



# The Oak Leaves



Manchester University Issue XVII - April 26, 2013

## Peace Week Ends With ‘Concert on the Lawn’ ‘Mutual Kumquat’ Returns to Manchester, Sings for Peace

Charlaine Gorsse  
Staff Writer

The annual concert closed out Peace Week and gathered people on the lawn, behind the Administration Building on April 20.

From 1 to 5 p.m., students, faculty and community members came to the lawn to enjoy the concert under the tent.

Stephanie Barras, a senior English major who comes to Peace Week's concert every year, enjoyed the whole afternoon. "I think the concert was really good this year," Barras said. "I was glad that it was outside, although it was a little cold."

Barras also enjoyed the multiples activities tables set up by organizations all around the big tent. From the homemade free popcorn table, to the WBKE's one and their bubbles, you could tie and dye your white T-shirts, get a henna tattoo from Manchester Activity Council, or a blue ribbon to promote campus unity at the 7 Days Of Solidarity table. Brethren Volunteer Service, the Campus Ministry, Residence Hall Association had tables to represent them as well.

The traditional way is for the concert to be held on the Mall. However, over the last years, thanks to the rain, the concert was held in Cordier or Wampler auditorium. This year, the lack of rain allowed the concert to go outside, on the lawn behind the Administration Building because the mall remains closed.

Kelsey Baillie, a first-year student majoring in biology and chemistry, enjoyed the weather and Mutual Kumquat's performance. "It's a pretty day, we even have the sun out,

Kumquat met over ten years ago, here, at 'Manchester College'. The band already played for youth conferences at Manchester University, or the Manchester Church of Breth-

do," said Seth Hendricks, leader of the band. "Indeed, all of us grew up in the church of the Brethren which in very much rooted in this movement, pacifism and alternatives for war,

their lyrics. They entitled their album "the black spark," because of the black spark shootings. "We wrote Baghdad morning, a song about the Iraq war," Hendricks said. "We

also played the Peace Week annual concert last year, enjoyed performing outside. "This spirit this year is definitely way more 'Yeah, Peace,' and it was represented well today,"



**MUTUAL MELODIES** 'Mutual Kumquat,' a band composed of former Manchester students (with one addition), returned to the University on Saturday, April 20, to perform for the 'Concert on the Lawn,' closing Peace Week. Those who attended the concert enjoyed both the music of the band and the cold yet sunny weather that allowed the event to be held outside for the first time in several years. 'Mutual Kumquat' was asked to return for the Peace Week concert for the positive and peaceful messages it conveys through its music and lyrics.

Photo by Felicia Nichols

the concert was very good and upbeat and everybody seemed to have a great time," Baillie said.

The band Mutual

ren. "We decided to come to play for the peace week concert because it speak to the music that we

etc. I think it's something that each of us have been taught by our community."

Mutual Kumquat also addresses peace in

really try to send a positive message in our lyrics rather than a reflection on the violence."

The band, which

Hendricks said.

## MU's Mock Trial Hosts Bowling Tournament

Hannah Schutter  
Staff Writer

In an effort to raise club funds and allow the student body to get familiar with their activities, Manchester University's Mock Trial team hosted a bowling tournament this past Tuesday, April 16.

Called "Trial by Pins," the tournament hosted 12 teams and was the first time the Mock Trial team hosted an event like this. James Harry, Mock Trial's president and a sophomore economics major and political science minor, stated that the funds would be used to pay for travel fees but he would also give some money back to the political science department.

The Mock Trial team generally attends three competitions. This year they competed at Bloomington, Illinois, Ohio Northern University and the University of Notre Dame, which held the sectionals for Mock Trial.

Coached and advised by Professor Leonard Williams, Mock Trial is a club that is open to all, but especially encouraged for those students going into law school, those looking to improve how they give presentations and/or

those wanting to practice their public speaking skills.

ing, political science, chemistry and theater. The

is all about getting up and presenting a sound argu-

event is new for Mock Trial, but was very success-

during meal times and enticed the student body with a plethora of prizes. The hosts provided free pizza and pop and offered a chance to win an iPad as well as monetary rewards for the top teams.

Chelsea Butler, a junior, and her team consisting of Tommy Riggs (junior) and Jared Allen (senior) got third place in the competition with the top prize ultimately going to a team consisting of Andrew Ellam (sophomore), Ben Ellam (senior) and Amanda Savell (senior).

"The event was great," Butler said. "It helped take my mind off of school work and just relax." She also commented on the great turn out the event had and remarked that she would like to see the event become an annual occasion.

