

FEATURES

SPARTAN SPORTS

## Women's Basketball Refines Offense



## MU Students Bring 'Hope' to Wabash

Jensen Lassiter  
Staff Writer

Manchester University students are helping to provide hope at 85 Hope, a free clinic based in Wabash at the Wabash Friends Church located on State Road 13. Currently, the clinic serves residents in Wabash County that don't have health insurance. Eligible families are invited to fill out forms to attain cards in order to receive the medical help they may need.

Typically one night a week, the clinic hosts healthcare providers from the surrounding area who volunteer their services.

Beginning in the spring of 2016, recent MU graduate Salwa Nubani worked with biology professor Dr. Kristin Short on a collaboration between MU students and 85 Hope. "Salwa had a dream that the Manchester students who were planning to go into healthcare could give back to the community

by helping at a free clinic," said senior Cally Miller in an email. "After a lot of trips to 85 Hope in the spring of 2016, we discovered that their greatest need would be for a student intern to help them in clerical needs, [and] a community wide education program talking about their key issue for the year, diabetes."

After Nubani graduated, Yafet Leake stepped into the role as the intern at 85 Hope to assist the clinic with their needs. While Leake became the intern, Miller became the student coordinator who oversees the Diabetes Education Initiative. "Dr. Short and I have worked extensively with 85 Hope, the Purdue Extension, Parkview Health and students to teach five community sessions on diabetes," she said. "We have also collaborated with students and professors from Manchester University School of Pharmacy. They have helped us a great deal in each session, especially with foot checks and a detailed session

on all of the diabetes medications. Some of the topics we are teaching include how diabetes works, medication monitoring, foot care, nutrition, exercise and goal setting."

One of the main goals for the Diabetes Education Initiative is to promote awareness. "We try to help people with diabetes and their families and friends to feel more knowledgeable about their health," Miller said. "We want the people who come to our class to feel encouraged, supported, and to learn something as well. We want them to learn facts and info, but to also feel like some-one really cares."

"I decided to get involved because I have a passion for helping people feel empowered, and also for helping the underserved," Miller continued. "I believe that educating people about their health gives them a new platform to be an advocate for themselves, and I think that is exciting."

While the collaboration gives students unique opportuni-

ties to practice what they've been taught, students also gain valuable experience. "I have realized the importance of community education, and it has given me perspective on what level of detail will be needed if I teach health to patients as a physician in the future," Miller said. "It is a whole different ball game to teach about a health condition in a general setting versus in a scientific, academic setting. I hope that the people who come learn more about diabetes, and, if they are in need of medical care, that they become aware of the services that 85 Hope provides."

One of the most challenging parts of volunteering for the clinic as an educator is the motivational factor. "Helping come up with creative ideas to help students find a platform to teach old material that a lot of diabetics already know in a new and creative way, so the material will really sink in," Miller said.

AROUND CAMPUS

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## Hispanos Unidos Hosts 'Friendsgiving' Dinner

Zoe Vorndran  
Staff Writer

Hispanos Unidos is kicking off their Thanksgiving season with their first "Friendsgiving" on Monday, Nov. 21, 2016, at 9 p.m. in the Intercultural Center. This "Thanksgiving with Friends" event will serve to raise awareness of and gratitude for being bicultural.

Everyone is welcome to attend to share what they are thankful for and to enjoy the company of others regardless of cultural and ethnic backgrounds. "Hispanos Unidos wants to highlight being thankful for being bicultural," said sophomore Angie Gonsiorowski. "We will mostly be focusing on Hispanic-American Culture, but everyone is welcome to come speak on how they are bicultural or even what they are thankful for in general."

The topic for this Friendsgiving celebration focuses on what being bicultural means and what it means to merge cultures. The event will also encourage people to embrace their culture while integrating it with others. "We plan to discuss the merging of being Hispanic and American, as well as getting insight from other cultures and how they feel about merging with the American culture," said senior Marilyn Godinez, president of Hispanos Unidos. "We would like to get various perspectives on this specific topic, not only from the Hispanic and Mexican points of view, but also from other cultural points of view. We are also interested in discussing what it is like for Americans to adopt other cultures."

In honor of the American and Hispanic cultures, the club plans on setting up a Thanksgiving dinner featuring a variety of Hispanic dishes and food. "We plan to have a table talk with various different Hispanic dishes," Godinez said. "We are looking forward to having Mexican, Salvadorian, Guatemalan and Ecuadorian dishes, to name a few. We want to make it a feast that resembles a Thanksgiving meal."

