

MU Alumni Leads Professional Development Seminar on Mindfulness Practices

Jacob Hamilton
Staff Writer

On Friday, Oct. 11, alumnus James Butler, who is an innovative educator, visited MU to speak at a workshop for education majors. He discussed trauma-informed teaching and how to use mindfulness techniques in the classroom to regulate students stress levels, emotional triggers and ability to focus.

Manchester students, faculty, and teaching professionals from the community gathered in the upper JYSC to hear Butler speak on the definition of mindfulness and how it can support students' social and emotional learning. "My goal as a teacher is to educate the whole student," said Emily Pack, a junior elementary education major. "Kids are more than test scores and academic achievements. I want to teach

my students math, but I also want to teach them how to resolve conflict and manage their stress in healthy ways."

Butler referenced a variety of techniques that teachers could use to help them and their students manage often daily struggles of stress, anxiety and depression. These techniques include methods such as different breathing techniques, stretches and self-soothing exercises for relaxation and clarity of mind.

Butler presented techniques he researched for his book "Mindful Classrooms: Daily 5-Minute Practices to Support Social-Emotional Learning (PreK to Grade 5)." The book is informational, and explores concepts such as acceptance, perspective, and mindfulness as well as how to apply these in a daily lesson plan or situations. The goal of social-emotional learning is to teach



Photo by The Austinot.

James Butler teaches students how to use meditation practices to improve their social-emotional learning.



Photo by The Austinot.

James Butler won 2014 Teacher of the Year for the Austin, TX, school district.

children strategies on how to manage their own emotional states so that it can extend beyond the classroom and they can use breathing techniques to help them regulate themselves during stressful tests, when they have a conflict with coworker or when they feel overwhelmed by their at-home drama.

On Friday, Butler visited various education classrooms to take his workshop a step further. He said that teachers were often so worried about taking care of and nurturing other people that they forget to take a few minutes to check in with themselves. He asked each of the students to take a piece of paper and fold into six squares. In the first square he asked the education majors to write down a link to mindfulness resources that they could access for themselves and their class. In the next few boxes he set his timer for two minutes and had people 'draw' and 'doodle'. He said that there is a significant amount of research that shows that doodling and drawing can significantly reduce stress and anxiety because it allows people to focus on a

simple task rather than the mounting pressure and stress.

"It was amazing how much better I felt after I took a few minutes to focus on myself," said Destinee Boutwell, senior secondary education major. "I have so many things that I have to do that attending class feels like an inconvenience sometimes. Between my honors thesis, my English SCE, my Education SCE, studying for my licensure exam and my regular class load there isn't much time to take a few deep breaths. However, what I learned when James came to our class was that the world doesn't end when I take two minutes to check in with myself. I even felt much more productive afterward."

In the next few practices he showed future educators how to center themselves by performing breathing exercises. After each activity he reminded people to "check-in with themselves."

Butler visited Manchester University on Homecoming weekend, traveling from Austin, TX. He is originally from Cleveland, OH, but attended Manchester College

and graduated in 2002. He was active on campus, having been a self-proclaimed "super fan" and rallying students around different activities for school spirit and other things on campus.

Butler moved to Austin after college and began his teaching career in kindergarten and preschool. In 2014, Butler won Teacher of the Year for the entirety of the Austin School District.

He carries a light hearted and comforting air about him. He seems quick to laugh or crack a joke, which helps him to convey fairly serious subject matter in a graceful manner. He, like many others, encountered struggles in his life, and yet he seems determined not to be defined by them. Instead he learned from his struggles, and, like a great teacher, he helps others to learn and work through struggles of their own.

At the workshop, Butler was described by a friend's mother as "one of the kindest and most inspiring people [she] has ever had the pleasure of meeting."

MU Hosts Open House at Koinonia Retreat Center to Raise Awareness for Revitalization

Chloe Leckrone
Staff Writer

Tina Rieman, the administrative assistant to the College of Arts and Humanities at Manchester University, grew up going to family reunions at the Koinonia Retreat Center. Generations of her family would get together and take hikes, make fires, row boats on the pond and play music all night long. "I feel excited that it's still here and hopeful that someday we'll get back there for another family reunion," Rieman said. "I feel a little sad that it isn't used more."

