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Swinging Bridge - November 19, 2009

Tim Mackie

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THE SWINGING BRIDGE

THURSDAY NOVEMBER 19, 2009

Messiah College Uses Billboards as Publicity Strategy

By Morgan Lee
Magazine Editor

Several weeks ago, sophomore music education major Sarah Ditzler drove past a Messiah College billboard and found herself pleasantly startled.

"I was surprised and excited. It was like, 'whoa, that's a Messiah College billboard!'" says Ditzler.

For the past several years, the Marketing and Public Relations Office of Messiah College discussed using billboards or outdoor

advertising as a publicity strategy. Public Relations (PR) Director and Centennial Committee co-chair, Carla Gross says the advent of the college's graduate program and the centennial provided the best opportunity to launch the campaign.

"We decided to put up billboards during the month of October in order to excite interest around for Centennial Homecoming Weekend," says Gross. "There were billboards in every major thoroughfare in the Harrisburg to reach a large audience."

The college designed two types of billboards: those promoting their new

graduate programs and those celebrating Messiah College's centennial.

"These billboards create significant visibility and awareness and help with goals like recruitment," says Gross.

Gross says the college used three billboard designs, two focusing on the school and the centennial and one advertising Messiah College's graduate programs. She says they were designed by an in-house team that focused on highlighting both the Centennial and the school's strengths.

"We incorporated our US News and World Report ranking, which many people

use to indicate academic quality, our athletic championships, and our commitment to service," says Gross. "[The billboards] needed to be simple and easy to digest. We used a lot of numbers and bullet points."

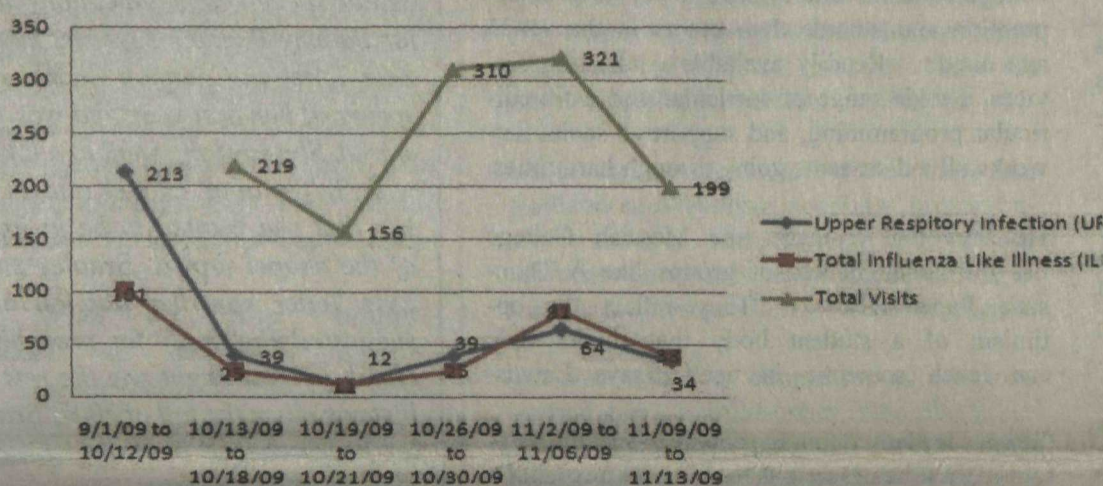
However, sophomore music education major Kaitlyn Fegan thinks the labeling of Messiah College was not as prominent as it could have been. "At first I saw the '100 years' letters but unfortunately the Messiah College logo was just kind of small and off to the side," she says.

According to Gross, the college also used the billboards to market their recent graduate program additions, a strategy that mirrored those of the college's competitors. Temple Univer-

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Procrastination is Bad for Your Health

Health at Messiah College:
Number of Cases Observed by and Reported to the Engle Center



By Christine Blanke
Student Writer

It's mid-semester. Pages are quickly being turned and research papers are flying out of printers faster than the ink cartridges can handle. Along with this influx of school work, our bodies have also responded with an influx of stress and illness, especially with the chilly weather setting in and the threat of the H1N1 virus.

Judy Groop, Coordinator of Health Services at the Engle Center, reports that the Engle Center employees see an average of 43 students per day. She says "The most common visit to the nurse would be a complaint of an upper respiratory infection [URI]. There were over 361 cases of URIs between September first and November sixth of this year."

Ellie Addleman, a counselor at the Engle Center, says that with stress and illness so prevalent, students need to follow some fundamental self-care tips. She says to be sure to get enough sleep, which is probably the most difficult essential for college students to follow. She also said to get proper nutrition by choosing a variety of nutrient dense foods. She says exercise is also important.

Addleman said that another key to wellness is time management and responsibility because procrastination elevates stress levels and takes away from sleep. Insufficient sleep lowers the immune system's ability to fight pathogens, thereby increasing the risk of sickness.

Regarding the prevalence of the H1N1 virus, Groop says "There are seven laboratory-verified cases of H1N1 on campus that the Engle Center has treated."

These are only the confirmed cases of H1N1. The Messiah H1N1 campus update newsletter says that H1N1

is currently the most prominent strain of influenza (flu) virus in the U.S., so it is safe to assume that anyone with flu-like symptoms most likely has the H1N1 virus.

Randall Basinger and Kris Hansen-Kieffer, Provost and Vice Provost notified all teaching faculty that Messiah College has now established a "social distancing" policy. Students who are ill with a fever of over 100°F with a cough and/or sore throat should consider that they have H1N1 and either leave campus or remain in their room until they are fever-free for twenty four hours.

As a result, Jennifer Billman, a lecturer in the Biological Sciences department, says she has noticed a increase of absences in her classes in the past few weeks. She says around five students miss her Anatomy and Physiology class every day.

Senior art education major Shannon Forney recently recovered from a confirmed case of H1N1. She says she was sick at home for a week before returning to classes.

Forney says she was afraid she would get sick again while making up her missed work. She said that her professors were helpful in giving her deadline extensions, but it was a lot for her to complete two weeks worth of work in one. Shannon says she has now made up all her work and is still healthy.

Billman says that missed classes as a result of illness may not necessarily result in a decline in academic performance because students have a vast array of access to class material through the internet.

"Lecture notes are posted online and students can always come for help," she says. "Greater surge in the number of absences has offered more flexibility on the instructors' behalves than in previous years, but students have been really responsible in responding to their illness." Billman says that absent students e-mail her everyday about class material.

Why Does Witmer Smell like Poop?

By Mark Miller
Student Writer



Photo by Mark Miller

Kevin Clancy, a first year engineering major who lives in Witmer Residence says the area around his building often smells like poop. Kirk Baker, an official at the adjacent Upper Allen Township Treatment Plant, says the unpleasant smell is a result of the plant's sewer processing system.

This treatment center carries out the daily bulk of sewer services just as faithfully as the township uses its restroom facilities, Jennifer Billman, Lecturer in Biology, says. She notes that as the demand for sewage to be processed peaks, there is consequently a higher concentration of activity performed.

Billman was part of the first group of students to live in the Woodside Resi-

dence, now known as Witmer Hall. Billman says the residents in her day noticed the smell every so often, but it was not much of a concern to them.

Billman says that the system of sewage management is a pretty normal thing. "Is it really so bad to come face to face with that?" Professor Billman asked. In previous years, Billman and her students have taken tours of the sewage treatment center.

Baker has worked at the treatment plant for over twenty years. Baker says that the plant utilizes state-of-the-art equipment and handles over one million gallons of wastewater per day. He noted that daily

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THE SWINGING BRIDGE

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A Thousand Paper Hearts

Student Initiative Transforms Campus

By Timothy Mackie
Student Writer

A spontaneous student initiative, "A Thousand Paper Hearts," sprung up on campus last Saturday. The initiative has been so named in reference to the many construction-paper valentines posted by the group in prominent locations throughout the campus. The goal of the group, according to first-year Amanda Russell, is to "change the definition of love at Messiah."

After discovering an anonymous note threatening suicide in the prayer chapel in Fry apartments, Russell held a prayer vigil with about 15 friends from the Naugle and Hess residence halls until 4 a.m. The following day, several of these students expressed a desire to make paper hearts to post around campus. Russell and others donated craft supplies while other students spent most of Sunday night making and distributing the hearts.

On Monday, the students spent their third late night in a row making small hearts to distribute in front of the doors of Brubaker Auditorium for Tuesday morning's common chapel. According to Russell, each heart is unique, with different volunteers crafting them according to their own calling. Most hearts feature the words "You are loved," although "We love you" or "He [Jesus] loves you" are also common.

The next move for A Thousand Paper Hearts was to spend Friday night writing personalized letters to send to every student through campus mail. Russell says that the group will seek permanent status on campus and is currently in the preliminary stages of negotiation with SGA to become an official student club.

Russell says she has received mostly positive feedback from the student body, with many students saying that the hearts were a wakeup call for them. "People have said that they need to live out of love to keep others alive," says Russell.

Other students have expressed doubt that the hearts represent a sincere attempt to reach out to someone in deep depression. Russell refutes these nay-sayers with confidence. "We're doing something about this when no one else is," says Russell.

Prominent campus leaders echo this sentiment. Associate College Pastor Evie Telfer says that regardless of whether the hearts seem foolish or superficial, they remind the community that there are those who hurt and don't show it. "Because of the hearts, people are asking 'how do you help someone?'" says Telfer.

Telfer, who lost her father to suicide, says that people can get so wrapped up in their own lives that they fail to recognize warning signs in someone who might be suffering more than they say.

She says that Christian circles often assume that the default mindset for a good Christian should be joy, even when things are going poorly. Telfer says that secular 12-step programs can often help people struggling with depression or suicide more than churches.

Telfer cites the popular worship song "Blessed Be Your Name" as an example of what she calls "the paradox of worship." Although it contains jarring lyrics about "being caught in the desert place," the song is written with a peppy up-tempo and a sunny major key. According to Telfer, a student experiencing profound misery might hear that song in chapel and asks, "am I the only one who can't say 'blessed be your name?'"

Philip Lawlis, Director of Counseling and Health services at the Engle Center, says that Christian culture often frames discussions of depression and misery as something in the past that an individual overcame through God's aid. He says that Christians often present a sanitized face to the world which leaves no room for sadness or brokenness. "We have expectations about how Christians should feel and act," says Lawlis.

Lawlis says the most consistent stressors on students that can trigger depressive behavior are academics, relationships, family, and self-image. He says that November tends to particularly affect students due to the heavy academic load and the impending holiday season. Some students can also be affected by the gloomy weather and shortening day length, although he says that there is no research to suggest that these meteorological factors affect the general population.

Lawlis says that current research shows that college students tend to have lower rates of depression and suicide than others in the 18-25 age cohort. Readily available counseling services, a wide range of curricular and extra-curricular programming, and supportive social networks all aid students going through hard times.

He says that a place like Messiah College has the added benefit of groups like A Thousand Paper Hearts. "They reflect the optimism of a student body that thinks they can reach someone in need," says Lawlis.

Campus leaders encourage people to take the message of these hearts seriously. "It's not a heart that's going to help someone; it's a friend," says Telfer. Campus leaders encourage people to take the message of these hearts seriously. "It's not a heart that's going to help someone; it's a friend" says Telfer.

Student Profile: Sammy Bradley

By Sarah Fleischman
Student Writer



Senior speech communications major Sammy Bradley says she heard Evie Telfer in Common Chapel the spring of her first year and was inspired. She says she went to a lunch with Telfer after chapel and told her that she wanted to be in front of the chapel crowd. Bradley says Evie Telfer saw her passion and suggested she apply for preaching chaplain. You might say the rest is history; since the fall of 2007, Bradley has preached in several Kairos chapels each semester.

Q: What is your favorite message you have preached so far?

A: One I spoke on Valentines' Day, because God is so easily overlooked on Valentines' day. It was so cool to combine those two aspects.

Q: Even though you are a speech communications major and speak in chapel frequently, do you still get nervous speaking in front of people? How do you overcome that?

A: A lot of praying! If God wasn't involved and I was talking about something else, I'd be screwed.

Q: What is a funny experience you have had as preaching chaplain?

A: After the first time I spoke in chapel (I really didn't know what I was doing yet), a guy came up to me and said "I can't believe you said you were crapping yourself in front of that many people!" I had said on stage that I was so nervous I was crapping my pants. . .

Q: What do you hope happens within the student chaplain team and the college?

A: The bottom line is that God stays in the forefront, that we care about people more than programs.

Q: What is the best part of being preaching chaplain?

A: Working with the student chaplain team.

Q: What do you hope will happen in this ministry before you graduate?

A: God is asking me to sum it up. A theme is coming up every time I speak, this theme is the purpose He has for me, that God is in the ordinary. People and otherwise.

Fitzpatrick Profile

By Anthony Francesco
Student Writer

Mike Fitzpatrick is the Dayshift Dispatcher in Messiah College's Dispatch Office. Fitzpatrick worked for nearly 10 years as a 911 dispatch coordinator and self-made professional photographer prior to his employment at the school.

