

10-1-2009

Swinging Bridge - October 1, 2009

Tim Mackie

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Recommended Citation

Mackie, Tim, "Swinging Bridge - October 1, 2009" (2009). *Student Newspapers*. 978.

<https://mosaic.messiah.edu/studentnews/978>

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THE SWINGING BRIDGE

THURSDAY OCTOBER 1, 2009

College Explains Spending Choices

Two hybrid vehicles purchased and B Lot repaved

By Carly McFerren
Student Writer

Messiah College bought two new hybrid vehicles and repaved B Lot over the summer, says Kathie Shafer, Vice President of Operations. Shafer says the college has a reserve to fund these projects and others.

Brad Markley, Director of Facility Services, says that Messiah College purchased two hybrid vehicles, one for campus patrol and the other for Kim Phipps. "As we move forward in becoming a more sustainable campus we are carefully thinking through many of the purchases that we make."

Markley says that the college also purchased two Ford Focuses. Both vehicles will get up to 35 miles per gallon of gas, almost double that of the old fleet vehicles.

Both Shafer and Markley say that this was not a sudden decision. "Each year funding for capital purchases such as equipment replacement, vehicle purchases and other projects on campus is evaluated through 'life expectancy projections' by using a com-

puterized software program," says Markley. This software helps the college more efficiently manage funds.

Shafer says that students will not be charged more year to year for new projects. "The mission of facility services is to maintain the facilities and grounds on campus. We use the reserve fund for these projects." Other projects have included fixing drainage problems in a few of the north side parking lots.

Lois Voigt, Vice President for Finance, says that a poor economy can have its benefits. "Some projects we are moving forward on now because the price is a lot better in this economy," she says.

Markley says that future projects will include the paving of other places on campus such as College Avenue, Chapel Drive and other parking areas.

Some students have other suggestions for spending. "What about my dorm?" asks Katie Bitner. "We killed six bugs the other day."



Photo by Tim Robbins

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Controversy Surrounds College's Handling of Safety Incident

Attempted assault reported on campus

By Sari Heidenreich
News Editor

According to the Upper Allen Township Police, a female Messiah College student reported an attempted assault on campus at approximately 12:50 am on September 19.

At 3:25 pm that day, the Department of Safety sent a mass e-mail to students, which reminded them "of important ways to promote personal safety on campus" but did not directly reference the situation.

Three days later, on September 22nd at 12:55 pm, a mass email from Hansen-Kieffer to students, staff, and parents, informed students of the incident.

The latter email stated that a female student was walking near the fitness trail in the vicinity of

D Lot and that an unidentified male "grabbed the woman, but that she was able to escape." According to a Patriot News article by Chris Courougen, "Township police said the woman struggled with the male, who came out of the tree line to grab her."

Director of Public Relations, Carla Gross, says that according to police, the victim sustained no bodily injury.

"The suspect was described as a white male, approximately 5'11", medium build, wearing a dark ski mask, dark t-shirt and blue jeans," the e-mail stated.

The police are handling the investigation and moving forwards, says Cindy Burger, Director of the Department of Safety and Dispatch Services. As of September 25, she says she is unaware of police leads nor has any indications whether or not the suspect was a student.

Regarding the delayed release of information to students, parents, and staff, Gross says the Upper Allen

Police asked the college not to release specific information about the incident until the police department did.

Gross says the college would have liked to have immediately released information about the incident to students, but chose to honor the police department's request. She says the police felt they needed time to protect the investigation and that the college did not "want to prevent the suspect from getting caught."

Burger says, "We rely on [the police department's] expertise and what they recommend that we do or don't do. We have to work very closely with them."

Gross says the "Upper Allen [police] feels a responsibility to keep Messiah College safe." She says the police would not do anything to jeopardize the safety of Messiah College. In asking the college to delay the release of information, the police "did not feel that student safety was at risk. They told us that they had taken student safety into consideration," she says.

According to Security on Campus (SOC) Inc. (a "non-profit grass roots organization dedicated to safe campuses for college and university students), the Higher Education Opportunity Act (HEOA), a Clery Act amendment passed in August 2008, requires an institution to "immediately notify the

campus community upon the confirmation of a significant emergency or dangerous situation involving an immediate threat to the health or safety of students or staff." The Clery Act is a congressional act regarding campus crime statistic and campus safety. The new amendment states that warnings may only be withheld if they would compromise efforts to contain the emergency.

Daniel Carter, the Director of Public Policy for Security on Campus Inc., says this means that "A warning should've been issued as soon as [the college had] the pertinent information."

Carter says he feels it is obvious that the college felt there was an ongoing threat yet did not release details of the incident until three days later.

"I understand what your school was trying to do . . . but students need to know when there's a threat. . . If you don't know what you're being warned about it doesn't do you any good," Carter says in reference to the college's first email.

"People want to know if there's a threat to their safety and that's what the Clery Act is all about," Carter says.

Gross says there are "different in-

terpretations of Clery because it's not clear on many important things." Citing that the act was passed relatively recently, Gross says, "There are a lot of other interpretations that college and universities are struggling with."

Gross says this is the first time Messiah College has had to respond under the HEOA amendment to the Clery Act. She says the college tried to get out as much information to students as possible without jeopardizing the police department's ability to catch the suspect.

"No one is saying this is a perfect situation. It's saying 'how can we learn from this?'" Gross says.

Burger says the college will debrief with the Upper Allen Police and see what they could have done differently. "We can't have a set-in-stone procedure because every situation is different. Every one."

THE
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WVMM: Noah Wasn't the Only One Saved By an Arke

By Paul Nickerson
Student Writer

This year, WVMM faced the threat of being shut down by Messiah College as a result of reviews.

Peter Powers, Dean of the School of Humanities, stated that student surveys showed the station did not carry an overall strong importance to the general student body.

Although the station was preserved, many changes were put into place to increase the effectiveness and reduce the financial strain on Messiah College. Powers and Ed Arke, faculty station manager and Chair of the Communication Department, put forth many efforts to prevent the closure of the station.

Throughout the past year, Messiah College conducted effectiveness reviews of all student programs

to determine if the cost of maintaining each program was worth its return. The goal of these reviews, says Dr. Arke, was to make a number of cutbacks to save the college \$30,000. Among the programs reviewed was the college's radio station, WVMM Grantham.

According to Arke, for the past few years, WVMM has been primarily housed, funded, and internally administered, for the most part, as a Student Life program. As a result of the review, WVMM has been put under the administration of the Communication Department. Powers says this change will allow greater involvement in student programs, and provide opportunities for students to put their academics into action. He says the Department of Communication is working to use the station to, "connect the classroom to a real life lab".

Arke says that among the changes made to the station, WVMM Gran-

tham has discontinued the BBC World Broadcast program, and has replaced it with a new program called *Take Away*. *Take Away* is produced as a collaboration between Public Radio International, BBC, and the New York Times. This new program will be hosted by John Hawkenbury, and Celeste Headlee.

According to Ryan Manieri, Sports Broadcasting Director of WVMM, "over the summer, the radio station [WVMM] did a major audit of its music to closer align with the guidelines set forth by Messiah [College] in regards to the intersection with pop culture."

To that end, Manieri says WVMM has recently added a praise and worship hour at twelve. He says that WVMM is currently working to develop a gospel hour. In addition, DJs will only be allowed to play music approved by student managers. For the past few years, the station has allowed DJs to play whatever

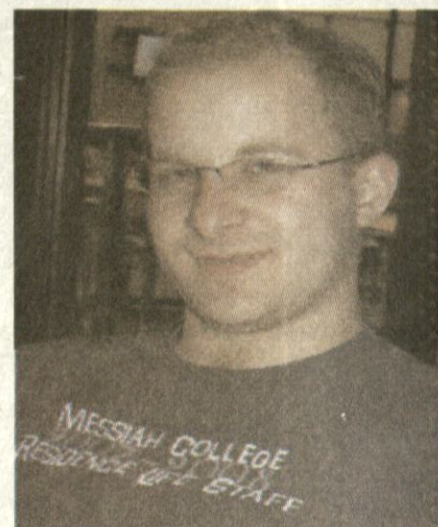
they wished so long as it did not violate FCC obscenity regulations.

Apart from the program changes that have been made to the station, there have been changes made to the staff as well. In the past, WVMM has maintained five work studies, but due to a decrease in the involvement of students, they recently lost two of those work studies, increasing the work load on the faculty advisor, Ed Arke.

With the station now a part of the Department of Communications, WVMM receives administration support from that department. There are currently 30 students involved in WVMM but according to Arke, the station is in need of more student involvement to function more effectively. Arke strongly encourages any student interested in broadcast to become a part of the station.

Student Profile: Andrew Thompson

By Sarah Fleischman
Student Writer



Senior molecular biology major Andrew Thompson stayed at Messiah College this summer to work alongside Dr. Michael Shin on a research project. "It wasn't a dark science world, it was a team," says Thompson. "You have fun sometimes. We don't play baseball in the hallways, but we still have fun."

Q: What was the purpose of the research project?

A: I worked with Dr. Shin investigating ways to use plants to clean up industrial waste.

Q: How did you get involved with this project?

A: I started by taking a class called research methods which prepares you for writing proposals for research.

Q: What exactly did you do on the project this summer?

A: The project was Dr. Shin's idea. I did the grunt work, but had the opportunity to branch off.

Q: What are your future plans?

A: I finished four medical school applications and I still have more to do.

Q: How will your experiences on a research team help your plans for medical school?

A: Even though the project wasn't in medicine, it was still science and was exercising the skills I need for med school. Being a part of a research project is becoming a prerequisite for med school.

Q: What other things do you like to do?

A: make chain mail, knit, garden, rock climb

Q: What is the weirdest object in your dorm room?

A: a chain mail belt

Graduate Programs at Messiah College

By Andrew Exner
Student Writer

According to Richard Roberson, Dean of the School of the Arts, an accreditation board certified Messiah College to offer graduate programs after a visit last May. The board simultaneously confirmed the first program here: a Masters in Counseling.

"The School of Education and Social Sciences launched its program by offering an Ethics course team-taught by Dr. Charles Jantzi, Mr. Paul Johns, and Dr. Deedre Mitchell." The program is being administered primarily by department chair Dr. John Addleman and administrative assistant Tonya Baker according to Messiah College's website.

Addleman explains that there are three tracks available to the students in the Counseling program: school, mental health, and marriage and family. The department is also offering a "certificate of advanced graduate studies," a program for people who already have a Masters Degree but need additional credits for further certificate.

There are currently 35 students taking classes, and the department expects to have 50 by spring, says Addleman. About 70% of the current students are Messiah College

alumni. Jantzi and Addleman say they expect this proportion to go down as word spreads about the program.

"The demand for training in Christian-based counseling programs has exploded in the US," says Jantzi. "With the quality that Messiah has," he says, "why not?"

Jantzi says he enjoyed teaching his class this summer. "It's very different than undergrad because they bring their work experience [to class discussion]."

The diversity of students is encouraging to professors, says Addleman. "It's everything from people who just graduated," says Addleman, "to people who never got that other degree or are changing careers...it's fun to hear the variety and the excitement."

While Jantzi's summer course was a one week 42-hour intensive course, this will not be the standard for the program. Most of the graduate program is online. Four online classes (eight weeks each) are currently being offered: Lifespan Development and three Foundations of Counseling courses (one for each track).

According to Addleman, the current plan is that any new faculty hires will teach courses in both the graduate and undergraduate programs, at least for now. In addition, current full-time undergrad faculty and part-time faculty will take on graduate responsibilities in order to cover the required courses in the counseling program.

"This is a difficult financial time for Messiah," says Addleman. "We've been reducing in order to meet budget...and our program is growing."

Other departments are making headway with their programs as well. The Music Department had a site visit for its Masters program on September 14. "We had a very positive exit interview," says Roberson.

