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Swinging Bridge - December 5, 2012

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Sharpening Intellect | Deepening Christian Faith | Inspiring Action

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THE SWINGING BRIDGE

MESSIAH COLLEGE//THE PULSE

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Ben Taylor is the director of SILP and supervises SGA and SAB

By: Sarah Brookhart

The Scoop on SILP

Student involvement and leadership programs seeks to unite campus organizations

By Abigail Ferenczy
STUDENT WRITER

When you first read it, the acronym SILP may not seem familiar. If you have ever played on one of Messiah's recreational sports teams, rock climbed at the Loft or attended a dance hosted by the Student Activities Board, you have been on the receiving end of one of SILP's many services. Messiah College's Student Involvement and Leadership Program exists to help foster student leadership and development through various programs and services.

In June, Ben Taylor transitioned from his role as Bittner's Residence Director to his current job as the director of SILP.

"My calling and ministry is to work with college students," said Taylor, who sees his new position as a continuation of that ministry.

As SILP's Director, Taylor interacts daily with both staff and students. His responsibilities include supervising the Student Government Association (SGA) and the Student Activities Board (SAB) as well as helping

coordinate new student orientation.

"Ben's main focus is on student involvement. He has great ideas about how to have students engage in pop culture and speak into it," explained Wendell Witter, assistant director of SILP and coordinator of the Loft.

For Taylor, engaging in culture means redeeming rather than avoiding it. He believes that to actively and reflectively engage in culture is to critically analyze aspects of it and determine how we as Christians should respond to them. Through B-sides, Lost Films, and multiple other services, SILP constantly provides ways for students to accomplish this.

"We are bringing culture to our campus, and part of our job is to ensure that students are engaging in it thoughtfully," said Taylor.

In addition to helping students engage through SGA and SAB, SILP promotes student involvement through the Loft, Adventure Programs, Recreational Sports, and over 70 other clubs and organizations.

"At Messiah, we want students to develop character, calling and compe-

tencies," explained Witter. Loft activities such as adventure programming and team building events provide a platform for students to put in place positive, life-long goals and habits.

"We believe that giving students in college the opportunity to be involved outside the classroom through things like service and experiential learning is significant," said Taylor. He explained that studies show this to be a more effective educational model than learning which takes place solely in the classroom.

"We would love to have every student participate in something," said Sheryl Ezbi-ansky, administrative assistant of SILP who works closely with the program's staff to lend support to its endeavors.

To learn more about involvement, the Messiah student community is encouraged to attend this year's Student Leadership Fair on Feb. 5. There, representatives from each of Messiah's clubs and organizations will gather at the Eisenhower Campus Center to provide information to students and answer questions about campus clubs and organizations.

With even more activities on SILP's horizon, Witter said that he is "excited to see what Ben continues to bring."

Psychology & the Church: How does the Church approach mental illness?

By Nikki Rita
NEWS EDITOR

Science and religion have always been in opposition and this is just the case when it comes to psychology and the Church.

On Nov. 8, Messiah's student organization Active Minds held an alternate chapel panel exploring the relationship between the Church and its approach to mental illness. Senior psychology major Cynthia Lucas, the president of the club, arranged a panel of different professors to pick their brains with this topic.

"Mental illness is a bio, psycho, social ideology," says John King, an adjunct professor at Messiah and associate pastor at Mechanicsburg Brethren in

//see PSYCHOLOGY on page 2

INSIDE THIS EDITION



By: Cait Fenello



Provided by Messiah College Athletics

//PSYCHOLOGY

Christ Church. "There are a number of factors that contribute to mental illness. Mental illness is not a sin but there are some issues related to sin that can contribute to mental illness."

While mental illness was not considered a sin, it is considered a result of the fall. And from a Biblical perspective, Evie Telfer, associate college pastor at Messiah, looked at the Gospel, specifically the way that Jesus treated others.

"In the case of responding to sin and in the case of responding to illness, Jesus brings grace, he brings compassion, he brings an understanding of the context," says Telfer.

The way that the Church responds to mental illness varies from case to case. Valerie Lemmon, a psychology professor at Messiah, commented, "There are still people in the church that don't recognize mental illness for mental illness." When people go to their churches with this situation, 30% are told that they or their loved one does not have a mental illness, according to a survey done at Baylor University.

Many churches in the face of dealing with a person with mental illness suggest to 'just pray' about it. Psychologists say one thing and the church another—who do you listen to?

Charles Jantzi, another psychology professor at Messiah College, shared his hope for the future of the Church. "The Church, if it functions correctly, could provide the support that many people struggling with mental illness really need. And I think that's the ideal that it really should be embedded within the body of Christ."

Determining whether it is a spiritual battle or a mental health battle and then having both psychological treatment and church support coming along side each other to put that person in the best possible environment for them to receive healing. One of the best ways to achieve this is through relationships between therapists and pastors.

There has been an ongoing debate within the academic community concerning the integration of faith and psychology.

"In most, if not all, master's degree programs and counseling, there are no requirements in terms of spirituality in counseling in secular universities especially—they don't cross at all," says King.

"So the APA, American Psychological Association, and the ACA, American Counseling Association, these groups are starting to increasingly not only not discourage it but encourage the discussion of faith issues," says Lemmon.

Integration is not the only way to talk about applying principles from spirituality or understanding ourselves as spiritual beings within a psychological or mental health setting. You can talk about it in other ways," says Telfer

Lemmon recalled a trip on the subway with her husband and saw a man with

schizophrenia. At first her husband was put off because he had never encountered someone with that mental illness before. Lemmon remarked in the context of the story that "part of our overall mission is to help people be more compassionate toward one another. It doesn't matter what the situation is. It's ultimately about having some sense of understanding and compassion. I hope that as Christians we can do that better than the rest of the world."

For more information about mental health visit activeminds.org.

What's Diversity?

What is Messiah's vision of a diverse campus?

By Nicholas Tay
STUDENT WRITER

We see the words diversity and reconciliation on almost every Messiah publication and on campus. Admissions brochures contain photographs of students from diverse ethnic groups and nationalities. Services dedicated to African music and liturgical styles regularly appear on the College ministries' chapel schedule. Within this environment, students easily assume that Messiah takes diversity quite seriously.

But what is diversity? How does Messiah College define it? According to John Chopka, the Vice President for Enrollment Management, diversity is synonymous with inclusivity as the College works to become "more representative of the Kingdom of God."

Bernardo Michael, Professor of History and Special Assistant to the President and Provost for Diversity Affairs, believes "there has been a longstanding desire in the College over the last twenty years to improve its diversity first, through the modification of the General Education curriculum to emphasize inclusivity and reconciliation, and more recently, by engaging the idea of inclusive excellence."

According to the College's Diversity Affairs web page, the goal of inclusive excellence is to "promote cross cultural understanding, global learning, civic responsibility, social justice, peace, and reconciliation, along with sustainable spiritual and environmental practices. Implementing inclusive excellence aids in preparing students to become agents well equipped to adapt, engage, work, learn, and heal within diverse worlds, both at home and abroad."

Michael emphasizes Messiah's shift towards diversity is important because "American higher education has recently emphasized a lot of strengths in the concept of inclusive excellence. The

model of inclusive excellence says diversity should be done by all. Not just the president or cabinet, but also the students – local and international."

Consequently, Chopka believes Messiah developed a primary focus on "racial and ethnic populations and we define that with domestic and international populations." He notes that Messiah thinks about "diversity as it relates to our faculty and staff along with domestic and international student representation."

While ethnic and racial inclusivity receives significant attention, Chopka notes faith diversity as another aspect of Messiah's focus.

Although Messiah was founded on Protestant traditions, Chopka appreciates Messiah's desire for hospitality. He thinks its "desire to be hospitable is an essential aspect of our community. It comes straight from our president, who sees the ultimate display of hospitality and reconciliation embodied in Christ."

