recent practice. The Spartans will play their next game on Sunday, Sept. 23, at Ohio Northern.

Photo by Randa Gillespie

Women's Soccer Performs Well on Road Trip

RaeAnne Schoeffler
Staff Writer

A weekend in Chicago leaves the women's soccer team feeling accomplished. Having tied their first game this weekend against Benedictine and won their second against Purdue University Calumet, their record to date is 2 wins, 3 losses, and 2 ties.

Although the Benedictine game went into overtime, the team couldn't pull out a win. This did not dishearten the players though, and they beat Purdue-Calumet 2-0 in Sunday's game. Goals in this game were made by sophomore Bridgette Rowe, assisted by her sister Allison Rowe, and sophomore Amber Kent.

"We have high expectations [about this year] because we almost made it to the tournament last year," said sophomore Trinity Schelich. "Our team has great players and as the season progresses I think we'll learn how to connect and take names in

the process."

The soccer team

has been practicing and working hard to earn this

victory. It moved into the University earlier than the

rest of the student body, coming to North Manches-

ter Aug. 17 to prepare for their first game on Aug. 31.

Practices usually contain a team warm up such as jogging and stretching. Then they go through the main part of their workout, and next they have a fitness component that is run by the assistant coach, Brian Knudsen. After all that, the team finishes with a scrimmage or other activity to bring everything together and put the workouts to a practical use for the game.

"When the last season ended we [the team] felt positive. We created expectations and work hard to try to reach those expectations," said Head Coach Andrew Stout. "I think the expectations for the final outcome of the season are still the same. The start of the season has been a little bit bumpier than we would have liked but we are headed in the right direction."



GAME ON! A Manchester women's soccer player prepares to throw the ball back onto the field during a recent game. The Spartans are currently 3-3-2 this season, following the team's 8-1 victory over Andrews University on Tuesday, Sept. 18. Tomorrow, the Spartans will hit the road to face Oberlin in a non-conference matchup.

Photo by Alexah Parnin

Women's Tennis Plans on Successful Season

Lauran Gady
Staff Writer

The Manchester University women's tennis team has gotten off to an auspicious start with their season that started a week before classes on Aug. 23 and will be over before Oct. 14. With two seniors, five juniors, and three first-years it is a well-oiled veteran team that so far is 1-2. The close-knit team is already planning a shirt tie-dye and pizza night to encourage camaraderie for the small group.

The team played Hanover Sept. 8 and lost 5 to 4, but beat Adrian 5 to 4. Transylvania came in Saturday, Sept. 15 and were the defending champions of the tournament at the time. Before the tournament, Coach Eric Christiansen was optimistic about the team's performance. "It'll be good,"

he said. "We were picked third in the pre-season, and we're hoping to at least get that or better. We want to win the whole thing." However, the Spartans lost to Transylvania with a score of 6-3.

Most of the girls chose Manchester because of academic reasons, but tennis is still a big part of their University life. Because the tennis team has a majority of seasoned players, they're allowed to take on big-sister roles in showing first-year players what to expect. "They just sort of guide them along and help them get acclimated," Christiansen says.

Alyssa Dibley is a senior on the team and is enthusiastic about the season. "She's been through the highs and the lows and came in when we had a new team with all those freshman," Christiansen said. "We were low down

on the totem pole. We've worked our way up so she's been on some good teams and some not so good teams. She's been a good leader for us."

Dibley characterizes her role in a similar manner. "I see myself as partly the team leader as

far as cheering people on and I just try to get everyone to sort of be a leader since there're only 10 of us it's just kind of hard for one person to be out there all the time," she says.

Kara Gilley is a junior on the Manchester University tennis and while

being number two the past two years she is now playing number one. "She has been a good player for us," Christiansen says.

Gilley works as a sports information assistant and enjoys watching football and baseball when she can, and is in many clubs. "Each girl is dealing with trying to get transitioned into tennis and deal with her schedule," Gilley said.

The coach understands their dual commitments. "If someone can't make it to practice for academics I'm pretty lenient about it," Christiansen says. "They make up time in both class and tennis. There's a rule that they can't miss class for a practice. They're not here for tennis first, its academics first."

Gilley notes that she is sometimes hard on herself. "But believe it

or not, I think one of my strengths is that I don't give up when I get down on myself," she says. "I'm going to work to do whatever I can do."