Harry agreed with Butler. "I look forward to hosting the event again," he said.



**STRIKE!** Students participate in a bowling tournament hosted by Manchester University's Mock Trial Team on Tuesday, April, 16. The event was held not only to help raise funds for the club but to also promote awareness about and interest in the Mock Trial team itself. Those competing in the tournament had the chance of winning several monetary prizes and an iPad. Ultimately, a team consisting of Andrew Ellam, Ben Ellam and Amanda Savell walked away as the champions.

Photo by Felicia Nichols

Harry said that members have majored in account-

team is judged on the presentation of their case. "It

ment," Harry said. The "Trial by Pins"

ful. Members of Mock Trial advertised in the Union

**Inside: Shakespeare ~ 'No Place Called Home' ~ Softball**

# Around Campus

## Kindy Visits Chapel as Part of Peace Week

Kari Cottingim  
Staff Writer

Peacemaker Cliff Kindy visited the chapel on Thursday, April 18, to share his experiences with nonviolence. He encouraged students to explore how they can contribute and discussed the tools he uses as well as the tools we can use every day to promote peace and make a difference.

Kindy is a local-market gardener who joined the organization Christian Peacemaking Teams in 1989. He gradually worked his way up to larger and larger projects, starting in refugee camps and continuing to war zones. He has been to multiple places such as Puerto Rico, Palestine, the Gaza Strip and many more in attempt to spread peace through this world.

One of the most influential experiences for Kindy was crossing into Iraq in 2002 with the Iraqi Peace Team in attempt to prevent the war. Even though it was illegal, there were six to eight delegates that went which contained 10 to 15 people each.

Kindy and his accompanying peacemaking teams were not armed with guns or in special

safety cars when they visited homes. This journey involved many near-death experiences such as almost being killed by a suicide bomber and a car crash, but they were inspired to keep going

they saw relationships form between prisoner and host, and they connected with military personnel in ways they would not have thought possible.

Kindy has seen many war zones and has

war cannot be paid back when you think about the US military personnel who are injured, who are driven to do things that their psyche can't handle, what it does to families, what it does to suicide rates,

the potential to work.

"I didn't start with suicide bombers," Kindy continued. He encouraged students to look into their "peacemaking tool bag" and see the little things that they can use to make

es or saying hi to someone you don't know, it goes a long way to figure out how someone might feel even though you may never have experienced it," he said. Kindy wants students and citizens to ask themselves "how do we take those risks?" and "what kind of steps do we have to do to build up our courage to do those things?"

At the end of the sermon, Kindy explained that crossing boundaries can make you vulnerable. He experienced this first hand when surrounded with violence outside of his home country. Kindy is alive today because the enemy was willing to care for him after he was injured in a crash. "Peace brings us a future that's a better future" Kindy said.

Walt Wiltschek said he asked Kindy to speak at peace week because he wanted students "to encounter people like Cliff who have been to places and have the stories to help people become aware to bring in people like that so students who are looking to find their calling can fulfill their passion."



Photo courtesy of <http://www.thewitness.org/agw/kindy121802.html>

because of the amazing experiences they had. Muslim teams asked to be trained as peacemakers even though they were of a different religion and it was tough to communicate,

experienced their impact and failure to make a true difference. He says that even though we have such a powerful military force, we will not win with these tools. "The costs of

and the men and women who are just destroyed," he said. "There's no way that the cost can be justified; the tools of war don't work but we have tools of peacemaking that do have

a difference every day such as their ears, hugs, and smiles.

Peter Bauson agreed. "You can cross borders on a small scale or large scale whether its language

## Yom HaShoah Held to Remember Holocaust

### The Oak Leaves

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Holly Pawlak  
Staff Writer

"We begin – with silence. The silence of death: the silence after destruction; there are times when songs falter, when darkness fills life, when martyrdom becomes constellation of faith against the unrelieved black of space about us. There are no words to reach beyond the edge of night, no messenger to tell the full tale. There is only silence. The silence of Job. The silence of the Six Million. The silence of memory. Let us remember them as we join our silences." (Yom HaShoah ceremony introduction)

The fight for survival and lamentation of those lost were central to the celebration of Yom HaShoah as those who struggled for survival during the Second World War were illuminated April 17.