Brad Genevro, the Director of Bands, is the head administrator of the new graduate program, which will offer a Masters of Music in Conducting. The program will start in Spring 2010 pending formal approval by the Pennsylvania Secretary of Education. The target population is current music educators who are trying to get their permanent certifications.

Similar to the Counseling degree, the Conducting degree will be mostly offered through online courses. Approximately two-thirds of the degree work will be done online from September to May, with intense pedagogical work and conducting symposia offered during the summer months.

In addition to the standard online course procedures, graduate students will sit down for Skype meetings with professors to go over recorded rehearsals and discuss rehearsal techniques.

"There's going to be a lot of face to face," says Genevro. In addition to internet meetings, he plans to bring students to Messiah's campus now and then

and also to visit them at their schools to observe their rehearsals in person.

The program should take most students about three years to complete, though they will be able to take as long as six years if needed.

Even though Messiah College is undergoing financial difficulties, both Genevro and Roberson cite the economic climate as a reason to start the graduate programs. "Getting teachers that are in the field to see the quality of our students and the quality of our program... is going to help us in our undergraduate recruiting as well," Genevro says. "Sometimes music teachers have more of an influence on where a student goes to school for music than parents do."

The Art department is also working on a graduate program to offer a Master of Arts in Art Education. Gene VanDyke, Associate Professor of Art Education, will be in charge of this program once the proposal is submitted.

"There are a number of Christian programs and music, but very few faith-based institutions for art." Roberson is excited about the possibilities for both programs, but is trying to remain "conservatively optimistic" about his projections.

Roberson says he hopes for about 20 students in both programs, but has a business plan for up to 60. "To go beyond 60 would require an adjustment," he explains. "As the programs grow, it may take some teachers a little away from the un-

Student Profile: Mary Kate Stone

by Sarah Fleischman
Student Writer



Sophomore Mary Kate Stone has traveled the world: she's been to numerous countries on five different continents. This summer, she spent a month in Uganda on a missions trip with Global Expeditions, an organization that sends student missions groups all over the world.

Q: What was your average day like in Uganda?

A: Basically, we'd go to two different high schools each day and do our abstinence program and talk to the students in small groups and get to know them and share the Gospel with them. Some days we went to elementary schools or refugee camps and did VBS programs or community service projects.

Q: What were the refugee camps like?

A: There were mud huts all around. The kids were really dirty. The bathroom was a hole in the wall--not the ground--the wall! We helped an older man clean rocks out of his front lawn--well, more like a dirt slab. We also played games with the kids.

Q: What's your favorite memory?

A: We were at an orphanage and I was coloring pictures with this little boy named Henry, and I drew Jonah and the Whale. I showed it to him and he told me that it was "Jonah and the big fish not Jonah and the Whale." He was about seven and he corrected my Bible story. He was cute; I liked him.

Q: What are your top three favorite places you have visited?

A: Panama, Paris, Grand Turk [Caribbean].

Q: If you won \$1 million, what would be the first thing you would spend it on?

A: I'd travel the world. I'd want to go to every continent, maybe not Antarctica, and help out different communities doing mission projects along the way.

Q: What is the weirdest object in your dorm room?

A: My fake lobster pet named Sebastian. [He's a mechanical lobster that swims in a little bowl]. My brother gave him to me for Christmas because, when I was little, I had a pet lobster that escaped its fish tank.

Spending

Continued from page A1

"Our campus is not very big so why do we need vehicles?" asked senior Brent McFerren. "Why not more bikes? How long is it going to take to offset that extra cost? Our classrooms are top notch but some of the residence buildings need work."

While students may question the college's spending policies, Greg Gearhard, Director of Financial Aid says students will see benefits in financial aid. "It was decided that the Financial Aid budget should be increased in anticipation of the strains that students and families might experience," says Gearhart. He says that for the 2009-2010 academic year the financial aid office has received twice as many requests for FAFSA adjustments than last year.

As the *Swinging Bridge* reported this February, according to President Kim Phipps' Campus Update, "Institutional financial aid is increased by an additional \$500,000, with approximately half of those dollars used for new freshmen, and half to meet the anticipated increased need of current students."

Regardless of the project, Markley says that the students are always a concern. "We hope that all of the improvements that we make on campus provide our students with a safe environment and a positive experience," he says.

Travel Column

From Russia with Love

By Maria Toews
Student Columnist

Maria Toews is a sophomore Sociology major from northwestern Canada. She plays the piano and likes spinach.

August 25, 2009: Grand Prairie, Alberta, Canada

Just to make sure we're all on the same page: Yes, I am going to Russia. It is a study abroad thing for three and a half months, part of my college education through Messiah College in Pennsylvania. There are ten other American college students who I am going with, through a program called BestSemester, Russian Studies Program (RSP). (www.bestsemester.com - check it out if you're confused!)

Today, I fly out from Grande Prairie to Edmonton [Alberta, Canada], then to San Francisco (never been there before!), then to JFK International Airport, New York (where I hang out for 12 hours), then I meet up with the other RSP students and fly to Frankfurt, then St. Petersburg. Yay for airports.

August 28, 2009: St. Petersburg, Russia

Forty-four hours of greasy hair, airports and airplanes later... I no longer just have an expectation in my mind of Russia. It's morning here; 10 pm back home.

The hotel has all the amenities, except the showers are down the hall, and half-naked Russian men were traipsing back and forth using them, so we girls were too apprehensive. But washing your hair in the sink is better than nothing!

I think I saw the Golden Gate Bridge in San Francisco -- either way I saw a bridge that was long and golden. Flying in at night was spectacular. I had under an hour to find another terminal, go out of security, figure out the self-service boarding pass thing (Thank God for a random credit card from Graystone Bank for identification!), then go back in to security.

I got to my gate as the passengers were boarding - my heart was beating fast, my head hurt, and I was sweating.

Twelve hours later (and only five dollars spent on food the whole time!), I met my fellow RSPers (Russian Studies Program). Seven of us flew together. We started the eight hour flight across the ocean off right when one girl in our group

got hit in the face by a piece of luggage dropping from the overhead compartment. The German man who did it felt quite remorseful. She'll be all right.

I sat by girls chattering away in a foreign language. Assuming it was Russian, I listened really hard for "ear training" for about half the trip, then realized they were speaking German. My bad.

Naturally, Russia arrived grey and rainy. Naturally, none of the RSP baggage was there to meet us. We filled out ten forms (eight of them being the same thing... apparently they don't photocopy stuff). Hopefully the luggage will arrive eventually. One Russian girl that interviewed me about my bag lived in Calgary, Alberta for four years! Everything is still exciting.

September 18, 2009: Nizhni Novgorod, Russia

On Tuesday, the American ambassador to Russia visited Nizhni Novgorod University. Three students from RSP got to attend, and since I am a keener I got to go! It was in a room full of Russian students and video cameras. Unfortunately he spoke Russian the whole hour long (Except for such words as 'Michigan State University' - I understood that part!). It was definitely a political thrill to be there.

On Thursday, the RSP girls (all five of us) went to the Banya. We rode on a crowded bus, then walked a few blocks to get there. It was a cultural experience.

The Banya is a really hot humid sauna where the Russians sit naked, and then go outside to douse their heads with cold water, and then go back in and beat each other with birch branches, then repeat as desired, possibly stopping to eat some food (as we did). I suppose it could be compared to a spa day for the women here. It was reminiscent of a glorified sauna at Camp Wapiti - minus the birch branches. For clarity, this Banya was all inside a large building, and we purchased the Birch Branches from a Babushka (old lady) outside.

I don't know if these 2 experiences can be compared.



By Paul Nickerson
Student Writer

Throughout this year, Messiah College has been working in the area of campus safety, and with the recent incident on campus, Messiah College will be working even harder to keep students safe. But we are not the only ones. Congress is working to pass legislation to improve campus safety across the country.

According to GovTrack.us, bill H.R. 748, CAMPUS Safety Act 2009, will work to advance safety by properly training public safety agencies, "fostering relevant research," coordinating and collecting information and best practices in regard to safety, as well as "developing protocols to prevent, protect against, respond to, and recover from natural and man-made emergencies that threaten the campus community."

Furthermore, this bill will call for "increasing cooperation between IHEs and the law enforcement, mental health, and other agencies and jurisdictions that serve them." This bill was passed through the House, February 3, 2009, and is currently awaiting a Senate Vote.

In the current economical situation, school districts across the

country are working to make budget cuts to save money. While Messiah College is engaging in effectiveness reviews, and creating appropriate alterations, certain districts are enforcing mandatory furloughs to decrease spending. An article released in the Bureau News, *School districts across the country furlough teachers to reduce spending amid budget cuts*, states that the Atlanta School District is forcing teachers to stay home on unpaid furloughs.

In this article, the Bureau News follows the story of librarian Melissa Payne, who received a \$1,000 pay cut, and is being forced to take three unpaid sick days this year. To avoid the situation and due to financial strain, Payne moved to another school district where she received only a pay cut. Shortly after she moved, her new employer issued the same mandatory sick days. Such actions are taking place in many school districts including those in New Mexico, Florida, and California.

Campus Safety Tips

By Sari Heidenreich
News Editor

In light of the recent security alerts on campus, Kris Hansen-Kiefer, Dean of Students, reminds students: "Some students and employees think it's safe here [and] that nothing ever happens. But in reality, something could."

"We don't have a big iron gate around campus to keep people off," says Cindy Burger, Director of Public Safety and Dispatch Services.

Hansen-Kiefer and the Department of Safety remind the Messiah College community to:

- Keep your room or apartment doors locked at all times. Lock your car as well.
- Do not prop open exterior doors or give access to unknown individuals
- Do not go out walking, running, or jogging by yourself after dark; stay in pairs or groups. Be aware of your surroundings.

- If you must be alone, please utilize the Safety escort service from dusk to dawn by calling Dispatch Services at x6005 to arrange for a ride on campus.

- When you are going to and from your vehicle or buildings, etc., remain alert of what is going on around you.

- Call the Department of Safety to report any suspicious activity or problems. Nothing is too small.

- Be more forward with persons trying to piggyback into buildings.

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Evolution and It's Impact on Faith

How we can reconcile the two

By Thomas Breiter
Student Writer

What comes to mind when you hear, "evolution"? Monkeys? Intellectual bullying? Are you offended by the thought that Genesis might not be entirely "true" in the literal sense?

The majority of Christians I've met are adamantly against the theory of evolution because they feel it threatens their faith. But what if I told you that science and religion do not have to clash heads?

In order for one to come to terms with a scientific theory of such magnitude in the scientific world, though, one must first understand the theory of evolution and its philosophical implications.

Evolution is a biological theory. In order to believe it, one does not have to believe in "The Big Bang Theory" which, for many, is troublesome to their belief in God. Nor does one have to believe in "abiogenesis," the idea that a common ancestor arose from organic matter due to natural causes.

According to Encyclopedia Britannica, evolution, in its purest implications, "is one of the keystones of modern biological theory." It explains that all organisms have a common ancestor, and that this original ancestor, through minor genetic variations, gave rise to mutating offspring, which in turn mutated to form other, more diverse creatures. As this almost endless cycle of reproduction led to more diverse beings, new ways of reproduction, energy consumption, and other mechanisms, the Darwinian principle of "natural selection" came into play. The laws of nature chose the most able organisms to dominate the playing field, and organisms unable to adapt to their new environments eventually became extinct. This explains the extinction of many species still widely studied today.

This does not, however, contradict the fact that many less complex organisms, such as bacteria, and, more relevant to humans, numerous species of other primates, are still around today. They are still here because of their prevailing ability to live in their given environments. They are not "less evolved" than humans, but differently evolved.

Now, how does this infringe upon one's faith? Simply put, it doesn't. To say that evolution pushes God out of the picture is to ignore the idea that God is a supreme being, able to trigger events that occur in our lives every day. Think of it this way: when was the last time God held a conference with you?