The importance of Friendsgiving is not only to provide students with a community to share their gratitude, but also to bridge the racial and cultural divides. Manchester University highly values diversity, so Hispanos

Zoe Vorndran  
Staff Writer

Tabitha Sutton, senior, has come a long way from watching Bill Nye the Science Guy and the Discovery Channel when she was a child. Sutton, a physics major with a chemistry minor, began working on her senior research project with Dr. Gregory Clark, professor of physics, in summer 2016 and continues working on it throughout the semester.

Sutton became involved in the research project as part of the requirements for her science major, but also in a genuine interest to expose herself to researching. "Tabitha approached me with an interest in doing some summer research," Clark said. "I had been working on a project that involved the need to grow some nanostructures using a low-cast, wet-chemistry method. I had spent a good deal of time attempting to grow nanowires from different types of recipes that I had found in the literature, but with little success. I thought that Tabitha's chemistry background could really be helpful with this aspect of the project. Indeed, it turned out so, she had

grown nanowires from solution within just a few weeks of the summer and continued to reproducibly do so."

Sutton's project focused on using probe microscopy and nanowires to collect quantitative rather than qualitative data. A probe microscope is an instrument used for imaging surfaces at the atomic level. Her research could possibly help to advance solar energy and increase the efficiency of energy. In order to collect the data, she had to create nanowires, little wires that conduct electricity, parallel to gold electrodes, in order to measure the accuracy of her results. One of the most satisfying parts of her research was being able to grow nanowires parallel to the electrodes, an extremely difficult process, but vital to the results of the project.

Throughout the project, Sutton's main frustration was the issues with the equipment she used. During the summer, she came across issues with technical problems with the microscope. However, the research has proven to be a professional stepping stone. "Research is something that I have considered for my career, and finally being able to do research re-insures



Senior physics major Tabitha Sutton

me that research is what I want to do," Sutton said. She will present her research to the physics board, the science seminar at Manchester, and at a research symposium.

Sutton's goal after graduation is to go onto graduate school to study material science. This field involves a background in chemistry and physics because it studies the relationships of the microstructure of a material and is macromolecular physical and chemical properties. Sutton hopes to become exposed to many different types of categories within the broad field of material science in order to narrow down her field of study. She became

interested in physics and chemistry because, as she says, it "applies to everything and material science is the link between them." After graduate school, she hopes to continue researching.

Throughout Sutton's career at Manchester, she has found Clark has been the most influential professor. He encouraged her, helped her gain confidence and pushed her to meet her potential in science. "I know Tabitha to have the strong work ethic, the patience and perseverance necessary as well as a good background in the required physics for the type of work I needed done," Clark said.

## Manchester Campus Reacts to Election Results



President-elect Donald Trump

Virginia Rendler  
Staff Writer

The presidential election on Tuesday, November 8 yielded surprising results for many faculty members and students on campus. The new President Elect of the United States, Donald Trump, won the election with 290 electoral votes. Secretary Hillary Clinton received 228 electoral votes.

Professor Leonard Williams, dean of the College of Education and Social Sciences and professor of political science at Manchester, feels surprised about the results of this election. "Most everyone, including the Trump campaign itself, thought the election would go Clinton's way," he said. "Though we are surprised, even stunned, by the result, exit polls give us a pretty clear picture of what happened. It was definitely a change election, one where a Republican would be chosen over a Democrat for the White House. It was also an election where people cast retrospective votes, in which attitudes toward the economy, the federal government, and society of the past eight years shaped vote choice." Williams believes the final factor was the role of race and ethnicity. Trump won among white voters, while Clinton did best among African Americans and Latinos.

Williams recommends that students keep their eyes open

this coming term. "I will be watching to see how the American political system responds," he said. "Pay attention to how Congress works, how the bureaucracy operates, and what role the Supreme Court plays. Our system can function to thwart presidential initiatives just as much as it can promote them."

Barb Burdge, associate professor of social work, is hopeful that this election can promote community growth. "[I hope] that people who are committed to social and economic justice and 'the better angels of our nature' will come together in solidarity to continue the ongoing work of creating a more just, more humane, more peaceful and more perfect union," she said. Burdge urges students to take action together to promote respect, fairness, inclusivity and justice, and to urge elected officials to continue to keep the wellbeing of all people in mind.

Students voting in their first election have been affected by this election as well. Chelsea Glenn, first year, feels that this upcoming term leaves a lot to the unknown. "Who knows what Trump will achieve," she said. "He may be successful, he may not. At the moment, I'm not afraid of him. I am afraid of his radical supporters. They have portrayed hatred and too many people feel threatened." Glenn hopes that students remember that they can still be heard. She suggests working to create a community of support, peace and knowledge.