Alli Heeter, a Northwood native who went to semi state with her high school team, is in her third and a half year playing at MU, and didn't start playing until the spring season of as a first-year. "I'm a leader at times, but I'm also the type of person that has a really quiet personality too so I don't really lead with my words I lead with my actions," Heeter says.

She alludes to how close the team is and that being able to talk about anything keeps the team together. "If we're down everyone will go and cheer for the girl that's down or not playing as well so we keep each other up," Heeter stated before practice.



TENNIS, ANYONE? The women's tennis team poses for a photo at a recent match. The team's next match will take place tomorrow at home against Earlham.

Photo by Maia Marusak



Opinion



New Package Notification: Hit or Miss?

Josh Vardaman
Staff Writer

If you have not already realized, the Manchester College Campus Store has changed its ways of letting students know that they have received a package. Instead of getting a paper notification in your mailbox as in the past, an email is now sent to your campus account informing you of the delivery. The new way of being told about your present from Mom and Dad is causing big problems throughout the student body, and needs to be changed back to how it was.

This new method is inefficient in multiple ways. The packages arrive on campus sometime around noon or 1 p.m. every day, so emails get sent out shortly thereafter. The problem with this is that most of the student body eats lunch between noon and one, so we receive this email while we are eating and have no idea we are missing an opportunity to get our prized packages. If the yellow paper method was still being used, we would know about our packages and pick them up right after lunch, instead of going all the way back to our rooms before realizing we have a terrific present.

Emailing us also causes a problem because we do not get to enjoy the awesome paper. The thrill of getting a yellow piece of paper in your mailbox when you receive delicious cookies from your grandma has been replaced by a not-so-thrilling email signaling you have a delicacy awaiting you in the Campus Store. First-year readers will never be able to experience the pure happiness of seeing that little yellow jewel sitting in your mailbox, and I feel very sorry for you.

The email system at Manchester has also never been the most trustworthy part of this institution. The internet is on the fritz more than what is desired, and if the internet is not working then emails

about our packages cannot be received. Our packages could sit in the Campus Store for days, and we would be totally oblivious. Grandma's cookies would get a little harder, and lose some of what makes them world famous. If the Campus Store switched back to using the sensational yellow papers we wouldn't have to worry about technology and all of its mishaps, and Grandma's cookies would be cherished at just the right time.

Heather Gochenaur, the manager of the Campus Store, has logical reason for the change, however. "It limits the chances of the yellow papers getting lost, cuts down on paper waste, and saves us a lot of time in the morning," she said. "Feedback from students has also been very positive."

Junior Luke Bentley, an advocate for the new system, agrees. "I love the new system," he said. "I thought the old system was a big waste of paper."

These problems, except for losing the papers, could have been faced in different ways instead of eliminating the system altogether. The Campus Store could have used recycled paper to limit paper waste, and they could have hired one more person to organize the packages. As far as losing the papers, that falls on the students and our responsibility skills.

The Campus Store is run very efficiently, but it could be run a lot better if the switch back to yellow papers was made. It would be easier on students and cause one less stress in our very stressful lives, and from my experiences with the old method of receiving packages I can honestly say it was working just fine. I believe the old phrase, "why mess with a good thing," fits very well with this situation, and I am begging the Campus Store to please make the switch. You will not regret it.



NO YELLOW SLIPS The Campus Store switched to a new package notification system this year. Students will no longer receive yellow slips of paper that inform them of a package arrival. Instead notifications will be sent via their student email. While this new system is more environmentally friendly, it has received push-back from students for its lack of convenience and promptness. Students want the ability to receive their packages in a timely manner, while the Campus Store seeks to reduce paper waste. Is there a compromise available?

Photo by Joseph Stuart

Women are Few and Far between in Math

Sarah Carman
Staff Writer

When I walked into my discrete math class last spring, I immediately noticed that I was part of the minority. There were 17 students in the class, 13 of whom were male. I was one of only three women. I had a similar experience when I arrived at my linear algebra class this semester. This time there were 11 students, only two of whom were women.

Recently I have pondering why this is so. Why are math and math-related sciences almost entirely male dominated? There are numerous factors that have been blamed for this pattern, but none of them seem to completely explain the problem.

Many people believe that society is to blame. Some studies show that young girls simply do not seem to have an interest in math. Is society

pressuring them to feel this way, or is this just biology? Others believe it is discrimination, and some even believe that ability is the problem. Are women just not as smart as men when it comes to math?