HaShoah 2013 marked the 75th anniversary of Kristallnacht (or Night of Broken Glass) and the 70th anniversary of the Warsaw Ghetto liquidation where waves of violent anti-Jewish acts were performed, leaving entire communities devastated. Campus pastor Walt Wiltschek put into perspective the need for peace as he listed a few recent tragedies to back up well known events such as the Hutu-Tutsi conflict in Africa. The recent bombing in Boston, continual war in the Middle East, and the breaching of personal safety close to home have the need for peace higher up on the lists of many. Even still, the want for peace is

not enough. "We always say never again, but it's still happening," Wiltschek said.

Also in attendance was vice president and dean for Academic Affairs, Glenn Sharfman. Giving background to the Day of Remembrance and starting the ceremony, Sharfman added some slight humor to keep the introduction light, but he packed a punch with his insight and thoughtfulness in regards to the subject. Most notably was his encouragement of hope – "We remember, even in a time of mourning, that life goes on," Sharf-

man said.

newly planted tree. Buenos Aires native, Rabbi Javier Cattapan, returned for his third consecutive year to lead the Day of Remembrance ceremony. Cattapan is Congregation Achduth Vesholom's, in Fort Wayne, 21st spiritual leader.

Part of the remembrance process involved placing a stone around the base of the tree and all are encouraged to reflect of those lives lost and place a stone for themselves. "History teaches us that genocide can be prevented if enough people care enough to act," Sharfman



**NEVER FORGOTTEN** In commemoration of the Holocaust and as part of Manchester's annual Peace Week, a Yom HaShoah ceremony was held on Wednesday, April 17, the 75th anniversary of Kristallnacht. *Photo by Vivien Carter*

man said.

In commemoration of the lives lost to the Holocaust, a weeping cheery tree was planted between the Chapel and Funderburg Library to honor those murdered so long ago. The cherry tree is known for its short blooming period; the brief span of life is likened to the short blooming period and the falling petals are often found as a metaphor for a warrior killed early in life. Life's fleeting nature was captured in the

said." Our choices in response to hatred truly do matter, and together we can help fulfill the promise of 'Never Again.'"

# Around Campus

## Students Study 'Shakespeare Behind Bars'

David Lloyd  
Staff Writer

While most students were preparing for Easter Break, hustling and bustling their way home a few weeks ago, four Manchester University students and two professors traveled to Earnest C. Brooks Correctional Facility up north in Muskegon, Michigan, to attend the theatre in jail.

Seniors Kelsey Barta and Jared Snyder, juniors Joseph Myers and Xuny Haley, theatre professor Jane Frazier and English professor Stacy Erickson all traveled the Thursday prior to Good Friday, March 28, to the correctional facility to get a first-hand look at the program, Shakespeare Behind Bars.

Now in its 18th year, Shakespeare Behind Bars is a type of rehabilitation program that takes place in 10 different correctional facilities, seven in Kentucky and three in Michigan. Founded by Curt L. Tofeland, a freelance theatre artist, the program helps teach the works of Shakespeare as well as allows them to perform his plays for various audiences around the region.

Erickson has been interested in Shakespeare since her first year of high school when her school was visited by a Shakespeare acting troupe, and became interested in Shakespeare Behind Bars when she saw a documentary on the program. "It came on television randomly one day, and I was instantly interested and had to watch the entire documentary," Erickson said.

The film, which was released in 2005, followed 20 male inmates within a prison in Kentucky as they learned and per-

formed "The Tempest," a play about revenge and forgiveness, and the inmates are able to understand the play's themes and ideas by applying them to their own lives and actions.



**'LET YOUR INDULGENCE SET ME FREE'** Manchester English students traveled to the Earnest C. Brooks Correctional facility in Muskegon, Michigan, with Professors Stacy Erickson and Jane Frazier to meet with Curt L. Tofeland, founder of the rehabilitation program Shakespeare Behind Bars. The program was designed as a way for inmates to not only learn of Shakespeare's plays through performance, but also to grow from the plays. A documentary on the program encouraged both Erickson and her students to travel and experience the program first hand as they were given the opportunity to sit and meet with participating inmates on Thursday, March 28.

*Photo courtesy of Manchester University Department of English*

Erickson, who wrote an editorial regarding the program during January session, found out about the opportunity

Manchester around 7 am, and was greet by Tofeland and a group of inmates at the prison, where they discussed both life and Shakespeare throughout the day.