## Students Minding Manners At Manchester

**Destinee Boutwell**  
Staff Writer

Manchester students, faculty, staff, alumni and guests gathered in the upper Jo Young Switzer Center for the What the Fork? etiquette dinner on Sunday, November 16. They met to learn about dining etiquette, interviewing skills and networking with confidence.

The upper JYSC was alive with activity and conversation as people dressed in business-casual attire mingled. As soon as students walked in the door, they were challenged to begin networking with the faculty, staff, alumni and guests that were there to assist with the dinner. Once everyone had arrived, guest speaker Allie Kreager offered

a piece of advice to help relieve the awkwardness of meeting new people. "Before I go into a networking situation, I always set goals for myself," she said. "For example, I tell myself I am going to meet two new people or I am going to present my company to one investor."

With this tip in mind, the chatter and conversation in the room grew to an excited buzz. After half an hour of introductions and small talk, everyone was moved into the formal dining area. As the first course was served, the guest speaker gave pointers on dining etiquette and interviewing skills. Morgan Monnin learned that cutting up the food all at one time gives the impression that you are preparing to feed a child. "I also learned that, when you go in for a job interview,

you are being watched from the moment you arrive to the moment you leave," she said. "If a potential employer invites you out to lunch, the interview is not over."

Madi Kaylor was another student in attendance. "I learned that everything is passed counter-clockwise around the table," she said. "From the bread basket to the salt and pepper, you always want to pass everything to the person on your right hand side."

The most interesting thing Shelby Bagby learned was that the salt and pepper are always passed together, even if a person only asks for one of them.

Indeed, the dinner was all about learning. Each table had a professional who was placed there to help give instructions on etiquette, to answer questions and to maintain comfort and formality within the table's conversation. "My table mentor was full of knowledge and advice," Kaylor said. "I think that the hardest part of the night was trying to pay attention and retain all of the super helpful things she told us."

Other students thought that networking and socializing was the most difficult part. "It's hard to get out of your comfort zone," Bagby remarked. "They were encouraging us to be ourselves but still maintain a professional composure. I felt so out of sorts because being professional felt so foreign to me. It was hard to remember to also relax



and be myself."

All three women were glad they went. "I learned a lot from this experience," Monnin said. "I am not 100 percent positive that I feel comfortable enough to network and attend professional social gatherings in the real world, but I left a little more confident than I went in. Therefore, attending the etiquette dinner was worth it for me."

Bagby appreciated the practice with professional dining. "I enjoyed the exposure," she said. "I am glad that Manchester provides experiences like tonight's dinner to help students prepare themselves to be successful. I would recommend that everyone attend the dinner if the chance ever comes again. You learn so much... and practice has never hurt anyone."

## Students Share Their Thanksgiving Traditions



**Mack Leinweber**  
Staff Writer

The season of Thanksgiving is here and many college students will be going home for the first time since August. Whether one enjoys the holidays with family or just wants to be able to sleep in, college students will finally be able to take a break.

Thanksgiving break is ideally a time for students to relax, enjoy time with family and friends, and to get some sleep. "My Thanksgiving tradition is going to my grandma's house every year, and after dinner, we all crowd around the flat screen and watch football," said junior Patrick Bear. "On the days after Thanksgiving, I'll be fishing with my friends."

On Thanksgiving night, Black Friday will start and many people will be shopping for many great deals. "Most likely I'll be

shopping on Black Friday with my cousins," Bear said. "It is pretty intense out there with all the crazy shoppers, but it is something to do." Many Americans partake in this event to do all of their Christmas shopping.

Some families play football every Thanksgiving as part of their tradition. "My family has a Turkey Bowl," Bear said. "It's the annual football game between my family and whoever wins has bragging rights for the whole year. We have it the day before Thanksgiving."

Though most domestic students will be coming home, some student-athletes will be remaining in North Manchester due to sports. "I have to stay on campus during break because of wrestling, but I don't mind it," said first-year Tristan Choete. "I can hang out with friends from the team. I'll be playing videogames with friends when I don't have wrestling."

## Onyeji Extends Invitation for Thanksgiving Dinner



MU international students form their own family for Thanksgiving celebrations.

**Maddie Jo Shultz**  
Staff Writer

Turkey, mashed potatoes and cranberry sauce galore. Thanksgiving is as much a holiday about tradition as it is about giving thanks. In keeping with the usual tradition of good food and a good time spent with family and friends, the community of Manchester University welcomes international students into their own families during the holiday season. International students across campus are now figuring out their plans for Thanksgiving break, which begins Wednesday, Nov. 23. Classes will resume the following Monday, Nov. 28.