Many have heard of St. Augustine, theologian of the 5th century. His interpretation of the first chapter of

heavens and the earth in 7 days, led him to wonder about the meaning of such terms. His questions were not based on a conflict between science and faith (Darwin's theory would not arise for more than a millennium later), but scripture. He pointed to 2 Peter, which says, "With the Lord a day is like a thousand years, and a thousand years like a day." Therefore, the argument for 24-hour periods during creation is not even supported by scripture! Here, Augustine incorporates a technique in theology that is sometimes called "accommodation," where different readers of the Bible may interpret its terms differently. We do not know the meaning of "days" in this context because such ancient texts may have used this word in a different way than we do.

Francis Collins, leader of the Human Genome Project, director of the National Institutes of Health (NIH), called by the Endocrine Society "one of the most accomplished scientists of our time," is a well-known Christian geneticist and theist-evolutionist. He is the founder of the BioLogos foundation, whose chief message is that science and faith are compatible. In his book, *The Language of God*, he rejects creationism ("Intelligent Design"), the theory that evolution is false, and that we should look to the Bible to discover how the universe originated.

Collins, standing on the middle ground of science and faith, writes, "No serious biologist today doubts the theory of evolution to explain the marvelous complexity and diversity of life." Later in his book, he says that "Intelligent Design fails in a fundamental way to qualify as scientific theory" and that theistic evolution is a theory that "allows science and faith to fortify each other like two unshakable pillars, holding up a building called Truth."

Saint Thomas Aquinas, the renowned thirteenth century Christian philosopher, said that God is the ultimate cause of all that exists. All effects have causes. All organisms have an ultimate cause, and that cause, he says, is God.

Similarly, God works indirectly through nature all the time. His laws, the natural laws of the world, as well as the laws which allow for human interaction, are the laws of the universe. Science has studied these laws, but this does not negate God's presence.

Further, scientific theories should not affect faith in God. What is faith? Trusting in God--no matter what--even if it means viewing the creation story's meaning more flexibly. Does not looking for logic to validate your beliefs, attacking scientists (whom we must respect as

Drop It Like It's Hot

Part 1: Habits

By Thomas Brown
Opinions Editor

Have you ever said, "I should really exercise more"? Or, "I need to eat better"? Or, "I need more sleep!" If you have, then you're in for a treat. This article is designed to help you replace bad habits with good ones. But if your problem is that you often go to sleep with make-up on, I'm not sure I can help. Just kidding! I hope that, whatever the issue, you find this article to be helpful and stimulating.

Habits are recurrent, sometimes unconscious patterns of behavior acquired through repetition. The roots of the word are related to the Latin verbs for "to have," "to hold" and "to possess." Habits are fundamental parts of our lives. They include our morning routine, when we eat, how we study, read and interact with others, and when we go to sleep.

Good habits lead to success, well-being, peace of mind and achievements. Bad habits can lead to discouragement, failure, bitterness and anxiety. In short, good habits are essential to a great life. As Doug Henning said, "The hard must become habit. The habit must become easy. The easy must become beautiful." Good habits are vital to getting the most out of college and life...to making one's life beautiful.

What are important habits to build while at college? As we hear so often, sufficient amounts of food, rest and exercise are very important. But their "cliche-ness" doesn't lessen their importance. In Spain, they take a nap in the middle of the day. I don't recommend this, but if it works for you, go for it! Good study habits are important as well, and take time to read the Bible and pray each day. For some of us, Bible study works best at night. For others, morning is preferable. Find which time works best for you and stick to it!

The habits of planning and goal-setting are important as well. If prone to procrastination, plan your day the night

before so that when you have some free time, you already know what you're going to do. Set long-term goals for yourself as well, such as to build stronger relationships, lose weight, read through a certain portion of the Bible or learn how to play the guitar. Get into the habit of being involved. Join a club, help at a youth group or start a Bible study. As you commit to these things, you'll have no choice but to make time for them. Finally, have fun. Spent time with friends, chill at the South Side Café, play some Frisbee, etc.

Now for the habits we don't want to form. Excessive video games (occasional binges are okay), computer time, television or telephone is not good. Procrastination is a habit that must be broken, as is spending too much money on clothing or anything else. Eating when unnecessary, staying up too late, drinking alcohol, abusing drugs, smoking, laziness, getting easily angered, and having a negative attitude or thinking negative thoughts can all be considered habits. There are also the petty things, such as excessive knuckle-cracking, nail-biting, ice-crunching (harms teeth), reading in the dark (causes headaches), and going to bed with make-up on.

But you can't replace bad habits with good ones unless you know how, so this is the part where I discuss how to do just that. The first step is to analyze (www.scottheyoung.com--"How to Change a Habit"). Analyze your life and decide what needs change. Which habits keep you from reaching your goals? Which habits keep you from getting along well others? Some of my struggles, especially during my first year at Messiah College (last year), included getting to bed and waking up. I had no set bedtime, no plan, so I stayed up far too late. I decided to change my ways over the summer and got a consistent seven hours of sleep each night. And since I got used to this pattern, it's been much easier for me to get consistent sleep this semester. Be honest with yourself. Figure out which tendencies cripple your progress. Consider how a certain habit change will impact the various aspects of your life.

The next step is to create a plan and write it down, says Dr. Ian Newby-Clark in "Five Things You Need to Know about Effective Habit Change" (Zenhabits.net). Consider the details involved when changing your habit. Be as specific as possible in order to adequately prepare yourself. If your plan is to spend more time with a friend, when are you going to call her? What will you two do? Will you get your schoolwork done ahead of time? If necessary, write down exactly when you will call him or her so that you don't forget. But be careful: work on one habit at a time. If you try to change too much at once, you'll overwhelm yourself. Never disregard writing it down or making a public commitment, thereby creating some leverage for yourself.

After you make a plan, such as to exercise five days a week, look it over. Ensure that it's realistic and possible. Dr. Newby-Clark has observed that people's plans are usually far too optimistic. Bring it to a friend for advice. Some of this may seem like overkill, but a well-thought-out strategy will help evade disappointment. You cannot achieve your goals with sheer willpower. Plans, sized relative to the magnitude of the habit change, are invaluable.

After this comes action! If it is something like waking up or getting to sleep earlier, daily Bible reading, eating more healthily, or doing schoolwork, repeat daily for 21-30 days and the habit should stick. This cannot be stressed enough. Before you know it, you'll perform the good habit almost automatically. As Dr. Ian Newby-Clark explains, "the great thing about repeating the behavior is that, eventually, you won't really have to make yourself repeat it. The new behavior will just kind of happen on its own."

After you get your plan rolling, reward yourself (Scott Young, "How to Change a Habit"). Watch your favorite show, hang out with some friends. But if you're trying not to eat ice cream, don't reward yourself with it! Regardless, don't be too hard on yourself-but don't get too sloppy.

Finally, write to solve problems. I haven't tried this yet, but I had been thinking about doing it last week. Then I read about it in one of Young's blogs and thought, Hey! People actually do this. Anyway, when you get stuck or confused while trying to improve yourself or change a habit, try it out. Take a piece of paper and write down what bothers you, some of your weaknesses and where you need improvement. You can pray over it and ask God to lead you and give you wisdom. A task like this might seem simple or mundane but sometimes it is the simple things we need most

In the midst of it all, have fun. Don't let habit change be dreary or chore-like. Always remember that intentionally changing one's habits leads to a healthier, more efficient and more productive life. It won't always be fun, but it should be exciting. Watch yourself grow

To wrap things up, remember: 1) analyze your situation. Realize what needs change. 2) Make a plan. But remember, one habit at a time. 3) Make "mini plans" to insure your success. 4) Act / repeat. The more you repeat it, the more automatic it becomes. One more thing: half the battle is doing it the first time. Physics teaches that to move an object at equilibrium, the most force is required during that initial push. Once the object is moving, however, less force is required. The same goes with habits. When you try something for the first time--such as introducing yourself to a random person--and it goes well, you gain confidence. To do it again isn't as difficult. Make it a habit to get to know people, and have fun getting the most out of life.

Open Letter to Kim Phipps

By Carly McFerren
Student Writer

Dear President Phipps,

First of all, I would like to thank you for everything you do for the college. I enjoy being a student here, and am sad that I have to leave soon.

However, I would like to make a request. For the past few weeks, we students have been working really hard. We've been writing papers, reading books and attending lectures and chapels. We've been really good, but sometimes school work can get a little overwhelming, as I'm sure you know. This is why I would like a dog.

Getting a campus dog would solve numerous problems. As the semester rolls on, students will face even higher stress levels which will affect their school work and relationships. Having a campus pet would help alleviate these problems. Dogs are used in hospitals as therapy for patients. Researchers in various hospitals have seen the effects of these dogs, including a reduction in loneliness and a raise in spirits. As a dog lover, I can attest to these benefits. Their unconditional love and support is both an example and a comfort. And I really, really, really miss my dogs when I come to college. They are easy to connect with and they bring people together. Our dog would increase our sense of community.

Plus, it's our centennial year; we should really have a living mascot by now. And since it would be kind of difficult to get a falcon to hang around campus--I know

I wouldn't want to hang out with one--a dog is a good alternative. We could even name it after our founder or something for the celebration. I think Sam is a good name for a dog.

Lots of schools have live mascots. Mississippi State University has a bulldog, Baylor University has two black bears and the University of Alabama in Florence has lions. Seriously, *lions*. In fact, thirty-three division 1-A colleges have living mascots. If we want to make it to the top, we need a dog.

Messiah has plenty of ground for our dog to play on, and plenty of people to love it. We would need people to watch after the dog and build it a home. We may not even need to pay; I'm sure we'd have plenty of volunteers. The benefits themselves would be payment.

As for serving the community, adopting a dog from the Humane Society would be perfect. We'd provide a loving home and reduce the numbers at the shelter. We'd set a good example for our neighbors too.

As you can see, Dr. Phipps, a dog would be a great benefit to Messiah College. And if we don't want to build it a place on campus, I don't mind taking care of the dog myself. It can live in my apartment. I hope you will consider this request, and may God guide you in all your work.

Sincerely,

Carly McFerren

Letter to the Editor

By Philip Martinez
Student Writer

Dear *Swinging Bridge*,

Much has been said by both sides of the debate about making health insurance mandatory. President Obama has recently stated again that mandatory health insurance is no different than mandatory auto insurance and that this is not a tax. This letter is in response to this statement.

Comparing health insurance to auto insurance is like comparing apples to oranges. The purpose of auto liability insurance (which is all that is legally required in most states) is to ensure that money is available to cover any damages that my negligence causes while I am driving. I am not legally required to cover myself. As demonstrated by the following paragraph, I have insurance to cover myself in case of another driver's negligence because I assume the other driver is uninsured, which I would do whether auto liability is required or not.

According to an Insurance Research Council study, in 2007, the five states with the most uninsured drivers had between 29 and 23 percent uninsured. Guess what? These five states have

mandatory auto insurance. What this shows is that the law does not stop people from driving without insurance. Also of interest is that one of the two states that do not require auto insurance has among the lowest of the uninsured driver rates, at only nine percent. So mandatory auto insurance does not ensure drivers are covered. Instead, it raises the rates of auto insurance because companies now know that it is a legally mandatory product.

An often overlooked fact is that there is no law in the United States that requires one to own a car. One can walk, bike, take public transportation, etc. An example is that I *choose* to drive from New Cumberland to Messiah College to attend class. I could ride my bicycle instead, but it would take about 1.5 hours each way instead of 15 minutes by car. Have I done it? Yes. What I can't do is choose to live.