Rieman is one of many people in the Manchester community with ties to the historic Koinonia Retreat Center. According to "The Story of the Natural Sciences at Manchester College" by William R. Eberly, Koinonia officially came into being in 1961 when a group of families known as the "twelve apostles," including Rieman's grandparents, came together to purchase a tiny, neglected farm area. Originally, they bought the land in hope that the Manchester Church of the Brethren could find a use for it. A few years later, when members of the Koinonia board decided they could no longer

manage the space themselves, they approached Eberly, an environmental studies professor at Manchester, to see if Koinonia could benefit his program in any way.

Since then, Koinonia has been a space used by the biology and environmental studies departments. Dr. Suzanne Beyeler, assistant professor of biology and environmental studies, enjoys taking classes to Koinonia, especially her intro level classes that are often made up of first-years. It is a tradition that has been going on for decades for students in the sciences to spend time at Koinonia. "To get to know that space

and to do coursework in it is part of their first year in the fall," Beyeler said. "So they're always more aware of the property."

Beyeler believes it is a shame that so few people and departments on campus are familiar with Koinonia. She hopes that someday Koinonia can become the space it once was, but she has run into problems involving funding. Up until 2007, there was a director of Koinonia at Manchester, but the position has not been replaced since then. In years past, directors were given grants and funding to help keep the space alive. "In its glory days it

used to bring in students from everywhere," Beyeler said. However, that money has recently run out and the area has become somewhat neglected. Beyeler is now trying to raise money and generate more awareness for the retreat center.

On Oct. 20, an open house will be held at Koinonia from 3:30 to 7:30. Students, faculty, staff and community members are all welcome to attend and become more acquainted with, or rediscover, the space. People can take nature hikes, kids can fish on the dock, and the

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MU Theater Society Prepares for Upcoming November Play

Alex Baker
Staff Writer

Kira Lace Hawkins, lecturer of theatre, is no rookie when it comes to producing plays. This upcoming November, all eyes will be on her and her crew to showcase her tenth play produced at Manchester University, "The Curious Incident of the Dog in the Night-time."

The story, which is set in London, will focus on a boy named Christopher Boone who has behavioral differences. "The show opens with him attempting to solve the mystery of who killed his neighbor's dog, and through that mystery we find out more about how Christopher relates to his family, and how he relates to the world around him," Hawkins says.

The purpose of the story is to depict who Christopher Boone truly is. "It's written in a very fast-paced style meant to give us the idea that we're in Christopher's brain," Hawkins says. "Where normal plays have 15 or so long scenes that are ten or more minutes each, this play has 57 scenes that move in quick succession."

Hawkins is interested in producing plays that are somewhat thought-provoking, and believes audience members should leave with a

desire to discuss what they have just seen. "It's challenging and life-affirming and they hopefully leave with a renewed sense of self-confidence and worth," Hawkins says.

"I chose this play because it's fresh and modern, and it also presents a really fun challenge for the ensemble acting-wise," she continues.

When deciding what play she wants to produce next for the University, Hawkins does not take an easy route. "It's such an exciting artistic challenge to move so quickly from place to place playing several different characters," she says.

Spartans involved are eager to show this play to the Manchester community. Arpan Paul, senior, will be playing Roger. Paul noted that his character may not have a lot of lines, but Roger is still important.

Mackenzie Weadick, senior, cannot wait for her peers to view the play. "This is one of my very favorite plays and I am so excited we get to share it with the school," she says in excitement. Weadick will be playing Christopher's teacher, Siobhan.

Students will be able to connect with this modern play. "The Curious Incident of the Dog in the Night-time" touches on overcoming obstacles to achieve dreams that seem nonrealistic. Also, the boy will relate himself to his parents and see how they are similar/different. This

means he will start to find who he really is. Hawkins believes that students will be inspired by the story as there will be many moments for students to connect with the main character.

Both Paul and Weadick believe that all theater elements are present to entertain viewers for the duration of the play. "The audience should expect a really nice story, comedic relief, a smell of detective mystery topped with pros and cons of daily life of a child facing some mental/behavioral challenges," Paul says. "Overall it's a mixture of all the ingredients needed for a complete entertainment of the audience."

Weadick isamped up for the viewers. "This show is captivating, funny, sad, and everything in between," she says. "Be ready for anything!"

Not only will students have the opportunity to be in the play, but community members are also participating. "I was also excited to get some age-appropriate community members involved--we have Janeen Kooi and Heidi Fairchild who both work at the University, and Dr. Eric Reichenbach who is a family practice doctor in town playing some of our older characters," Hawkins said.