During a recent interview, one colored with frequent interruptions from the office's phone and crackling updates from public safety officers via hand-held radios, Fitzpatrick described his responsibilities as a Messiah College Dispatch Officer and the circumstances that brought him to the black suede office chair he sits in today, located in the college's Eisenhower Campus Center.

"I've just always loved cameras," says Fitzpatrick. "I got my first camera when I was twelve. I sold Christmas cards in order to get it."

Fitzpatrick's career as a photographer started in 1971 when a friend casually asked him to photograph his wedding. With this taste of the opportunities present in the field of professional photography, Fitzpatrick decided to open up his own photography studio that same year.

At first, Fitzpatrick built a studio in the basement of his home. With this makeshift studio as his center of operations for the next three years, Fitzpatrick began photographing everyone from high school students to senior citizens. "I pretty much took any job I could find at first. After that, people starting coming to me," says Fitzpatrick.

After gaining some experience and a firm financial base, Fitzpatrick built a 40-by-40 studio as an addition to his home in Shermansdale, Pennsylvania. "While working I had done a little bit of everything, but my favorite part of being a professional photographer was the high school seniors; I liked working one on one with the kids.

I did a lot of family portraits and the like but they just weren't as much fun as working with those students to really bring out their personalities," he says.

Fitzpatrick says that, while he enjoyed photography, he soon realized that it was not enough to make a living.

Although Fitzpatrick no longer works in the field, he says that photography is still a huge part of his life, and always will be, regardless of the professional path he decides to take.

During his picture taking years, Fitzpatrick also worked for the Perry County 911 Center, a job that prepared him for the position he holds today.

Fitzpatrick says that his obligations at the Perry County 991 dispatch office "really helped expose me to the tasks I have to do daily here."

After 10 years of working for the PC 911, Fitzpatrick decided to apply for the position of Dispatch Officer at Messiah College. "I had seen the ad in the paper and it was something I had been involved in my whole life, so I thought, why not," says Fitzpatrick.

As for the description of his duties as a dispatch officer, Fitzpatrick says that his first priority is to take calls and dispatch public safety officers. He must orchestrate the movements and actions of the campus' very own police force, informing them of any problems so they can immediately go to and fix the issue.

Fitzpatrick says, with a chuckle, that his other main task is what he called "grunt work" such as typing out a time-stamped narrative of every action that Public Safety makes, every call that comes in, and every report that gets filed.

"It can get a little hectic," says Fitzpatrick. "What with the phone ringing, the radios singing and the computer flashing, the influx of information can be a little overwhelming."

"Essentially, we are also kind of the catch-all for the school. Whatever information that comes into the

school, aside from what the other campus offices can handle, but anything involving security and the like comes through us first," says Fitzpatrick.

"We are here 24/7. This is the central place; if you lose something, need help with anything, you come here," says Fitzpatrick, his sentence cut in two by the ringing of his office phone. He leapt for it without hesitation.

Having worked at the college for nearly a decade, Fitzpatrick has a collection of humorous calls and amusing stories to tell as well. "During classes we get all the routine calls, but its usually after hours when we get the good ones," says Fitzpatrick.

"I've gotten calls for everything from a student who was in the shower and forgot her towel to kids who have fallen into the Yellow Breeches and needed to be fished out. Needless to say, the students are what keep this job exciting," says Fitzpatrick.

The business of the school year is nothing compared to what goes on here during the summer, says Fitzpatrick. "All summer long there is stuff going on at the college," says Fitzpatrick.

Countless groups, from local sports teams that utilize the school's sports facilities to religious conventions like the United Methodist and the Messianic conferences, which flood Eisenhower with vendors and stands, are constantly moving throughout the school all summer long. During the summer, in addition to informing and directing Public Safety, Fitzpatrick has to coordinate with campus events and conference services personnel to see that the events run smoothly.

"This office has become an essential part of the functioning of this institution," said Fitzpatrick. In the past, it was restricted solely to coordinating the campus' safety officers, but now has branched into the school's information hub.

"Before this office, you would have to run to three different offices just to file a report for a missing phone," said Fitzpatrick. "This just makes everything easier."

Student Profile: Christie Miller

By Sarah Fleischman
Student Writer



In Kairos chapel every other Thursday morning, the worship chaplain, Christian Ministries major Christie Miller, leads the worship team on the piano. For almost three and a half years, Christie has shared her passion for music with the student body. In her final year at Messiah College, Miller says she is "trying not to get caught up in doing something new or crazy all the time. I'm searching for God's heart on this campus."

Q: How did you get interested in becoming worship chaplain?
A: I got an email in spring of freshman year saying they needed chaplains and someone to lead worship in Kairos chapel. I loved Kairos, it was always my favorite. My mom is the director of worship and arts at my home church. All my life, I watched her lead worship.

Q: What are your responsibilities as worship chaplain?
A: Meeting with the chaplain team, helping with the events we organize such as the 30 Day Fast and prayer week, and intentionally planning spiritual formation events on campus.

Q: What is a funny memory you have had during the past three years as worship chaplain?
A: Sophomore year, the first semester, I was worship chaplain and in one of the first practices my friend John, who was the drummer, was playing the djembe. I wanted him to hit the drum really hard. I'm not good at musical language, so I use sound effects. I told him to give me a BOW BOW BOW BOW sound. He showed me on the drum what I wanted. When we practiced the song again, instead of hitting the drum he said out loud BOW BOW BOW BOW instead. It's like a running joke now.

Q: How do you keep focused on God as things get crazier in the semester?
A: It is very important for me to have my morning Jesus time, being quiet before God. It focuses me. Finding God in the simple things of the day.

Q: What is the best thing about being worship chaplain?
A: Getting to work with the worship team. We have so much fun at practice.

Travel Column

From Russia with Love

By Maria Toews
Student Columnist

November 3, 2009

To get to the train station in Nizhni, I was on a public transit bus for an hour and a half (and didn't even have to hold on to anything because there were so many people squeezed up against me it was impossible to fall over.)

Unfortunately, one boy in our group didn't get to go to Kazan because he got stuck in traffic on another bus and our Kazan train left without him.

The next morning at 6 a.m., upon arriving in Kazan, another boy in our group neglected to escape his cabin on time. The train started chugging off with him in it, and the rest of us were standing windblown and frozen on the platform.

Tatars like their president, Shaimiev, because he kept everything peaceful and joined the Russian Federation after the break up of the Soviet Union. Tatarstan is the only republic that can make its own economic decisions (kind of like Alberta wishes it was). They are also prospering - There is construction everywhere! - even with the recession, mainly from oil.

Kazan is a beautiful city (a dusting of snow accentuated this). We visited the Kremlin (an old fortress partially surrounded by white walls). Kazan is unique for having the only Kremlin in the Russian Federation with a mosque (and an Orthodox Church, too) within it. The mosque was rebuilt in 2005 using foreign Muslim money. (However, Islam has been the state religion since 922, as opposed to Russian Orthodox in the rest of Russia since 988). Tatarstan prides itself on the tolerance within the city.

Our tour guide was a Tatar, but knew more than we did about everything, including Christian traditions and such. There is a lot of intermarriage nowadays between Muslims, Jews, and Christians, as for most people it is more folk religion.

We also visited a 'temple for all religions' - some guy - a philosopher (who else?), decided to tear down his grandparent's cottage on the edge of town and construct a building

incorporating literally every religion into it. It is decorated with colorful mosaics and has about 20 spires. Absolutely crazy. He's been working on it for years, building it all himself, and isn't finished yet. People donate money to his cause.

We visited the Russian Orthodox Raifa Monastery out in the middle of a birch forest. Very beautiful. It was silently snowing there the whole time. I petted some cute (and probably disease ridden) kittens near the spring of life giving water. Well, actually, it's just a spring of water with low sodium, but it was at a monastery, and it's been there for centuries, so that's got to count for something. The kittens were a welcome relief from 'Vasya,' my Russian family's furless ratlike cat.

I don't understand why this monastery had three different chapel buildings - just for a change of scenery or what? During Soviet times it was a center for juvenile delinquents, and then a technical school. It's sad how all the interiors of the churches were trashed. The monks have an orphanage there now.

Now for my religion: one of my gloves went missing while at a tea shop. I searched everywhere but it didn't show up. It's kind of annoying to lose your trusty gloves. I prayed, even though it's not a huge deal, it mattered to me, and seemed like a pointless thing to happen.

In the meantime, I watched BBC on the television in the hotel, and the English was lovely and comforting (not to mention that I haven't watched the news in a few months).

I bought 'chak chak' for my Russian family as a gift. It's deep fried strips of dough soaked in honey. I'm not actually crazy about it, but it's the traditional Tatar food to bring back from Kazan.

I didn't want to give up hope. Then back at the hotel, three hours later, I discovered that my glove had been stuck in another student's jacket! I'll attribute it to God.

And now I'm back in my family's apartment, and my Russian sister has over a friend, "Katya," and they're going to watch anime together (apparently that obsession is universal), because they have a week off of school for October Holidays.

Poop

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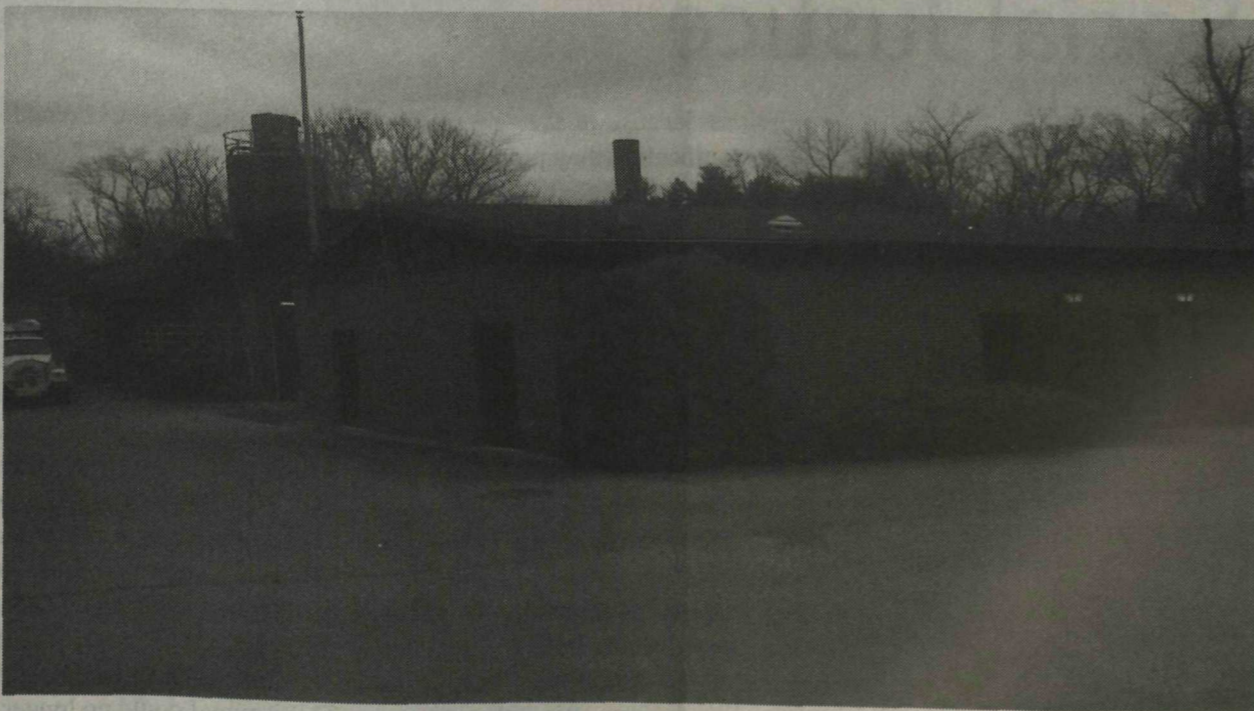
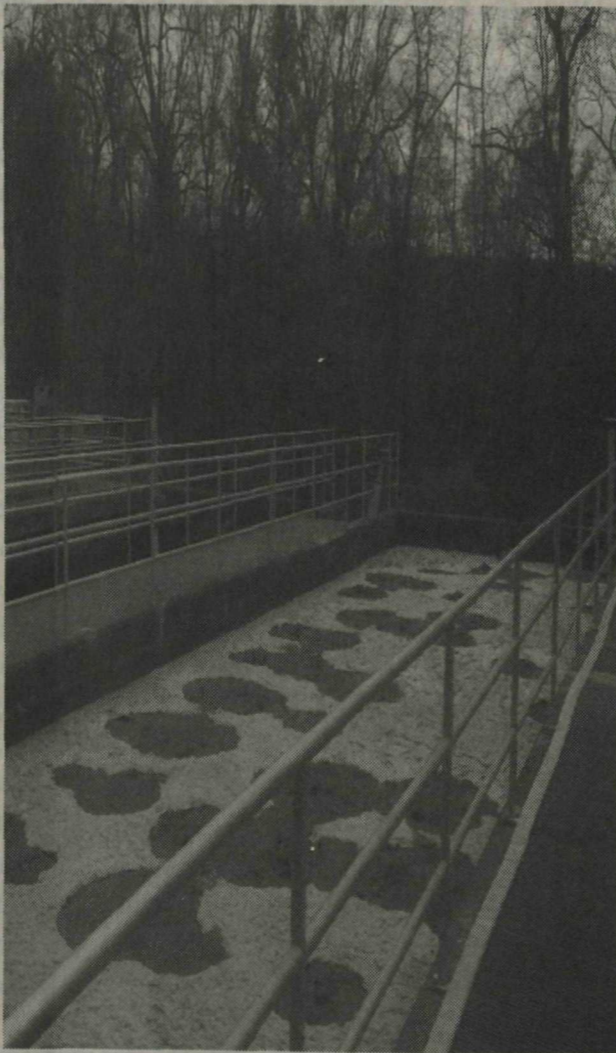
tests are performed with accuracy and consistency and each job is done with excellent machinery.