Let's look at the one state that has mandatory health insurance--Massachusetts. According to an article in *The Week*, in a June Rasmussen poll, 10% of the residents said health care has gotten better while 29% said it has gotten worse. It also states that 26% believe the program is a "success," 37% believe it is a "failure," and 37% are "unsure." I'm not so sure we should

look to this program as a model for national reform. Moreover, health care costs have continued to rise in Massachusetts. The state helps subsidize medical coverage between where Medicaid stops and 300% of the poverty level. However, you can still not have insurance and just pay the \$1000/yr fine. This is still less than most insurance premiums and if my budget is tight with student loans, I make just a "little too much" money, and have to choose between paying for rent and food and health insurance than the insurance will go because the fine will be less than the insurance. This, therefore, is no more than a tax on the lower class, because most high paying jobs have health insurance. This affects low income people who work for small employers. Many of these people would not have health insurance anyway but now have less control over their income. So is this really making everyone better?

In Favor of Creation

Why Evolution Doesn't Make Sense

By Jennifer Pastula
Staff Writer

Throughout the last century, evolution has found its standing among the most prominent theories of how the universe came into existence. It has been widely and blindly accepted as the most logical explanation and I have found this to be true even here at Messiah College.

Although I've been taught to believe that God created the world, I find it necessary to know why I believe what I do so that no one can accuse me of being brainwashed. Through personal research, I've held to the theory that God created the world, just as the Bible states. I believe He spoke the universe into existence.

However, I do believe in microevolution, which is the adaptation of a species as it adjusts to its environment, etc. But macroevolution, evolution's main component, is a hypothesis that I've found to be faulty and immensely fabricated.

How is it possible for absolutely nothing to accidentally put together our DNA, copy it perfectly, and change it over time? Macroevolution claims that this was done without divine intervention. Great inventors have yet to create something as intricate and complex as anything found in the human body, including something as seemingly simple as one cell.

The answer to this may be simpler than we allow. Many people don't want there to be a reason other than

nature, just as others don't want there to be a reason other than God. But well-known and respected evolutionists offer the conclusion that while evolution has no solid foundation and lacks in even the most basic of arguments, they find it preferable to belief in God. The chance of life evolving is ten to the two billionth power. This alone shows the impossibility of such an occurrence, as anything with a chance larger than ten to the fiftieth power is deemed impossible.

Michael Denton, a molecular biologist, stated that while many refer to evolution as concrete, others know better: "[Evolution] is still...a highly speculative hypothesis entirely without direct factual support and very far from that self-evident axiom some of its more aggressive advocates would have us believe."

In the painfully slow process of proving evolution, scientists have come upon six skeletons that they have claimed are the "missing link" between apes and humans. Let's examine each shortly: Nebraska man was the tooth of a pig. Java man proved to be unrelated pieces of bone. Peking man was a monkey skull. Piltdown man was a fake. Neanderthal man was a malnourished human skeleton. Lucy was outdated.

Let's look a bit further into the two processes of evolution. Bacteria change themselves to resist antibiotics over time; a golden retriever is only one of hundreds of breeds of dogs. This is called microevolution. Microevolution is not in direct contrast to creation; it does not claim to make

something out of nothing. Instead, the process takes what already exists and adapts it. This is not the case with the theory of Macroevolution, the area from where most of the debate stems. Macroevolution states Darwin's theory of natural selection that time changes one set of species into another.

In *The Origin of Species*, Darwin explains: "If it could be demonstrated that any complex organ existed which could not possibly have been formed by numerous, successive slight modifications then my theory would absolutely break down." This is because such a theory goes against reason and science itself.

Key facts have been and still are steadily ignored. Charles Darwin confessed that his theory was absurd without natural selection and natural selection has been shown to be impossible. It fails a basic scientific experiment: observation. Without the observation, a hypothesis cannot be a theory, yet many today disregard this. Harvard professor and evolutionist Richard Lewontin said, "Our willingness to accept scientific claims that are against common sense is the key to an understanding of the real struggle between science and the supernatural. We take the side of science in spite of the patent absurdity of some of its constructs...for we cannot allow a Divine Foot in the door."

In response to this, yes, it's true that none of us has observed God creating the world. But we observe His creation every day. The heavens de-

clare His glory; the sunsets show His handiwork; all nature praises Him.

When a parent buys a child's toy and the box indicates that there is "some assembly required," does the parent simply shake the box and leave it, hoping to come back and find the toy completely assembled? No, he takes it out and works on it himself. Why? Because otherwise the toy would remain in pieces and ultimately be useless for the purpose it was created for.

If you walk by a tree with two names and a heart carved on its bark, do you assume that the tree has evolved to be romantic? Or do you conclude that a couple left some proof of their love there? Of course, you assume the second. What else would make sense?

Scientists know where true science points--it's their job. But in light of personal preference, they choose to hang on to a guess that fits what they would rather believe. Sounds a lot like a religion to me.

For more information on creation, try: *The Case for a Creator* by Lee Strobel; *The Case for Faith* by Lee Strobel; *The Answers Book* by Ken Ham; *One Heartbeat Away: A Journey into Eternity* by Mark Cahill

Evolution

continued from page B1

honest, skeptical seekers of truth), and pursuing other "scientific" alternatives, such as Creationism, undermine the definition of faith?

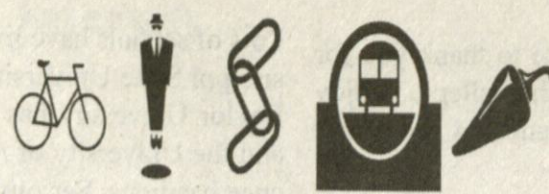
This is not to say that Christians have no valid philosophical arguments, but to view the Bible as scientifically infallible is to misinterpret the goals of its authors. Instead, like Francis Collins, we should see God's laws and essence in every aspect of science and the world, and look to Genesis as a guide to how God is an architect, not a construction worker.

God created these finite, incredible laws, but lets them do the rest. Scientists know where true science points--it's their job. But in light of personal preference, they choose to hang on to a guess that fits what they would rather believe. Sounds a lot like a religion to me.

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Landmark Theater Event Celebrates Messiah Centennial

Fertile Ground weaves together history and hope

By: Josh Boden
Student Writer

A noodle business, a miracle, and a garden -- A play featuring three stories from Messiah College's past is set to open on October 8 with the potential to inspiring today's students to their feet.

Fertile Ground tells three stories from the school's 100-year history, from its humble beginnings to the

thriving institution it is today. The story was written by award-winning playwright and 2003 alumna Deborah DeGeorge Harbin. After researching school archives and conducting interviews, she developed a three-part story that she believes will resonate with today's students and alumni.

"People's expectations about this show are going to be crushed when they actu-

ally see it," says Jim Knipple, a freelance director and 2000 Messiah grad hired especially for this show. "I've never seen anything like it.

"*Fertile Ground* is a really exciting show," he continues, eyes widening with enthusiasm, "It's visceral, stunning, dirty, beautiful, real."

Fertile Ground has never been staged before, so the production crew is taking a number of

artistic liberties and even planning a number of surprises.

"This is the biggest world premiere Messiah has ever done," Knipple says.

Harbin fears some students might expect the centennial show to be "merely cute. . . or full of dry history."

On the contrary, she says, it will reflect the fun spirit of Messiah's current students. "Any student who attends will enjoy a very vibrant show."

The first story chronicles the struggles of Samuel Smith, the school's founder, as his education leads to doubts that nearly undermine his faith. *Fertile Ground* shows how he turned from a staunch atheist to the founder of Messiah College.

The love between Merle and Ila Brubaker fuels the second story as they sneak embraces by the Yellow Breeches under the watchful eyes of dorm mothers: a familiar setting in a very different time. Through half a century their love grows stronger until a devastating diagnosis leads them to ask for a miracle.

Finally, from the development of the Grantham Community Garden comes a story of trials and perseverance. As two students' big idea confronts the administration, it turns quickly into an uphill battle which makes them ask, "What's so controversial about green beans and squash?"

Knipple says he thinks audiences will be surprised at how Harbin was able to weave such disparate story lines together so seamlessly. "We get to see the hope and vision of the school at its genesis, the innocence of the middle years, and the challenges of today," he says.

Although the stories in *Fertile Ground* represent different generations, there is a strong central theme. "The theme is really a question: In the face of doubt and dread, how does a person move forward in hope?" Harbin says.

The show promises audiences a new appreciation for the history and values of the school. "I've learned a lot through this production," Knipple says. "The show is all about cutting out pretenses. It's about cutting to the truth."

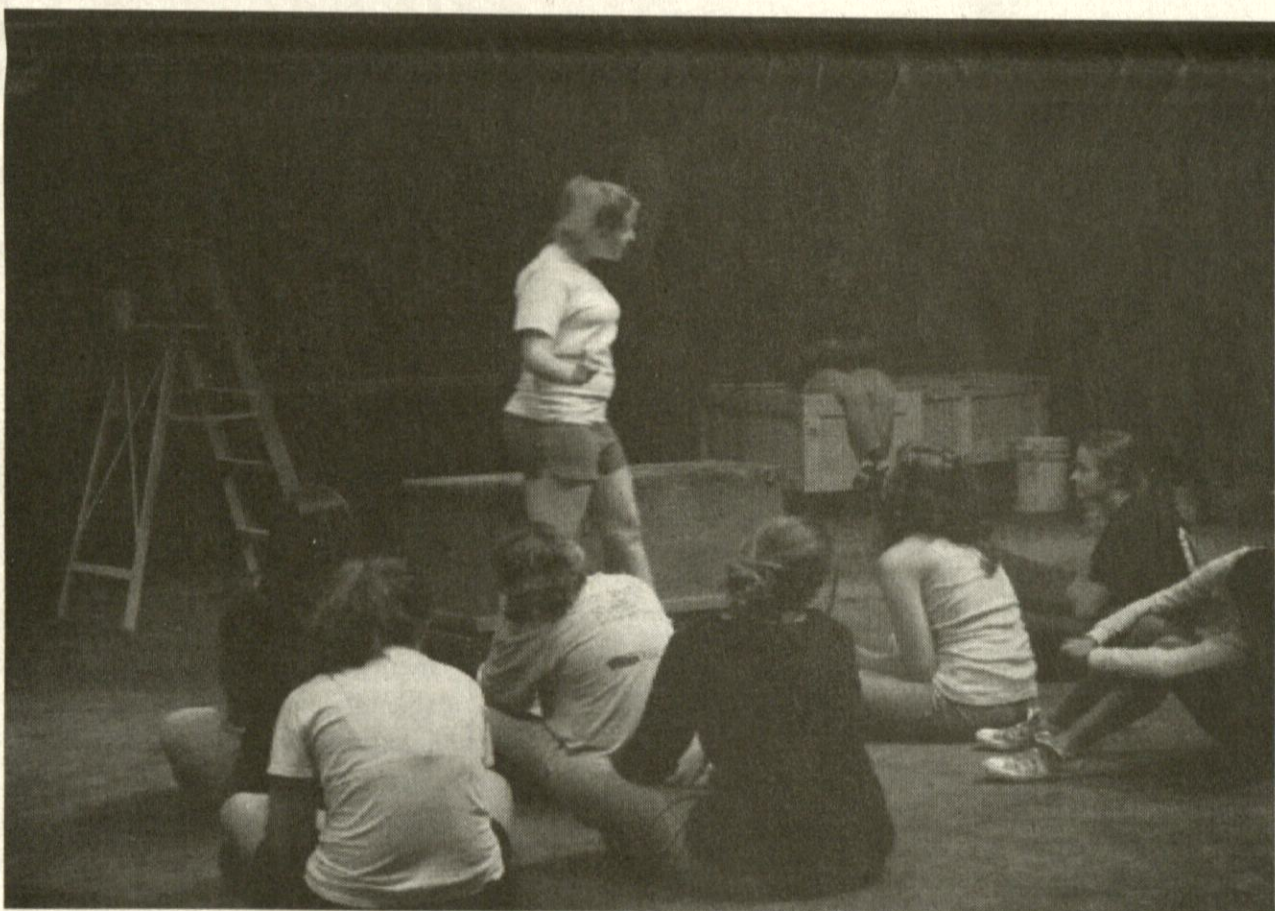
Since production began many of the show's elements have been evolving on a daily basis. One of the most interesting twists was not casting any men. There are 10 leading roles in the show, all played by women.