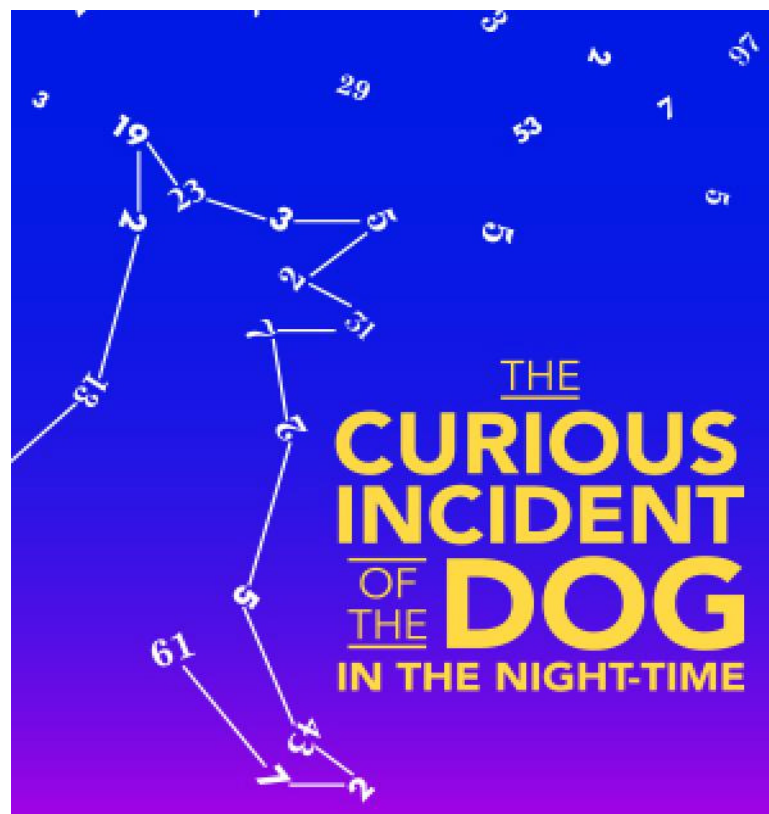
The staging factors are crucial. The design of the set gives Hawkins an opportunity to captivate the audience with her creativity. Since the main character is great at math-

ematics, she and her set designer came up with the idea to make moving blocks that are shaped like Tetris cubes, which is the main character's favorite game.

"The lights should be exciting, and we plan to use flashy projections to add to the modern feel, as well as to help us understand the types of chaos that enters Christopher's brain," Hawkins says. All of

the production factors play a role in development of Christopher Boone's character.

The first show is on Nov. 15 at 7 p.m., followed by the second performance on Nov. 16 at 7 p.m. Then the last show will take place on Nov. 17 at 2 p.m. The play can be seen in Cordier Auditorium at Manchester University for all three dates.



Band, Choir Perform for Homecoming Weekend

Carly Greaves
Staff Writer

Captivating music and passionate performers filled the Cordier Auditorium on Oct. 11 as the annual Homecoming Concert kicked off the weekend of festivities.

The stage was brightly lit as the musicians prepared themselves before the concert. All the curtains had been drawn back, leaving enough space for the many chairs and easels needed for the three bands performing that evening--the Jazz Ensemble, A Cappella Choir, and Symphonic Band. Dressed in black, the performers bustled across the stage, carrying choir folders and gleaming instruments. Manchester alumni, invited to perform once again for Homecoming, found their positions. Monitoring these movements were the two con-

ductors for the event: Dr. Scott Humphries, assistant professor of music, and Dr. Debra J. Lynn, professor of music.

The diligence of the performers and the vigilance of their supervisors was understandable, given the unique time and nature of this concert. "It's our first concert of the year for all the groups and a chance to reconnect with our alumni," Humphries said.

Once everyone was in place, the lights dimmed and the concert began. The first band to perform was the Jazz Ensemble, a relatively small but enthusiastic group. They began with Paul Baker's "Arnge Drank" and Bret Zvacek's "Back to the Basement," songs that were as smooth as they were spunky, leading several of the performers to swing along to the beat. Next came Mike Tomaro's "Theme for Bill," a much slower tune with an almost wistful melody, highlighted by

the piano's gentle, lilting notes. The Jazz Ensemble finished their act with composer Toby Fox's and arranger Paul Murtha's "Megalovania," an exciting, fast-paced song adapted from the popular video game "Undertale."