Kelsey Barta, an English writing major, was, like all participants, affected in a very positive way by the experience. "This was

a real eye-opening view of how literature can connect people with completely different lives," Barta said. "It helped further my be-



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*Photo courtesy of Manchester University Department of English*

lief that different opinions can be had even when no one is wrong. It was moving to watch prisoners speak about their lives, and randomly break into monologues that were performed right in front of us." Other participants had advice from the inmates that has stuck with them since. "While we were sitting in a

circle, all the students intermixed with the inmates, one of the men sitting next to me turned to me and said, 'We can only con-



**'LET YOUR INDULGENCE SET ME FREE'** Manchester English students traveled to the Earnest C. Brooks Correctional facility in Muskegon, Michigan, with Professors Stacy Erickson and Jane Frazier to meet with Curt L. Tofeland, founder of the rehabilitation program Shakespeare Behind Bars. The program was designed as a way for inmates to not only learn of Shakespeare's plays through performance, but also to grow from the plays. A documentary on the program encouraged both Erickson and her students to travel and experience the program first hand as they were given the opportunity to sit and meet with participating inmates on Thursday, March 28.

*Photo courtesy of Manchester University Department of English*

control two things in life, and those things are actions and reactions,' and that has kept me thinking ever since and applying those words to my life," said Joseph Myers, another English writing major. "These are 'hard' criminals, and they deserved to be where they were, but they have a second chance at life and

they're happy in their situation."

Jared Snyder, like the other participants, had his other experience with prison life, and was moved by the whole encounter, especially by his conversations with individual inmates. "I was sitting next to Gary, a man with 39 life sentences, and we were talking, and he knew he would die here," said Snyder, an English literature major. "It was sad and powerful, because it's so easy to forget that these are real people in here. We aren't rehabilitating them, we're just locking them away."

Along with the impression the experience left upon here, Xuny Haley was able to find some self-knowledge within the prison. "It really helped me to understand my major," said Haley, an English writing major. "It's incredible how powerful words are. We hear that science and math degrees are the only tangible degrees, but seeing these 'huge men and thugs' react so tremendously to words that are hundreds of years old helped remind me that words are not to be taken lightly."

Like the others, Erickson hopes to have an opportunity like this again. "I'm still processing it," she said. "It's a great example of how literature applies to everyone, and every year in my Shakespeare class I tell my students that they cannot understand Shakespeare the way that these inmates can, because they haven't lived and learned the themes like these men have."

## 'The Mayim Quartet' Fills Sunday with Jazz

Caleb Noffsinger  
Staff Writer

Phil Schurger and his group "The Mayim Quartet" brought music to Manchester on Sunday for an "Afternoon of Jazz," when they played seven of Schurger's songs. This group is part of Schurger's project of recording music from his own compositions.

The Mayim Quartet is one of a few of Schurger's groups; however, it is the first that he hopes to record from his many compositions. They have been playing together for only a few months now, but they go back from anywhere from three to ten years. The Mayin Quarter is planning to record about 3-4 albums together.

The group is composed of four members: Schurger on the guitar, Jeff Greene on bass, Cliff Wallace on drums, and the featured instrumentalist was Greg Ward, an alto saxophonist from New York City. The music they played varied from all of the members swaying on stage to the strong beat and powerful sounds and instruments, to very soft, delicate mixtures of tones. Each member had equal importance, each one taking the occasional solo as the others stepped back. Nor did any instrument overpower the others. The

balance and quality was clear and strong, making

He has recorded pieces in the past with other groups,

into new, stronger music. "I believe I have gotten over

walks of life. He has influence from Jazz legends,

project," he said. "I have around 10 albums worth of music that I plan on recording with different bands of the next few years." He seemed very confident in his music and what it can achieve.

The audience was energetic throughout the pieces, and ranged from young children, college students, community adults and elderly from the local senior homes. There were also multiple members of the performers' families present to watch the group play and to be with them in this transition stage as they move toward Chicago to push for their records.

While there was plenty of more available room in the auditorium, those there seemed to really appreciate the music and enjoy the beat. It was a good place for the group to start.



**ALL THAT JAZZ** Jazz fills the Wine Recital Hall on Sunday, April 21, as Phill Schurger and his group "The Mayim Quartet" play several songs composed by Schurger himself. The group played a variety of musical styles for the audience, ranging from iconic Jazz numbers, Brazillian or African Rhythm, and modern classical pieces from the 20th century.

*Photo by Vivien Carter*

for very clear beats and very calming melodies.

The CD that they will publish will be Schurger's first album personally.

however, they were not as strong as he hoped, and ended up leaving them alone and forgetting about them or recycling them

that perfectionism now and I am ready to try again," he said

His music blends different styles from all

Brazilian and African Rhythm, and even 20th century classical for tonal quality and for harmonies. "This is just the start of my

# Around Campus

## Chef Chris Submits Recipes to Cookbook

Kaitie Kemper  
Staff Writer

Manchester University executive chef Chris Fogerty is cooking up quite a name for himself by submitting recipes for his delectable dishes to the well-known Inglenook Cookbook. Six of his recipes have been selected to appear in the most recent edition of the Inglenook, which hits bookshelves across the country in late June 2013.