Senior Sarah Burgess is playing Samuel Smith. "I feel like this is such an honor, not only playing Samuel Smith, but working with Jim and the ensemble," she says, "This ensemble is so great to work with.

"The casting came through necessity," Harbin says, "but it's revealing things in the script that weren't there before.

The production crew cannot wait for opening night, and they believe Messiah College students will share the enthusiasm. "If people don't see it, they'll definitely hear about it," Knipple says, "It's going to be spectacular.

Fertile Ground runs from October 8-11 at Climenhag Fine Arts Center. Tickets are \$6. For more information on how to buy tickets, visit www.messiah.edu/departments/theatre



Fertile Ground rehearsal
Image used with permission

"Fertile Ground tells three stories from the school's 100-year history."

Album Review: Muse - The Resistance

By Timothy Mackie
Editor in Chief

I can't recommend this album universally. For now, let's just say that if you don't know Muse, you owe it to yourself to buy this album and get your skull blown by one of the most seminal rock bands of our time. If you know Muse, but haven't listened to a full album yet, this might be a good place to start. If you are a Muse fan, meaning that you've spent the past three and a half years since *Black Holes and Revelations* gnawing your cuticles in anticipation of this Messiah of the modern rock world, you might just find yourself feeling a little hungry by the time the final chord dies out.

For American fans of this British prog-rock trio, there are two distinct periods to Muse. There was a time

not so long ago when listening to Muse was still a semi-edgy cachet that you could use to mooch PBR off flannel-wearers who loiter outside shows trying to look ironic. The summer of 2006's groundbreaking *Black Holes and Revelations* changed all that with the band melding their characteristic chunky Tom Morello inspired guitar and spacy piano riffs with more mainstream elements of dance-pop and rhythm-driven album rock. Suddenly, America caught up with the rest of the world and embraced the Muse phenomenon.

Their most recent effort, *The Resistance*, continues this trend of breaking new stylistic ground and retaining their individualism while striving to make inroads into the realm of radio-friendly album-rock. It is certainly

their most listenable album to date. You can play *The Resistance* at your party, while the same cannot be said for their chaotic but brilliant sophomore effort *Origin of Symmetry* (unless you have really weird friends).

What Muse delivers with *The Resistance* is a loose concept album about lovers separated by a repressive government in a world strangely reminiscent of George Orwell's *1984*. The pounding opening track "Uprising" details a world of political turmoil and upheaval that sets the stage for the title track. Recalling the 2006 hit "Starlight", this is a melodic rock-ballad of the unshakable power of forlorn love.

The Resistance is undoubtedly Muse's most ambitious album to date, and

while they manage to awe their audience with some vicious experimentation, they occasionally miss the mark, pass the target, and hit the spotted owl. The most glaring catastrophe is the wholly forgettable "Undisclosed Desires": their feeble attempt at a seduction song. Of course they more than make up for it with gems such as the synth-heavy "MK Ultra", the operatic "I Belong To You", or the bombastic "United States of Eurasia" where they conjure the shade of Freddie Mercury in a seance of epic crescendos and throbbing bass riffs ending seamlessly in a Chopin nocturne.

The true capstone of the album that the fanboys and fangirls salivated over is the three-part strings-augmented rock symphony "Exogenesis". While it occasionally verges into

pretension, this is without a doubt the song for the dedicated Muse disciple, combining every vintage element of the band's hallmark style with their penchant for innovation.

This album will undoubtedly anchor Muse firmly in that strain of music which we cynically term "mainstream" as evidenced by their recent North American tour with perennial radio darlings U2. Yes, hippies, *The Resistance* is definitely Muse for the masses, but the band proves once again that they're too unpredictable to pin down to one genre and that they conquer every island of the rockapalago that they set foot on with their ferocious songwriting and slaying performance.

Score: A-

Grandma, Mother, Friends

Elizabeth Stevens discusses the close bonds between her grandma, mom, sister and herself

By Elizabeth Stevens
Student Writer

The idea of a generation gap is foreign to me. My mother had me when she was twenty, and my grandmother had my mom in her twenties as well. This small difference in age between them and me has formed a great bond between the three of us.

The Mawyer-Stevens women are made up of my grandmother, just in her sixties, my mother, not even forty, my sister, only fifteen, and me, a nineteen year old sophomore at Messiah College.

My grandmother was raised in Charlottesville, Virginia, home to the University of Virginia. While growing up in a scholarly college town, she grew to despise the southern accent that many Virginians have, and became determined to talk without one. I managed to inherit this same goal; as a child, I taught myself how to speak without a southern accent. Her accent has managed to come back, and one day mine may too (much to my chagrin).

My mother was raised in a single-parent home, just my grandmother. Their friendship was not always obvious, but as my mother got older, they became closer. My mother had me when she was in her sophomore year at James Madison University. She had my sister three and

a half years later and raised the two of us in a single-parent home also.

I have had a strong friendship with my mom for as long as I can remember. Typically a teenage girl will go through a phase where she will do everything to defy her mother. I never did that; I never needed to. There was a mutual respect between the two of us. I respected her as my mother and friend, and she respected me as her friend and daughter, but also a person who is capable of making decisions on her own. I feel my independence is one of the great traits my mother passed on to my sister and me.

My grandmother, mother, and sister came to visit during parent's weekend, and that is what truly inspired this piece. As we are eating dinner at Olive Garden, we begin discussing the types of things I should write about in my column. When we are together, we do goof off, yes. But when it comes to school, we are serious -- almost.

None of them are hesitant to tell me what to do. I never take it as bossing; they offer helpful suggestions. That is just how it is with us. Even if they have suggestions that they think are undeniably the best, they know it is ultimately my choice. Just about every situation I have gone through in life has been a conversation between the four of us. My mother has been my parent, of course, but it was always more than that. There is a definite friendship.

On a recent trip to D.C. to pick up a friend from the airport, my grandmother, mother, and I were desperate for something to eat. Instead, we got distracted by the bookstore on the corner. Anywhere we go together, we are never on time and we never do what is planned. We always dawdle and get distracted by each other's company. This time, after the short detour, we stopped at a sandwich shop. But before we could make it out the door, the young woman behind the counter stops and asked the all too familiar question: "Are you three sisters?" When we answered that we were actually three generations-mother, mother, daughter -- she smiled with a big grin and said, "That is so neat. I could tell. You all look so much alike." For some reason, this comment struck me. We do look alike, but I wonder if it is obvious to everyone else how much the three of us love each other and really consider one another friends.

There are many stories I could tell, some funny, some sad, some interesting, and some just plain ridiculous. But if I told you, it would not even give a taste of the strong bond that we have. And I love that. One day, when I have kids, I hope that my relationship with them is similar to that of ours. Will I have my kids young like my mother and her mother before her did? I am not sure. I may change it up a little bit. All I know, is that right now, I would not have it any other way.

SAB Corner: Homecoming!

Recently there has been a lot of confusion surrounding the Homecoming Dance. Why is it not on Centennial Weekend? Who is Janelle Monae? Why did the date change?

Messiah Dances throughout the years have largely remained the same - a DJ, a crowded room, maybe some finger food, and a bunch of people dancing.

This year, our Centennial year, the Student Activities Board looked to provide a new and dynamic experience for the student body.

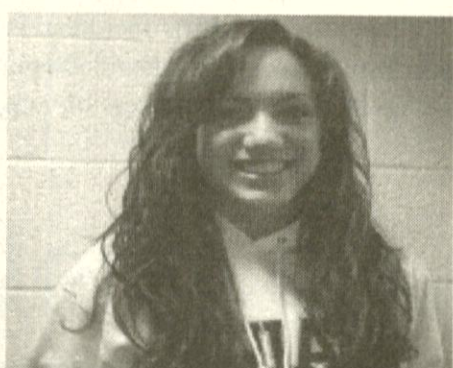
We believe that we have found this experience in Janelle Monae. Janelle is an artist from Atlanta, Georgia who has a unique style that appeals to all musical tastes, from Spoken Word to Hip-Hop. Janelle will offer a new, interactive, experience as she performs live at the dance.

However, Janelle was not available to perform on the original date of October 9. (The dance was never scheduled to be held on Centennial weekend due to the high volume of college activities). Faced with the option of providing a new experience for the student body or simply have a typical dance, SAB decided to do something special for the Centennial Year. This year's homecoming dance is fresh and new, complete with a new layout and bistro set up in the commons. I want to encourage everyone to come and enjoy the dance

Tiffani Lynch
Student Activities Board Dance Executive

"The Office" Photo Poll: Which Character Would You Like to Have as a Professor and Why?

Poll Conducted by Morgan Lee
Magazine Editor



Chloe Hockley: I would want Andy to be my professor because of his random outbursts of song and he went to Cornell so he has to be smart.



Elisabeth Evans: Probably Michael. Class would be interesting, amusing and uncomfortable at times. He would probably also teach incorrect information.



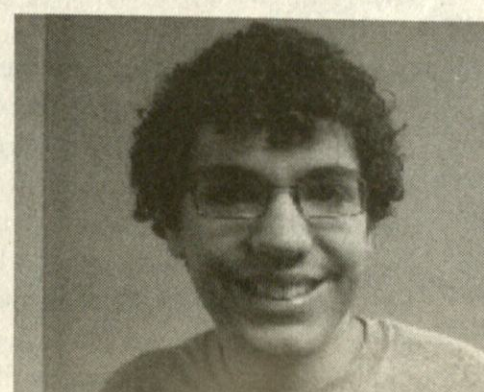
Nate Agudelo: Jim because he's the only one that would actually teach me something.



Emma Huntington: Jim because he seems like a pretty chill dude who wouldn't stress with homework so much. Like if you were late, no big deal.



Cassie McCloud: Jim Halpert because he's really down to earth and really funny and probably teach me more life lessons. And he's really cute. Obviously.



Ian Wallace: Pam. I think she would probably be the most understanding. Michael and Dwight might be kind of scary.

A Couple Words with Victor Victor Band

Interview conducted by Morgan Lee
Magazine Editor

The Swinging Bridge sat down with the September 23 B-Sides band, Victor Victor Band, to hear the husband and wife duo, Jamie and Danielle Victor, discuss their relationship, name, and adventures on the way to their gig at Messiah College.

SB: So I want to hear the whole story about how this entire thing came about, beyond what is said about you guys on the website.

Jamie: So this is actually kinda a cool bit. This Saturday is our anniversary. So we'll have been married six years, together for 13 years.

SB: Oh my goodness. So did you get married the same day?

Danielle: Seven years to the day.

Jamie: Seven years to the day of our first kiss. We had our first kiss as husband and wife on the same bench that we had our first kiss as boyfriend and girlfriend on. We met at school and we kissed on this little bench. And then when we get married it turned out to be the same date. And we were like, we're always keeping track of this date. Why don't we just get married on that date, and then you only have one date to keep track of?

SB: Did it fall on a Saturday?

Together: Friday. It was close enough.

Jamie: So I actually got the bench from our college. And I surprised her like right before I was going to kiss her. And they're like, "You may now kiss the bride," and she's like "oh, what?" she was like mortified but I had to get the surprise out.

SB: You were like, "Wait what's going on? We just gave our vows"...

Danielle: We need to kiss. C'mon

On music:
Jamie: So thirteen years ago, when we were in college, Danielle didn't play instruments and I did but this was not like a twinkling of a thought at all. And then, I wish we did figure out when we were in college, when we had time, but we bought, was it three years ago?