According to certified township procedures, specialized tanks are first filled with sewer water coming from sources all over the township. Sequencing Batch Reactor systems and submersible chopper pumps process the wet debris into digested sludge and water. Then chlorine contact tanks disinfect the water that has been separated from the sewage.

Next, the dewatered sludge is aerated. This process involves powerful machinery forcing air to flow through the sludge. Baker says this is the trigger for the notorious stink that emerges from the sewage treatment center. Baker says there is no apparent way to stifle the smell at the site.

After it is aerated, the sludge is "disposed on permitted farmland or a private composting property," as stated by the certified township procedures.

Baker says that after this process the water is pure enough to be put back into the public water supply, the Yellow Breeches Creek.



Billboards

Continued from page A1

sity, Lebanon Valley College, Eastern University, and Shippensburg University also utilized billboards to advertise their graduate programs.

Junior HDFS major Jillian Miller who passes the billboards every time she goes to work, thought they communicated an important message. "They definitely caught my attention because I am interested in getting my master's in counseling. For people who live in the area, and are interested in possibly pursuing this, I think it might make them consider Messiah College," says Miller.

To pay for the billboards, Gross says, for the past four years the college has specifically allocated money for a Centennial year program budget. "We decided we could not fiscally absorb paying for this celebration if we only took out from one year," says Gross.

Gross says the Centennial Committee's decisions have also been made in light of the difficult economic circumstances.

"Rather than create new events, we've been taking existing events, like the common reading lecture, the humanities symposium or the president's concert, and adding a bit more money to enhance them, but not to create events from the ground up," Gross says.

Although the billboard campaign was new, Gross says the team felt that the unique and special circumstances of the event provided a sufficient justification.

Gross says the school was also able to maximize its investment when, in addition to the amount of billboard space the school had already secured, Lamar Outdoor Advertising, a billboard company, offered to donate billboard space to the college.

"This was Messiah's first entry into outdoor advertising and because it was our centennial year, they really extended a really generous show of good faith by helping us. It was a very good gesture by Lamar," says Gross.

Gross says the billboard campaign has allowed Messiah College to reach a larger audience. Based on the location and frequency of Messiah's billboards, PennDOT traffic data indicates that the average driver in the greater Harrisburg area would have seen Messiah's messages 40 different times in the course of one month.

Ditzler believes that this is a smart strategy for the school to pursue. "I think it's a good use of the school's money because it's for the publicity of our school. I mean we had billboards on the turnpike and there are so many people that use the turnpike," she says.

Gross says another advantage of outdoor advertising is that the billboards will not be removed until the space is bought by another group. Although the college only bought space for October, some of the billboards are still up.

Gross says she has been very pleased by the amount of buzz generated by the outdoor advertising campaign. "We've received a lot of anecdotal and positive feedback, trustees, alumni, parents, and students," says Gross. "We're currently looking into future opportunities. However, right now there are no immediate opportunities and funding is an issue."

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Before You Change the World

By Thomas Brown
Opinions Editor

"Sustained contact with Jesus Christ" is the key to the Christian life according to Woody Dalton, pastor of the Grantham BIC church. As we don't grow closer to a friend without spending time with her, so we must spend time with Jesus if we wish to understand Him. Spending time with Christ leads to intimacy with Christ, but intimacy does not come easily. To really get to know God we must be real with him. We can be more honest with Him than with any person. Some of us wish to change the world, but before we hurry to do so, we must be real with ourselves and with God.

Pastor Dalton used some biblical traditions to discuss his point. He noted the story of Jacob, when he "wrestles" with God; and the psalmists, when they were angry with God but not ashamed of it. His point was the importance of honesty in our dealings with God. If you're "pissed," you need to tell Him! The opposite of love is not hate, but indifference, according to Dalton. Don't Talk to God as if everything's OK. Through arguing with Him, the greatest saints and apostles increased in faith. But we must persevere! Don't give up until there's a resolution.

In Walden, Thoreau states that "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived." This is the attitude I'm getting at. Relating to God in such a manner forces us to front the "essential facts" of our lives; that is, the facts as we see them. This is something I've practiced more so during the past few weeks by prayer-walking each morning. I go to the woods to walk and talk with God. Sometimes I'm angry, and I let Him know!

Some of the facts I face during these times are deeply personal and important. When we take time to be honest with God, such questions are inevitable. Am I OK with myself? How do I feel about life? Am I "on the right path"? Have I offended God lately? Am I "hiding" anything from Him? Charles Spurgeon once said, "No one knows who is listening, say nothing you would not wish put in the newspaper." This rule does not apply to the things we say to God. I have said many things

in prayer that I do not wish to be published!

When we confront the facts, we find that certain things need changed in our lives. But to change requires willingness to change, which requires humility. Socrates said, "Let him that would move the world first move himself." We can't bring revival to others before we've experienced it ourselves. When we're open and honest with God, He revives us! But this requires humility. As Paul said, "Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me" (Phil. 3:12). Thinking we've got it "all figured out" is an easy trap to fall in to.

There is a catch. Pastor Dalton explained that when he was younger, he feared being snatched by Mommy because that meant he would get cleaned up. It wasn't until later when he learned how much she cherished these moments. At times, to take and clean him was simply an excuse to be close. Pastor Dalton sees this as an analogy for our relationship with Jesus. Just as getting near mama means getting "cleaned up," getting close to Jesus means inner purification. As my former youth pastor reminded me not long ago, "God needs to break the 'outer man' to get to the 'inner man,'" and "the only way to do this is through trials." The catch, therefore, is that if we lay down our lives for Jesus, we're gonna get cleaned up whether we like it or not. Getting "cleaned up" is not fun, but the result is beautiful.

So let us be formed into the image of Christ, and let us be real with Him. Let us remember that Christianity is not about happiness, but reality. As for fronting the "essential facts" and being honest with God, I recommend spending time with Him, and preferably in the morning. Anita Keagy interprets "Seek first the Kingdom of Heaven..." (Matt. 6:33) as meaning the first thing we do in the morning. I'm not sure that that's what the verse means, but it works for me. As you spend alone time with God and open up your life to Him, you'll begin to change. This will prepare you to change the world.

Change Your Meating Habits

The Truth about Grocery Store Meats

By Brittany L. Deitch
Student Writer

From the time we read picture books and watch sing-along cartoons, we gain the impression that farm animals are raised in a family-friendly environment. We are led to believe that they sleep soundly in barns and stroll around the yard. Pigs roll in the mud, cows graze in the fields, and chickens peck the dirt for seed. This is not an accurate picture of factory farms, where each year in the United States, 10 billion land animals are abused and slaughtered.

The treatment of animals on factory farms is barely regulated. Various organizations have investigated them in order to make the lax regulations imposed by the United States Department of Agriculture (USDA) more stringent.

What happens behind the walls is unimaginable. The animals are mutated and bred to be so large that they develop genetic deformities and become lame under their own weight. Five to eight egg-laying hens are confined to battery cages the size of a folded newspaper without room to spread their wings. If they don't lay enough eggs, they are denied food for days or weeks during what is called "forced molting." If a hen dies in a cage, workers may not notice for days; the remaining hens are forced to live beside a corpse.

Injuries are common under these circumstances. Many of us have roommates and people we see every day, so we know that being in close quarters with someone is frustrating at times. Factory farmers understand this too. Therefore, female chicks are debeaked early in life so that they can't peck one another. The worker holds the chick by the neck, places its beak under a hot knife, and removes 1/3 to 1/2 of her beak. This is done without painkillers. Hens can live for over a decade, but are slaughtered at around two years old once they become "spent," or no longer able to produce eggs. They are taken to slaughterhouses in crates, by truck, with little to no food or water. At the slaughterhouses, the workers hang the chickens by their feet, slit their throats, and put them in scalding hot defeathering tanks. The chickens who survive are sometimes skinned, dismembered, and gutted by workers in a ruthless, careless manner. An under-

cover investigation at KFC's supplier's slaughterhouse caught footage of workers kicking, throwing, and stomping chickens to death.

Turkeys don't have it any better. During a PETA investigation at the Butterball factory farm, workers were documented tormenting the birds. One sexually abused a turkey, another jumped on a turkey so her insides would burst out, and another threw a turkey against a metal handrail so hard that her spine was exposed. The workers told the undercover investigator not to worry if he feels a bump on the transportation trucks because "it's just a bird under the tire." Turkeys are bred to be so large that they cannot reproduce naturally, so the workers artificially inseminate them. The life of a turkey in a factory farm is stressful, so many of the birds die of heart attacks.

Like turkeys and chickens, pigs are genetically manipulated and given hormones to grow larger. They, too, often become lame under their own weight and develop painful bone and joint conditions. Piglets are separated from their mothers three weeks after birth. The piglets wait in cages until selected to be breeding pigs or meat pigs. The mother pigs are confined to spaces so small that they cannot turn around. Pigs are intelligent animals, so this lifestyle bores them and they exhibit signs of frustration such as biting metal bars, gnashing teeth, and sucking on the tail of a pig in an adjacent pen. As we've seen, factory farms are notorious for their problem-solving strategies, so, of course, they developed a solution for this problem. The workers use pliers to cut off the piglets' tails ("tail-docking") and ends of teeth. The procedure is done without painkillers or anesthetics. The pigs are taken by truck from the factory farm to the slaughterhouse without protection from extreme weather. Over one million pigs per year die while being transported to the slaughterhouse.

Cows are a challenge for the factory farms to "work with" due to their size, so the cruelty imposed on them is arguably worse than the treatment of birds and pigs. Calves are taken from their mothers at birth. Their mothers are dairy cows whose milk is sold to humans for

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Missions and Social Justice

The Hypocrisy of the American Church

By Zachary Vincent
Student Writer

Mission Awareness Week has come and gone. Chapels have ended. Ministries have packed their tables and headed back to their districts, and many are left with this jubilation of opportunities to serve in distant lands. I too was once this hopeful, this excited, and this optimistic, and I long to feel this way again. One of my dreams was to go to India and work with children that have been rescued from slavery. But over the past four years, missions have lost

their luster. In fact, I am now sick to my stomach when I hear about another overseas short-term mission opportunity.

My disdain with missions, and eventually social justice, is the emphasis we put on reaching communities that are either underdeveloped or poverty stricken. Not to be misinterpreted, these are good things--incredible things--but if they are our only focus, we become apathetic to the things around us. While some people are genuinely called to overseas missions, there are those of us who choose short-term

missions because of the sense of instant gratification they provide. I like to call these "feel-good" missions: they make the participants, who never learn what it's like to live among the people, feel good about what they do during a short amount of time.

To be sure, good things are done on short-term mission trips. Then we return to comfortable suburban life where things are "much better" than the poverty-stricken inner-city, the war-torn Sudan, or the myriad countries that exhibit human rights atrocities. We live in comfort and ignorance of the dire needs right in our own community. We either choose

not to notice them or do not look hard enough to find them. In order to find them we must look at the ugliness that surrounds us and our communities.

Here at Messiah Collage I have noticed a general focus on urban and cross-cultural missions, yet our focus is not on the very community that we are a part of. When a speech is given on AIDS in Africa you can't find a seat in the room. When we talk about the injustice of poverty, it is the same result. However, when we focus on issues pertaining to our own communities, such as divorce, abuse, or abortion, we are lucky to fill a quarter of the room. This is why I could no longer stomach

overseas or urban missions. We focus on "third-world" countries but fail to realize that while they may be third-world physically, America is third-world spiritually. We live among people crying out to be fed, clothed, healed, and provided for, but we are not meeting these needs because we choose not.

Looking at our own communities is neither easy nor comforting. In my journey in becoming a youth pastor, I have found statistics that I wished I would have never found. I can no longer look at different aspects of my community the

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Missions and Social Justice

Continued from page B1

same way. For me to turn my back on these issues would be to fail in my service to the Father.

One such statistic is the amount of child abuse that is reported in this country. According to Childhelp.com, "Over 3 million reports of child abuse are made every year in the United States; however, those reports can include multiple children." Think of that: 3,000,000 abuse allegations have been made in the past year, and these are the ones we know about. What about those that are not reported? Another surprising statistic comes from the CDC: "1 out of 4 girls and one out of 6 boys are sexually abused." Such numbers affect the way I view my community. For instance: I can't pass a class of elementary school students touring the Oakes Museum without wondering whether one of them has been robbed of his or her childhood. These aren't things we like to focus on as a community because we don't like to think of such evil as being in our midst.