Chopka describes the Catholic experience on campus as an example of Messiah's move towards religious diversity. "I am pleased that we have an active Newman club on campus. I know some of the faculty and staff who are passionate about serving Catholic students here. They meet regularly with folks in the local diocese to talk about how Messiah can be a better resource for them. This is exciting because there isn't a Catholic college within the local diocese, but they like what Messiah stands for."

While he acknowledges the greater Protestant base on campus, Chopka also points out the strengths of having interdenominational dialogue. "There are going to be some tensions between Catholics and Protestants, but we don't have to go far to see differences even between Protestants themselves. Students can be more traditional or charismatic depending on their faith upbringing, and their differences initiate great con-

versations, and maybe even some debate. We like some of that tension here because everyone's still on a journey."

Since Messiah's focus on diversity is relatively new, Chopka notes that inclusivity will be a slow, steady progress. "Students, faculty and staff choose Messiah for varied reasons but cultural implications and geographical factors, such as our location to our Christian background, have introduced challenges to diversity. As a result, growth has been slower than we desire."

As part of Messiah's dedication to reconciliation and inclusivity, Chopka believes that quantitative goals are necessary. "Right now, each of the admissions counselors has a goal of 10% domestic underrepresented student population within the students they recruit," he said. "If we manage to reach our 10% goal, we would like to base our future expectations on how we perform each year. We could philosophize on the ideal rate, but our main desire is to encourage our efforts towards building a more diverse community."

Chopka believes the future of Messiah College's diversity will be directed towards "a greater consensus towards what diversity means to us from our respective perspectives. It fits very well with the Christian ethos of this college, especially with the focus on reconciliation. Thus, there is a general consensus here that diversity is an asset, not a problem."

Chopka believes Messiah's vision of a diverse and inclusive community is best embodied in the Admissions stained glass motif. "We believe that by attracting students with broader backgrounds, not only on ethnic and racial categories but also on denominational categories, we're putting together a more beautiful community. The colors represent our students and maybe even some of the tensions that come as a result of diversity. The lead foil between the colors then represents our reconciling which serves to paint a more beautiful picture."



New Concentrations and Masters Programs in Store for the Spring

Messiah adds new engineering concentration and nursing graduate program

By Nikki Rita
NEWS EDITOR

By Fall 2013, Messiah College will have introduced a new concentration to the engineering department as well as classes for their new master's program in nursing education.

According to Dr. Ray Norman, Dean of the school of science, engineering and health, civil engineering will be offered at Messiah as a concentration for the overall engineering degree. Currently Messiah offers environmental, mechanical, electrical, computer, and bio-medical engineering as concentrations within the engineering major.

According to the American Society of Civil Engineers website, civil engineering is defined as "the design and maintenance of public works such as roads, bridges, water and energy systems as well as public facilities like ports, railways and airports."

For Messiah College's graduate pro-

grams, there will be a new MSN (masters of science in nursing) with a nurse educator track. This will equip nurses who want to start at an entry level teaching position, either at the undergraduate level or in a clinical setting.

The ideas for new programs at Messiah College usually come from the Generative Thinking Group, which is a committee put together by president Kim Phipps that includes all the campus offices, from education to operations and beyond. The group is designed to appraise new ideas and proposals.

New ideas are evaluated by the various offices represented, President Phipps, and the Generative Thinking Group; once it is approved by them, it is sent to college governance.

Several factors are considered when determining if a new concentration, major or graduate program is needed. One such factor is marketability.

Students want a job. Especially in the

sciences, degrees mean professionalism. There needs to be high demand for the job that the potential program is being deliberated for. The group also looks at patterns in society and determines who is hiring and what is happening in the field of science and technology.

"[In] this area in Pennsylvania, the greater Harrisburg area, the corridor running down into Virginia, there's a lot of civil engineering employers. There is a significant demand. We have a lot of companies come to us and say 'why don't you have civil engineering?' when we're out in the community. The Collaboratory is very involved in international work. And civil engineering is in great demand in the engineering field for international work," said Norman.

Another factor to consider is the college's available resources. Initially the college tries to match a new program with their existing abilities and human resources. There are programs that require a lot of resources and expenses, and the college will put them in if the

demand is high. The group also looks to see whether or not the college can generate resources from those programs.

The Generative Thinking Group also looks at how the program will fit within Messiah's mission statement as well as the mission statement of the specific department.

"It has to fit our mission. Messiah College is very careful and the President is good at ensuring that we do this. To train students to lead and to serve church, society and the world," said Norman.

The group has even more programs in the works. In the near future, Messiah College could see another graduate nursing program, this time at the doctorate level. It will be a doctorate of nursing practice in family health—a DNP. It will be preparing family nurse practitioners.

"The goal will be to have our first class in 2015. Family nurse practitioners used to be primarily a masters and that is in the process of phasing out; a lot of institutions are going straight to the doctorate," said Norman.

"But that's not official, because you have to go through college governance," he said. "So the department puts together a proposal, it designs the program, plans it out. And then it has to go through college governance, a series of committees and approvals. I think it will eventually be approved. But we won't know that until well into next academic year."

Student Teaching: The Good, The Bad, The Downright Embarrassing

By Bri Dorsey
STUDENT WRITER

Sweaty palms. Shaking knees. Pounding heart. Dry mouth. All symptoms that can happen in those few nerve-wracking moments before presenting a project in class. Seniors Courtney Grammar and Amy Ahlbrandt look forward to and face that type of adrenaline every morning. As full time student teachers, both have spent the semester teaching in various schools around the area.

Early childhood and special education major Courtney Grammar has always wanted to pursue teaching; past elementary school teachers inspired regular and special education major Amy Ahlbrandt to take up teaching. "We learned a lot but we had a lot of fun doing it. It made me go home and want to play school." Ahlbrandt's parents bought her a chalkboard and whiteboard. She tried to coerce her brother into acting as her pupil, but he refused.

Now, at the end of their college careers, both have acquired the skills to accomplish their teaching dreams.

Both started their student teaching excited. Grammar said, "I was ready to take it on and to get out of Messiah classes." T

heir excitement, though, was laced with nervousness. On her first day of school, Ahlbrandt's was nervous. "I was really open and honest to my teacher when I rolled up to school on the first day. 'I'm freaking out!'"

After falling into routine, both were pleasantly surprised. "It's definitely confirmed that I am ready and excited to do this for the rest of my life and am ready for the challenge and interact with kids and help change their lives for the better," said Grammar.

"It's never a dull moment. Every day is like a new surprise," said Ahlbrandt.

"I had a kid who very much overreacts to everything. He dropped a chair on his foot. He immediately crouched down, was holding his foot, and was like, 'Ms. Grammar, I am in so much pain!' I looked at him and was like, 'You are not hurt, you are okay.'" Shortly after, he began limping his way out of the classroom. She proceeded to tell her student, "You are fine, stop being such a drama queen." In response, her student posed in the door and put a hand on his hip and the other on the doorframe.

Grammar laughed as she relived the experience. "He said to me,

'Ms. Grammar, it's a drama king and not a drama queen, and I will be one if I want.' He turned around and walked out. I had no response."

Grammar admitted to some panicked moments at her placement. She confessed to having outbursts of laughter during spelling tests because she will make up sentences off the top of her head. "Sometimes they just make no sense, and I get in these laughing fits where I just can't control myself. The kids are staring at me, and one kid even raised his hand and said, 'Ms. Grammar, what is wrong with you? I didn't know what to tell them. I couldn't control myself.'"

"I've had lessons I've just bombed, and it's so awkward to be up there and just not do anything," said Ahlbrandt. Once, she was teaching her kids how to address envelopes and none of her students knew their addresses. "That was really embarrassing, because I just assumed. You can't really assume when it comes to children." Ahlbrandt admitted that sometimes she writes beautiful lessons plans that just do not work out. "But when they do work, it's awesome."

Both Grammar and Ahlbrandt look forward to graduating and teaching in their own classrooms. The lessons they have learned through trial and error while student teaching will help them as they begin their career. Ahlbrandt reflected on her time student

teaching, "It totally changed how I think. It's a really freeing experience."