Danielle: Mmmhmm

Jamie: Three years ago, we decided to have a Halloween party and we bought a drum set because our Halloween theme was rock star, you had to come dressed as a rock star. So we thought it would be cool to surprise everybody by like by playing some songs and we planned the party like four months in advance and we went and bought a drum set and the first day we got it home Danielle started playing the drums.

Danielle: He wanted to get a drum set for years and then he used this party as an excuse to get one.

Jamie: I was like, [to Danielle] "You play the drums, and I'll play the guitar. It'll be cute." And first day we got it, she started playing drums, just like hitting them and the most important thing she was able to do was keep the tempo. She was trying to do like bills and all this and she's like "I can't do this" and I'm like, "you're doing it"

Danielle: I was so frustrated.

Jamie: But the most important things, she got them. I thought that was going to take us the four months to learn just how to

like a natural talent and then later she started using the keyboard. We saw the movie *Walk the Line* and we're watching it and she's like "I think I can play these drums." She's like, "I think I can play that on the keyboard." And we got the little keyboard and we're watching the movie and she figured it out and I was like "Can you do both?"

SB: I bet you felt so proud of yourself?

Danielle: I was like "Yay!"

Jamie: And that helps a lot with our sound because we're two people but we sound like a five piece, a full band because we have so much going on. Danielle's playing three instruments at once, sometimes four. She plays drums, bass on the keyboard, maraca and tambourine on some songs at the same time. And all I do is play guitar and sing.

SB: So needless to say you really impressed your guests at the Halloween party.

Jamie: It wasn't such a good...

Danielle: We played really poorly.

Jamie: We played really bad. We drank too much, we were so nervous. We had a lot of beer and we were really bad. But we had fun, so we were like, this is cool, we have to do better next time. So the company I was working for at the time was having a holiday party for Christmas. So we were like, we'll have it at our house. Danielle and my brother cooked for 40 people. We had them all over, cause we were like everyone is going to be supportive of us even if we're terrible they're not going to boo, they're like our friends. And that was actually the very first time that she used a keyboard.

Danielle: That show was much better.

Jamie: And then we just kept doing it, and then we recorded a demo and were sending it to places and our first show was at The Fire

SB: If we can just backtrack again, what's behind the band name?

Jamie: Our last name. Victor Victor and even though it's only two of us we're a full band and we had the word band in there. But it's funny because even if you look at this recorder at the logo, like the word "band" is part of the name, it's in the logo, it's all over everything but people still call us "Victor Victor". Everyone leaves the band off, probably because it's just like a descriptor but it gets frustrating.

SB: So I'm here with Victor Victor band?

Jamie: Yeah. Victor has like musical ties and we thought it'd be cool to keep the name. And we started doing research on things that were Victor and I thought I would do artwork, like RCA Victor related but they didn't really make that many things, just like record players, radios, records, TVs, so we're like "oh no". But then we're like, "What about Victor mousetraps?" And then there's Victor gumball machines. And then we started like looking up the name and there's a million.

SB: So this explains all the random posters

Jamie: That's a Victor vacuum cleaner. We did the Victor 1 racecar. This guy in the United Kingdom took like a 1973 Chevy or like a Nova and he named it the Victor. It's like the fastest car in

hundred in like zero to three seconds. I watched the video of it on YouTube and I was like "This car's amazing," so I drew that.

On cars:
Jamie:(laughing) We can tell them what happened on the way here. We got pulled over, first on the way here. Danielle was doing 84 in something, but the cop...
Danielle: I'm lucky he didn't see me.

Jamie: Well we saw him from a distance and then we slowed down as we approached him and we saw him pull up and he pulled us over. And like when we drove past him we weren't going that fast, seriously like there's no way, like we saw him, Danielle slowed down. So I'm wondering if there's like some remote device that's like miles ahead. There had to have been. Cause when he was saw him, Danielle was going like...
Danielle: I was going 65 at the time.

Jamie: So actually the cop was really cool. Probably because we were musicians. He saw our musicians. Cops like musicians. I appreciate that. He gave us a speeding ticket but not really. I guess there's like something new.

Danielle: It's like "not paying attention to the speed limit"

Jamie: Like "failure to acknowledge the speed limit". It was \$100 but no points on your license

Danielle: "You did not pay attention to the speed limit sign"

SB: But not that you deliberately broke the speed limit.

Danielle: Instead of \$400 dollars and 6 points I got \$100 and no points.

Jamie: Then we get here and we get on College Ave. and we pull outside this building [Larsen Student Union] and we're like "Ah there it is" and we came in here and we saw steps and the stage. And we're like "ooh that's going to be rough." So we called Ryan and he came outside and he's like "you gotta pull out to the loading dock this way" and then we went down and we weren't sure which way to go, and I'm like "Danielle I think you gotta go up that way" and with all the instruments in our car she couldn't see and she backed into a car. Their car is fine. Half our bumper is hanging off, just rubbing into the tire.

Danielle: But you can tell you're in a nice place cause the girl was super nice and everything. And I'm like if that happened in Philly, you know, "What you do?! I'm so hurt!"

Jamie: And then she was like "Bye people, have a good show!"

On dreams:
Jamie: We want to move to Europe, that's our goal.

SB: What country?

Danielle: London

Jamie: London, England. That's our goal. We went there on our honeymoon, we went to London, Paris and Venice and London was our favorite spot. But the only way we can afford it is if our band takes off. That's why we're working very hard at it. And who knows what's going to happen?

Sculpture Garden Welcomes All Who Need Relaxation

By Scott Endicott
Student Writer

So you are trying to write for your essay but the next Eddie Van Halen is practicing in the room next to yours. Your second attempt to gather your thoughts is in the study rooms left open for any diligent scholars, but your buddies down the hall think it is funny to bang on the door every five minutes. Thank God for the hard work of Elizabeth Sobrevilla, Ted Prescott, his "Construction and Assemblage" class, and numerous other people: there is another place for you to get away.

Sobrevilla is an herbaceous plant care specialist at Messiah College, devoting the last ten years of her life to keeping the plants thriving on campus. She has had her eye on the patch of land behind Murray Library for the past eight years, with the hope of transforming it into a garden. Sobrevilla thought that with the large glass windows in the back of the library, it would be nice if students had something to look at.

Sobrevilla was not satisfied by the haphazard trees planted previously by a former groundskeeper. "I wanted to spread my wings", she says.

With no budget, however, she grabbed whatever she could, slowly piecing together a garden. Sobrevilla wanted to make sure the garden looked like there was actual thought put into it, though. The problem with just putting in anything to fill up the space is that it "would be an extreme coincidence that the random plants would work together," says Sobrevilla.

Three or four years ago, Sobrevilla requested and got an irriga-

tion system. The slim budget got slimmer in the following years, so eventually Sobrevilla decided to rip up the garden and, using her own budget, put in the irrigation system herself.

Since the installation consisted of ripping up most of the plants anyway, she decided to use this to her advantage and "put it back together in a better fashion." Sobrevilla wanted this to be a mellow landscape with plenty of rocks and a sculpture, so she got in touch with art professor Ted Prescott.

In his last semester of teaching, Prescott agreed to have his "Construction and Assemblage" class design a sculpture for Sobrevilla's garden. The class would work for Sobrevilla as their main client with her boss Jared Rudy, Murray Library, and "Friends of the Library" among others included as a sort of committee. Thanks to the committee's help, Sobrevilla was able to find enough money for this project.

The main piece in the garden was originally planned to be a wind harp, but due to time restrictions the class made a fern fiddlehead instead.

All the students worked together in building the fiddlehead from fabrication, cutting, shaping, and welding to moving earth, stones, and planting most of the plants in the area around the sculpture.

There is a good chance more pieces will be added in the future. "Maybe we'll have "different size fiddleheads uncurling out of the ground" says Sobrevilla.

The Sculpture Garden is open year for any small study group or someone hoping to get away from the busyness of campus.



Photo by: Ashley Dorty

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Turn Back The Clock

Men's Soccer Team: 2004

By Bryn Swartz
Student Writer

The 2004 Messiah Falcons turned in one of the most dominating seasons in the history of Messiah sports, winning the national championship for the third time in the school's history.

The Falcons were coached by the legendary Dave Brandt, who holds the record for the highest winning percentage in the history of college soccer. Brandt is a four-time NSCAA Coach of the Year (2000, 2002, 2004, and 2008) and reached 200 faster than any other coach in college soccer history. His six NCAA championships and 52 post-season wins are a Division III record.

An incredible seven of the team's 11 starters were named to the league's All-Commonwealth Conference team. Junior forward David McClellan, freshman midfielder Kai Kasiguran, senior midfielder Bill Crompton, and junior defender Chris Claassen earned First Team honors. Three more players earned Second Team honors, including sophomore forward Tim Stello, junior midfielder Bryan Mohny, and junior defender Jon Brubaker. The Falcons boasted at least one All-Conference selection at each grade level (one freshman, one sophomore,

four juniors, and one senior). McClellan would also take home the Conference Player of the Year honors, while Kasiguran was named Rookie of the Year.

The Falcons turned in a perfect road record, while winning 23 of their 25 contests. The Falcons posted a ridiculous 17 shutouts, thanks to a historical season by sophomore goalie Dustin Shambach, who allowed an average of one goal every four games. His .029 goals against average currently ranks as the greatest single season total in Messiah history, and was a sign of things to come, as Shambach would finish his four-year career with an .038 goals against average, the third greatest total in the history of NCAA Division III soccer. Brandt referred to Shambach as "the heart and soul of the team."

McClellan scored a team-high 25 goals, the fourth highest single season total in Falcons' history. His 57 points (calculated by multiplying the goals scored by two and adding the assists) rank as the fifth best single season total in school history. McClellan scored on 26 percent of his shots and contributed seven game-winning goals. The following season would see McClellan capture NCAA Division III Men's NSCAA Division Player of the Year honors. McClellan eventually entered the professional ranks, playing for the Harrisburg City Islanders in the United Soccer Leagues Second Division.

Freshman Kai Kasiguran began what would become one of the most impressive careers in the history of Messiah athletics. His 24 points ranked second to McClellan, while his nine goals ranked third on the team. At the conclusion of his four-year career, Kasiguran ranked 11th in team history in combined points scored. He was drafted by the Chicago Fire in the first round (12th overall) of the 2008 MLS Supplemental Draft. Injuries hurt Kasiguran, however, and he was released by the Fire. He is currently playing for the Harrisburg City Islanders.

The Falcons were so dominant in 2004 that three of their players scored more points than the entire team allowed all season (eight), and McClellan single-handedly out-scored opposing teams by 17 goals. In the NCAA tournament, the Falcons scored 17 goals, while allowing zero. Shambach, who currently serves as the Goalkeeping Coach for the Falcons, became just the second goalie in the history of Division III soccer to go through an entire NCAA tournament without allowing a goal.

The Falcons continued their success by winning the championship the following two seasons. Their six championships in the previous nine seasons have ce-

mented them as an impressive dynasty in the history of college sports.



Men's Soccer trophy case.
Photo by Jaime White

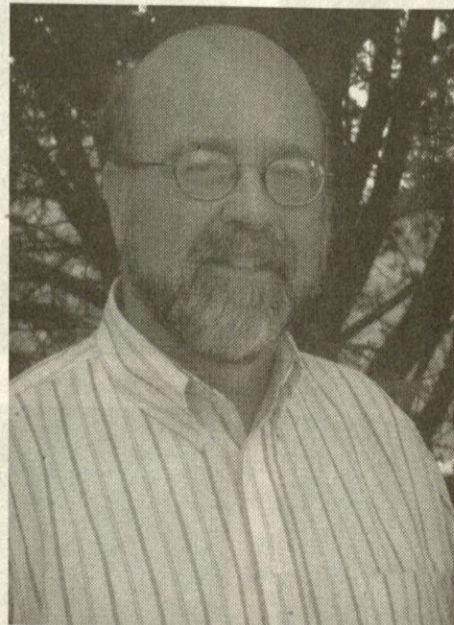
Jerry Chaplin: The Passion Behind Messiah Athletics

By Nick Hemming
Student Writer

"I love having relationships with students. They have an attractive niche here," he begins. Though his smile started small, it did not take long for an expression of passionate warmth to shine through. "I had great relationships with coaches in college; that's why I'm an athletic director now."