Another issue we don't like to discuss is abortion, though it is pervasive in America. Since Roe v. Wade in 1973, there have been almost 50 million abortions nationwide. These are astronomical numbers, yet social justice proponents seem to ignore this topic. Instead we focus on other countries. We seem to think that because we're more technologically advanced, we don't carry the weight of the world's problem. When you break down numbers, you see how similar we really are.

Around 50 million children are either aborted or abused. There were around 6 million Holocaust victims, 400,000 victims of the Sudan Genocide, and 300,000 for those in Uganda, equaling a total of 6.7 million deaths as a result of human rights issues around the globe. However, this does not come close to the amount of children we have destroyed in this country. As Christians, we are to focus holistically on each issue, not just the obvious ones. We must consider the issues in our own back yard. In our suburban neighborhoods, we may not see physical homelessness, but we may have an emotional homelessness. We might not see poverty, but there are impoverished souls waiting for someone to hear them. We might not see people displaced, but people are wandering around, emotionally displaced by those around them. Are we not to reach out to these people as well?

I have hope for change. I have been impressed and touched by the initiatives of some of the first-year students, including their involvement with "the day of silence" and their idea of the "A Thousand Paper Hearts" campaign. There is hope for holistic mission! As for my distaste for short-term missions and social justice, I have, at times, been deeply touched. Projects like Love Maputo, created by Joy Oaks and Talain Blanchon, have challenged the very core of my disdain. We should not deemphasize world mission, but emphasize mission both here and abroad....Are you willing?

Meating

Continued from page B1

profit, so the calves are denied their mothers' milk. They are chained by the neck and tethered 2-3 feet from the wall and fed an artificial substitute designed to make them gain at least two pounds per day. In order to give them nutrients, they mix the blood of the slaughtered cows into this concoction. This process leads to the spread of diseases such as Mad Cow. The mothers are pumped full of hormones and repeatedly impregnated so that they continue to produce milk. When they stop producing milk, they are slaughtered.

Because they share such a small space with others, the males often fight. To reduce the risk of injury the factory workers castrate them and remove their horns. They are given third degree burns (branded) for identification purposes. Once again, this is all done without painkillers or anesthesia.

At the slaughterhouse, the workers hang the cows upside-down by their hind legs, cut their throats, catch the blood in buckets (which is saved for the baby cows), skin them, and dismember them. Some remain conscious during the process for a minute or longer after their carotid artery is cut. A typical slaughterhouse kills 400 animals per hour. "The line is never stopped simply because an animal is alive," according to one worker.

The mass production of meat, eggs, and dairy leads to cruelty. The more animals the "farmers" can fit into a small space, the more profit they yield. Humane-ness comes second to an increased profit margin.

Don't trust the stickers and labels. Many labels on meat and animal by-products are not regulated. For example, "free-range chickens" doesn't mean they spent their days outside and nights sheltered. The only requirement by the USDA for a company to call their chickens "free-range" is that birds have access to the outdoors. That's it! A factory with 10,000 chickens might cut out a door leading to a fenced-in yard that accommodates a few birds at once. Some chickens may still never see the light of day.

The only way to ensure that you are not supporting animal cruelty is to not eat meat or animal by-products. Not everyone has the will power to be a vegan, so I have good news for those of the omnivorous persuasion: you can visit local farms and ask questions. Often they'll show you where the animals are kept. If this seems like a hassle, visit reliable websites that tell you where to get animal products. Everyone can contribute to the change of animal rights legislation by keeping the local family farmers self-employed.

There is good news for the students of Messiah College! The ice cream and milk supplier for our school is Turkey Hill. Investigation has found that Turkey Hill purchases their dairy from local family farms in York and Lancaster Counties. Union milkshakes are still fair game!

For more information, visit: Gentlethanksgiving.org, Peta.org, humanefacts.org/labels, wfad.org, farmusa.org, veganoutreach.org, and veg.org. Many of these websites have petitions.

Footage from many of the aforementioned investigations can be found on YouTube. Search for "The Meatrix."

Super Smash Roomies

By Timothy Mackie
Student Writer

My roommates and I have this ritual which plays out almost every night. We turn on our Nintendo 64, scratched and dented like a well-worn family Bible, insert the cartridge for the original *Super Smash Bros.*, and pound the snot out of each other with pint-sized pixelated avatars for 15-30 minutes.

What's going on here, other than the obvious ambition of an apartment of 20-somethings playing a game designed for 12-year-olds? Aren't video games a waste of time, the enemy of academic achievement? God only knows we need all the time we can get, juggling heavy course loads and extracurricular commitments.

Video games are played almost universally by males and increasingly by females of our age cohort. They frame our childhood memories like tschotchkes and china on your mother's mantelpiece. Women of Messiah College, hearken to my words and take heed. The way to the heart of any of the strapping prospective husbands you see strutting around campus on their way to the gym is to strike up casual conversation about *Legend of Zelda: Ocarina of Time*, *Street Fighter 2*, or *Starfox 64*. The mere mention of these classic titles is like warm apple pie. Expect wistful puppy-dog looks and duckling-like devotion.

Despite the increasing popularity of electronic gaming in this decade, the medium is still haunted by the specter of outmoded stereotypes. The classic conception of a gamer is an unshaven, unbathed, virginal, Cheetos-encrusted 20-35 year old man basking in the glow of a 14-inch CRT in the dank recesses of his mother's basement. Those who self-righteously abstain from video

games to pursue white-water kayaking or salsa dancing evoke this phantom nerd every chance they get. The social onus is on the gamer to justify himself to the world.

So why play? I gave it some thought (while playing *Prince of Persia: Sands of Time*) and identified three key reasons.

First, we play because we need mind-numbingly stupid entertainment to massage our brains after academic exertion. After reading about Galileo's treatises or the reaction habits of phosphoesters, sometimes you just need to watch flashing lights and explosions.

Second, we play to feel powerful. Almost without exception, characters in video games have abilities which no normal person can fathom. In a world where we feel like the helpless victims of circumstance and bureaucracy, there's something liberating about having an *ubermensch* at your fingertips. We get a vicarious thrill from pressing a button and watching our friend on the screen cock back his fist and punch, turning it into a giant flaming falcon that will deliver righteous amounts of punishment to the poor sap on the business end.

Third, we play video games for the same reason we watch films, listen to music, or look at art. When we play, we immerse ourselves in a world beyond our own, a world with very contrived and finite boundaries and rules that we can analyze and learn to exploit. Confronted by the dizzying complexity and vastness of the world, we seek solace in art and entertainment to escape and, sometimes, make greater sense of things.

So I'm not advocating *World of Warcraft* dating or playing *Guitar Hero* until you get carpal tunnel, but if you must play, then play and make no apologies.

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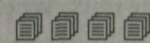
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Owl City Flying to Messiah College

The story behind the musical sensation

By Morgan Lee
Magazine Editor

For humanity, they say that death is the great equalizer. For music, how about the Internet? Until six months ago, Adam Young was just another 23 year-old with a passion for music and a MySpace page. However, the past month has demonstrated otherwise for Young's band, Owl City. During the week last week of October and this past week their single, "Fireflies" was number 1 on the Hot Billboard 100 charts, promoted by Taylor Swift on her Twitter account, and he was in the midst of a music tour that included stops in China and Japan.

Not bad for a kid who earned his first trip off of the continent after recording his hit song in his parents' basement.

Not bad at all for Messiah College either. Owl City will be performing in Brubaker Auditorium on February 13. Within the first ten days that tickets went on sale, over 90% of the tickets were sold.

Young's wild success was not predictable. The Owatonna, Minnesota native struggled socially in high school, devoting most of his free time to his acoustic guitar. After he graduated from high school in 2005, Young

attended a community college and worked at a Coca-Cola bottling warehouse. He also took a job loading packages at UPS warehouse.

Just like high school, though, it was all about the music. After dropping out of college after a year and a half, Young began working in his parents' basement, dabbling in electronica music. In an interview with *Entertainment Weekly*, Young explained he had little experience with any of the software he worked on.

"I hadn't really delved into the world of programming and sequencing, and the endless roads that you can take via electronic music, so I thought it would be fun to take a stab at it. I got a sequencing program and wrote what turned out to be seven songs for an EP's worth of music," said Young.

Six months after Young put his first album *Maybe I'm Dreaming* on MySpace he quit his job at Coca-Cola to work solely on his music. After his first EP, Young put his record on iTunes in March 2008. Several labels were interested and he ultimately signed with Universal Republic.

Much of Owl City's buzz, however was born on the Internet. His music on Myspace

has generated over 45 million plays and he has had over a million iTunes downloads. In July of this year, Young released *Ocean Eyes*, which has currently sold over 50,000 albums.

Young's success has given a wealth of opportunities. He told *USA Today* that "growing up, we didn't have a lot of money to take vacations. I'd never seen the ocean until last year when I was visiting relatives in Connecticut."

Many music critics have compared Owl City to Ben Gibbard's *The Postal Service* for his mellow voice and synthesizer incorporation. Although Young admits listening, he told *Entertainment Weekly* his music was not particularly influenced by them.

"The more I hear people relating the two, the more I realize that they are pretty similar - even though that wasn't my initial goal or anything... I can totally see it now, but I didn't really then, for what it's worth."

Young was also heavily influenced by inspirations outside of the United States. "I listen to a lot of dance music from Europe and I really admire some of the great trance DJs and how they produce and mix music," he explained in an with *Skin Magazine*.

Young's hit song "Fireflies" was inspired by a meteor shower during a camping trip he took during the summer.

"I can remember sleeping out on a dock on the edge of this lake and looking up at the sky. There was a meteor shower that night. I remember thinking, what a cool idea of shooting stars being fireflies, and trying to translate that into music. That's what spurred it on. I was also influenced by the lack of sleep that tends to happen," Young told *Entertainment Weekly*.

Young keeps his imagination alive by feeding it with eclectic interests. He reads old children's books and watches movies from the '40s and '50's in his spare time. His current taste in music is Taylor Swift, but also the *Finding Nemo* soundtrack.

Despite the change of pace in his life, Young is appreciative for his roots and his home. He told *USA Today* that "I like the feeling of leaving, but I love coming back more. It's home; it's a good, quiet place to be."

Owl City will be here at Messiah College on February 13, 2010. Tickets can be purchased at the Ticket Office. Student tickets are \$8 and general admission is \$15.

Production of The Comedy of Errors Contains Errors of Its Own

By Elizabeth Stevens
Student Writer

Yet, the creativity of the silent film setting adds life

Messiah College's production of *The Comedy of Errors*, a play by Shakespeare, was not without its own montage of errors in the Friday, November 13 performance. Despite technical problems, illness, and rescheduling, *The Comedy of Errors* still managed to delight the audience because of the success of its creative directional concept - the silent film era - and a talented cast.

Originally, the opening night of *The Comedy of Errors* was set for Thursday, November 12, but several cast members fell ill, and the performance was cancelled. The drama continued the next day, with only one cast member missing. Nancy Markloff replaced Nicole Matteucci in the role of Adriana.

Makloff, seemingly unprepared for filling the role of Adrianna, kept a copy of the script in hand while on stage. At moments, this took away from the scenes she was involved in; however, Markloff showed signs of thorough character development and promise of talent despite the handicap of the script.

After a brief explanation that the theater was experiencing lighting difficulties and a wait of fifteen minutes, the show continued where it had left off, with the first scene. As Duke Solinus descended the stairs through the audience, the lights failed,

and everything was in darkness. After this last malfunction, the performance continued with lights low and shadows across the actors' faces.

The lighting was unable to detract from Rick Voight's roles as both Egeon, father of the Antipholus twins, and Pinch, the mystic. According to the productions brochure, Rick Voigt has 40 years of theater experience, but this is his Messiah College debut. His ability to play two different roles with ease made it hard to determine that the characters were played by the same actor. His natural ability on stage highlighted the value of stage experience.

A comparison of the separated twin pairs of Antipholus and Dromio shows that the twins from Syracuse were the strongest. Dromio of Syracuse, played by Kasey Hendricks, and Antipholus of Syracuse, played by Justin Johnson, were together entertaining through physical humor. Their attention to movement and interaction with each other, made the story easier to follow and their Shakespearean language easier to understand. Even though the pair from Ephesus was strong, they were out-shined by the clever characters played by Hendricks and Johnson.

From sight to sound, this representation of *The Comedy of Errors* was true to its concept. The costumes represented the silent film era with big mustaches, bowler caps and top hats, suits, and canes, and minimal color to match the set sitting behind the actors.

The apron set even exemplified a Shakespearean stage, with decorative posts on either side of the proscenium arch and single lights lining the front of the stage. The posts doubled as a screen for the title cards typically used in a silent film, which informed the audience of the identity and title of each scene. The set behind the curtain was made of two buildings, Antipholus of Ephesus's house and a more generic building that doubled as a nunnery, in simple black and white.