The Brethren Press has printed a premier collection of recipes under this title since 1901. "I had never heard of it before," Fogerty said. "One of the trustees—Joann Meyers—had asked if I would send her some recipes to submit to this cookbook, and the next thing I know, a year or so later, I get a letter in the mail from the Brethren Press saying 'Your recipes have been chosen to go in the new Inglenook Cookbook.'"

He did not realize that his tasty medleys had become part of a legacy. "I thought it was neat so I emailed Jack [Gochenaur] and Jo [Switzer] to let them know, and Jo emails me back saying, 'Wow! That's amazing! I have my grandmother's old copy of the original Inglenook,'" he said. "I was even more excited after that because she knew what it was. I never really thought of



**RECIPE FOR SUCCESS** Chef Chris Fogerty takes a quick break for a photo with Patty, Chartwells' hostess. Six of Fogerty's recipes will be published in the upcoming edition of the Inglenook Cookbook, which is set to hit stores in late June. California chicken salad, sautéed baby spinach and hot artichoke dip are among his recipes that will be published in the cookbook.

publishing anything so it was a nice surprise."

The six recipes featured in the publication are his California chicken salad, cornbread stuffing with wild rice and cranberries, hot artichoke dip, island fruit relish, Moroccan-inspired almond crusted chicken and sautéed baby spinach. "I was like a kid in a candy store dancing around like I was two again," he said excit-

edly. "The bookstore will carry copies, and I'll print up some signs once the book comes out. I'll take my copy and set it out so the students can see it, I'll blow the recipe up for them, and I'll even make the recipes so they can try them, too."

Fogerty's newly acquired fame was rooted in humble beginnings. "I used to work at a nursing home in food service," he

said. "There was a lady who came into the home, and she had special dietary needs. They were not paying any attention to her situation whatsoever so I was like, 'This is not right.' I went against the system and started digging into books and things, and started looking for stuff I could make for her that she could eat. That's how it started."

Upon finding out

that Fogerty was making specialized meals for the lady, her son—who was a country club member in Kokomo—put in a good word for him to the club's chef. "The more I thought about it, the more I wanted to be a chef," he said. "I started as a grill cook making hamburgers and sandwiches. I was the lead morning cook, and would come in and make all the soups and specials every

day. Then, I would come back on Friday night and be the lead person on the buffet. I was also the only cook on Saturday morning during breakfast and lunch. I started picking up more hours and became the night sauté cook."

After rising through the ranks and landing assistant manager positions at a couple of country clubs, he decided that he missed being in the kitchen. He returned to the country club in Kokomo to serve as the assistant chef. Following that, he came to Manchester—where he has now been for eight years—to serve as the executive chef. "At that time, I had no idea what college food service entailed at all," he said. "It was a totally different world for me. It took me almost a year to get really comfortable and in tune with what I needed to do."

Since he has been at MU, his passion for food has only increased. "I even have credit hours at the CIA (Culinary Institute of America) now, which I never had before," he said with a thrilled voice. "I have never been to chef school. October 30, 2008: The first and only two credit hours I have at a culinary school," he said proudly pointing to a certificate hanging on his office wall. "I've done this all on my own through the years."

## Salupo to Continue Studies at Med School

Ariel Smith  
Staff Writer

Graduation marks the end of school days for some and the segue into the career world, but for others—like Nicholas Salupo—it is only the beginning of another summer break before starting classes all over again.

Salupo will begin classes at Marian University's College of Osteopathic Medicine in August, though he still has not picked a specific field of medicine to study. "I'm still fascinated by everything," Salupo said. "I have almost 100% ruled out pediatrics and OB/GYN, though. I don't work well with kids and babies." However, Salupo has big plans for the summer before returning to school. He has plans to visit Italy and Sicily for three weeks and follow the Tour de France for the first eight days.

Salupo has spent four years at MU double majoring in biology-chemistry as well as athletic training. Though he mentioned that, for him, MU was still a college and his diploma would be sporting "Manchester College." Along with his other majors, he was also interested in English and took the English major required senior seminar taught by Dr. Stacy Erickson this past fall semester. "I have always loved books and reading," Salupo said. "Stacy is a great professor, and I wanted a nice break from my major courses. It was nice to see new people and new concepts in a class."