The next group on stage was the A Cappella Choir, accompanied by several alumni performers. The talented group sang a musically and culturally diverse array of melodies, including "Mairi's Wedding," a joyful Scottish folk song arranged by Hugh S. Robertson, and "Sakura," a soft but beautiful Japanese folk song arranged by Michael Scott. Perhaps the most powerful song performed was Daniel Moe's "Stranger, Share Our Fire." The gentle but strong piece told the story of discriminated and displaced individuals helping each other through rough times. "It definitely speaks to the Manchester mission," Lynn said. "It's about giving everything you have to help people."

After they finished, the choir members sat down as the Symphonic Band took the stage. The instrumentalists proceeded to play several awe-inspiring pieces of music. Three selections from "The Danserye," a piece composed by Tielman Susato and arranged by Patrick Dunnigan, were featured. This Renaissance melody featured booming, rhythmic notes, sounding almost like a marching army. Another song that was played was Anthony O'Toole's "Hung Aloft the Night." The piece, with soft notes and rising crescendos, gave off a sense of wide-eyed wonder and untold mystery. "You're almost supposed to be hearing the ethereal quality of the night," Humphries explained.

While the performances of these songs were impressive enough, the Symphonic Band was not finished yet. Teaming up with the A Cappella Choir, they proceeded to deliver the final composition of the concert: "My

Fellow Americans." Composed by Lynn, the lyrics of the song are taken from the second inaugural addresses of former Presidents Abraham Lincoln and John F. Kennedy. The patriotic words and powerful melody led to an inspiring finish for the concert.

Thunderous applause filled the auditorium as the bands and their conductors took a bow. As they stepped off the stage, the performers were beaming and happily congratulating peers on their success. It was an especially joyous time for the students who were new to this performance. "This was my first concert at Manchester," said Alexandra Blackwood, first-year student and flutist. "It was amazing--on a whole other level."

The Homecoming Concert remains an important and beloved tradition for Manchester Homecoming that gives musicians young and old a chance to shine.

ACEN Walls Damaged after Dedication Signs Removed

Erica Mohr
Staff Writer

Walking past Sisters, abuzz with life and energy, and turning right, down the first floor hallway, leads to a noticeable change in the atmosphere. What was once lively and bustling with noise from tour groups, has turned into a ghost town of bare, even damaged walls and empty bulletin boards.

One of the things one's eyes are immediately drawn to are two small art canvases where the room dedication signs used to be. The canvases are painted cheerfully with a variety of colors, yet vestiges of destruction peek out from beneath them.

Sprcifically, the cream paint of the wall behind the canvases has been ripped off, leaving behind a wall that looks like an open wound, like it was torn to shreds by the claws of a wild animal, or vandalized. These ripped-up walls appear on the two ACEN hallways, including the one by the Registrar's office and the Oak Leaves' office.

The mystery of the missing room dedication signs was quickly solved by JoHanna Young, director of advancement services. "The signs that were out there were because a donor paid a significant amount of money to name that room, that space," Young said. "But it wasn't necessarily that physical space; it was what was happening in that space." Young explained how if a business professor's office moved to the Chinworth Center, then the dedication plaque was to move with them.

The removal of the plaques came as a surprise to some professors. "I was shocked when I first saw it," Beate Gilliar, professor of English, said.

Katharine Ings, department chair and professor of English, agreed. "Some of my colleagues and I were alarmed when we saw the state of the walls outside of the ACEN classrooms and former offices," she said. "We were disappointed that the walls were left in that condition."

Young explained the quick removal. "They just needed to get them moved in time for the Homecoming dedication," she said. "So that's why they were kind of quickly removed."



Photo by Chloe Arndt.

MU students and faculty were shocked to discover ripped, unrepaired walls in ACEN.

The real discrepancy does not seem to be with why the signs were removed, but of the way they were removed. "Seeing those plaques removed as they were, ripped at a vein of understanding," Gilliar said. "The immediate reaction was, how could anybody rip those off? It felt disrespectful to those whose names were dedicated and for those persons who reside in those offices. This is what a building looks like when you take out the soul."