During the entirety of the play, the live piano, played by Lindy Mack, accompanied the action, brought a certain mood to the theater during the scene changes and added life to the characters on the stage. The first piece of music appropriately set the ridiculous tone for this production, as *The Comedy of Errors* was originally written as a farcical piece.

Messiah College's production of *The Comedy of Errors* was worth the wait simply because of the creative and appropriate silent film concept, while still keeping the spirit of Shakespeare alive.

Contemporary Music Center Tour Hits Messiah College

Student music program set to perform Saturday

By Morgan Lee
Magazine Writing

The program, located in Martha's Vineyard, is designed to "develop artists, technicians, and music executives with a Christ-centered vision for music content, production and delivery." This semester's program contains 32 students who were chosen from various schools to participate in the four-month long residency. The students take three core classes and then choose one of three tracks: artist, executive, or technical.

The Contemporary Music Center program is offered through BestSemester.com, a company popular for its many study abroad programs.

Kurt Vile will headline this weekend's concert, along with two other bands from the program: Lipstick Disco and Rookie.

Album review: Come O Spirit!

By Timothy Mackie
Student Writer

Believe it or not, there was a time when Contemporary Christian music was edgy. My Uncle Bill recalls protracted battles with church elders just so his band could play tame acoustic Christian rock in the church basement on a Saturday night, much less in the sanctuary on a Sunday morning.

Of course, we know how the "worship wars" played out, with most evangelical churches switching entirely or partially to guitar-and-drums fueled power rock for fear of alienating the "seeker" contingent of Gen-Xers. There were certainly plenty of die-hards in liturgical traditions who clung in defiance of relevance to their dour pipe organs and tinny upright pianos, but most of (American) Christendom leaped on the bandwagon with both feet.

But wait, what's this chiming I hear wafting in the autumn air? It's the rhythmic *ka-ching* of all those gen-Xers *selling out* with their nine-to-five jobs, Honda Civics, and 2.59 screaming broods of joy. So as our older brothers, sisters, and cousins cover up their tats with long-sleeved

oxfords and sell their skateboards and pogs on Ebay, those of us left reading Mark Danielewski in the back row of the chapel bleachers might occasionally cease our sarcastic reveries long enough to ask "why does church feel like a Nickelback concert?"

Have no fear, O flannel fashionistas and accordion fondlers everywhere. Bifrost Arts has assembled an elite cadre of indie-rock luminaries to save us from the mediocrity of mainstream worship music. The anthology album *Come O Spirit!* features alt-cultural heavyweights such as Sufjan Stevens, David Bazan (of Pedro the Lion fame), Denison Witmer, and Leigh Nash performing timeless hymns and spiritual songs. Essentially, you pay \$12 to hear your favorite acoustic artists perform the same songs that you can hear for free any given Sunday morning at an Episcopalian or Lutheran church.

Sarcasm aside, the album is musically stellar. The artists delve into the mustiest pages of the old hymnals to find such forgotten gems as "Jesus, Savior, Pilot Me" performed rousingly by Laura Gibson, and "I Sought the Lord" hauntingly rendered with ethereal vocals and dark banjo-heavy instrumentals by Leigh Nash and Megan Roderick. Sarah Fullen, Kel-

ley McRae, and Evan Gregory give new youth to the venerable favorite "Be Still My Soul" while Sufjan Steven's side project The Welcome Wagon anchors the album with the slow spiritual "He Never Said A Mumblin' Word." Perhaps the most spiritually crafted track is Shara Worden, Sarah Fullen, and Megan Roderick's "Kyrie" which takes one of the most widespread prayers in Christian liturgy-

Kyrie eleison-and imbues it with celestial harmony.

The artistry and spiritual thoughtfulness of this album is beyond reproach. Each track resonates with the poetry of the songs which have sustained generations of believers retold by some of the most talented and provocative musicians of our time. I would heartily recommend this to anyone interested in worship music or the intersection of faith and musical culture.

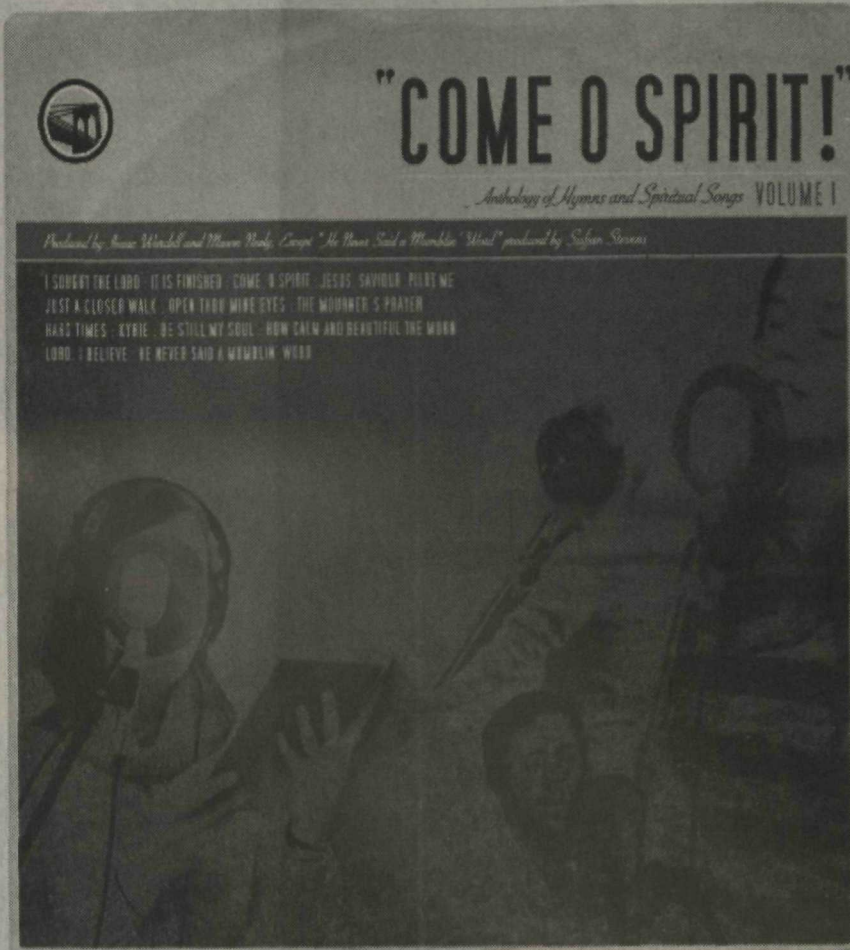


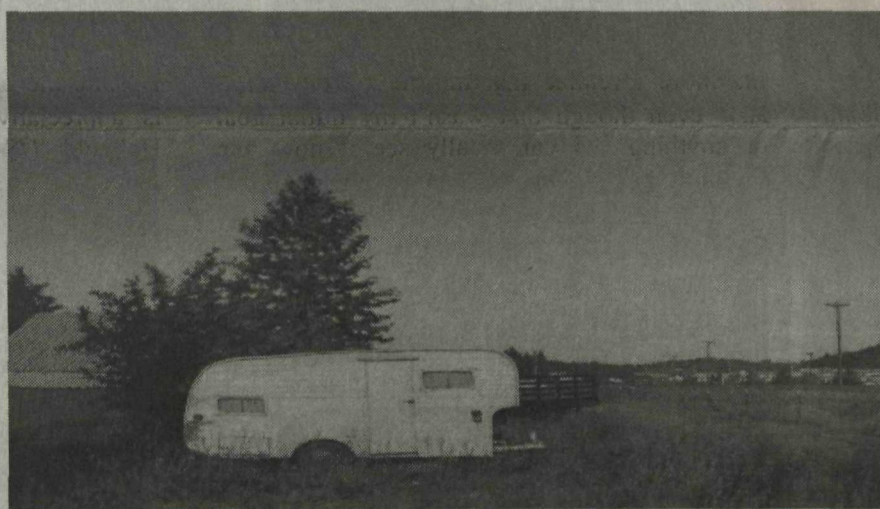
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My reservations about this album reflect on its purpose not its content. *Come O Spirit!* is certainly riding the crest of an impending tsunami of Christian cultural products aimed at the indie-generation. The well-intentioned, but perhaps over-zealous folks at Bifrost Arts are trying to make Christianity cool again for a plaid-clad generation no longer impressed by squealing powerchords or extended drum solos.

Listening to *Come O Spirit!*, I ask how far Christians will go to stay relevant in a capitalistic society where image is everything. If my worst nightmares come true and all music in the future ends up sounding like Björk, can we expect a small Christian studio to release a compendium of experimental-Euro-electro-air-pop renditions of these same hymns? American Christianity seems so eager to carve itself a niche into every subculture that I wonder if we have lost sight of what makes us unique as a legacy and community of Christ-followers.

Album Review: Forget and Not Slow Down

By Josh Boden
Student Writer



It's been eight years since "Sadie Hawkins Dance" became the unofficial anthem for youth groups across the nation. Now the guys who got every Christian kid and their grandmother bopping their heads to the same tunes are at it again.

Forget and Not Slow Down is the sixth full-length album for the foursome-turned-threesome-turned-fivesome from Canton, Ohio. Permanent fixtures in the Christian Contemporary Music scene, they've experienced moderate mainstream successes in recent years and an almost complete change of line-up.

What hasn't changed, though, is the sincere but quirky cleverness that has been at the foundation of their success thus far. Gone are the days, however, when frontman Matt Theissen sang about pink tuxes and mood rings. *Forget and Not Slow Down* very clearly deals with heartache and pain, a project birthed out of Theissen's break up with his fiancée.

So how does Relient K deal with such devastation? The same way they always have - by making fun music.

The album opens with the title track, a burst of pounding guitars and inspirational lyrics reminiscent of Jimmy Eat World anthems of old. From the outset, the album's theme is established - when life throws you lemons, just bop your head and sing until you feel better.

Theissen makes no attempts to hide the pain he feels. Instead, heartache takes center stage. And though there may be nothing unusual about his inspiration, Theissen's means of expression are certainly something special.

"I Don't Need a Soul," morbidly titled to be sure, addresses hospital tragedy with upbeat optimism. In spite of apparent suffering, "you and life remain beautiful," Theissen sings over kicking drums and catchy riffs.

Love lost may be at the forefront of his mind, but Theissen has not forgotten the joys of love

found. "Candlelight" and "Savannah" sing the praises of a lover, the latter by ways of acoustic guitar and an irresistible melodic hook. A tight string section and harmonies make the song a likely favorite.

"Therapy" is a formulaic radio-friendly song that seems to fall short of Relient K's signature creativity, both lyrically and musically. It's one of a few songs on the album that wed distorted guitar and crisp piano to fairly unremarkable results. The upbeat ballad "Over It" redeems tired lyrics with piano-driven swells and melodic hooks notably similar to something from The Fray.

But Theissen's sensitivity can only last so long, or so it seems when "Sahara" explodes in the middle of the album with almost uncharacteristic edginess. Grungy guitar and screaming vocals support Theissen's plea, "Don't ever turn me loose." "If You Believe Me" follows along the same vein with its fair share of frantic drumming and vocal passion, but the band's fondness for piano is not to be overlooked.

The album makes its rest with the two-part "This is the End (If You Want It)." First-half punk, second-half piano, the song applies the same lyrics and melody to two vastly different styles. Perhaps the band kept both because they couldn't pick only one, but regardless the effect paints a vivid contrast between heated emotion and resigned reflection.

Many of Relient K's earliest fans, those who used to drive blasting "Pressing On" and made "Getting Into You" their prayer, have long-since lost interest in the Christian pop-punk legends. However, this latest release employs a formula for the mainstream without sacrificing the sense of fun and authenticity that made the group so loved in the first place.

Forget and Not Slow Down is a well-rounded journey through one man's heartache. Yes, there are moments of pain, but when the music starts playing it's all you can do to not tap your toes and smile.

SAB Corner: How Did We Get Owl City?

SAB's mission statement states, "We are committed to bringing the most culturally relevant content to our events and the student body, while keeping truth, originality, and appropriateness in constant perspective." For our concerts, the goal is to bring bands that have artistic merit, have cultural significance, communicate truth, are appropriate, and put on a great live show. It's also important to consider what the artist is trying to do with his/her music. After taking all these things into consideration, choosing Owl City for a concert was an easy decision. He is culturally significant to Messiah College because he is a Christian in the secular music scene that has generated a positive impact on millions of people. He communicates truth through positive lyrics that reflect his beliefs in the catchy electronic pop music that he creates.

I first listened to Owl City over the summer while working at a record label in Los Angeles. The opportunity to have Owl City for a concert became available and we tried to book him for October, but the date fell through. However, when the chance came to have Owl City for a concert in Feb during "Little Sibs" weekend, it seemed like a perfect opportunity. Adam Young then gained a lot of recognition and popularity from the song "Fireflies" shortly after we began the booking process. The experience I've had booking Owl City was just like it was for any other show, until his music boomed early this fall. I expected this concert to sell well, but selling over 200 tickets a day three months before the show has been awesome. We simply made a good decision at the right time, and it's cool to see that most students are excited for this one.