For the holiday, a group of approximately 24 students plan to have a semi-formal dinner with Professor Benson Onyeji, who has extended this invitation since last year. "He is eager to host the seniors most especially," student Marian Adeyemo said, "as this will be their last Thanksgiving at Manchester."

Students including Tabo Chata, Charise Samuel, Tobechuk-

wu Nwaelugo, and Arpan Paul say that their main plan for Thanksgiving is to attend this dinner. "Professor Onyeji has a long relationship with international students as many of us have taken his politics courses," said Chata, adding that Onyeji is also the faculty supervisor for Manchester University's Model United Nations. One of Onyeji's primary goals is to welcome international students to take part in the American tradition of Thanksgiving. Chata said of the dinner: "I am looking forward to it."

Some students are more concerned than others. Paul, although planning to attend the dinner at Onyeji's house on Thanksgiving Day, admits he doesn't really know what to do for the rest of Thanksgiving break. "Frankly speaking, I have no plan at all," he said. "Everybody will leave campus, even other international students. But I have nowhere to go. My closest relative lives in Connecticut." Paul points out that during the break, all of the places to eat will be closed on campus. "This place will be deserted," he said, "[it's] like I'm

the only living person in a cemetery. You see what I mean!"

However, another popular plan among international students is to spend time with domestic students, or visit nearby cities. Mariam Ali is going to spend Thanksgiving with her roommate. "I'm going to go home with her right after classes on Monday and then spend the whole week with her and her family," she said.

Fotini Kristuli is also going to her roommate's house, and Henock Molla will be traveling with a friend over the holiday. Epherata Molla plans to visit family in Chicago, and Kwaku Archer intends to go to Indianapolis, not to visit family but "for fun and to relax."

Given that this year Manchester has more international students than ever before, Michael Dixon, director of Intercultural Services, explains the main goal for Thanksgiving is to make everyone welcome and find places for them to go while places on campus are closed. "We want them to experience that American culture firsthand," he said.



# Oak Leaves

Published by the students of Manchester University on  
Fridays during fall and spring semesters

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Printed by the *Columbia City Post and Mail*

## Health and Wellness Fair Educates MU Community

**Tanner Edge**  
Staff Writer

In the weeks leading up to Thanksgiving Break and final exams, students may be hoping for good health more than ever. On Nov. 12, Manchester University hosted a health and wellness fair in the upper Jo Young Switzer Center so students, faculty and staff could learn about staying germ-free during this busy time of year.

Topics discussed at the fair included the effects of drugs and alcohol, the benefits and disadvantages of consuming certain types of food and ways to maintain

a healthy body as well as a good mental state. There were displays up as well, ready to educate whomever stopped by.

Representatives from a variety of organizations and businesses, including MedStat Lutheran Health Network Urgent Care & Occupational Health, Drug Abuse on College Campuses, The Peggy F. Murphy Community Grief Center, Mental Health America of Northeast Indiana and Rest & Relaxation handed out pamphlets. Two popular attractions at the fair were the smoothie station, where free smoothie samples were given out, and the goggle station, where beer goggles, LSD goggles and HTC

goggles were available to the participants to experience how each would affect their vision.

The Peggy F. Murphy Community Grief Center was there to raise awareness for suicide and suicide prevention as well as their "On-Going Grief Support Groups." "Death exists, suicide exists and there are many homicides in the Fort Wayne area," said Bonnie Davis, a representative from the Center. "The main thing is, we just want people to know that there are people willing to help them who care, and we're available for counseling if needed."

The fair also allowed students like Lucas Lorian to share

their knowledge about specific health-prevention strategies. Lorian is a sophomore at Manchester University and is currently majoring in Exercise Science. He demonstrated how using scrapers on your body is useful for injury prevention. "Scraping is a form of rehabilitation and is also a form of therapy," he said. "Say you sprain an ankle or tear a muscle, after surgery or a recovery process, you have a high chance of losing flexibility and mobility," he said. "The injured person really needs to have their scar tissue broken up to increase that flexibility and prevent other injuries. Plastic scraping tools are more rough and



really dig into the tissue and metal scraping tools are more smooth and aren't as rough on your body"

## Chicago Cubs' World Series Win Brings Families Together

**Cass Ratliff**  
Staff Writer

The Chicago Cubs took its MU fans out to the ball game and then some as they made history by winning the World Series. They played the Cleveland Indians for the final game of the World Series at Progressive Field on Nov. 2, 2016, and won with a score of 8-7.