Amy Ahlbrandt



Courtney Grammar

Uberman Sleep Schedule

Does it work?

By Susan Ryder
STUDENT WRITER

Sleep is sometimes considered a luxury and at other times a nuisance. Doesn't it just always seem to get in the way of other things we could be doing? Imagine how much we could get done if we didn't sleep or if we could sleep less than the required seven to eight hours per night. The possibilities are seemingly endless, more studying, more socializing, more everything!

Uberman's sleep cycle may be the answer to achieving sleep nirvana, or lack of sleep nirvana depending on how one looks at it. According to this theory, named after the German word for super-human, one can sleep for only 120 minutes a day; in six, twenty-minute sessions. This type of sleeping is more broadly known as polyphasic sleep.

When I questioned Messiah students about sleep, the general consensus was that they don't get enough, especially during the week and during "crunch

time" at the end of the semester. In fact, Katie Parson, a junior Cross Cultural Ministries major, stated that she might fall asleep as I was questioning her. Parson mentioned that she had tried polyphasic sleep for about three days. I asked her how she felt during that time and her response was a resounding "awful." Perhaps this polyphasic sleep thing isn't the solution to the sleep issues students on campus are having.

While polyphasic sleep sounds like the perfect solution there are a few facts about sleep that make it less than ideal. Sleep is a must do, not a should do. Sleep enables our body to heal and repair itself. According to Psychology Today, "sleep is the single most important health behavior we can engage in." This same article states that research suggests that we need sleep to enhance positive behaviors such as persistence and self control.

If we don't get enough sleep we can suffer adverse health effects and possibly harm our relationships. If sleep-deprived students have less self control, it could re-

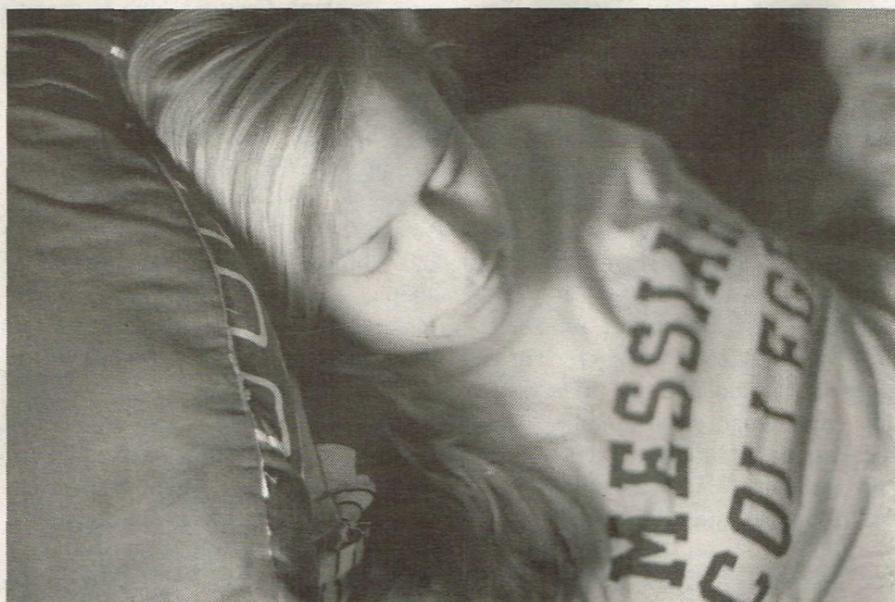
sult to overeating, more roommate conflicts, and less studying. With the many entertaining temptations on campus, who's going to persist in writing a paper when they can get on the Xbox, chat on Facebook or hang out with friends. One could argue that with Uberman, we may have plenty of extra time, but we won't have the good sense to use it wisely.

There is hope for the sleep-deprived, however. Napping is good for you! Michael Breus, PhD, also known as The Sleep Doctor® believes that sleep frees up brain space. Thus, when we are sleep deprived our brain is less able to absorb new information. So taking a short nap will not only help us remember data, it will also give us "room" for more.

Some may argue that people of ge-

nus such as Leonardo DaVinci used polyphasic sleep; therefore it must have some benefits. While I don't want to offend my readership, most of us aren't Leonardo DaVinci and that his ability to function with polyphasic sleep may have been the result of his genius and not the cause of it.

So, normal students, Uberman to me falls into the "too good to be true" category and we'll have to continue to be enslaved by the need for a regular eight hours of sleep. There is a silver lining, however. When you go home for break, you have the justification for a good long nap. Should your loved ones question you, tell them that you need to file away everything you've learned this semester so you can expand your brain for the upcoming spring.



By Sarah Brookhart

SECESSION PETITION

By Grant Meckley
STUDENT WRITER

What likely started as some hollow threat has garnered a media sensation that has all kinds of disgruntled Americans avowing to secede from the union. It began with an innocuous post on the White House's "We the People" website, a platform launched in September of 2011 for petitions and concerns to be addressed by the country's executive policy makers.

The seemingly frivolous plea for Texas autonomy was circulated by the nebulous "Micah H. of Arlington", shortly after President Obama's reelection. The petition was quick to say that it wasn't a knee-jerk reaction to another four years of President Obama, but rather stated the following:

"The US continues to suffer economic difficulties stemming from the federal government's neglect to reform domestic and foreign spending. The citizens of the US suffer from blatant abuses of their rights such as the NDAA, the TSA, etc. Given that the state of Texas maintains a balanced budget and is the 15th largest economy in the world, it is practically feasible for Texas to withdraw from the union, and to do so

would protect it's [sic] citizens' standard of living and re-secure their rights and liberties in accordance with the original ideas and beliefs of our founding fathers which are no longer being reflected by the federal government."

At the time of research, the petition was 118,030 signatures strong. The petition achieved the threshold 25,000 signees to illicit a response from the administration which has been promised by December 9th. In the meantime, petitions have sprung up in 47 states. Even though the Texan secessionists may not get the response they were hoping for from the federal government, it is worth examining the implications and backstory to these cantankerous calls for autonomy.

The virulence of these petitions sweeping the nation seems to coincide with the release of the Lincoln movie, a story about a president who committed to the preservation of the United States even by use of force. Accordingly, southern nationalists still call the Civil War "The War of Northern Aggression". They still feel it was within their right to peacefully withdraw from the union. The battle for state's rights has echoed from the signing of the Articles of Confedera-

//see PETITION on page 5

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Tattoos

and Christianity: Compatible?

By Victoria Scrima
STUDENT WRITER

In an overwhelmingly secular culture, Christians can find it difficult to discern what is sinful in God's eyes. With tattoos becoming much more commonplace, questions are raised regarding God's perspective on tattoos and whether markings on the skin with permanent ink are sinful.

There are many different Christian responses to these personal and controversial questions. Some will argue that God forbids tattoos in the Bible, as seen in Leviticus 19:28, which says "Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I am the Lord." In context, however, this verse is referring to pagan worship and rituals, so many Christian tattoo-supporters argue that this is a grey area without a right or wrong answer.

Personally, I agree with the latter view and believe that tattoos are acceptable on one condition: if the markings are designed to worship God rather than the self. I spoke with three Messiah students, and their testimonies encouraged and furthered my belief. I

invite you to consider the meanings behind their tattoos, even beyond what is seen on the surface of their skin.

Leah Novak, a sophomore at Messiah College, shared her tattoo's meaning with me. She has "Psalm 23:6" printed to her ankle, a verse with strong personal connection. Her mom, before passing away last February, had told Leah that her favorite Bible chapter was Psalm 23. Leah said, "Psalm 23:6 stuck out to me and reminds me every day that my mom is in the house of God. The verse says, 'Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.'" Along with the verse, the location of the tattoo is also symbolic, for the presence on her ankle reminds her that her mom is with her every step of the way, even if she is with Jesus now.