To get a band like Owl City, the process begins with an idea that's transferred to a Band Recommendation Form, which are available to all students. Next, the form is brought to the concert committee where it is analyzed and judged whether it is appropriate for Messiah College. Then, based on concert dates, routing, price, and appropriateness, we decide upon a concert. During this step, we interact with a booking agent who contacts the band's management for us. If it all works out, then we have a concert, otherwise we resort to choosing another band. Owl City is definitely one of the biggest artists to come to Messiah in recent years, although we've had major artists in the past such as Bob Dylan, The Decemberists, Dashboard Confessional, Lifehouse, Nickel Creek, Counting Crows, Guster, and Jason Mraz (at South Side Café); to name a few. It's always thrilling to have sell out shows, but we also want all concerts to provide students with a show that will inspire, educate, and engage students in pop culture.

-Steve Harpline
SAB Concert Executive

"The album's theme is established -when life hands you lemons just bop your head until you feel better"

Photo Poll: Black Friday

Do you have any traditions on Black Friday?

Photo Poll Conducted by Linsay Prior
Student Writer



Rachel Franco:
I actually wait until later in the day to go shopping because everyone goes out in the morning, but the sales are the same all day. Plus, I work in the morning.



Lizze Kraft:
I tend to avoid shopping on Black Friday like the plague, but my parents and I will go to lunch at the mall and make fun of all the people who are shopping.



Kiana Thornton:
I'm not a morning person, but I usually get up around 8, when my mom drags me out of bed.



Andrew Exner:
Usually my friends call me at 5 o'clock in the morning to go shopping, and I'll generally go with them.



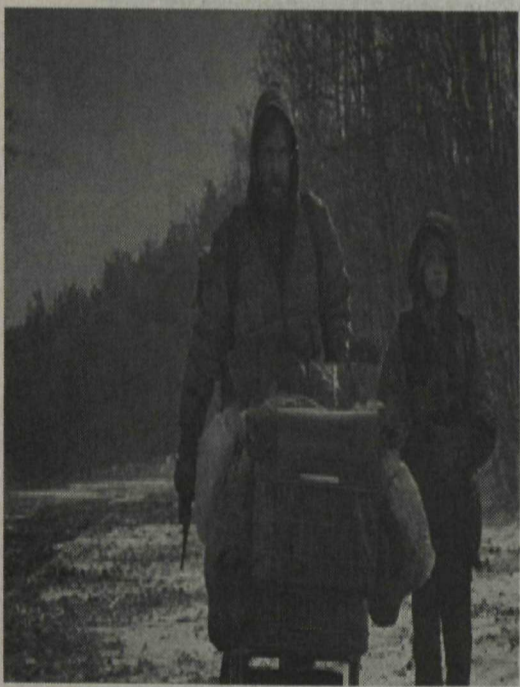
Cristal Smith:
We usually wake up at 6. You've gotta get there early, cause there's already a long line - people actually sleep there!



Molly Mastorovich:
I sleep in as long as possible. My dad leaves at 4 in the morning, and I laugh at him when he comes back around noon, whining about the crowd, and I'm just waking up.

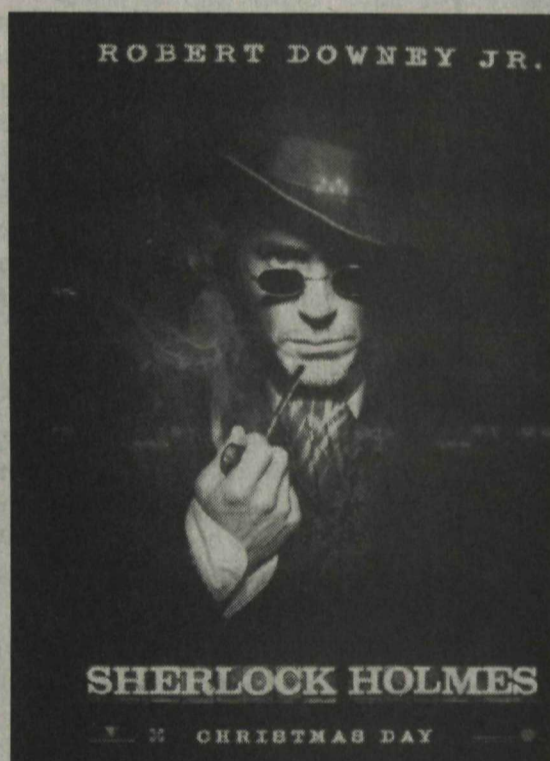
Holiday Cinema Four Films Worth Catching This Season

Bea Endicott
Student Writer



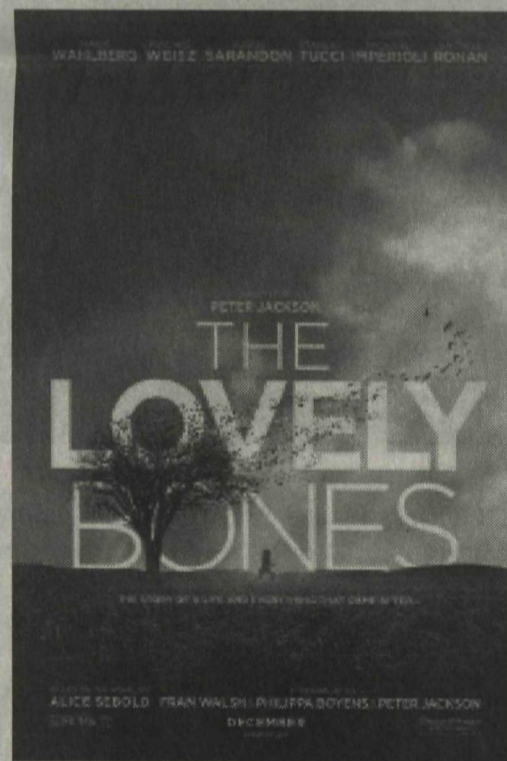
The Road

Looking for a movie out of the ordinary? "The Road", definitely fits the mold. The motion picture, coming to theaters on November 25, is about a father (Viggo Mortensen) and son (Kodi Smit-McPhee) in a post-apocalyptic, icy America. The duo attempts to make their way to the south, where they can only hope the climate is warmer and life will be better. There are few inhabitants left on the desolate planet, most of which have resorted to cannibalism and larceny. Man and son have only each other and the memory of their deceased wife/mother (Charlize Theron) to rely on for survival and companionship. You can only know whether or not they make it to their said "paradise" alive with the purchase of a movie ticket, so save up your extra bucks. I know I can't wait to see what happens. I'm always down for a good thriller.



Sherlock Holmes

On December 25th, our grandparents' childhood hero is coming back to the motion pictures without even aging a year. "Sherlock Holmes," based on the legendary characters of Arthur Conan Doyle's mystery book series, is a film about the master detective (played by Robert Downey Jr.) and his trusty colleague, Watson (Jude Law). In this mystery thriller, the pair must save 19th century Britain from complete and utter destruction. Sherlock and Watson haven't failed us yet, but alas, could this be their last venture? I am never one to sit back on a mystery. Save that front row seat for me, because I'll be on the edge of it as soon as it opens. Let's go Sherlock!



The Lovely Bones

Based on the bestselling novel by Alice Sebold, "The Lovely Bones" features the young Irish actress, Saoirse Ronan, as the protagonist, Susie. After being horribly raped and murdered, Susie watches over her family, friends, and murderer from her own personal heaven. After coming to grips with her death and her inability to help, Susie is forced to watch and realize what is most important in life... and death. Although I never read the award winning book, I have only ever heard wonderful things about it and am interested to watch the movie and see what director, Peter Jackson, did with Sebold's storyline. Also, I am glad to see that the star of the film (along with big names such as Cate Blanchett, Rachel Weisz, and Mark Wahlberg) is a new face not common on the big screen. I'm sure we will all be in for a fresh, eye-opening experience on December 11 when "The Lovely Bones" hits theaters.



The Imaginarium of Doctor Parnassus

Heath Ledger back from the dead? Not quite, ladies, but hold onto your seats; his career did not stop with his tragic death almost a year ago. Ledger stars in "The Imaginarium of Doctor Parnassus," a colorful fantasy film with outstanding special effects hitting theaters on Christmas Day. The plot of the movie features a theater company set in modern day London, where Doctor Parnassus (Christopher Plummer) is the leader who gives audience members the tempting opportunity to choose between good and evil through a magical mirror called the imaginarium. Little do they know that the Doctor can steer the imaginations of those that enter the mirror and that he made a pact with the devil centuries ago, making him immortal. The plot thickens when the viewer learns that the doctor swapped his immortality for everlasting youth in exchange for the life of his first born daughter, Valentina (Lily Cole), when she turns 16. Tony (Ledger), a mysterious outsider soon joins the troupe and finds his way into the imaginarium, taking three different forms (Colin Farrell, Johnny Depp, and Jude Law). This film is a race against time as Doctor Parnassus and Tony fight to undo the past and save Valentina's life. I am quite curious to see how director Terry Gilliam, altered the film after the loss of Ledger a third of the way through shooting. I cannot wait to see how Ledger's last and final work helps to define his acting abilities to the world.

Good Catch!

Residence Life Director enjoys interactions with students through Ultimate Frisbee advisor role

By Sarah Hawkins
Student Writer

Countless afternoons students wait patiently in line to get into Lottie Nelson Dining Hall. As the line often wraps around the corner and down the hall of Eisenhower, many offices in student affairs are within view of the hungry students. One of these offices belongs to Rhonda Good, Director of Housing.

Despite the visibility of Good working away in her office, some students may not be aware of the unique role she plays on campus, aside from satisfying room accommodations. Good spends her days helping students find housing on and off campus, but during the evenings, she revels in a completely different element: Ultimate Frisbee.

The game of Ultimate Frisbee originated in 1967. Today, it is a highly popular competitive sport

because Ultimate has its own special quirks," says Charlie Hoppes, one of the three Captains of Mammoth Rebellion. "It's also nice to be able to talk to another player [Rhonda]."

Good was first exposed to Ultimate Frisbee in high school at her church's youth group, but only enjoyed the sport because she could "run longer than the other girls," Good says. It was not until she went to a Women's Ultimate Frisbee clinic in the summer of 2007 that she truly fell in love with the sport.

Her love of frisbee was brought to the attention of the club's then-adviser Dave Tanis. Busy working on his doctorate, he passed the role to Good in the fall of 2007. "Dave knew that I played and had already connected with the women's team so he asked me if I would be the adviser," said Good. She has been the adviser for both the Men's and Women's Ultimate teams ever since.

Good still plays frisbee by attending and helping



Girls Ultimate Frisbee team. Photo used with permission

among many colleges, including Messiah College. Ultimate has been a club sport at Messiah since 2004 and gets funding from the Student Government Association (SGA). The teams travel to tournaments in both fall and spring, although spring is its primary playing season. To date, the club has 48 members: 33 men and 15 women. The men's team is known as the Mammoth Rebellion and the women's team as Mastodon Revolution.

Both teams heavily rely on Good. "Basically I make sure the teams use their budgets wisely and appropriately, I meet with the captains monthly and I let them know what is expected of their team," says Good. She also is responsible for relaying the rules and expectations of club sports at Messiah College.

"It's really important to me that we have an adviser that knows the sport and the culture,

the women's Ultimate Frisbee team's practices as well as playing on a team during the summer.

"Besides coming to practices and helping out there, Rhonda has been sort of a team mom... She comes to tournaments, gives advice and strategy, and we all love it when she bakes these peanut butter brownies that are so good," says Elisabeth Evans, Junior Captain of the Women's Ultimate team.

Good says the best part of being the adviser of the ultimate frisbee teams is getting to know the students who play. "My Residence Life job doesn't give me a lot of relational contact with students, but playing frisbee and getting to spend a regular amount of time with the same group of students is really great," says Good. "I also really like it when my 'frisbee world' collides with my work world and I am able to see the same students in both contexts... I just like it when frisbee players come into my office."



Review: Call of Duty: Modern Warfare 2

By Justin Colavita
Student Writer



Gamers, the time has come! The best FPS of all time has landed into the game stores... or did it even have a chance to? COD: Modern Warfare 2 broke the pre-order record and sold more than 7 million units by the end of opening day, according to VGChartz. The game left store shelves in less time than it took your mom to fail "Through the Fire and Flames" on expert in Guitar Hero. And let me tell you, it should have sold even faster. I have never seen a game so real and so addicting.

Some said this game was going to be a repeat of the first one; I was one of them. But dang, were we wrong. Say hello to new perks, new guns, and are you ready for this... a 25 kill streak tactical nuke! Talk about over kill. That's right, once you unlock all 15 kill streak perks you can obtain a nuke at a 25 kill streak and end the match right then and there. PWNAGE!