Indeed, some faculty feel that this is not an isolated incident. The ripped-up ACEN hallway might be seen as a metaphor for how the , Humanities departments have become increasingly overlooked more often in recent years. The damaged walls were the cherry on the cake.

For instance, tour groups of prospective students used to go up and down the first-floor hallways of ACEN, waving at professors and seeing all their offices. However, now the ACEN foyer is a thoroughfare on the way to Science and Chinworth.

"There's a feeling that the ACEN has been abandoned somewhat," Ings said. "This used to be the crown jewel on tours and suddenly the groups have moved on."

Gilliar agrees. "This is the hallway that was most traveled on campus and that no longer is the case," she said. "I long for those times when we were apparently a little more important, just by the fact that we hardly meet any prospective students and their parents anymore."

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discovery room on the top floor--a fascinating room full of taxidermy animals native to the area--will be open. Environmental studies club members will also be there to discuss the resources available at Koinonia. This open house is one of several initiatives to generate more excitement for the beloved space.

According to Beyeler, there are many reasons why students who are not in the biology or environmental studies programs should get to know Koinonia. It does not always have to serve an academic purpose; there are dorms and a kitchen that can be used by clubs and organiza-



Photo by Noah Tong.

Professor Beate Gilliar tried to cover the damaged walls with canvases she painted herself. She expressed how she felt somewhere between "irked and hurt."

tions for meetings and overnights. Students are also able to go to Koinonia any day of the week and take walks or use it as a reflective space. "Students can use it; it's their resource," Beyeler said. "It's part of their Manchester experience."

Beyeler believes Koinonia is a core part of Manchester University. "The mission of the university, and the word Koinonia almost mean the same thing," Beyeler said. "The Greek meaning of it is fellowship or community . . . It's saying we want to be part of the global community and Koinonia is a place that represents that physically."

Looking to the future, one of Beyeler's goals is to bring back a

full-time Director of Koinonia who could not only teach courses for elementary and high school age students, but for university students as well. She also thinks a day, much like the annual Camp Mack Day, held at Koinonia could help expand awareness and appreciation for the space.

Knowing how much the space can mean to people, Rieman also hopes that Koinonia can be reinvigorated so that people can continue to connect with it for years to come. "I'd love to see it get used more because it's a great space for making memories, connecting with nature, and just enjoying being together," Rieman said.



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Manchester to Add Nursing Program by 2022

Carlos Argueta
Staff Writer

Manchester will soon be home to a nursing program, which is currently scheduled to offer classes in 2022.

There is currently a high demand for nursing majors because of a nationwide shortage of nurses. That, coupled with the continuing need for healthcare professionals, means Manchester is looking to get out in front of industry needs. With a growing population in the community, local health-

care systems are highly supportive of Manchester University's plan to launch a BSN program. These clinics and hospitals are seeking more young, trained professionals to fill their open positions.

The University is scheduled to start offering the program by 2022, but it could be earlier than the intended date. "We have been approved to begin nursing classes in 2022, but we are working on program approval now through the Indiana State Board of Nursing, and are hoping to launch the program sooner," said Beth Schultz, director of the nursing program.

Manchester is currently developing and organizing a curriculum for the program, making sure that students will become well prepared

and successful in their future careers. "Dr. Nancy Schroeder, who is our first nursing faculty, and I are working with other people on campus to develop the nursing curriculum," Schultz said. "We have collaborated with faculty and staff to consider the needs of the University and the interests of the student body."

Manchester must also meet specific standards for the curriculum, and they must be approved ahead of time before classes start. "There are standards that we adhere to from the Indiana Board of Nursing as we work on program development," Schultz continued.

The program will have students attend classes at the main North Manchester campus for the first two

years. The final two years classes will be at the newer Fort Wayne campus, as it is thought to be a more appealing location to live for upper-level students.

The university will be hiring new qualified and experienced nursing faculty to teach the major. Current students will have the opportunity to explore the option of pursuing a nursing degree and possibly stay at Manchester University. There is already currently a significant number of students excited about the new program. Many current enrolling students have been inquiring about the new nursing program. There have also been young potential students from different high schools and colleges who are currently interested in the program. The curriculum is going to

be integrated with the University Core Curriculum over four years. Students will start taking their nursing classes at the beginning of their first year.

The move to add nursing as a major was a natural move for Manchester, since the school already has a strong natural science department with different majors and masters programs available for athletic training and pharmacogenomics. Manchester also offers a professional doctorate in pharmacy.