Alyssa Doll, a sophomore at Messiah College, has the word "agape" tattooed on her left shoulder. Alyssa explained, "Agape is the purest form of love. It's a Greek word used in the Bible a lot, and it means God's love for man and man's love for God. It's self-sacrificing... just the purest form of love I can think of." This tattoo glorifies God rather than the self or any other thing

that can be idolized, and I do not believe that such a marking would be considered pagan worship, as referenced in Leviticus. Her tattoo even serves a purpose of ministry. "I wanted other people to see it... it's a way to spread God's word and an outward expression of how I want to live my life," she said.

A third Messiah student, preferring to remain anonymous, shared with me the testimony of her tattoo as well. The words "kingdom come" are printed on her ankle in capital letters. "I wanted to get a tattoo as a permanent reminder of why I'm here and what I'm doing here," she explained. "My tattoo says 'kingdom come' because I wanted it to be a reminder that everything I do should be to advance the kingdom of God... my focus in life." Like Alyssa, her tattoo is an

outward testimony, intended to provoke conversation. "It's on my ankle kind of as a way to say that what I leave behind I hope will further the kingdom of God and as I go, I hope to further the kingdom of God as I walk forward," she said.

Since none of these three tattoos serve a pagan or prideful purpose, I do not believe that God would condemn for such markings. For those considering a tattoo, remember that our bodies are temples of the Lord. Before getting it done, we must discern what our true motives are – is it to glorify God, or our own body? Pray about it and do not rush your decision. One of the girls I interviewed suggested that you draw the marking on yourself with pen and leave it for a while, and if you ever wish it was not there, do not get it marked permanently.

Additionally, during my conversations with each of the girls, I learned that they held a mutual view: they don't want to be judged simply for having a tattoo. "I think people should be more open-minded. It's more than just ink on skin," said Alyssa. Regardless of whether or not we feel that tattoos are sinful, Christians should be loving to those who have them and withhold judgment.

Easy on the Ink

By Jeremy Jensen
STUDENT WRITER

There's one on my best friend's foot. Another's on my roommate's back. I'm almost positive every single wrestler has one somewhere. If you haven't guessed what I'm talking about here's the big reveal: tattoos. Yes, the permanent mark voluntarily placed on your body. While that may sound negative, I have to admit that I am quite a fan of tattoos.

Tattoos have been around for almost all of world history, but seem to have received quite the popularity boost over the years. In fact, tattoos are more prevalent today than any other time in modern history. 36% of US adults between the ages of 18-25 have a tattoo, that number grew to 40% between the ages of 26-40. If you think that is staggering, then ponder this: The Guardian posted in article in 2010 stating that one-fifth of British adults have some type of tattoo. The "deviant" art seems to have become quite mainstream.

Personally, I do not have any tattoos. It is also worth mentioning that I have no desire to get a tattoo. For me, the pain is the deciding factor. I'm not too keen on the idea of subjecting myself to pain for a bit of ink. However, I absolutely support those who have tattoos or wanting to get one. I am astounded by the intricate designs and beautiful art that goes into tattoos. The limitless creativity tattooing allows makes it all the more interesting. As long as you are willing to drop a nice sum of money and endure a bit of pain, you could feasibly have anything drawn onto your body.

Another great part of tattoos is the meaning behind many of them. One of my relatives lost his father when he was young. Recently, he got a tattoo of his father's police badge on his chest. I believe that is one of the greatest ways he could honor the memory of his father. For the rest of his life he will have a reminder of not only his father, but also the work he did when he was alive. It is a touching thought and one that should be considered by any who think tattoos are taboo.

As much as I love the idea of tattoos, excessive tattooing puts me off a bit. I find it distracting at times. If someone has sleeves (tattoos from the shoulder to the wrist) I find it hard to not stare at their arms. Tattoos are meant to be eye-catching, but not catching to the point of being distracting.

I also find myself thinking of excessive tattooing as a form of rebellion. If someone walks in covered with tattoos – and I mean completely covered – I am going to make some judgments about the person. The judgment I will most easily make is one somewhere along the lines of, "Wow, someone definitely wanted to get a point across. We get it, you're SO rebellious." Not proud of it, but it's my opinion.

While I don't figure to get any tattoos anytime soon, I would definitely support anyone thinking about getting one. Think of something creative or meaningful, and go for it. The options are endless and the memory of getting it will literally last for a lifetime. That said, be careful not to go overboard. You wouldn't want me judging you, right?



By Cait Femello

// PETITION

tion, throughout the antebellum years, all the way to the days of segregation.

Such petitions call into question the national unity of the country. Do the signers of the petition feel that they are Texans first and then Americans second? Or

do they wish to secede merely for expediency and circumstance? One thing is clear, if America is to be a place where a diversity of peoples, ideas, and convictions can survive, it will not be achieved through drawing more arbitrary lines in the sand. It will require cooperation, tolerance, and mutual respect.

The Swinging Bridge

Messiah students decorating gingerbread houses at the SAB Family Christmas party last Friday evening in the Union.



By Megan E. Bloom

SAB Publicity Executive Joseph D'Ambrosi judging the "Ugly Sweater Contest" as Santa Claus.



By Jordan Twitchell
STUDENT WRITER

With over 150 students in attendance before the event officially began, the SAB Family Christmas party kicked off the holiday season on Nov. 30 by hauling out the holly and bringing out the sparkles – and the songs – that bring this treasured time of year to life. The Christmas music that played throughout the night created an atmosphere of excitement and anticipation as the season of Advent began in earnest.

Students lined up in the Union to decorate their own glass ornaments, build gingerbread houses and get Christmas photos taken with friends in front of a cozy fireplace. Of course, the biggest line was for the food table, where hot chocolate, eggnog and cookies greeted students with a big dose of holiday cheer. Several students “donned their gay apparel,” with brilliant reds, vibrant greens, and snowy whites.

The evening was hosted by Messiah's very own Santa Claus (SAB Publicity Executive Joseph D'Ambrosi). Santa put on an improvised comedy act while attempting to get people to sign up to sing karaoke. During one karaoke performance, the singer was interrupted by a massive cheer that came from the crowd of soccer fans who had gathered in the Union to watch the Messiah women play in the NCAA tournament in San Antonio, TX.

During the ugly Christmas sweater contest, Santa called first year student Devin Groat onto the stage because of her fantastically “ugly” sweater. She said she was “super embarrassed. I wasn't coming for the ugly sweater contest; I had just thrown on some comfortable clothes, and so I was really embarrassed when Santa called me up.”

Senior Isabel Armendariz, an international student from Ecuador, said, “My favorite part of the night was meeting new people. Particularly for international students, this was a great opportunity

to learn about the American customs and traditions surrounding Christmas.” First year student Kiyetet Mbutcho, an international student from Senegal, said, “Other than the food of course, my favorite part of the event was going from place to place [in the Union], just chilling and hanging out with friends to ring in the holiday season.”

But why do we have Family Christmas? According to D'Ambrosi, “Family Christmas is a long-standing tradition at Messiah College. It's a fun-filled way for the students to ring in the season together. We've been doing it for as long as we can remember, and we hope that future members of the Student Activities Board will continue putting on events like Family Christmas for many years to come.”

The evening ended with a showing of “Home Alone” under the twinkling lights of the giant Christmas tree in the Union. The evening was full of glitter and glad tidings and certainly filled students with Christmas spirit.

*
**THE
S A B
FAMILY
CHRISTMAS**

Friday's annual Christmas party hosted by the Student Activities Board kick started the holiday season

The Swinging Bridge

EXTREME HAMMOCKING

By Megan E. Bloom
MUSIC MANAGER

New group on campus doesn't "hang-out" just anywhere

Bungee jumping and skydiving are what typically come to mind when one hears the phrase "extreme sports." But those two activities are not what exhilarates a group of students at Messiah. They prefer extreme hammocking.

Extreme hammocking is hanging in a hammock "either over water, super

high, or over something dangerous," said sophomore engineering major Aaron Gettemy.

Gettemy became interested in hammocking through the Loft Team.

"I went out with a friend and we went [hammocking] over the [Yellow] Breeches and I'm like, 'This is like extreme hammocking!'" he said.