Marcus Wyatt, a math and physics major, is taking a modern physics class in which only 1 of 9 students is a female. "I don't think that women just aren't good at math," Wyatt said. "Anyone can be good at something if they try hard enough." He thinks that it is more about women's interests. "I just don't think as many women actually like math," he said.

Professor Young Lee, who teaches mathematics at Manchester, also thinks that the problem is based more on just women's preference. She doesn't believe that men are better than women at math, or even that women just do not like math.



WORKING WOMAN Math and computer science associate professor Young Lee works in a male-dominated field. Some female math students have even noticed skewed gender ratios in their classes.

Photo by Briana Bass

"There are so many female math teachers," Lee said. "They become math teachers, so they must like math."

One reason for the gender imbalance may just be the career options available to those studying in math. Most math majors end up in a career in a math-related science such as engineering. As Lee said, most women do not want to do hard work outside or work with machinery. "When you break your alarm clock, you may ask your brother to fix it," Lee said. "You rarely ask your sister to fix it."

Another factor may also be motherhood. A job that takes too much time may not be appealing to a woman because she wants to be home with her family. This could be why there are not as many female math professors. Women do not want a schedule that changes all the time—they want to be

with their families or taking care of other responsibilities.

We may never know the real reasons, but I hope that things continue to change and more and more women discover how interesting math can really be.

Spartan Sports

Soccer Women Look to Season with Youth

Nikki Workman
Staff Writer

It is an obvious fact that this season's women's soccer team has a sense of youth in their ranks. Seventeen out of twenty seven athletes are freshman, which could pose a possible threat to the game.

According to head coach Andrew Stout, the team is working together phenomenally. "The returners help keep the new members on the same page, and the new members are respectful," he said.

As the season is underway, progress is always looked at. Coach Stout believes that the intensity of the girls have improved since their summer workouts and camps. "We are doing pretty well," Stout said. "The record doesn't show it, but we're doing the right thing on the field to succeed."

Goals of the season for this team is always to make the conference tournament, but right now their biggest goal is to place better in the conference than in years before, and have a better record overall. To achieve goals, improvement is always key to any team, and the women's soccer team is no exception. Coach Stout believes that his team needs to work on attacking. "I think a lot of that is going to come with more work," he said. "We are a very young team and everyone isn't there yet."

"Show up, be loud, proud, rowdy," said Stout. "We need fans out there!" The team believes that fans really do sway the crowd, and they would appreciate the support of students especially. The next game is on the road to Hanover on Sept. 24 at 1 p.m., but the next home game is Oct. 8 against Transylvania at 1 p.m.

Cross Country Finishes Near the Top

Michael Paynter
Staff Writer

The cross country team at Manchester College has, quite literally, hit the ground running. Both the men's and women's teams competed at the Indiana University Intercollegiate Meet on Friday, Sept. 16. The men's team finished

The Manchester College cross country teams have had a good start to the season, and both squads look for even better success than in previous years. Senior Jared Carrier, in his fourth and final year on the team, said that in the past they were "lucky to crack the top half" in the conference, but now

In preparation for meets, the team does a series of exercises. Senior Alec Womboldt credits the team's workout strategy for success. "Our workouts consist of either threshold runs, which are faster runs that we run 80-85% of our maximum heart rate for a certain amount of time, usually 30 minutes

two mile repeats or one kilometer repeats." Womboldt gives a description of a typical cross country practice. "Typical practice starts with core work at 3:30 for about 20-30 minutes," he said. "We then start our warm up full of drills and plyometrics, that strengthen and warm our muscles up. We then do a

mileage." Not to be overlooked, the women's cross country team is pushing for a third berth in the HCAC spotlight. Karla Madrigal considers the team's standings. "We lost a few great seniors, but I don't doubt that we will be conference champions for the third year in a row, and with the runners we have now, I wouldn't be surprised if we made nationals," said Madrigal. "I just run. There are days when I will try to run at a faster pace than others. Sometimes it's hard to push yourself when no one is around. If I work out by myself, I rely heavily on my watch to push myself."

Before starting off on a meet, the team assembles for some confidence and inspiration. "The day prior to our race, we have an imagery session. I guess it's not really a 'pep talk,' but it is meant to help us focus before and during our race," Carrier said. "The men's teams meet for a moment of prayer and circling up," he added.