Manchester believes it is an excellent opportunity for the school and the community to expand its outreach. With the new nursing program, even more students are expected to enroll and attend the university.

2019 Homecoming Festivities



Photo by Bonnie Wong.

East Street was blocked at College Avenue to make way for special Homecoming weekend tents.



Photo by Bonnie Wong.

Gyros, traditional chicken shawarmas, grilled vegetables, and naan flat bread were available at MU's Greek Town Grill.



Photo Provided by Manchester Marketing.

Manchester students smile in front of street fair table with Manchester-styled candles.



Photo by Bonnie Wong.

Alumni were encouraged to sign in for the day's activities at the Registration Tent (pictured here before alumni arrived).



Photo Provided by Manchester University Athletics.

The Manchester University pep band cheered on the Spartans vs. Mount St. Joesph University.



Photo Provided by Justin Lasser.

Student Wilson Lopshire and Professor Justin Lasser came out to support Manchester football in the Homecoming game.



Photo Provided by Manchester University Athletics.

A big crowd was on hand to watch the 2019 Homecoming game.

New Stadium Construction Creates Uncertainty for Fall Sports, Athletes

Jarred Hubbard
Staff Writer

During Homecoming Manchester broke ground for the new athletics stadium. The official ceremony has left Manchester students and faculty elated and ready for the opening in the spring of 2020. This construction project will be a great new venue for various sports. The current construction may present an inconvenience for the sports that are in season or preseason; however, many athletes believe that the adjusted practice locations will be worth the wait once the stadium is completed.

Cross country and track and field have had to strategize to move their practices. Olivia Bangert, a cross country runner and a track sprinter, has been heavily impacted by the construction but this hasn't stopped her from training hard and getting better each and every day. "We can't do our full loop for cross country and track because the impact of the construction

has torn up the ground as well as not being able to host any track meets this year," Bangert said. She continued by noting that they still practice on campus, but they have to "accommodate" the changes and differences that the construction has brought upon them.

This fall, track and field has been conditioning for their winter season. "I'm affected because we have to go to the high school and train as well as sharing the field with cross country," said Kaylene Cox, runner. "It has been a burden on me and our team as a whole but I have to be honest: I am very excited for the future of Manchester and the North Manchester community.

"The field isn't just for us to compete," Cox continued. "It's to bring out the community and connect us with more resources and I believe it will help with our recruiting as well."

The construction has not just affected the long distance sports but it has affected the football team as well. "I love the construction because we are finally getting a new field," said

Jabari Webb, football player. "But we have to walk farther to practice and walk-throughs. We also have to get all of our equipment out of the PDC room now by the soccer field."

Cody Mason echoes the opinion that the current inconvenience will be worth it when the new field is available for practice. "We will be able to better compete because we can prepare better for the game with a turf field," Mason said. "We can't practice the main things we need to practice like kick returns and punts, which I believe is a negative at the moment. However, as the years go on, this field will help the community and better our sports program as a whole."

The construction has brought our athletes together because of their shared burdens of scheduling and planning around the construction. But athletes are excited to have a new stadium. "This new stadium is a change that Manchester and North Manchester as a whole have needed for the last few years," Cox said. "We should've done this sooner."



Photo Provided by Manchester Marketing.

Pictured here is an architectural rendering of the stadium scheduled to open in spring 2020.

Manchester Loses to Mount Saint Joseph in Homecoming Game

Mackenzie Kopplin
Staff Writer

Bitterly cold temperatures, swarms of alumni milling around campus, and very few parking spots were available as the Manchester University community enjoyed Homecoming Weekend once again. Alumni expressed their nostalgia while watching from the stands.

"It was great getting to see my guys play again," said Quantae Miller, 2018 graduate and former football player. "There was no nostalgia to be back on campus but having the opportunity to come up and see all my friends again is a different story."

The Spartan football team took on Mount St. Joseph University on the afternoon of Oct. 12. The results were not what the Spartans were hoping for, but it was a hard-fought battle. Senior

Donovan "Dub" Henderson Jr. expressed his outlook on the game. "We played a good game, we just have to start fast and finish," he said. "We just have to execute better when it matters."

Manchester received the first kickoff and executed a very quick drive downfield that resulted in a missed field goal. Shortly after the start of the second quarter, MSJ scored their first touchdown to take the lead 7-0. A Mount St. Joe interception with 2:22 left until halftime put the Lions up 26-0 going into halftime.