He "hangs" with Josiah Kelly, a sophomore engineering major.

"In the past, it's always been in places where you can get to from the ground but we decided that it wasn't good enough," said Kelly.

The two of them started climbing the tree next to the Larsen Student Union and setting up hammocks there. The

hammocking duo quickly got the attention of other students and people responded to their intensity with enthusiasm.

Junior education major Alex Conant hammocked 30 feet in a tree on a camping trip and found he really liked hanging up so high. He saw Gettemy and

//see HAMMOCKING on page 8

Explore Local Study Escapes Off-Campus

Three local spaces await college students looking for a change of study atmosphere during finals week

By Amie Miller
STUDENT WRITER

It's kind of fun to be a stranger," Abigail Vander Lann said, explaining her reasons for studying in an off-campus setting.

A library regular, Vander Lann sees a change in atmosphere at Murray Library as finals approach: "There are groups of regulars at the library the whole school year, but during finals it gets to be too much. It's packed."

As the library air becomes heavy with the looming weight of finals, local places can be a peaceful study escape. "With everyone studying, the atmosphere is kind of tense. To get out in the real world, it's nice to know that life goes on," expressed senior Jen Lee with relief.

Not only can studying off campus be an escape from finals madness, but seniors Abigail Vander Lann, Alina Chapman, Lena Karlson and Jen Lee agreed that getting off campus to study gave them a purpose to help them focus on their schoolwork and a moment to rejuvenate their tired minds. Vander Lann said, "It makes [studying] a little more fun and something to look forward to."

"It's nice to have a little bit of commotion. It gives you a break from school."

Vander Lann agreed: "I like the little chatter that goes on. It's a fun atmosphere. I like seeing all the characters. There will be a group of old people getting together and laughing [while] little kids run around."

In addition to having an entertaining ambience from the community chatter, Cornerstone offers WiFi, good music, tasty home-baked treats and delicious coffee.

The culmination of Cornerstone's delightful charisma not only produces the perfect atmosphere for some to study, but it also creates a heavenly smell. "[Cornerstone] has a great smell. It really is great," said Karlson.



By Amie Miller

MIDTOWN SCHOLAR
1302 North Third Street, Harrisburg

Mon.-Thurs.: 8 a.m.- 9 p.m., Fri.-Sat.: 8 a.m.-10 p.m., Sun.: noon- 7 p.m.

For a cozy and classy study experience, the Midtown Scholar in Harrisburg is the place to check out.

Chapman likes to find a quiet space to claim as she studies, and she explained that "There [are] a lot of nooks and crannies at Midtown Scholar. It's got that feel to it, that you're being scholarly."

The atmosphere at the Midtown Scholar is unparalleled with its walls that tower with books, old leather couches and

eclectic armchairs, classy music humming in the background and warm beverages served in tall, handmade mugs. With its rich sense of community and cozy ambience, the Midtown Scholar awaits students looking for a space to curl up and study.

FREDRICKSEN LIBRARY

100 North 19 St., Camp Hill, Pa 17011
Mon.-Tues., Thurs.-Fri. 9 a.m.-9 p.m.;
Wed. 9 a.m.- 6 p.m., Sun. 1 p.m.- 5 p.m.

"I'm pretty sure this is the nicest library I've ever been to," said Karlson as she entered the Fredrickson Library, tucked away just off of Market Street in Camp Hill.

This library emits an academically charming atmosphere with its leather chairs, stained-glass windows, long wooden tables and mosaic lamps. Complete with WiFi and a weekday Coffee Corner, the Frederickson Library provides an inviting space for students to study in a community setting.

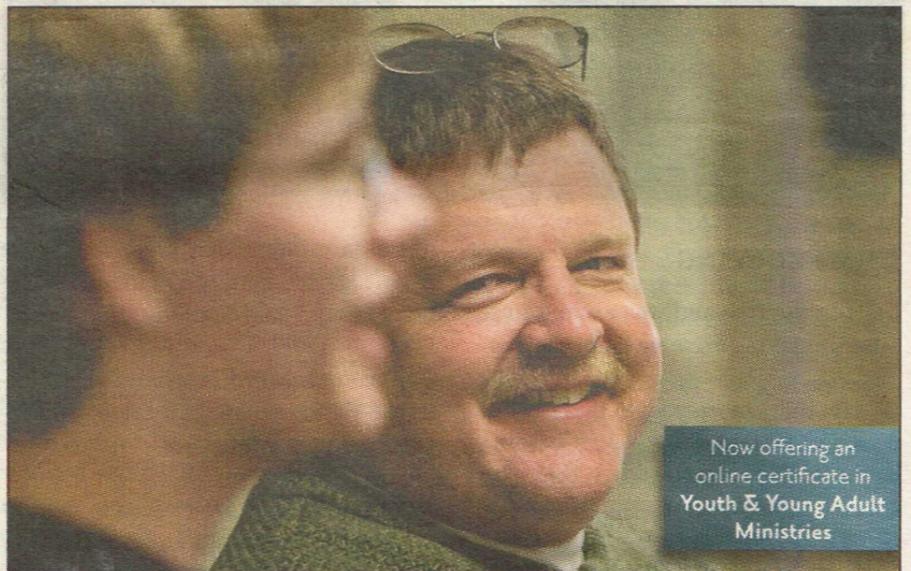
Karlson also expressed her appreciation for the library's environment of diverse patrons. "I like that it has [people from] different walks of life. There are children there, high schoolers, seniors. [Since] it's a public place, you see a lot of different people. At Messiah's library, you're just really seeing college students," she explained.



By Lena Karlson

CORNERSTONE COFFEEHOUSE
2133 Market St., Camp Hill
M-TH 6:30am-9pm, F 6:30am-11p
SAT 7:30am-11pm, SUN 7:30am-9pm

To experience a more chatter-friendly study atmosphere, check out Cornerstone Coffeehouse, located on Market Street in Camp Hill. Lee expressed that



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Fort Lean's Take on Rock Mixes the Old With the New

Provided by Student Activities Board



B-sides' next guest blends the power ballads of classic rock with indie rock reverb

By Mary-Grace MacNeil
A&E EDITOR

Tonight's B-sides concert marks a must-see, because popular guess says that Fort Lean won't remain under-the-radar for much longer. The Brooklyn-based band enters the music scene with old school rock-star swag and new school indie rock reverb, and the killer combination is hard to pass by.

The five-man team—made up of frontman Keenan Mitchell, bassist Jake Aron, drummer Sam Ubl, guitarist Zach Fried and keyboardist Will Runge—released their first EP in April of 2011, but they have earned notable recognition in the short year and a half since.

The New York Times recognized Fort Lean for its standout performances at the 2011 CMJ music festival, and after the Nov. 13 release of the band's latest EP, the prominent paper took their praise a step further to claim that Fort Lean is the long-awaited band "to restore to rock its long lost grandeur."

The group's one-line Facebook biography tells the same story a little differently. The group describes itself not as a messianic rock band but as a destination: "At Fort Lean, which is a place you can go, the weather is perfect all the time."

This almost-cliché self-description actually works as a perfect analogy to describe the care-free lifestyle celebrated throughout their latest EP, "Change Your Name."

"Envious," for example, revels in the perks of the rock-star lifestyle. The track emanates an upbeat, West Coast feel with its vibrating instrumentation and handclapping, and its lyrics boast of the band's fair-weathered world: "You could never make us envious;/ Oh, there's nothing you could do./ All your friends are gonna envy us;/ We do things they wanna do."

The rest of the four-track EP showcases Fort Lean's rock-star talent to justify their rock-star attitude.

"The Mall" shares the similar indie rock sound of "Envious" with its fuzzy reverb and upbeat handclapping. The track showcases Mitchell's vocal range as his soft yet powerful voice follows the smooth shift of guitar melodies.

The EP's opening track, "Do You Remember?," carries more of the classic rock feel that New York Times critics feared had been dead and gone before Fort Lean entered the music scene. The slow beat and long guitar riffs backdrop the song's more heartfelt lyrics, and this classic beat must have been what caused The Spec to dub the track "a prom anthem" in their recent review of the "Change Your Name" EP.