Marian University's College of Osteopathic Medicine, known as MU-COM for short, will be opening for its first school year this coming August. The school received its accreditation in July 2012. The campus is located in Indianapolis, Indiana. Salupo will be part of their first

graduating class of doctors.

Salupo's interest in anatomy has him excited for clinical studies. "It's going to be so nice taking classes that all directly relate to the human body and taking care of people," Salupo said. "I am not looking forward to genetics and DNA science. DNA is by far my least favorite molecule."

As for after graduation from MU-COM, Salupo still does not have any ideas, but he has still has time to decide what to do next since he will not be doing his residency until his graduation in 2017.

Salupo also likes long walks in nature and admits that his perfect date would be "cooking a girl a nice Italian dinner with dessert, and then going to a play." He shares his nature walks with his black Labrador retriever, Ashley.

## VIA Hosts 'No Place Called Home' Performance

Catherine Lange  
Staff Writer

"No Place Called Home," a play written and performed by Kim Schultz, was performed for Manchester as a VIA event on April 16 at 3:30 p.m. in Cordier Auditorium.

Schultz's play began with her own story of falling in love with an Iraqi refugee, then Schultz began to switch her character to tell the stories of the refugees she had interviewed while in Syria, Jordan and Lebanon. She was able to interview refugees in these nations through Intersections International, which worked with the Iraqi Voices Amplification Project.

Schultz emphasized the drastic change between life under the rule of Saddam Hussein and life after Hussein had been overthrown. "They learned how to survive under Saddam," Schultz said. "There was no real planning for after we took Saddam out."

Her work took her close to the stories of the refugees. "Those stories are all we talk about, and



**CENTER STAGE** Kim Schultz sings/narrates while performing "No Place Called Home" during last Tuesday's VIA event at Cordier Auditorium. The play was based on the many stories she was told during interviews with refugees in Syria, Jordan and Lebanon. She also fell in love with an Iraqi refugee during the trip, a side story that was featured throughout the performance. During the play she was accompanied by musician Brian Kruschwitz.

Photo by Felicia Nichols

it gets hard," Youstra Kammona said. "I felt all those people inside her."

Attendee Codee Wallace was struck by the change in the play's mes-

sage. "At the beginning it seemed like a romance story, but then it turned into a really horrific reality about how much help the refugees got," she said.

Schultz switched character several times as her stories expounded the horror of wartime Iraq and the mounting death toll. She told the audience how

refugees often come to the camps with a television and little else, as the television is a source of entertainment where there is little else to do. Refugees

sometimes will not have tea, but they have a television set.

Schultz also taught some cultural etiquette to those in attendance. For example, when offered tea by an Iraqi, one always accepts – even if it is your ninth cup of tea. Also, attendees learned the word "shukran," which means "thank you" in Arabic.

The program, roughly an hour and a half long, was comprised of a multitude of stories – sometimes multiple stories woven into the story of one character. In fact, Schultz had to make the play to include only one teenage character, which was a mix of the teenage refugees she encountered. "There were so many stories she didn't choose, but she listened to all of them," Kammona said.

Kammona was particularly excited that Schultz was familiar with her refugee program. "But my case was different because I was in Baghdad," she said.



# Spartan Sports



## Spartan Track and Field offers Healthy Tips

Kate Rosenbaum  
Staff Writer

Staying healthy is one of the main goals for Manchester's track team in order to keep themselves in competitive shape. This objective is obtained, however, through more than just simply exercising daily. Eating right, sleeping well daily, avoiding alcohol and making sure to follow a prominent warm-up and cool down routine are all areas that hold high rank when health is discussed from a runner's perspective.

"I don't follow a specific plan, but our coach encourages us to eat a 'rainbow plate,' meaning he wants us to eat a variety of fruits, vegetables and proteins," said sophomore Brianna Martinez. "I try not to eat fast food, pop or items heavy in grease or artificial sugar. Coach Cash also encourages all of the distance runners to take calcium, vitamin D, vitamin C and iron supplements."

Although the team is encouraged to consistently eat healthy, the choice is ultimately up to each individual member. "We have a nutrition lecture at the beginning of season and he tells us what we should and shouldn't be eating and the benefits of taking iron,"



**SPRINT TO THE FINISH LINE** Runners compete during the Manchester University Spartan Classic on Saturday, April 20. Two of the top performers for the Spartans during the meet were sophomore Alex Lissade-Gardner (first place in the triple jump and fifth place in the long jump) and sophomore Austin Finley (second place in the high jump and fifth place in the triple jump). Manchester will host the 2013 HCAC Championships this weekend, which begins on Saturday, April 26, at 3 p.m.