Halftime brought an essential meeting for the Spartan football team. They had to find a way to revive both their offense and their defense to not only put some points on the scoreboard, but also to be able to devise a game plan to shut down the Mount St. Joe offense. The halftime performance was a brilliant dance by the Manchester University Spartans.

nettes.

To start the third quarter, MSJ had a quick drive down the field that resulted in a missed field goal, much like the opening drive in the first quarter by Manchester. On the next possession, the Spartans scored a touchdown on a pass from freshman Brian Antoine, one of Manchester's two quarterbacks for the game, was completed to sophomore Harrington Greer. A good PAT from sophomore Andrew Kibler helped the Spartans cut Mount St. Joe's lead down to 26-7. However, even with the solid display of offense for that drive, the Spartans finished the third quarter trailing 40-7.

"The biggest struggle during the game would be not finishing drives on offense, we left a lot of points on the field," Henderson said. The offense was not as strong as the Spartans would have liked; however, they are optimistic for this to improve.



Photo by Mallory Fletcher.

The Spartan defensive line look to stop the powerful Mount St. Joseph offense.

To finish the game, both teams traded touchdowns to bring the game to a close with a score of 47-14. The Spartans scored when running back Henderson pushed through with a five-yard rush into the end zone. Henderson finished the game with 171 rushing yards. With Henderson's rushing yards in this game, he was able to break the 3,000-yard career rushing threshold. He currently has 3,008 career yards and still has several weeks to watch that number climb.

The Spartans' starting quarterback, senior Austin "Arob" Roberts, had 79 passing yards on the day.



Justin Thomas, linebacker, attempts to tackle the Lions' wide receiver.



Photo by Mallory Fletcher.

The Black and Gold bring down the Lions' playmaker with a diving effort.



Photo by Mallory Fletcher.

Quarterback Austin Roberts scrambles to his left with the ball.



Photo by Mallory Fletcher.

Donavan Henderson Jr. carried the ball for a few tough yards. He broke 3,000 career rushing yards as a Spartan on the day.

Swimming, Diving Strives to Break Personal, School Records this Season

Erin Hickle
Staff Writer

The Manchester University swimming and diving team returns with new goals for the 2019-2020 season. With a coach returning for his second season and five returning athletes, the Spartans hope to make a splash in the conference meet and break existing records.

Mike Kocsis is the second full-time head coach of the Spartan swimming and diving team. He received Bachelor of Science degree in Kinesiology and Health from the University of North Dakota in

2015, and he will receive a Master of Science in Health and Human Performance from the University of Cumberlands in December 2019.

Kocsis joined the team last October after arriving from the University of Cumberlands in Kentucky as a graduate assistant men's and women's swimming coach. He also has experience in coaching at the high school level. During his first year at Manchester, the black and gold received many conference honors, saw success during the post season meets, and the women's team earned College Swimming and Diving Coach Association of America (CSCAA)

Scholar All-America Team Honors for posting a team GPA of 3.51. Scotty Seacrest volunteers to help coach the divers as well.

There is a total of sixteen athletes on the Manchester University's swimming and diving team this year, twelve of them are women and four are men. There are seven first years that joined the team this season, along with four athletes who are returning to MU but have decided to swim with the Spartans for the first time. Kocsis encourages any students who are interested in swimming and diving to contact him as they are always looking to grow.

This year, the goals of

the team include both teams being recognized as Academic All Americans and everyone having lifetime best swims in their events. Coach Kocsis also hopes the women's team can win against a conference competitor Transylvania University.

The team was in action on Oct. 12 as they opened their season at the Wabash Division 3 Invite in Crawfordsville. Kocsis stated his excitement to see where his athletes are at as they kick off their season. "If we do well individually, team success will be a by-product," Kocsis said. "I train them to have their best times and have their best swims."

Kocsis enjoys traveling to the Purdue Invite as it allows them to be exposed to a level of competition they do not typically see during their season and gives them something to strive for as competitors. He also looks forward to his athletes competing in the Conference meet every year. Kocsis can bring with him 40 athletes in total, 20 men and 20 women. He hopes his team this year can break fourteen school records. Last year during the conference meet the Manchester broke 11 records.

The first home meet for the Spartans is on November 18. Manchester will host Bethel College and Franklin College at 5 p.m.