The final track, "All the Lights," features a similar sound. The track reveals the band's inner romantic, and Mitchell's wailing vocals bleed the kind of emotion heard in 1970s rock anthems.

Together, the tracks on "Change Your Name" showcase Fort Lean's talented ability to convey multiple genres of rock within a small musical canon. In four songs, the band portrays a history of rock music. The pop sound of electric guitar riffs echo 1960s jangle rock. The blend of the keyboard and the guitar create the heartfelt power ballads that reflect 1970s anthem rock.

But Fort Lean doesn't "restore to rock its long lost grandeur" without incorporating any of the genre's latest trends. While their music reminisces large-scale rock 'n roll, it also reflects the characteristics of today's popular indie rock such as reverb and handclapping.

It's this comprehensive collection that sets Fort Lean apart, elevating their music from a history lesson into history in the making.

//HAMMOCKING

Kelly in the tree and was excited to see others enjoying extreme hammocking.

"[I saw that] more people than just me do it so I started doing it [with them]," he said. Gettemy decided that their group needed to grow.

"I started inviting people and got a list of people on my phone that I texted every time I went out and we all just went

out as a group. Then more and more people started joining so I made a Facebook group," said Gettemy.

The group is called Messiah College Extreme Hammocking and there are currently 18 members.

The three friends are excited to continue growing the group and making new friends through extreme hammocking. If you are interested in hanging out, join the Facebook group for updates.

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Tis the Season to be... Gluttonous

By Lynda Heller
STUDENT WRITER

While attending the Thanksgiving Feast at Lottie Nelson, I made the unfortunate mistake of taking a break from eating to look around me. The feeding frenzy was in full swing. I was surrounded by plates piled high with food, multiple dishes per person. There was more than enough for everyone to eat, yet a certain hectic attitude took possession of the room. Everyone frantically sought personal fulfillment in that one favorite dish. Overall, it was an environment of excess, and over-indulgence. I could not help but feel ashamed by the sight, and by my own partici-

pation in the gluttonous spectacle.

What I noticed that evening at the cafeteria is true of the entire holiday season. The actual feast days of Thanksgiving and Christmas are the most obvious occasions of gluttony. We boast of our stuffed bellies to our family members, like it is a competition to see who can make the worst decisions. Having had more than enough to eat, we always have room for dessert. It's so easy for us to excuse our eating as a chance to spend time and build bonds with each other, but we could just as easily bond by playing board games, doing

sports, or maybe even serving together.

The major holiday feasts may be wasteful, but at least they still recognize that food's inherent purpose is nutrition. Beyond over-eating, we have found unorthodox ways to abuse food. Snacks have become forms of decoration, as commonly seen in popcorn chains, candy-cane ornaments, and gingerbread houses. Cookies have become a popular artistic outlet, and we take great pride in covering them in heaps of frosting and sprinkles. Instead of serving to strengthen our bodies, edibles have become a means of entertainment.

There are serious repercussions to the food festivities. One issue, frequently overlooked by college students, is the monetary cost. It is not cheap to provide such vast amounts of rich food. Secondly, there is a physical penalty to pay for the excess consumption. Even those with high metabolisms must suffer through

temporary bloating and stomach aches if not food comas. Perhaps the most significant consequence of the feast is post-gorging guilt. When we eat more than we need we eat more than our share. If we consumed less we would buy less, and maybe the United States would eventually become a nation that used a smaller percent of the world's resources.

Perhaps I am applying my feelings to others by assuming that guilt is common after the holidays. Perhaps most people don't see food as a moral issue. If your conscience twinges like mine after the holidays, then perhaps we need to rethink our methods of celebrating. We need to take a step back from the table, and seek out more constructive ways to connect with our families. We need to look beyond momentary pleasure and consider what is best, both for ourselves and greater humanity. The destructive potential of even a day of excess is so easily overlooked, but the accumulation of individual actions leads to societal sin.



By Sarah Brookhart

Gluttony or Gratitude

By Shannon McKee
STUDENT WRITER

Friends, the holidays are upon us. The season of family time, relaxation, gift-giving and good food is well underway. Despite this glorious time of the year, it is also the time of year when we are more inclined to overindulge in the good things of life. It is when we are most susceptible to gluttony.

Gluttony is one of the seven deadly sins, and while we may not realize it, most of

us have succumbed to it, especially over the holidays. Gluttony involves greed, over-consumption, and wastefulness; and because we live in the land of plenty, it is incredibly easy to be gluttonous.

Over Christmas time, the attitude in America is, "Eat more, spend more." Discontentment runs rampant in our culture. Nothing is ever adequate. More is better, but it's never enough. We overstuff ourselves at Christmas dinner, thinking that just one more plate will satisfy us, or that we somehow deserve it; we over-spend on gifts, but we underspend on time.

However, our overeating and overspending just leaves us feeling sick and discontent. We are never truly satisfied. Overindulging in the food makes us nauseous at first. Yet it also makes us want more, even though with each bite

of food we take, the flavor disappears. The excessive gifts make us happy initially, but their value fades quickly. How do we combat these gluttonous actions and the following discontentment?

Let's combat discontentment and the gluttony this season with thankfulness. Thankfulness opposes gluttony because it makes us appreciate the things in our lives that we already have and leads us to gladness and contentment. Being thankful for the little things can make us understand how extremely blessed we are. Focusing on the present moment—the single bite of food we're chewing on, or the lone gift in our hands—leads us into a life of gratitude. And where there exists honest gratitude, there cannot exist gluttony. Until we are satisfied in the present moment, we will never be truly satisfied.

While it is certainly good to delight in the things that we have during the holidays—relaxation, gifts, and delectable food—we should do so without overindulging in them. This holiday season, learn to listen to your body, and most importantly, learn to notice when you are simply enjoying the plenty of the season with a thankful heart, and when you are simply seeking contentment in wrong places. Isaiah 55:1-2 puts this matter into perfect perspective. "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare."

Seeking the heart of God is the only thing that will satiate our deepest cravings, and through thankfulness, we can better recognize the blessings that our provider has already given to us. This Christmas season, may we keep this at the forefront of our minds, and at the center of our plates.

40th Anniversary of Brubaker Auditorium

By Zachary Specht
SPORTS EDITOR

Messiah College Athletics is celebrating 40 Years in Brubaker Auditorium this Saturday, Dec. 8 as the men's and women's basketball teams take on Albright College in a double-header matchup.

The evening will begin at 4:30pm, when light refreshments will be served for all basketball, wrestling, and volleyball alumni in Hitchcock Arena.

Following refreshments, the women's basketball team will tip off the action at 5:00 and the men will follow at 7:00pm. Saturday's double-header will feature the first home conference action of the season for both the men's and women's basketball team.

In effort to authentically celebrate this event, Saturday night will be designated as "70's night." Students are encouraged to embrace this 1970's flashback theme and support the basketball teams while wearing short shorts and afros along with any additional 70's gear.

Prizes will be distributed throughout the game and special halftime contests have been arranged.

Come out on Saturday, Dec. 8 to Brubaker Auditorium and help commemorate this blast from the past alongside the men's and women's basketball teams. For any additional information or questions regarding the 40th year celebration of Brubaker Auditorium, please email Ian Gibson of the Athletics Department at ig1156@messiah.edu.