I've had people ask me, "If there are 15 kill streak rewards that means people will be getting kill streak, after kill streak, after kill streak, right?" That isn't necessarily the case. You can only have three applied, so if you get to 25 you better have the nuke as one of your perks or you just got there for funzies. On top of that, you get to control predator missiles. Remember that AC-130 bomber plane from the first game? Well, you get to merc noobs with that for few minutes as well. And don't worry; if the death stick beats you down 3 times in a row you get death streak bonuses like painkillers that give you extra health.

Most people purchase these games and keep playing them because of the online playability, and CODs-de-Mods 2 is one of them. But the story mode keeps you

coming back for more. The character development is unbelievable and the new Spec Ops mode brings new challenges such as precise co-op stealth sniping and AC-130 protecting target missions. If you have played any of the Rainbow Six Vegas games you can compare this mode to RSV's terrorist hunts after 13 red bulls. And when you choose that infamous veteran mode, be ready for enhanced AI who are ready to take you down from yards out.

The Break Down: (A+ to F)

Eyes & Ears: (A) The graphics are phenomenal, the best I have seen in an FPS. When it snows, you find yourself grabbing mittens and a glass scraper for your TV screen. Even better, the weather changes during online and campaign mode. And when you shoot an enemy in the foot, you'll know he knows he just got shot in the foot. The sounds are not just realistic; they are straight up real! Play this game in surround sound and you'll be ducking left and right trying to dodge bullets. When it comes to voice acting, though, it is nothing special. There is nothing wonderful to say and nothing bad to say; it is just well done.

Playability: (A) Basic shooter. Put the game on easy and maybe you can play it with your grandma. But if you change the difficulty or go online, you'd better be ready to master the game in every aspect.

Replay Value: (A)
Online: Very High

Campaign: Moderately High

Family Tree: (if you like the following games then you are likely to enjoy these titles)

Call of Duty series

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Martial Arts Club

Kicking self-defense up a notch

By Cody Swartz
Student Writer

It's not one of the more well-known clubs at Messiah College, but the Martial Arts Club is a fun and enjoyable event for those seeking to further pursue their skills in martial arts or to simply learn more about the subject altogether.

The club is led by senior Andrew Henry, a second-year member and first-year president. A history major, Andrew spent seven years studying Kenpo karate at the Martial Arts Academy in Central Pennsylvania, which is a form of martial arts that involves rapid moves in an attempt to overwhelm the opponent. A type of the traditional South Chinese kung fu, Kenpo karate is a self-defense system.

While the club doesn't teach Kenpo karate, Andrew says most of the sessions involve basic self-defense and martial arts systems, such as wrestling, sparring, or grappling. For those not familiar with the terms, sparring is a type of basic free-form fighting. It is not overly competitive, but more focused on educating the students in how to properly perform martial arts. Grappling is the use of techniques to gain a physical advantage on an opponent, and can be more competitive than sparring.

For these practices, the members actually put on protective gear and fight one another in training situations. The club also practices punching and kicking drills and other forms of basic karate, for those who do not

have the skills of others. While it may seem intimidating for those with no previous experience in martial arts, Andrews says newcomers are more than welcome to join and learn about the sport in a "casual, laidback atmosphere."

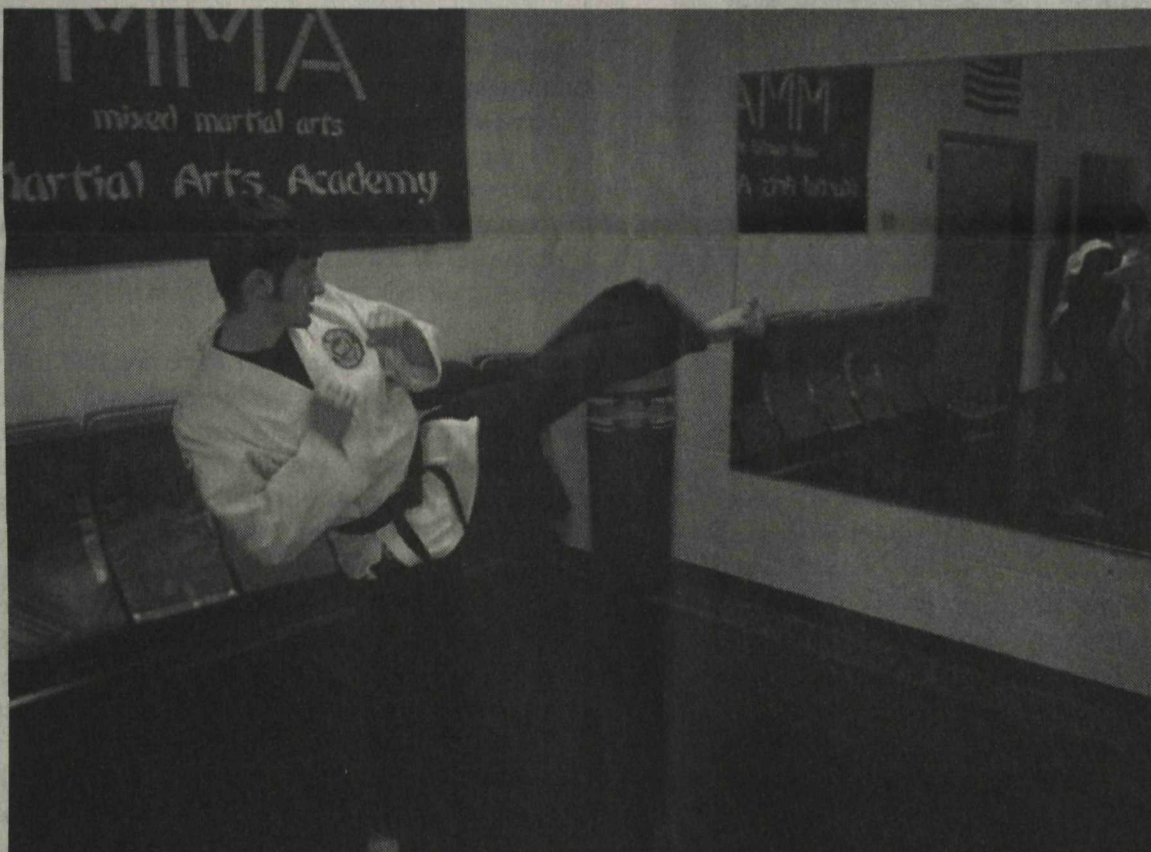
Andrew enjoys his time leading the club, viewing it as "just a fun place for those interested in martial arts to share experience and learn new skills." It doesn't cost anything and it's just an hour per week, and most importantly, it's a great way to acquire lifelong talents and meet new people without the stress or pressure that can come from joining an actual team sport.

The club meets Monday nights at 9 PM in the wrestling room, with meetings normally lasting about an hour. A typical meeting consists of ten or so students,

although the club has had 20 before in a meeting. While many of the students who show up have martial arts experience, Andrew says the club is always looking for new members, even those with no previous martial arts experience.

"About half of us have some kind of experience while the other half don't," Andrew said. "We encourage beginners to show up. It's just a great time to learn some skills from others. And the people who haven't tried martial arts before can learn from those of us who have done it before."

In all, the club is free, beneficial, only an hour per week, and more than capable of providing a lifelong skill. If you are not currently involved, think about stopping by next Monday at 9.



The Truth Behind the T

Rec Sports Fall Update

By Nick Hemming
Student Writer

The competitive nature of American sports begins with the end in mind; nothing is capable of overcoming football's Lombardi trophy or hockey's Stanley Cup. At Messiah College, however, trophies are something of the past. In the land of Rec Sports, championship t-shirts surpass all else, providing students and staff with overwhelming feeling of accomplishment. It only takes one shirt to shape four years of collegiate success.

After a productive September that saw the crowning of five new intramural champions, October welcomed men's and women's flag football and floor hockey to the athletic calendar. The response was very strong. Now, less than one month into the season, members of the student body continue to fight for the fulfillment of playoff dreams. Old rivalries have persevered, new bragging rights have been established, and outspoken win columns have been padded, though one distinct objective remains at the forefront: without a championship t-shirt, the season has been lost. Four new champions are awaiting glory.

Upon receiving shirts of their own, the titleholders of 2009 will make way for a winter of continued Messiah athletics. Falcon Rec Sports will move inside for the colder months of 2010, introducing the new year with a season of co-ed racquetball; February will host the return of Messiah team sports, providing a late winter of volleyball and basketball for both men and women. March and April will conclude the intramural season. With indoor soccer, softball, and ultimate frisbee holding off their seasons until spring, opportunities to claim a prestigious championship t-shirt will be abundant.

The number of opportunities to bring home an intramural championship will always provide students with an opportunity to thrive in the athletic world. For a chosen few, this success will make itself known in the form of a symbolic t-shirt, a symbol of lasting history and tradition.

We have an Ice Hockey Team?

"Just plain, good hockey!"

By Jaime White
Sports Editor

Violence is an essential part of ice hockey... isn't it? The NHL documented 734 fights in 1230 games during the 2008-2009 season. Typically, when one attends a game, they are looking for a fight to break out. So how does an ice hockey team founded and funded by a college based in Anabaptist, Pietist and Wesleyan traditions participate in such a sport?

"It is not an option to retaliate."

This sentiment, spoken by senior player Branden Darmetko and echoed by teammates Ryan Manieri and Tian Bo Wang, is a foundational belief held by the Messiah College Ice Hockey team.

The team has not had a suspension in the past two years, as Twin Ponds will suspend a player for illegal contact, fighting, or accruing a total of five penalties in a game. Al-



though the lack of fisticuffs seems counterintuitive to ice hockey, it is a foundational part of the team's ethic. Darmetko elaborates with "Everyone has the cross on their jersey," so all are representing not just the team or Messiah, but Christ as well.

Club sports at Messiah College usually have a NCAA counterpart on campus, such as soccer or field hockey. Ice hockey however, is its own entity, as it is a club sport with no official college counterpart. Their rivalry with Elizabethtown College is seemingly remarkably different; the teams are friendly before the game, intensely competitive during the game, and are "all friends" at the end.

In addition, there is no available space on campus for the team to either practice or play on. Instead, they must travel approximately twenty minutes to either Twin Ponds East or Twin Ponds West and pay hundreds of dollars to buy some ice.

All players supply their own equipment—a costly expense, considering that all players are college students. There are fundraisers; the team sells t-shirts and candy, and is looking into new areas. However, they are working with a company known as Puck Hog Hockey, who will sell them equipment at cost, with no mark-up.

The team held no tryouts this year, and has "a lot of young blood," says Darmetko. There are seven new players, about half of the team, which creates a very different dynamic. There is no "status difference," reports Wang, who says the team has "completely gelled."

"We're dynamic—fun, young, and energetic," continues Darmetko, "[there's a] boom box in the locker room blasting '99 Red Balloons' and such."

Darmetko says that there have been a lot of recent changes in the program, "We've taken steps to be more fun, more relaxed," and that the team "stays and prays" before each game.

Manieri describes the change in leadership, saying that the role of president has be-

come "more practical, and focused on the structure of the team. We want to be able to transcend graduated presidents."

Junior Amanda Hankins, the first and lone girl on the roster, reports "Joining the team this year I wasn't sure what to expect—I had played in the league before, but I didn't know what to expect with the new team. I had to get used to all new players that I had never had the chance to play with before. Fortunately, it was easy to mesh with the guys. Sometimes you don't know what their reaction will be playing with a girl on the team, but these guys are great. No special treatment or alienation—just plain, good hockey!"

When asked how he balances the intense physicality and potential violence with his leadership role as Student Chaplain, Darmetko shrugs and says "I'm just one of the guys" and "[I'm an] example not because I've been called to a chaplain position, but because I've been called to follow Christ." Laughing, he says "I don't think anyone on the team even knows I'm chaplain!"

Wang, the Club Promotions Manager for the team, created a Facebook group, "Messiah College Ice Hockey", on which the schedule and pictures of the team are posted. "I've got to get out the word—we have games during j-term, where people will have more time to come out [and see us play]."

Interview with Gina Menario

Rec Sports Office Manager



While carrying that title, Menario continues to participate in the wide variety of athletics the program offers. She has played in six different sports—indoor soccer, indoor volleyball, and Frisbee, further citing her favorites as flag football, softball, and outdoor volleyball.

She considers her favorite sports memory to be an event that occurred during a recent flag football game. During double overtime, as light was fading fast, Menario ran in the winning touchdown, thus solidifying her team's standings in the playoffs. However, she believed she had merely tied the score, and so was upset that her team hadn't been able to get the win. Disappointed, she congratulated her teammates on their good effort and strong attempts. When she finally realized her team had won the game, her face lit up. "It was late," she explains, "I was tired. But I am so happy we pulled it off!"

In regards to the negative aspects of Rec Sports, Menario agrees with Greer in that it is the discipline aspects that cause the most angst. "[It's] no fun to tell a team they can't advance", she explains, describing the Sportsmanship Rating scores all teams must have in order to participate in playoffs. Recently implemented, the ratings are done by a combination of referees and supervisors, and teams must consistently have a certain score in order to advance in play.

In regards to new sports activities added to the plethora of options this past year, Menario emphasizes the concept of one day tournaments, which are "not a big time commitment." Past events like these have included Ping Pong Tournaments and the Messiah Open, a tennis tourney, and Rec Sports is planning on a Kickball Tournament in the springtime.