Nine National Championships later, Athletic Director Jerry Chaplin remains genuine about the profound accomplishments of Messiah College. His passage to triumph, however, began well before the Falcons' current decade of athletic supremacy. After making stops at Florida International University and Wheaton College, Chaplin moved his expertise to North Park University in Chicago; a final stop in Grantham, Pennsylvania would define his professional career.

Initially impressed by Messiah's strong program, resources, and dominant role of athletics, Chap-



lin has turned in 12 exceptional years as the Falcons' Athletic Director, with 2010 marking his thirteenth year of service. He holds tightly to the perspective of Mes-

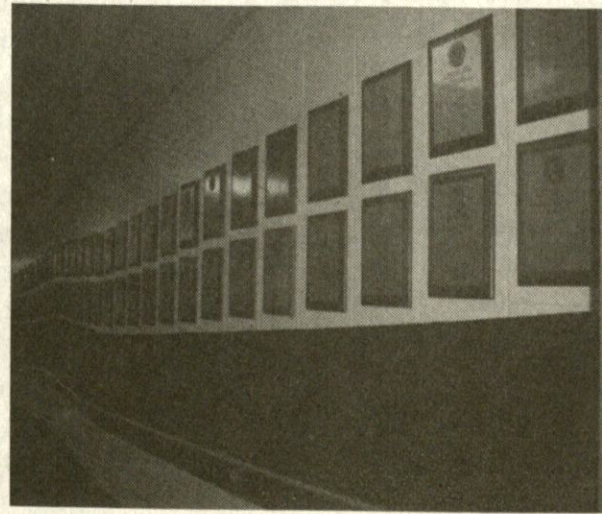
siah's program, saying, "The values are different here; there is a different outlook. We are not just here to develop student athletes."

Though Chaplin spoke with authenticity regarding the Falcons' recent athletic achievements, he was quick to instill the department's modern tagline: "Pursuing Athletic Excellence, Developing Christian Character." The two parts of this expression, as told by Chaplin, carry equal importance. "We need both or we fail. This really fulfills Messiah's mission - of leadership, service, and reconciliation." Devotion is not difficult when success is abundant, as displayed by the number of on-campus fanatics, who all vehemently support their beloved Falcons. Since Director Chaplin's introduction to Messiah in 1997, our soccer program has amassed a combined eight national championships, becoming the forefront of

our athletic program. But it is the lesser-known programs, including the newly founded men's and women's swimming teams, that bring depth to an athletically sound Messiah College. When discussing the new swim program, a member of the Middle Atlantic Corporation responded, "There's another sport Messiah is going to win."

Through humorous sarcasm he spoke the truth. In only their first season as a varsity sport, men's swimming completed an outstanding introductory season, finishing in the middle of a tight MAC conference. "I don't know why we wouldn't become as competitive as any other sport," predicts Chaplin.

Expectations aside, Messiah College has established a reputation of athletic prosperity that defines our social culture. Weekend nights standing proudly atop Shoemaker field, winter evenings sitting anxiously inside Hitchcock Arena, and



spring afternoons quietly watching an impressive pitching performance provide Messiah students with unparalleled motivation. And sitting there right beside the student body, looking passionately out onto the athletic facilities, is our warm-hearted Athletic Director. Yet another win for the Falcons.

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Undefeated on the Turf

Women's field hockey

By Cody Swartz
Student Writer

The Messiah Falcons women's field hockey team has been dominant this season, to say the least. Following Saturday's 7-0 shutout victory over Alvernia University, the Falcons (8-0) are undefeated for the year and ranked number one in the nation, according to the Kookaburra/National Field Hockey Coaches Association Top 20 Poll.

The team is led by 37-year veteran Coach Jan Trapp, a legend in the field hockey world. Trapp's resume includes 12 appearances in the Final Four and six trips to the Division III National Championship game. This season the Falcons appear to have a good shot at contending for a championship, having defeated four top ranked teams already - including two thrilling overtime games in a span of four days.

The offense is led by senior forward Katie Love, the team's leading scorer. Love has notched nine goals this season and provided three assists. Junior forward Kourtney Ehly has contributed five goals, while All-American junior midfielder Julie Barton, and junior midfielder Amber Philpot have added four apiece. In addition, ju-

nior midfielder Lauren Tennis has scored two goals and had three assists, and first-year Emily Hursh, senior Emily Sauder, and junior Kelsey Voight each scored their first goals on Saturday, the 26th.

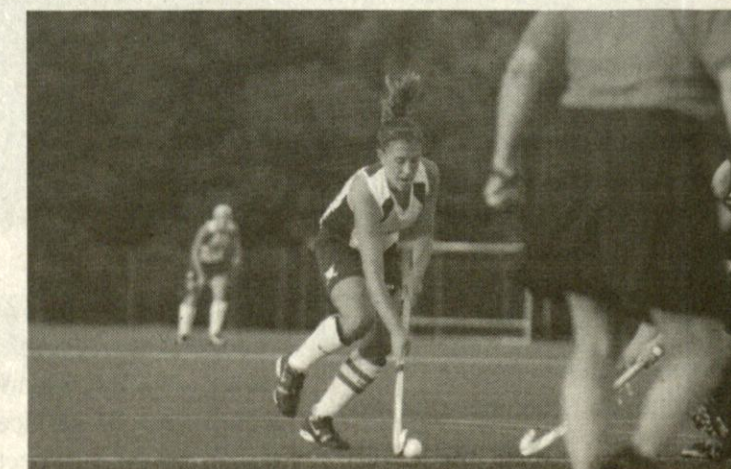
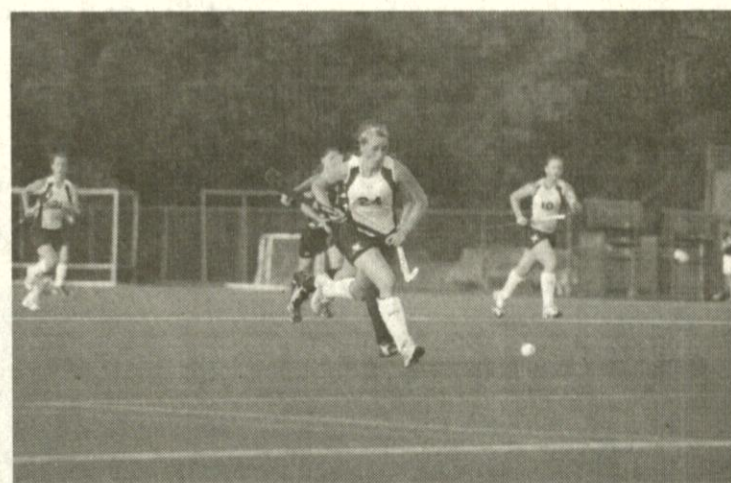
The Falcons have consistently dominated their defense all season. The unit as a whole has worked effectively, allowing just nine goals in seven games for the year, including two shutouts. Senior Ashley Mowery has put up fantastic performances in goal game after game, limiting opponents to just a .112 shot percentage all year.

Simply put, this Falcon team is built on offense, defense, and depth. The team has had to overcome several injuries to key players this season, but this has just opened up the opportunities for other members of the group to step up and fill the void. Trapp has done an excellent job of preparing the younger players for in-game action, which bodes well for the future.

It might be difficult to overlook the remaining games and focus simply on the prospect of playing for a national championship - especially for a Falcons team that looks destined for greatness

this year - but not for Trapp. "We need to remind ourselves to take the schedule one game at a time."

The team's next game is a home game on Saturday, October 3, at 1:00 PM, against William Smith College. With the way the Falcons have been playing this year, you sure don't want to miss this game.



Harrisburg Entrepreneurs Model Convergence of Community and Business

By Sari Heidenreich
News Editor

The phone rings. Constance Kerstetter answers. "Munchies!" she says.

Gary and Constance Kerstetter have owned Munchies Markette, a convenience store located on Mulberry Street in the South Allison Hill neighborhood of Harrisburg, Pennsylvania, since 1985. The Kerstetters sold the store on May 11, 2009 after 23 years of ownership. Gary Kerstetter describes the environment of Munchies as a mom-and-pop store: a meeting place where people come to chit-chat. Constance, or Connie, as nearly everyone calls her, takes credit for naming the store: "If you get the munchies, go to Munchies." Customers have many concerns about the sale of the market. Walking through the store a customer asks, "Where's Leongonnahangoutnow?"

Leon Balbi, a friend of the Kerstetters, has known them since December 1997. Over the past few hours, Balbi has been walking through the market talking to customers, stocking shelves, and giving college advice. In reflecting on the history of Munchies, Balbi says, "Oh God! We've laughed. We could tell you all sorts of stories. I know his family; he knows mine." Connie Kerstetter talked about the timing of the store's sale: "It's now or never."

"We're gonna talk while we work if that's all right," Gary Kerstetter said as he unpacked boxes of canned soup. Thursdays were delivery days for Munchies. The Kerstetters said they are selling the store because of time constraints, their age, "and the fact that it consumes your whole life. I'll tell ya what, it's like having a baby; it requires constant attention. You just can't pick up and leave." The says this is the only reason they are selling the store. Gary Kerstetter stressed that "the neighborhood has always been what it is, so it's not because of that." Kerstetter says he grew up in the Uptown neighborhood of Harrisburg. During his senior year of high school, he began working for the previous owner of Munchies Markette, who owned several convenience stores around the city. By 1976, Kerstetter was working 55 hours a week. On July 1, 1985, the Kerstetters opened Munchies at its current location. South Allison Hill, where Munchies was located, has gained a reputation for its high crime rate. Gary Kerstetter says despite all the current talk, the neighborhood was worse in the 1980s. However, he says there is a lot more gun play these days. According to Kerstetter, there was a string of burglaries in August of last year and that there has been a

rash of burglaries in the general area recently. He motioned to a pair of deliverymen and explained that burglars in April, 2009 had been targeting deliverymen on the job. He said nothing has happened to their store recently, though Connie recalls that their store was broken into a few years ago. She says one morning she found the cash register on the floor. She says she was rushing to the front of the store to disarm the alarm system after she and her husband had opened the store. Acting out the scenario as she spoke, Kerstetter says she rushed to the front of the store and jumped over the register to turn off the alarm system. Until she turned back around, Kerstetter says she did not realize that she had jumped over the register. "I can't believe I jumped over the register and there was blood on it!" she says. Kerstetter says it took a long time for the police to respond. When they finally arrived, she recalls telling them, "We've got a bloody register and sodas all over the floor." After the break-in, she says she felt as if she had been violated. Despite this, she said, "I feel safer working here at the store than at my house in Summerdale because it's all woods there. I feel safe here. I do."

Kerstetter says one time when a girl came into the store to buy cigarettes, she asked the customer for her ID and the customer got angry. The customer said, "I'll come behind that counter and light you up like a Christmas tree!" Kerstetter says that three young boys, whom she did not even know, responded to the situation by stepping forward. They said, "You've gotta get through us to get to her." Gary Kerstetter recounts numerous years when he and his wife would hear gun fire outside their store several times a week. His wife narrates her strategy: turn off the lights and drop to the floor. The Kerstetters owned the only convenience store on their block that did not have bulletproof glass in front of the register. They said they saw it as impersonal. Connie Kerstetter says she and her husband actually made the store more open when they remodeled it. "What's going to happen, happens," she said. She said bulletproof glass would feel claustrophobic to her because she and her husband enjoy interacting with customers. She said she is going to miss the children after they hand over the store. On a hot Saturday afternoon last April, three children came into the store with crinkled dollar bills in hand. The two oldest reached their hands into a freezer full of ice cream bars, popsicles, and other frozen goodies. "Mr. Gary, how much are these?" the young girl asked holding up an ice cream bar. Kerstetter responded. He then looked at the youngest of the three and asked, "Are you guys buying him something?" The children shook their heads. "I've got a quarter. Buy him a popsi-

cle or something," Kerstetter said as he pulled a quarter out of his pocket. "Did Connie tell you she got her GED a few years ago?" Gary asks from across the store.