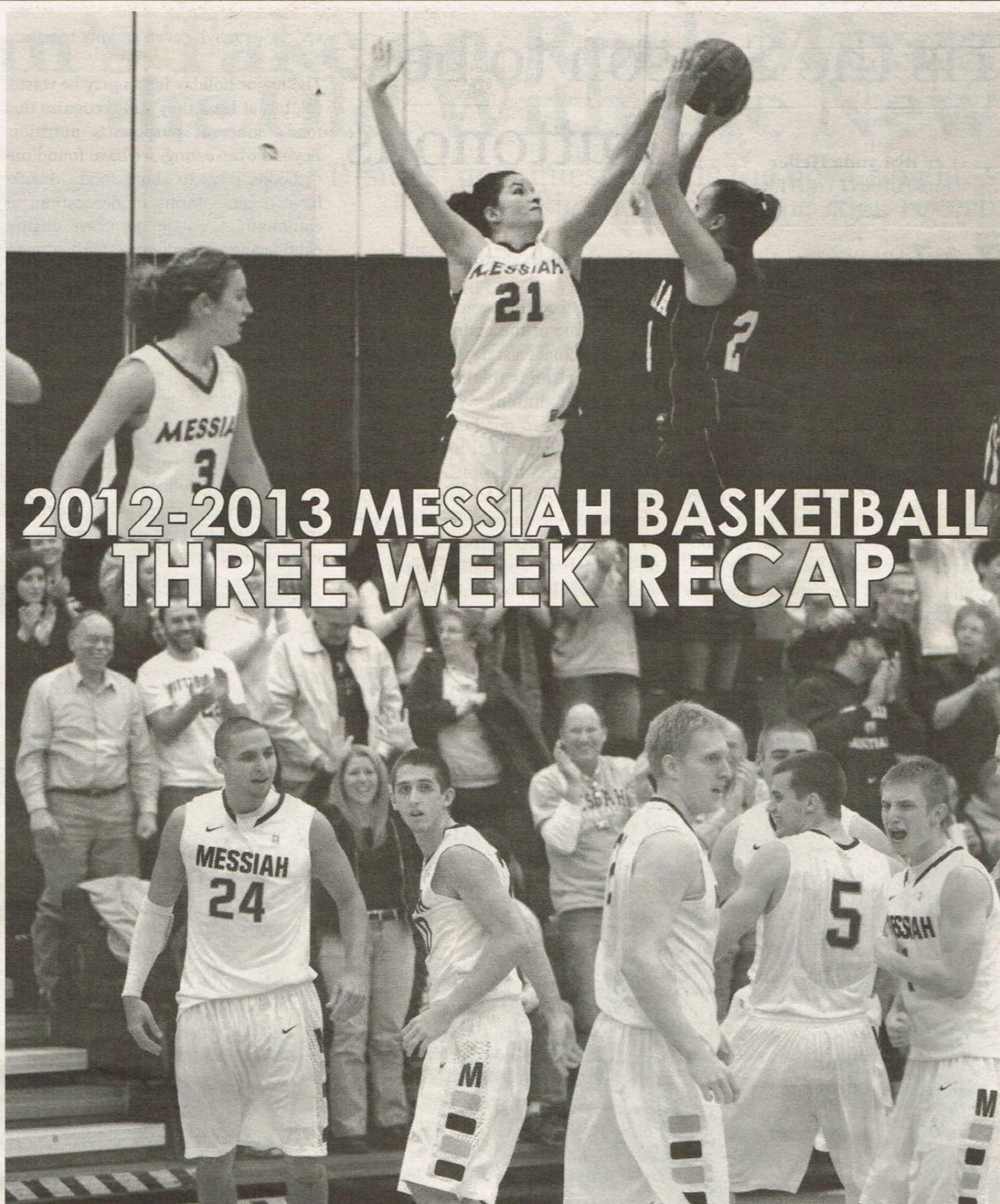
Preview: Club Volleyball

By Zachary Specht
SPORTS EDITOR

As the offseason begins to wind down, the intensity of the Messiah College Men's Club Volleyball team is just heating up.

Although the regular season for men's volleyball does not begin until February, the fall semester serves as one of the most critical time periods for the team. The men's volleyball team used this past fall to acclimate new players to the system and continue to bond as a team. "The offseason allows the team to assess the talent that we have on the roster in addition to continuously building our

//see VOLLEYBALL on page 11



2012-2013 MESSIAH BASKETBALL THREE WEEK RECAP

The Messiah College Falcons basketball teams look to build on early season success and string together some conference wins.

Provided by Messiah College Athletics

By James Reagan
SENIOR SPORTS WRITER

MEN

Despite a rough 0-2 start at the Homewood Suites Tip-Off, the Falcons have built on some positive momentum for this early part of the season. They have now won two in a row to even out their record at 2-2.

Their latest win came this past Wednesday when the Falcons defeated Lebanon Valley 65-58. Junior guard Brad Bolen led the team in scoring with 28 points. He's off to a great start this season and now leads the team in scoring with 69 points.

The game against Lebanon Valley saw another important player return. Junior guard Christyan DeVan returned after resting an injury he sustained during the opening tournament where the Falcons lost to Keystone and Hobart.

"Not really the way we wanted to start the season," head coach Rick Van Pelt said about the tournament losses, "but

the tough competition and tough circumstances of the game could help us as we continue to get healthy and improve."

The Falcons now enter a crucial stretch of three consecutive games against MAC opponents. Their next opponent is a 1-4 Elizabethtown team on Saturday night. The Falcons will then travel to Hood on Wednesday night and close out their week with their regular season opener against Albright on Saturday December 8th.

"We need to be the scrappiest team in the league," DeVan said. "If we bring that attitude and execute that stuff, we'll be good."

WOMEN

Off to an impressive 4-0 start, the No. 10 ranked women's team has looked every bit like a championship contender so far.

Their latest victory came over commonwealth opponent Lebanon Valley, the No. 7 team in the nation. The 62-56

win saw junior Taylor Mills take charge by putting up 20 points. Preseason All-American Dori Gyori rebounded from a poor first half and finished the game with 12 points and four rebounds.

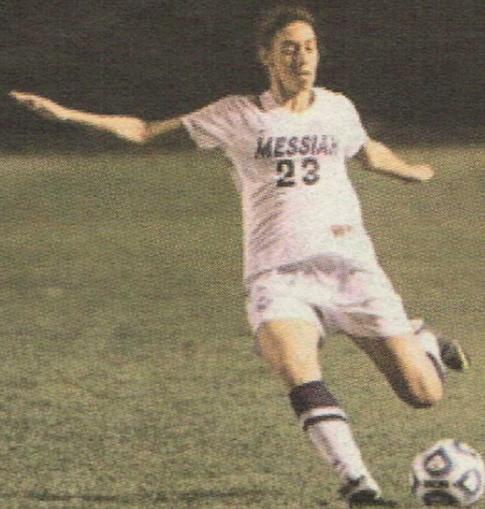
"I think that win this week against LVC says a lot about our team," senior Katelyn Vanderhoff said. "We were down by four at half time and came back to win by six. We could have given up in the first half but we kept battling and came together and got the win."

The Falcons will also be traveling to E-Town for a game against them on Saturday. "The key for the game is for our forwards to guard their guards," head coach Mike Miller said.

With four straight games coming up against MAC opponents, the Falcons are in a good place to rack up some more conference wins. The veteran team returned 13 players from last year, seven of which are seniors.

"This is a great start to the season," Vanderhoff said, "but we still have a long way to go and we are not satisfied with where we are right now and want to keep getting better."

A Pitchside View



CHAMPIONS EDITION

Senior Elizabeth Phillips helps propel the Messiah College Women's soccer team to their fifth national title in program history.

By Joel Hoover
ASSISTANT RADIO MANAGER

It has only been done by one school at any level of the NCAA in history. And now it's been done four times.

The Messiah College men's and women's soccer teams are champions of the NCAA Division III, picking up their ninth and fifth national titles in program history on Saturday in San Antonio, TX. It is the fourth time both teams have won a title in the same season, joining the Messiah teams from 2005, 2008, and 2009.

Both teams had thrilling games throughout the weekend at Blossom Soccer Stadium, needing every minute and every yard to bring the hardware back to Grantham.

MEN 1-0 LORAS (OT): FRIDAY, NOV. 30

The men opened their Final Four campaign with one of the games of the season, locked in a fierce game with perennial contender Loras in the National

Semifinal. After the Duhawks put the Falcons on the back foot for much of the first half, the Falcons were able to settle in thanks to some great goalkeeping from sophomore Brandon West. Both teams traded good chances over the 90 minutes before needing overtime to settle the affair.