Under the guidance and leadership of coach Brian Cashdollar, the Manchester College men's and women's cross country teams seem bound and determined to add another HCAC championship title to the shelf by the season's end. Both teams compete again on Saturday, Sept. 24 in the Interregional Rumble at Otterbein. They may even go all the way to the national tournament, and there may be no stopping the cross country teams from conference acclaim.



A WINNING PACE Sophomore Seth Reinoehl runs by the soccer fields during practice to prepare for last weekend's Indiana University Intercollegiate Meet. The Men's squad finished fourth and the Women's squad finished fifth in a highly competitive small-state division race. Both teams will return to action tomorrow at Otterbein College for the Inter-Regional Rumble.

Photo by Allison Hall

fourth out of 15 teams, and the women's team placed fifth out of 14 teams in the female division.

the team has a chance at a third straight Heartland Collegiate Athletics Conference championship.

or more," he said. "If we aren't doing a threshold, we would usually do some kind of intervals, such as

15 minute warm up that is usually two miles or more. From there, we will do our workout or recovery run

Football Begins HCAC Schedule with Victory

Joseph Myers
Staff Writer

The word on the mall is that this year's football team means business, and with recent victories over Earlham and Kalamazoo, the team is proving just that.

The football team currently has had three games thus far with a loss only to Trine. "Last season we went 2-9 and we didn't even have the two wins yet," said Jenny Louthen; the football manager. "But this year the team is off to a great start! We have great guys, and a lot of potential."

Along with hard work, first-year Jack Lowe says the leadership from the coaches and upperclassmen is also to credit for the successful start to this year's season. "The leadership by the coaches and upperclassmen is great!" Lowe said. "Everything is more energetic and there's full team involvement in everything we do. No one is excluded."

This year, the team has an attitude that is obvious to anyone who watches the games. "We know we're better as a team, and that we can do big things," said Vanand Abedian, first-year player. "Full game motivation is important for both the guys playing and the guys on the sidelines. That motivation is essential for a win."

The Earlham game this past Saturday was not an easy win. "We came back in the 4th quarter." Abedian explained. "The offense got all first downs and we came together as a team to win." Louthen, also talking about the

Earlham game, agreed. "The defense and offense stepped it up a lot," he said. "Overall we did really well." The Spartans beat Earlham 17-13.

This week is a "bye week" for the Spartans, which is sports terminology for not having a game this week. But just because it is a week off from games does not mean it's a week off from practice. The week will be full of drills and perfecting plays in preparation for their next game.

All this time spent together is bound to bring people closer to one another. "The football team is like a big family," said Keeley Gerhold, a football manager. "Everyone respects one another, and they look out for each other on and off the field. When one person does something wrong, everyone does something wrong. Everybody is held accountable, and that is how they learn to work as a team."

Oct. 1 the team plays a home game against Rose-Hulman, and the next home game, which is also Homecoming Weekend, is Saturday, October 8. "The more support we get from our fellow students, the better the players will do." Gerhold said. "Go out there, release some anger and yell a bit, it really helps!"

Vanand appreciates every person that comes to cheer them on. "We're going to dominate the other teams, and we would love for more people to come see it happen," he said.

August Athletic Training Student of the Month



Jenny Smith

About: Senior working with football
Hometown: Fort Wayne, IN
Future Plans: Pursue a nursing degree
Activities: SHAPE, MCATC, AT mentor, 3-year soccer player



Spartan Sports

Football Looks Forward to Upcoming Games

David Lloyd
Staff Writer

For many North Manchester residents, the fall brings chilly weather, leaves changing color and Manchester University football.

Although the Spartans, who have started 0-3 on the season with close losses to Trine, Kalamazoo and most recently Franklin, may not have started out as strongly as anticipated, the players remain upbeat and optimistic about the remaining games.

Junior linebacker Tyler Stevenson maintains excitement for the rest of the season. "We are a young team, improving and gaining experience," said Stevenson, from Valparaiso, IN. "Our four junior starters on the offensive line help our young skilled position players make plays."

The starters, Eric Courter, Adam Cantwell, Cody Larimore and Tommy Webster, help constitute one of Manchester University's strengths on the offensive side of the ball. Protecting quarterbacks Logan Haston (Avon, IN) and Nick Williams (Fort Wayne, IN), the group of veterans has only given up ten sacks in their three games against strong opponents. The quarterback duo played impressively this past weekend, combining for 287 yards through the air and 24 of 37 passing with a touchdown and an interception.