"Oh, she's smarter than Gary now," says friend Leon Babil. Kerstetter says she persuaded numerous people to attend GED classes. "I graduated

an accountant who sat down and showed us how to do things," he says. Kerstetter says a lack of knowledge about how to manage money is probably one of the main reasons small business fail. He says you have to put money back into your business. "If you can't sacrifice a whole lot you might as well not go into business," he says.



A Street in South Allison Hill
Photo by Dustin Rotz

with my customers!" she says. "Every time I look at that cap and gown . . . I think, 'I finally started, did, and finished something in my life. That's for you dad!'" she says looking upwards. While stocking the fridge with milk, Kerstetter says everyone thinks he has a young wife when he she graduated in 2004. Kerstetter says she remembers the exact date she met Gary: "August 24, 1976, I met my knight in shining armor," she says. When they met, Gary was attending Harrisburg Area Community College (HACC). "I found my little help mate," he says. Kerstetter says it was hard to juggle work, school, and Connie. "So I went back to just juggling her and the convenience store," he says. The Kerstetters got married on May 6, 1978, just months after opening their first store together. Speaking about his business success, Kerstetter talks about the newspaper routes he had when he was growing up, saying he collected money and balanced his own books. He says he learned a lot about business from the convenience store owner who he used to work for. But "with Connie being a waitress and everything, it's mostly about people," he said of their business. "Connie is a natural around people." Kerstetter says their only weakness when they first opened the store was bookkeeping. "Luckily, I found

"It's your money to play with, not your money to keep," he says. "You have to think of it as a separate entity." Connie Kerstetter says when she and her husband told customers they were selling the store, grown men cried. One asked, "Miss Connie, can I have a tissue?" She says customers tell them they can't sell the store. "I've been here for 3 years and I'm gonna miss mom and pops," customer Terrie Cambell said. "I come in here and call Gary my honey," she says with a smile. Customer Barb Long has lived in the neighborhood for 12 years. She frowned as she speaks about the Kerstetter's impending departure: "I can't believe it though. I can't believe it. No." "Gary and Connie are gonna miss us; they know it," Long said. She said they have gone through so much together. Long said Munchies is very family-oriented and the only store she feels comfortable sending her children. "The birds around here are gonna miss [Connie]," Long said with a laugh. The Kerstetters said they feed the city birds that flock outside their store. "They don't like bread or Fritos. They like Cheez-Its and peanut butter crackers," Connie said. Gary Kerstetter said he spends over 60 hours a week in the store and several hours a week doing bookwork. He said this is not unusual for someone who is self-employed and that "regular 9-5 jobs with benefits are scarce these days."

Kerstetter said her husband has even slept in the upstairs store office a few times. Connie Kerstetter said she took one day off a week. In order for her to take a day off, she said Gary has to work that entire day. On normal days, however, she said she ran the register while Gary stocked shelves.

Their small store had a wide variety of stock: Chef Boyardee products, Tylenol, homemade subs, cigars, white t-shirts, bread, Ramon Noodles, baby food, and over a dozen types of candy shelved behind the register. Customers typically greeted Connie upon entering the store and she interacted with them at the register. "Did you get your eye checked?" she asked a young man. "Were you sick?" she asked another. At the register, a young woman asked Kerstetter for a single cotton ball. Kerstetter pulled one out of an open bag and handed it to the young woman.

"What do you think, this bag has your name on it or something?" Kerstetter joked. She then went on to discuss the young woman's health problems. "It's from that bug thing in your ear," Kerstetter said of the young woman's Bluetooth headset. "You should clean it," she said. In regards to the business' state in April 2009, Gary Kerstetter said sales had grown in light of the economic recession. "Maybe people don't have money to go to the big stores. They might be needing more day to day. I really don't know what to attribute it to. When the economy seems to be doing well, our sales go back and if the economy is bad sales go up," he said. Since May 11, the store has been managed by two brothers and their wives. "Honestly, if I would've had the ideal situation, I would've liked for someone in the neighborhood to take over - but I guess it's just not in the cards," Gary Kerstetter said. Neither their legal family, nor Dominick Neals, a close friend whom Gary introduced as a son, will be taking over the business. Neals has been a neighborhood resident for 31 years. He says he lived across the street from Munchies about 20 years ago. Kerstetter says he and Neals go way back. "I'm his hood son!" says Neals. He says the Kerstetters have helped him through the years. "Having that positive support there kept me outta trouble until I became an adult," he says. Neals says the biggest thing he is going to miss when Munchies changes hands is Gary. "He's been here so long he's a part of the community," Neals says.

Coaching Profile: Sheila Bush

Women's Tennis

Jeff Dembeck
Student Writer



Tennis Coach Sheila Bush has been an inspiration to the Messiah Tennis teams since the beginning of her time here, nine years ago.

Bush came here following twenty five years as a high school head coach. She credits no particular individual as providing the inspiration to coach; she attributes her career choice to her love for the game.

"I played tennis all summer when I was younger and loved how much you have to think in the game," she says.

Her love for the game is evident when one witnesses her coaching style. "We believe that players put the team and its goals before themselves and are always working to help and improve others," Coach Bush says, adding more praises for the team she coaches, "Our team unity has been awe-

some and the character and commitment of the players at Messiah have been a blessing to coach."

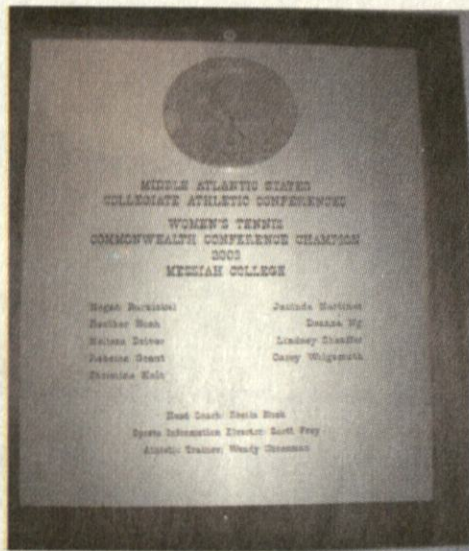
Senior tennis player Christie McGinley admires her coach's ability to inspire hard work. "Her strength lies in her ability to bring out the best in every one of her athletes," she says, "She knows which players respond well to encouragement, which players respond to instruction, and which just need to be left alone."

Coach Bush enjoys many other physically inclined pastimes. She is an Elementary Physical Educa-

tion teacher, which is something she particularly enjoys because of the energy and passion of the younger children for the different activities. She also enjoys being with her family and her three children, as well as spending time reading and gardening.

"It is great to see [the team] grow from freshman to seniors and team leaders," Bush says, and her players appreciate her commitment as well.

"We all have great respect for Coach Bush, and she makes us want to succeed, for her, for ourselves, and for the team," says McGinley.



Sports Calendar

Women's Soccer

Away @ Albright College
10/3/09: 6 pm

Away @ Eastern University
10/7/09: 4 pm

Away @ Widener University
10/10/09: 6 pm

Home vs. Lebanon Valley College
10/14/09: 7 pm

Women's Field Hockey

Away @ William Smith College
10/6/09: 4 pm

Away @ Elizabethtown College
10/10/09: 1 pm

Away @ Gettysburg College
10/13/09: 4 pm

Men's Soccer

Away @ The College of New Jersey
10/3/09: 7 pm

Away @ York College
10/7/09: 4 pm

Away @ Widener University
10/10/09: 8 pm

Home vs. Lebanon Valley College
10/13/09: 7 pm

Home vs. Roberts Wesleyan College
10/15/09: 7 pm

Women's Tennis

Away @ PSU Harrisburg
10/1/09: 4 pm

Away @ Alvernia University
10/3/09: 1 pm

Home vs. Lebanon Valley College
10/7/09: 3:30 pm

Away @ Albright College
10/10/09: 1 pm

Men's & Women's XC

Paul Short Invitational @ Lehigh University
10/2/09: Men 8K 1:45 p.m.; Women 6K 2:30 p.m.; Men JV 12:15; Women JV 1:00 p.m.

Invitational @ DeSales University
10/10/09: 10:30 am

Women's Volleyball

Away @ Elizabethtown College
10/6/09: 7 pm

Away @ Shenandoah University
10/9/09: 7 pm

Home vs. Lebanon Valley College
10/14/09: 7 pm

Home—Messiah Tri-Match
10/16/09
vs. FDU-Florham 3:00 p.m.
vs. Penn State Univ.-Altoona 5:00 p.m.
PS-Altoona vs. FDU-Florham 7:00 p.m.

WOMEN'S Profile

By Ashley Dorty
Photo Editor

Full Name: Elizabeth Smith

Major: Nursing

Hometown: Southington, CT

Year: Sophomore

Favorite Color: Blue

Most Memorable Sports Moment: Being able to run at States my senior year of high school

Favorite Sports Team: UCONN Huskies

Years running XC: 2 years in high school and this is my second year for cross country in college

Siblings: Abigail, 20 and Hannah, 16

Favorite Food: pasta

Hobbies/Interests: I like being with friends and family and I like to travel

My inspiration: My mom

Superhero Icon: Superman, because he is able to fly

Dream Travel Destination: Australia

Dream Job: Working as a nurse in an emergency room

Favorite Band/Artist/Genre: Jeremy Camp and Paramore

Favorite Childhood Memory: going to my grandparents' houses

Favorite Movie: What About Bob?

Favorite Quote/Bible Verse: Philippians 4:13

Favorite Book: My Sister's Keeper

Favorite Vacation Spot: Nova Scotia, Canada

Favorite Animal: black labs

What I love about XC: I love my teammates and the encouragement that I get from each one of them.



Elizabeth SMITH
Women's Cross-Country

By Ashley Dorty
Photo Editor

Full Name: Edward Luke Helmuth

Major: Engineering/Youth Ministries

Hometown: Columbus, Ohio

Year: Freshman

Favorite Color: Green

Most Memorable Sports Moment: Playing for the Columbus Crew Academy my first season with kids from all around the world.

Favorite Sports Team: F.C. Barcelona

Greatest Messiah sports memory: Scoring an own goal in my first game

Years playing soccer: 14

Siblings: Tiffany - 19 Tyler - 15 Courtney - 14

Favorite Foods: Lasagna and Raspberries (Not together)

Hobbies/Interests: Soccer, snowboarding, rock climbing, mountain biking, hanging with friends, live music, reading my Bible

My Inspiration: I'm inspired by what Christ has done for us already and by the godly people in my life.

Superhero Icon: Aquaman - Breath underwater mainly.

Dream Travel Destination: The Swiss Alps, Australia, or Venice, Italy

Dream Job: Pro Soccer Player; Youth Pastor

Favorite Band/Artist/Genre: Sublime, Bob Marley, The Gaslight Anthem, Led Zeppelin, The Clash

Favorite Childhood Memory: Playing Peter Pan with my cousin in his basement

Favorite Movie: Blues Brothers

Favorite Book: Philippians

Favorite Vacation Spot: Outer Banks, NC

Position: Center Back

What I love about soccer: I love how the game flows and how little it stops. It gives you a chance to be both creative and physical. Rarely, if ever, does the same thing happen twice and every game is different.



Luke HELMUTH
Men's Soccer