The Cubs pulled away early in the game, but the Indians quickly caught up and brought the game into an extra inning, leaving MU fans on the edge of their seats. "My thoughts were of pure ecstasy and then of darkest defeat," said Manchester University student Chris Holsten who was watching from his study-abroad location in Strasbourg, France. "That went on for the majority of the game. When

the Indians forced extra innings I thought it was over and the home field advantage was going to kick in. Thanks to an act of God, the Indians' momentum was deterred by the rain delay and I once again believed we had a chance."

The extra inning really had fans biting their nails. "I thought that was it," said Manchester University student, Gianna Haller. "The Cubs weren't going to win. But the rain delay made things exciting and gave me hope. I knew they'd win."

Other fans weren't worried at all. "I still thought they were going to win," said education professor Mike Martynowicz. "They had been breaking records all season."

When Chicago pulled away and won by a point to become the champions of the 2016 World

Series, fans celebrated. "There is truly no way to put into words that feeling," Holsten said. "I am not an emotional person and I found myself tearing up, thinking of all of the fans who have waited their entire lives for this. And, thankfully, I just had to wait 20 years and two days." Martynowicz thought about all the people in his family who had waited for this to happen and of those who are no longer here. "A loss would have been difficult," Martynowicz said.

Loyalty to Chicago is pretty universal among fans. "I have been a Cubs fan since birth because I was raised in a family where it was 'Support Chicago sports teams or do not get fed,'" Holsten said. "My dog's name is Wrigley and my family flies the W flag after every win and takes it down before the start of the game the next day."

Family is a big part of being a Chicago Cubs fan. "My grandpa was from Chicago," Martynowicz said. "Being fans of Chicago teams is passed down in our family."

"I'm a fan because I grew up seeing my dad watch and listen to game after game for my entire life," he continued.

Being fans of a team for so long creates a lot of memories that people get to keep and carry with them through every season and every game. "My earliest memories of being a Cubs fan is seeing Sammy Sosa do his little skip or jump after he knew he just crushed a homerun," Holsten said. "I actually still have a Cubs tank top in my dresser that fit a 4-year-old version of me that I wore whenever my brothers, my dad and I ever played wiffle ball in our backyard. I would pretend to be 'Slammin' Sammy.'"

Martynowicz remembers being at his Grandpa's house and just playing while the game was on. Cubs games were a part of his childhood environment.

Haller fondly remembers similar memories of swimming while her dad had the radio on listening to the game.

The timing of the Chicago Cubs winning the 2016 World Series was crucial this year whether some realized it or not, especially during this particular election season. "Sports bring people together," Martynowicz said. "They break down political walls and help people put things aside. Because of the number of Cubs fans and because of the nature of the political campaign, this is true right now more than usual."

### OPINION

**Destinee Boutwell**  
Staff Writer

Sometimes "the humanities" has been the punch line of jokes. As in: "You're studying the humanities? Don't worry—you can always switch to business."

In June 2008, the New York Times published an article called "The Decline and Fall of the English Major" by Op Ed columnist Verlyn Klinkenborg. In it, he observed that a "technical narrowness, the kind of specialization and theoretical emphasis you might find in a graduate course, has crept into the undergraduate curriculum."

"The teaching of the humanities has fallen on hard times," Klinkenborg continued, because undergraduates will tell you that they're under pressure — from their parents, from the burden of debt they incur, from society at large — to choose majors they believe will lead as directly as possible to good jobs." And the humanities may not present as direct a path to employment as accounting, education, or other majors do.

Many schools around the nation are seeing huge decreases in the number of individuals who declare themselves a humanities major. The humanities include majors such as art, music, English, religion and philosophy. Colleen Flaherty, a researcher and writer, said there has been a 40 percent decline in the number of students that declared

## Do Not Underestimate the Humanities

one of the humanities as a major since 2012.

Jessica Klemm is a senior at Manchester with a major in English and a minor in art. She said that when she came in as a freshman, there were 12 other English majors and now that she is in her Senior Seminar, there are only eight. "Either they transferred out of Manchester or they were pressured to go into business because of their parents," said Klemm. Many people who decide to explore the humanities feel a lot of pressure from the outside world. Kimberly Reinoehl, a Manchester alumna, majored in English during her four years as an undergraduate student. She said that she did not have outside pressure to leave the humanities but it was more of an inner pressure that the world instilled in her. "I struggled with not knowing what I wanted to do for a career and worried about how I would use my degree," Reinoehl said. "I think that is a common worry for students who major in an area that could lead to multiple career paths that might not be clear. I felt pressure (mostly from myself) to tack on something "practical" (like teaching) so I could get a job. But — I knew I didn't want to be a teacher!"