With nearly one minute remaining in the first 10-minute overtime period, Jeremy Payne slipped his way past several defenders into the right of the penalty area to deliver a cross. While it was initially deflected in front of the Loras keeper, sophomore Mike Kovach was on hand to slam in the winning goal at close range, winning the match for the Falcons via golden goal.

WOMEN 3-0 MISERCORDIA: FRIDAY, NOV. 30

The women had a much more comfortable scoreline in their National Semifinal against MAC Conference foe Misericordia, but needed three goals in the second half to secure their place in the final. Senior Rachel Scheibeler struck the game-winner in the 54th minute off a feed from classmate Alex Brandt, while freshman Nikki Elsaesser doubled

Provided by Messiah College Athletics

the lead just two minutes later. Holly Burgard picked up the assist on Elsaesser's goal.

Senior defender Liz Phillips capped the scoreline in the 83rd minute, coming forward on the outside to put a good finish at the near post off an assist from Mackenzie Clapper. The win sent the Falcons on their way to a sixth-consecutive championship appearance.

MESSIAH MEN 5-1 OHIO NORTHERN

The Falcon men returned to the top of DIII men's soccer for the ninth time and first since 2010 with a dominating performance against first-time finalists Ohio-Northern. Brian Ramirez opened the scoring six minutes into the match off a free kick, and Mike Kovach doubled the lead four minutes later with his 5th goal in four matches. Defender Carter Robbins nodded in a third in the 16th minute off a corner from Jack Thompson, and Jeremy Payne would make it four in 19 minutes with a cool finish just minutes later. Payne would add a second in the 50th minute before the Polar Bears' Cameron Johnson grabbed a second-half consolation goal.

Goalkeeper Brandon West, defender Logan Thompson, and midfielders Mike Kovach, Jeremy Payne, and Jack Thompson were all named to the All-Tournament team. Logan Thompson also was named Defensive Most Valuable Player, while Kovach was named Offensive Most Valuable Player.

MESSIAH WOMEN 1-0 EMORY

The Falcon women made it a daily double, avenging an early-season loss to Emory to win their fifth title and second in a row in the nightcap. In a game of few chances and fantastic defense, senior Alex Brandt picked out classmate Rachel Scheibeler with an incisive pass through the Emory defense to slot in the winner in the 21st minute. It was Scheibeler's 16th goal of the season, and Brandt's 15th assist. A tremendous display by the Falcon defense and goalie Audra Larson held off the Emory attacks to secure the championship.

Defenders Liz Phillips and Alicia Frey, midfielders Alex Brandt and Rachel Scheibeler, and forward Nikki Elsaesser were named to the All-Tournament team. Scheibeler also picked up the award for Offensive Most Valuable Player after scoring in both games for the Falcons.

While success has been common with both the Falcon teams, coaches Brad McCarty and Scott Frey have been quick to praise the character and quality of their teams both on and off the field. All season long covering these teams, it's been a true pleasure to watch them play the game it's meant to be played—but also to see them play for a higher purpose than just winning titles.

Watching the Falcons on the soccer pitch is a gret joy. There is a style and quality to their play that you arguably will not find in any other team in the nation. And even more importantly, they have a desire to play for a higher purpose that you don't see in other teams. Falcon teams in all sports carry this quality.

There's more to see than winning games when you look from a pitchside view.

//VOLLEYBALL

team chemistry," said junior opposite Caleb Miller.

During the offseason, the men's volleyball team traveled to two separate tournaments to compete while hosting their own tournament in November. The men's volleyball team finished as the runner-up after a tough battle with the University of Pennsylvania in the Rowan Invitational Tournament.

Jerry Porr, who has served as the volleyball coach for 14 years, coaches the men's volleyball team. The team receives base funding from SGA, however any additional money must come from internal fundraising. The team organizes a plethora of opportunities to allocate additional funds. In recent years, the volleyball team has performed a car wash to raise money that will help cover traveling and tournament costs.

In addition to Porr, senior Justin Beachy currently serves as the team president where he works alongside the head coach to organize the team schedule, pay referees, pay tournament fees, and help coordinate fundraising opportunities.

Last season, the men's volleyball team placed fifth in the DIAA national tournament in Kansas City, Missouri. Participating in nationals allows Messiah to compete against elite talent and some of the best colleges from across the country.

As the men's volleyball team begins to shift their focus to February, excitement is on rise. The Falcons will seek to use the success they have experienced this offseason as a springboard to propel them through their regular season, and ultimately into nationals. Our team goal is play our best during the



regular season and we want to enter the DII national tournament in Dallas and ultimately win nationals," said Miller.

Provided by Messiah College Athletics
Messiah Men's Volleyball team gears up for spring action.

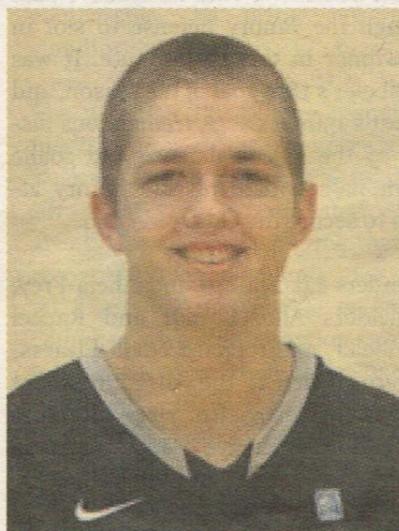
The Swinging Bridge



Photo by Lauren Landis

SCOTT BOLEN

basketball



Provided by Messiah College Athletics

By Carter Davis
STUDENT WRITER

Men's basketball already had one pair of brothers in Derek and Dan Mosley. Now with the arrival of freshman Scott Bolen, the Falcons have another duo of brothers.

Followers of men's basketball here have no doubt enjoyed watching Brad Bolen

develop into the go-to three point shooter. Now fans get to watch the journey of yet another big shooter.

Scott, like his brother came out of Sherwood High School just northeast of Washington D.C. in Ashton, Maryland.

Scott took up basketball young following the trail of his brother who had already been playing for a few years.

"Played on my first team in first grade and haven't missed a year since," Scott said.

Both brothers share plenty of common interests other than basketball. Both are accounting majors, and both played baseball in high school for Sherwood's 2008 Maryland 4A State Championship team. Brad played shortstop with Scott filling in the designated hitter spot.

Scott switched to basketball exclusively after torn cartilage in his elbow prevented him from swinging a bat.

"I've been one-hundred percent satis-

fied with basketball," Scott said of his decision to switch. "Baseball was too slow for me and my interest was starting to fade."

The switch allowed Scott to build a stellar basketball career at Sherwood. He averaged 17 points per game his senior year, and was named ESPN All-Region.

His career was capped by a deep three-point shot in the Maryland 4A semis against Magruder with twenty seconds left to force overtime.

Scott played AAU basketball for Fundamental Hoops while Brad played for the Maryland Lightening.

The brothers maintain a friendly competitive relationship developed from their years of playing on the same teams. The two play plenty of one-on-one games.

"Yeah he says he beats me," Brad said of Scott who responded with, "I say yes, I do beat him." The amicable spirit of these brothers carries over to Messiah's

team. The two of them say they still joke around on the court and that having the other around makes practice a little more fun.

Scott says he's adjusting well to the speed of Head Coach Rick Van Pelt's offense and the aggressive defensive approach the Falcons take.

"It is more challenging," Scott said. "There's a lot of running up and down and defense stuff."

Scott looks to take on a suddenly expanded role due to the loss of David Fernandez, and the challenges that have come with that have not diminished Scott's desire to win.

"I just want to bring a new swag to this team," Bolen said with a smirk. "I want to win and win a lot."

That spirit has led Bolen to average eight points and lead Messiah in three-point percentage and free throw percentage this year. His early season performance exudes promise. He should be a treat to watch for Messiah's fans.

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