Photo by Vivien Carter

said senior Karla Madrigal.

Warming up before meets is another way the team works to keep themselves healthy and prepared for meets. "The same thing goes for meet

days and practices," said junior Clayton Harlan. "We have regular warm up. Meets are speed warm ups. We do ten times that during practice. Every time we get done running

or racing we get our rope and stick and stretch out ham strings and roll out calf and stretch out everything in our legs for our cool down.

Each event,

though, will go through a warm up process in a different way. "The day before meets we have imagery," Madrigal said. "It is a type of meditation. We all lie down and Coach

plays music and takes us through a meditation process. That's supposed to help us. It really worked for Coach in college. We do that for 30 minutes. Warm-ups are different for each event. Distance runners do a two-mile warm up. Then we have exercises and then we get to race."

In order to achieve their goals, many members of the team make sure to follow basic rules in order to succeed. "Stay away from alcohol for sure," Madrigal said. "Every coach is against that. Get plenty of sleep. I try to do that a few days before a meet. Eat healthy. Run every day. Stay in shape. Basically do our mileage. Run every day even in the off season. You have to run all the time."

Working toward avoiding injury is another obvious way to stay healthy and ready to compete. "I kind of know my body's limits," said sophomore Austin Finley. "I know when I'm pushing myself too hard. Last year I pushed myself too hard, but I've been lucky so far." Injury, however, can sometimes be unavoidable. Many of the team members state that the best option is to inform a trainer when they begin to notice any signs of an injury.

## Softball Heads into Final Stretch of Season

Mike Dixon  
Staff Writer

The home stretch is approaching for this year's softball season.

Manchester's team, the Black and Gold, will play six games over the course of the weekend. The team will host a doubleheader against Huntington University on Friday, April 26, followed by another doubleheader at home against Rose-Hulman on Saturday, April 27. The Spartans will wrap up their busy weekend of games with a doubleheader at Defiance on Sunday, April 28.

Will they end the regular season with a mighty swing or will they strike out?

Judging by this month's games, the future is utterly unpredictable. Throughout the month of April, the team has played an equal amount of five wins and five losses. However, the team's performance throughout the season indicates that the team has a chance to pocket another few conference games. They have won 15 games and lost 11, with seven victories in conference games and three losses. Currently, the Spartans are in second place in the HCAC standings.

Their success is made more incredible by the team's amount of new players. Of the 23 players in the team, eight are first-years, five are sophomores, six are juniors, and only three are seniors.

Head Coach Tracy Cromer is confident in the team's future. She feels encouraged by her team's core of young players, the



**RUNNER ON FIRST** Junior first baseman Janikka Tillotson and first-year catcher Kalie Niezgodski wait for play to resume during a home game against Transylvania on April 13. Due to unfavorable weather conditions, the team has not played in any games for almost two weeks. Unless Mother Nature forces the Spartans to postpone yet another doubleheader, the team will play at home this afternoon against Huntington University. The doubleheader will begin at 3:30 p.m.

Photo by Vivien Carter

victory of their last conference game against Transylvania University, their overall improvement on the field, and the great "team chemistry" that has played an important role especially in the last few weeks.

The recent outbreak of bad weather has taken its toll on the softball team. Practices have been moved around as well as games such as the upcoming conference game against Defiance. The Black and Gold have been

playing around brown mud on a tarp which they lay over the field and roll up again each practice.

In times like these, Cromer is very pleased when players "put the team first," as she puts it, "despite if they are having a

bad day on or off the field." She is glad for their focus that may decide whether they succeed or not in the approaching conference games.

Cromer thinks that the last conference games are within their grasp and

that the next season could be even better. What was the team's greatest victory this year? "It's still to come," she said.

# Around Campus

## MU Campus to Stage Practice Lockdown Drill

Kate Mustard

A lockdown drill will take place throughout the North Manchester campus on Wednesday, May 1, at 2 p.m.

This drill is part of a yearly requirement by federal law, said Les Gahl, associate dean of Student Development and director of Campus Safety. "Sometimes the test is in the form of a tornado drill, at which time we have the entire campus community evacuate to safe shelter; at other times we may conduct a fire drill, and evacuate a single building," he said. "This year, the University decided to conduct a lockdown drill." It has been five years since the last drill of this type.