Klemm also felt pressure about her decision to go into the humanities. "I felt pressured to go into science and math, partly because my dad is a microbiologist and my mom's an accountant," she said. "The other part was that peo-

ple kept joking that I wasn't going to make any money. I am not an English major for the money, though."

English professor Dr. Jonathan Watson expressed his feelings about why students are pressured into joining the science, technology, mathematics and business world. "A lot of people emphasize the paycheck more than the process," Watson said. He continued by quoting one of his former colleagues who was once an art professor at Manchester. "If you love what you do and you're talented at it, someone is going to pay you to do it," Watson said.

Just recently, IPFW dropped its French and gender studies programs because they didn't have enough students enrolling in those classes. According to former Manchester president Jo Young Switzer, the enrollment of students in the humanities classes has not seen a noticeable decrease. "I served as academic vice president and then president for 20 years," she said. "Before that, I taught for five years in the humanities division. In all those years before I retired in June 2004, I did not notice a diminishment of humanities. The numbers of humanities graduates had remained steady over the years."

She stated that this is because Manchester is a liberal arts school that stresses the importance of having well-rounded students, who will become well-rounded employees and citizens. "Some people do not understand or value

the 'core' nature of the liberal arts," Switzer said. "And those who have not studied at schools like Manchester where interdisciplinary learning and the liberal arts are celebrated sometimes may not realize their importance."

People at Manchester agree that the humanities should not be overlooked or undervalued. "The humanities are important areas of study for everyone," Switzer said. "The study of humanities helps us grapple with ethical questions. Studying humanities enriches the ways we can be uplifted by beauty in words and in the arts. Courses in art, English, philosophy, and ethics literally 'humanize' us."

"Humanities courses provide value for students of all majors, because we are all human beings who will need to analyze our lives and the messages we receive from the media," she continued. "Humanities study prepares us to do that."

Reinoehl agreed with Switzer. "The humanities are very important to study so we can be well-rounded and have strong communication skills," she said. "Employers want employees who can reason, think critically, solve problems and express themselves well."

Watson agreed, and also thinks that the humanities are about enriching your life beyond your professional career. "The humanities let you grow in the company of these amazing historical voices and stories, and allow you to

explore your creativity and imagination," he said. "People need to explore and find themselves and the humanities are a great place to do that."

Contrary to popular opinion, the humanities is not a waste of money. The skills that you can accumulate as an English, art, foreign language or social science major can launch you into any career you put your mind to. "The path of our majors are really cool to hear because they don't always fall on track right away, but a lot of them end up in really exciting fields like digital storytelling or sports writing," he said. "We have librarians, filmmakers, and Harvard educated lawyers."

The skills that the humanities teach you can land you anywhere. Kimberly Reinoehl was an English major and is now the assistant director of Admissions at Manchester. Jo Young Switzer was an English major and then became the president of Manchester University. Professor Tim Ogden has an undergraduate degree in English and now he is the dean of Manchester's College of Business.

Rather than limiting students, the humanities gives students many options. And by developing the skills offered by the humanities, students just may find themselves more employable than if they'd followed a narrower, more predictable academic path.

### OPINION

**Alaina Lewis**  
Staff Writer

I'm not omniscient, and I cannot speak to or for everyone, but what I do know is that a very wise man once said, "A nation divided cannot stand." This quote is attributed to the American president Abraham Lincoln, someone who knew a great deal about divided nations. I hold no grand allusions about equating this election to the Civil War; however, this division among our country is palpable for the first time in my life.

## A Call For Love in a Divided Nation

In a time of divisiveness, fear and hate, it feels so easy to give the advice of "Love thy neighbor," but it isn't always easy to practice love and tolerance in the face of the unknown. A practice of mine is to not hate; I find it to be a toxic emotion, one that has polluted social media and cable news since the primaries began.

Living in a world with so much hatred is hard, and trying to find a shining light through this hazy time of the unknown is hard, but things that are difficult teach us resilience and to find hope among the vast sea of all that is not known.

All people are complex creatures, each one with a unique moral code formed from his or her environment and personality. Some hold faith as a base to their moral code, while others hold their upbringing as their base. No matter one's background, viewing others as humans, stripped of political affiliation and emotional reactions, can be helpful. Who are they when a friend is in crisis, or when a stranger is in crisis? It doesn't always work, but it could be a place to start to mend relationships and bridge the gap.

Some may not have broken bridges, but collapsed bridges

to an unfixable point. That's okay, too. No one has any say in how someone else chooses to run his or her life. If you choose this route, though, it may be best to forget that the bridge ever existed, and let no one think lesser of you for this fact.