The Spartans' defense is also nothing to scoff at, giving up only five touchdowns before facing Franklin College, the 20th



HOME AT LAST On Saturday, Sept. 15, the Spartans fell to the Franklin Grizzlies in the team's home-opener, 27-48. Although the Spartans are currently 0-3 this season, the players remain upbeat and optimistic for the remaining schedule. The Spartans will travel to Terre Haute, Ind., tomorrow to face the Rose-Hulman Fightin' Engineers in a Heartland Collegiate Athletic Conference matchup. The game is set to kick off at 2 p.m.

Photo by Kellen Wilkening

ranked team in the nation, despite their 0-2 start. "We have a young defense that can make plays and has big potential for the future," Stevenson said.

One member of this young defense is Taylor Anglemeyer, a first-year defensive back. "It has been a smooth transition so far," said Anglemeyer, who hails from Wakarusa, IN, of moving to the college level. "The speed of

the game is faster and the players are much bigger."

Although he has seen most of his field time as a member of the junior varsity squad, Anglemeyer feels as though he has improved with the help of the coaches and older players while practicing and traveling with the varsity team. "They've been really helpful critiquing my technique and improving my overall knowledge of the game,"

he said.

Although they remain optimistic, both Stevenson and Anglemeyer both see consistency on both sides of the ball as a problem thus far throughout the season. Both have ideas on how team could improve. "I'd say being more consistent," Anglemeyer said. "We have several times where our defense has played well and our offense has not

and vice versa. If we can get both to play well at the same time, we'll be a tough team to beat."

Stevenson looks for the same thing. "Be more consistent, do more on offense, and have better communication on defense," said Stevenson optimistically.

With seven more games remaining, the Spartans look to greatly improve on their current

0-3 record. The team will visit Rose-Hulman this Saturday and then Bluffton on the following weekend.

The Spartans will finally return home Oct. 6 to face Defiance, and then Earlham on Oct. 13 for Homecoming Weekend.

The Junior Varsity Squad will play its next game Oct. 8 at Anderson University.

Cross Country Teams Prep for Pre-Nationals



PRACTICE MAKES PERFECT Members of the cross country team practice for the Indiana Intercollegiate Meet, which took place last Friday. Both the men's and women's teams finished in the top ten at that meet, as the men placed fourth and the women placed sixth. Both teams are now preparing for the next meet of the season, the Pre-National Meet, in Terre Haute, Ind., on Saturday, Oct. 6.

Brock Ireland
Staff Writer

The Manchester University cross country team proved they were a force to be reckoned with at the Bluffton Invitational on Sept. 8.

Having earned the

top five scoring positions, the Manchester women ended the Invitational with a perfect score. The Manchester men did not receive a perfect score, but they also won the Invitational and returned home as champions.

"Our big test will be this Friday when we see the rest of the 'top' teams in the conference," said Coach Brian Cashdollar. Cashdollar is in his twelfth year as head coach of the team.

He prefers to

coach with positivity, by giving runners goals, both individually and as a team.

Cashdollar stated that the goals for this meet were to be aware and to come away from the meet healthy and positive. This coaching style seems to

be effective since Cashdollar has been named HCAC Coach of the Year the past three years, along with Coach of the Year in 2003.

Junior cross country member Jordan Collins commented on Cashdollar's coaching style. "Coach

sets goals for us during the week," he said. "We also set individual goals the day before the race."

A week after the successful Bluffton Invitational, the Manchester team set off for Terre Haute to compete in the Indiana Intercollegiate Championships, which is a good look into how the conference meet will play out. "We know that the competition this weekend is important," Collins said. "We have amazing competition on a tough course."

At the end of the day, Manchester ended with a top ten finish from both the men's team and the women's team. Top placements for Manchester came from Junior Curtis Nordmann and Senior Karla Madrigal. Nordmann finished the course in ninth place with a time of 26 minutes flat, while Madrigal was seventh with a strong time of 19:04.

At the halfway mark for the season, the team is proving that it is a fierce competitor. They are now preparing for the Pre-National Meet on Oct. 6.

They will then round out their season with the Manchester Invitational, the HCAC Championships, the Great Lakes Regional, and the NCAA Championships.

Photo by Vivien Carter