The drill will not include a simulation, but during the time allotted, faculty, staff and students are asked to talk about what they would do in a real lockdown situation. "The discussion should include how they would shelter in place, by locking and barricading doors, turning off lights, closing blinds, silencing cell phones, remaining quiet, etc.," Gahl said. "In a real situation, one person in the room should call 911, providing as much information as possible; and never assume that someone else has already contacted the police. Do not open doors for anyone but law enforcement personnel."

If the situation were real, Gahl also has instructions on how to cooperate with the authorities. "Upon the arrival of the police, you should raise your hands above your head, with fin-

gers spread," he said. "The police will go directly to the location of the problem, and will not assist victims until the intruder has been taken out or placed in custody."

The drill will include emergency mass notification and all students, faculty and staff are encouraged to sign up for such text message notifications. Campus community members can also prepare for the drill on their own. "Everyone should review the Emergency Guidelines, posted in all classrooms, labs, conference rooms, and other locations on campus," Gahl said.

**Only a Drill. A Practice. Not for Real. Only a Drill.**

What would YOU do in an emergency?  
What if we had to lock down campus?

# LOCKDOWN DRILL

Manchester University will stage an emergency lockdown **DRILL** on

**Wednesday, May 1**  
between  
**2 p.m. and 2:15 p.m.**

**Expect ...**

Phone, text and verbal alerts as we test our emergency mass notification system  
*"This is a drill ..."*

(Sign up now on Gateway to receive emergency text messages and e-mail)

Please use this lockdown time to consider and discuss what you would do if an armed person threatened our safety.

**Only a Drill. A Practice. Not for Real. Only a Drill.**

2013

## MU Baseball Seniors Prepare for Final Games

Heather Elson  
Staff Writer

Four short years ago Chaz Bellman, Tyler Krempasky, Kyle Konarski, Corey Marchant, Caleb McAfee, Bryce Murphy, Brad Murphy, Austin Rieke, Cody Schell and Justin Scott were first years starting their first college baseball season for Manchester University. In less than a month, they will be graduating and their bats and mitts will be left on the field.

These seniors do not have any doubt that the juniors will be great role models for the team next season. "Manchester is fortunate to have a group of upperclassmen next year who will be great leaders of future teams," team captain Bryce Murphy said. "I am positive that they will excel in that role and continue the tradition."

Tradition is a big part of baseball, especially between the players. Before the first game of the season, in Myrtle Beach, SC, the team will grow mustaches and when they come back to Manchester, they shave them off. Other traditions depend on the player. "Certain guys won't wash their practice pants all season or if they are in a streak of hitting, they will make sure they eat the same thing before each game (oatmeal cream pies for me, Butterfingers for 2nd baseman Trevor Kimm)," Bellman said. "Others wear the same

socks or ¾ sleeve t-shirt (Brad Murphy)."

The company of one another will be most missed by these particular players. "It's hard to think that after our last game you may never see some of these guys again," Bellman said. "Because it's not like high school where a lot of people return and some friends are still there. Everyone goes their separate direction for jobs or further education, and for me knowing I may not get to see or speak to who have become my best friends is hard."

In addition, Coach Rick Espeset will never forget seeing the seniors and last year's team winning the conference tournament because it is a unique opportunity to participate in the NCAA tournaments. "They will remember that as part of their Manchester experience," Espeset said. As they say their good byes to what they consider home for the past four years, these seniors have advice for next year's team.

Marchant said: "[Remember to always] set an example on and off the field, get to know each other, and remember to have fun."

Scott said: "Hard work gets you a lot farther than you think. So keep working hard, because there is always a chance you could take over a spot, especially with the amount opening at the end of the season."

Murphy said: "Don't take anything for granted. So, don't worry about winning and losing; that is not what life is all about."

Bellman gave his advice not to the underclassmen but to the seniors, "We [will] never get this back; enjoy it and play every play like it's your last," he said. "It's our last chance to be kids and play a kids' game before the real world slaps us upside the head, bills start pouring in, and our girlfriends want wedding rings."

The team is 25-5-1 overall and 15-3 in the HCAC. This weekend they travel to Bluffton to play a three-game series over the course of the weekend.



**THE FINAL COUNTDOWN** Senior first baseman Brad Murphy awaits his turn at bat during Manchester's home game against Defiance on April 9. The Spartans remain number one in the HCAC standings with a conference record of 15-3 and an overall record of 25-5-1. Also, Manchester is ranked no. 15 in the most recent D3baseball.com national poll. The team will travel to Bluffton today for the first game of a three-game series starting at 4:15. Tomorrow, the teams will play a doubleheader that begins at noon.

Photo by Vivien Carter