At the end of the day, we must cohabitate this space, willingly or not. So, when someone says, "We will have to agree to disagree," leave it, and let him or her rest. So many of us, myself included, are exhausted; we need to breathe. This will be hard for all, but if we can make this world a better place I wholeheartedly believe we should.

Try not to confuse my

optimism for passiveness, but I refuse to harbor hate. I hope that one day we can come back together, but if we can't, I will stick to my philosophy. I will hold my head high and stand next to the tired and the poor, the huddled and the wretched. I will stand up when I am called to action. I will refuse to stay quiet, but I will use my voice to talk to those who don't stand with me. I will remember to be kind, even in the face of hate or judgment, because it costs me nothing to do so.

Above all I will remember who I am and what my moral code is.



## SPARTAN SPORTS



Senior Chase Casteel

### MU Men's Basketball Starts with a Positive Outlook

**Brittany Dilley**  
Staff Writer

Head coach Gerard Good is hopeful for this season as the men's basketball team opens against Kalamazoo College on Tuesday, November 15. Beginning his second year as head coach, Good is nothing but joyful about basketball. "I was able to be a part of some pretty good teams," Good said. "It's been great being back." He is also a Manchester University graduate of the class of 1995.

As the season approaches, coaches and players come together to be more successful. The main goal of the team is to return to the NCAA conference tournament, playing in the championship game. Both the team and coach have agreed that one thing is certain: always play hard. "We want to compete as a team," Good said. "We want to represent not only our program, but the university and the community of Manchester."

Having played Kalamazoo last year, the team is expecting to see the changes made by the competition, but ready to show their own improvement made for Tuesday's game along with the rest of the season. "We can't get really get caught up about being concerned about other teams," said MU senior team player, Chase Casteel.

Casteel and Good are both confident in the new first-year players meshing well with the upperclassmen players and their readiness to compete. "There is a lot more demand [in college athletics than in high school]," Casteel said. "Everything is about being on time."

Preparation is the assurance of success according to Coach Good. Getting players in tune with one another is dire, along with preparing the team with the right strategies and state of mind. "With new guys, we're trying to develop a sense of commitment and understanding of the team's expectations," Good said. This is in the beginning stage of the program, while also shaping the players' skills for the spring semester of the program.

Improvement is another main goal for the team. According to Good, bettering the players and giving them a well-developed understanding is going to give the team the most successful end result. "We [as a team] try to respect the process of getting better, and as a coach, you have to try to be consistent in that and making sure all of your expectations are met," Good said.

For more information on scores and upcoming events, visit [www.muspartans.com/sports/mbkb/index](http://www.muspartans.com/sports/mbkb/index).

### Women's Basketball Refines Offense

**Kelleen Cullison**  
Staff Writer

The Main View Tipoff Classic women's basketball tournament begins tonight, Friday, Nov. 18, as the Spartans take on the St. Mary Belles at 7 p.m. in the PERC for a shot at the championship title.

The Spartans are gearing up for what hopes to be a fourth consecutive season opener win. Last year the team pulled ahead in a dramatic last minute victory against Carroll University of Wisconsin during the preliminary round, winning 61-59, but fell short the next day facing the Warhawks of the University of Wisconsin-Whitewater. This year, however, the Spartans plan to turn things around.

"Last year's tournament was definitely a learning experience for our team," said forward Samantha Bolen, a junior from Greenwood, Indiana. "We learned that we need to have the same energy and excitement for the second game as we did for the first."

They're going to need that energy when facing the Belles. Last year, with no more than ten players at a time, the Belles were able to keep their games fairly close, with several games ending with a loss of a shot or two by the opponent. The team shot over 40 percent in seven of their games, and had equal or fewer turnovers than their opponents in 11 games this past season.

The Spartans are training hard in response. "Practices get



Senior Jenifer Lee

really intense," Bolen said. With a game plan fleshed out by Monday, the team throws all of their energy into practices. "We spend all week working on defending the other team's offenses and perfecting our own," she said.

Following the preliminary round on Friday, Saturday's game will begin at 3 p.m. against Benedictine University of Illinois, following the game between St. Mary's and Oglethorpe University of Georgia at 1 p.m. Benedictine had a winning 2015-2016 season, ending the season 16-11, and placed fifth in this preseason poll, placing

them amongst the top six teams to make the NACC Tournament, in which the Benedictine Eagles made it all the way to the semifinals last season.

With the upcoming challenges ahead, the Spartans are keeping their eyes on the prize and their heads in the game. The young team is still in the process of familiarizing themselves with each other's playing styles, but they have a firm grasp on what is needed of them in the approaching matches. "I think our team's biggest challenge when facing St. Mary's and Benedictine is going to be keeping our turnovers

to a minimum and executing our offense," Bolen said.