When asked about how long she would remain with the Rec Sports staff, Menario replied that she would "definitely be here for a while," as there are "things I haven't accomplished yet for Rec Sports."

Described by Director of Rec Sports Heather Greer as "essential", junior Gina Menario plays a vital role in the organization and implementation of the program. As Office Manager, she maintains the regulation of team rosters, waiver forms, and the FaceBook group "Messiah College Rec-Sports", where schedules of upcoming events and past champions' photos are displayed.

She became involved with Rec Sports through personal experience—"I was a freshman playing outdoor volleyball, and I looked up the standings and thought 'there is no way we are in first place!'"

So Menario approached Director Greer about the issue, and has since become an integral part of the program.

As the Office Manager, Menario says she works closely with her staff, ensuring that "everyone's opinions" are heard and discussed. It is important to her that it be a collaborative process, even though sometimes she has to "go ahead and make decisions" based on experience in her position.

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Interview with Heather Greer

Director of Rec Sports

By Jaime White
Sports Editor



Junior Greg Schober catching touchdown pass for the Lilaceous Levites

When she arrived at Messiah to coach Women's Lacrosse, the job of Director of Rec Sports came along for the ride. Heather Greer, alongside a talented and capable staff, has completely revamped the program and its practices in only two years on staff.

At the start of her third year at Messiah College, Greer shared that she herself is a Messiah alum, and "never in a million years thought I'd work here."

When she began working in Rec Sports, there was "no paper trail" (i.e. waiver forms, rosters). While she agrees that "nobody likes rules", the integration of these forms helps the program with liability and attendance issues. The members of the student body involved in the myriad of opportunities Rec Sports offers are familiar with the "sportsmanship rating", introduced by former student and intern Mike Tooma.

Rec Sports is a "bonus", and she shared the love she has for the program and its participants. Greer says "[I] love watching it all happen, seeing everyone having fun."

Greer declares her favorite Rec Sports memory as the first flag football championship game, three years ago. It was under the lights, up on the turf field, and there was "a good turnout, [and] I really enjoyed watching that."

She laughs, and remembers a time as a student when she "snuck into a floor hockey team and won a t-shirt—remember, it's all about the shirt!"

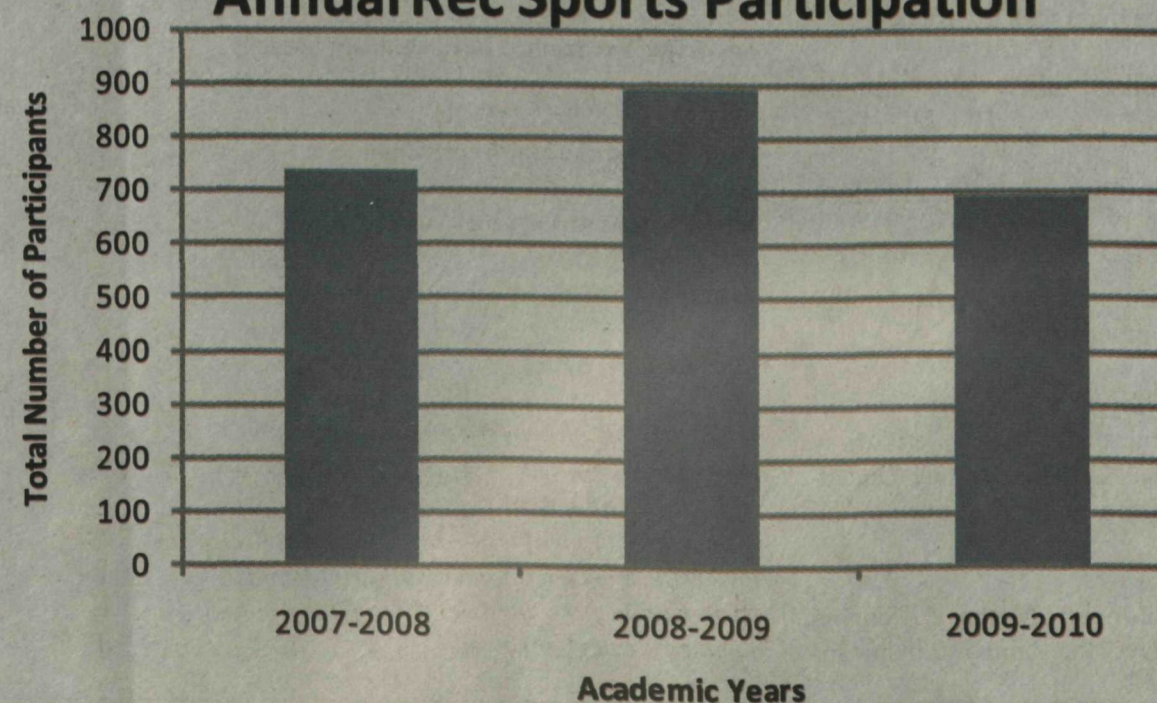
Her least favorite part is the discipline, with conflict "that's just going to happen." The focus of Rec

Sports is supposed to be "very intense competition without negative fights," but when these fights do happen, "it's just life." She cited a time when a senior male got "in my face, yelling."

She credits her staff as imperative to the program's success—Office Manager Gina Menario, Manager Lucas Schofield, and Referee Supervisor Brian Pennington lead the supporting staff members.

All referees are from the general student body, given minor training and are supported by game day supervisors. It is an interesting relationship, with "peers reffing peers," Greer says. These are paid work-study positions, and the schedules vary from week to week, depending on the sport.

Annual Rec Sports Participation



COACHING Profile

Men's and Women's Cross-Country Coach: Dale Fogelsanger

By Bryn Swartz
Student Writer

For the past sixteen seasons, Messiah's cross country teams, both men and women, have been coached by Dale Fogelsanger, a 1987 graduate of Messiah College. Fogelsanger also coaches track and field, making him arguably the most involved coach at Messiah College.

Fogelsanger did not run cross country in high school or college. However, he did participate in track and field, which he calls a "life changing experience. It helped me with self confidence and with setting and working toward goals. It was an awesome experience for me and I want current athletes to feel the same way."

Fogelsanger's time as a Messiah College student included a record in the 400 meter dash (49.53), which lasted for twenty years. "It was an honor for me to coach someone who broke my own record," says Fogelsanger, referring to former Messiah track legend Patrick Roach, who graduated last year with records in the 100, 200, 400, and 800 meter runs.

Fogelsanger's typical practice ranges in level of intensity. "A hard day's hard and an easy day's easy," commented Fogelsanger, who

used to enjoy running with his team but has been unable to for the past several years because of injuries. However, this doesn't stop the coach from jumping in for a short sprint every now and then. Fogelsanger strives to improve the mental confidence of his team, using pack running as a specific tool for building confidence.

Fogelsanger credits his favorite part of coaching as "the students. I love working with every student athlete that comes to Messiah College. They're all very self-disciplined, self-motivated, and unselfish."

Before each meet, Coach doesn't necessarily ask for a win from his team. He asks for each member of the team to run their hardest and to run with confidence. "The physical, mental, and emotional intensity should increase throughout the season and peak at the season's end. I tell my team 'No ceilings.' Set your dreams and stay focused and work at it, and remember to enjoy the journey."

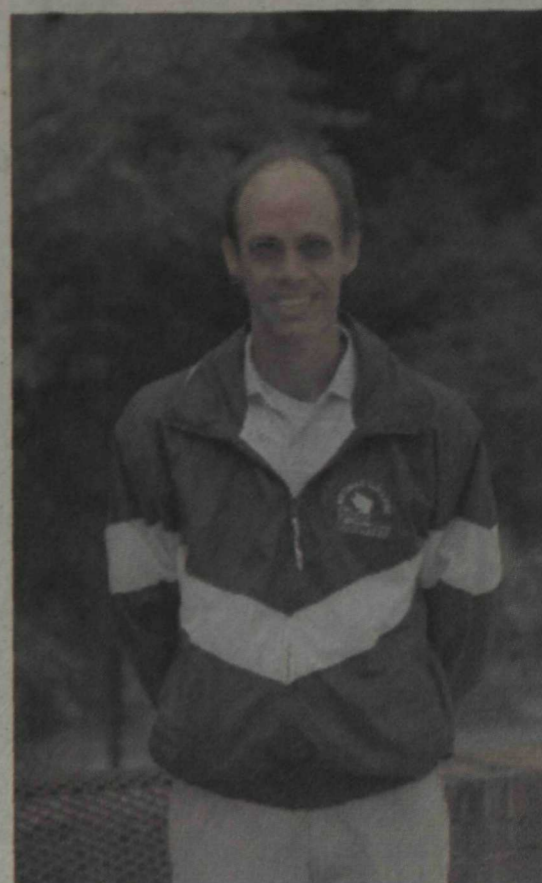
Coaching both cross country teams and both track and field teams can get a little stressful, Coach Fogelsanger admitted. "I think that the co-ed nature adds a little fun to it. We practice at the same time and go to the same meets. There's probably some more that I could do with recruiting or professional development, but I love what I do. There's no offseason-from the beginning of the school year to the end of spring track."

When asked to explain the difference between cross country and track and field, Fogelsanger explained that it's simple. "Cross country is scored with five finishers running the same

event, a 6K for the girls and an 8K for the guys. Track and field includes athletes in 21 different events, everything from jumping to throwing to vaulting to sprinting to hurdling."

When Fogelsanger is not coaching cross country or track or teaching biology, he enjoys spending time with his wife Denise and three daughters, Andrea, Ashley, and Amber. Fogelsanger also enjoys hiking and camping, and gardening. He cites his personal hero as Jesus Christ, with a love for the Bible, particularly John 3:16, Micah 6:8, Isaiah 40:30-31, and Matthew 5:16.

Fogelsanger's love of coaching is obvious. He says that he definitely sees himself still coaching here in ten years, adding that it would be neat to coach while his daughters attended school at Messiah.



Dale FOGELSANGER



WOMEN'S Profile

By Ashley Dorty
Photo Editor



Lauren BOURDON

Full Name: Lauren Nichole Bourdon

Major: Business Administration

Hometown: Greenville, Delaware

Year: Senior

Favorite Color: Pink (with sparkles if at all possible)

I'll Never Forget When: - I took a line drive to the forehead my senior year in high school playing softball - and the stitches of the ball were bruised into my forehead for prom.

Favorite Sports Team: Phillies ?

I've been playing volleyball for: 13 years!

Siblings: Brian, 24

Meal of Choice: Salmon, mint ice cream ,but not together

What I love to do: other sports, reading, shopping, game night with my friends ?

My inspiration: My family - all of them for separate reasons

Ideal Travel Destination: Back to Heidelberg, Germany

Dream Job: Corporate lawyer for a multinational corporation

Songs Most Played in my Car: I like everything. My absolute favorites are Missy Higgins, Colbie Caillat, Hillsong United-from Christian to country to popular it's all good

Favorite Childhood Memory: Singing "Somewhere Over the Rainbow" in my 3rd

grade talent show (while being dressed as Dorothy) - my mom thought it was so funny she fell into the aisle laughing and everyone thought I had an awful mother.

Favorite Movie: Remember the Titans and Legally Blonde (I and II)

Favorite Quote/Bible Verse: 1 Corinthians 2:9-"However, as it is written: 'No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him.'"

Favorite Book: Redeeming Love, by Francine Rivers

Favorite Vacation Spot: Bethany Beach, Delaware

Favorite Drink: Hot Apple Cider

Best Christmas Gift: My car ?

Favorite Animal: My chocolate lab Rexy

My Position: Setter

"It is literally the most team oriented sport imaginable. You can't win a single point without the efforts of everyone on the team - it makes unity and teamwork so essential. I love setting because I am able to run the offense (similar to a quarterback) and there is so much strategy involved."

Women's Volleyball

MEN'S Profile

By Ashley Dorty
Photo Editor



Corey WENGER

Full Name: Corey Wenger

Major: Business Administration

Hometown: Lancaster, Pa

Year: Senior

Favorite Color: Blue

I'll never forget: Winning volleyball nationals

Favorite Sports Team: Dallas Cowboys

Greatest sports memory while playing for Messiah: First golf tournament at Bucknell

I've Played Golf for: 9 years

Siblings: Heather, 29

Snack of Choice: Cookies

What I love to do: golf, tennis, volleyball

My inspiration: Tiger Woods

Superhero Icon: Spiderman because he is a normal guy who takes on the world

Ideal Travel Destination: Phoenix, AZ

Dream Job: Pro Golfer

Music Most Often Played in my Car: Akon, R&B

Favorite Childhood Memory: playing whiffle ball

Favorite Movie: "The Italian Job"

Favorite Book: I don't read.

Favorite Bible Verse: All of them

Favorite Vacation Spot: Florida

Favorite Drink: Strawberry-kiwi lemonade

Best Christmas Gift: Puppy

Favorite Animal: Wolf

"The knowledge and skill it requires along with the individual battle against the course."

Men's Golf