Senior guard Jenifer Lee is more focused on defense. "We played St. Mary's a few weeks ago, in a scrimmage," Lee said. "I think the biggest challenge will be blocking out. Many of their points came from offensive rebounds and put backs. The biggest challenge for Benedictine will be their physicality. They are very aggressive players and will come after us from start to finish."

Manchester fans can keep up to date with live stats available on the Manchester website.

### Volleyball Season Closes at HCAC Tournament

**Shelby Harrell**  
Staff Writer

A somber yet hopeful mood fell over Hanover College's John and Anne Horner Health and Recreation Center last Saturday as the Manchester University Spartans volleyball team lost a grueling battle against the Hanover Panthers in a 16-25-point final match.

In an attempt to secure their win, the Spartans spent the last 20 seconds of the game charging the Panther's 6-point lead. "It was very intense," said first-year Caroline Aikin. "We knew that if we lost, the season was done." Though they were still reeling from the loss, the Spartans were then able to exit the locker room with their heads held high.

In reflection upon her final season as a Spartan Athlete, senior Heather Racine had mixed feelings regarding the final game of her career. "It's kind of sad since I'm a senior," Racine said, "but I enjoyed my time as a Manchester volleyball player and I'm glad that I have those memories to look back on."

Since their consecutive wins in the Manchester Invitational, the Spartans have seen substantial improvements in the strategies, gameplay and overall team chemistry. Assistant coach Sara Pruden describes the overall team chemistry as a huge improvement. "Leadership stepped up when we needed it," Pruden said. "The two upper-



Volleyball team members celebrate after advancing to semi-finals.

classmen got the team focused." Pruden, a former Spartan volleyball player herself, began her career as an assistant coach this previous fall. "You see all the behind the scenes stuff coaches do," Pruden said, "and you don't realize how stressful it is."

Previous to this season, the Spartans' 2008 season marked the last time they had made the final four portion of the Heartland Collegiate Athletic Conference tournament. "We made it to the final four for the first time since the 2006-2008 seasons," Racine said. "We are also tied for most season wins."

Throughout the season,

the women won a grand total of 18 games, matching the previous record from their 2008 season. "Everyone will be ready to break records next season," Aikin said. "I think that it puts into perspective that we can do everything people say we can't."

In addition to the character development and ability to work as a team toward a common goal, each member of the Manchester women's volleyball team was able to take away a few personal lessons from their season.

Racine, who had spent the majority of their season on the sidelines due to injury, learned that

events have the potential to occur in which one can't always control. "You can't control every outcome in life," Racine said. "You sometimes have to just let things happen."

Throughout their many years as volleyball players, the women have gained a large amount of wisdom that they hope to pass down to future players. "When you play, you don't need to feel like there is pressure," said Pruden regarding the amount of nerves that many players face in the beginning of the game. "They have the skills and the knowledge, they just need to get out of their heads."

### Wrestling Team Prepares for Strong Season

**Jensen Lassiter**  
Staff Writer

With the start of winter sports just around the corner, the wrestling team has put in a lot of hard work in order to make this upcoming season a success.

"We have worked super hard for this season so far," said sophomore Raekwon Gathright. "Conditioning has been really rough. It has been our coach's main focus this year. He wants us to push; he wants us to score."

"Every day we do a dynamic workout," he continued. "We

do a lot of handsprings and front and back cartwheels. We do a lot of live 30-second 'goes', which, for 30 seconds, you give everything you've got. You have to try to score."

Gathright explained why scoring is so crucial to the team. "The higher the points that you score, the higher the percentage you have to win in a match," he said. "If you score the first two points, you have a 57 percent chance of winning your match."

Points on the mat, however, aren't the only things gained with daily conditioning. The dynamics within the team have also grown during the off-sea-

son. "We're all pretty close, we all eat dinner together," Gathright said. "The only difference that will change within the team is when the football players that also wrestle join us. The freshmen that we haven't really gotten to know yet have to work their way in, but we all end up really close throughout the season."

For Gathright, the hard work and dedication pays off during the season in big ways. "I've wrestled since I was six years old," he said. "Whenever the winter sports season rolls around, I always get excited. This year is no different. Every Saturday I wake up, and

I'm automatically excited for the match."

The first match, which was on Friday, November 11, resulted in a Manchester loss against nationally ranked Wabash College. "They're a very talented team, but we've been working really hard!" Gathright said, animatedly. "We're ready to wrestle!"

With an entire season left to go, there's still a lot of potential for wins. "We put so much into it before the season and during, it's hard to not be successful," Gathright said. "All of the work you put in, you expect a lot from it."