# The McPherson College

# SPECTATOR

Vol. 81, No. 4

"Serving to inform a community"

November 1, 1996

## UNDERCOVER

## NEWS

### New advising program to be implemented

McPherson College will soon begin a developmental advising program to allow for more student and faculty interaction.

### **Student Government** Association budget process revised

Changes have been made in the structure of student government allocations budget.

See page 8

## FEATURES

### Siblings on campus

McPherson College is truly a family atmosphere for some students.

### Meet the light of campus

Zandra Wagoner, campus minister, is a shining light on campus.

## Stay healthy during college

Learn how to take care of yourself while in school.

See pages 4 and 5

## SPORTS

### **Bulldogs** basketball preview

The 1996 basketball season opens with strong teams.

### Soccer team beats Friends 2-1

For the first time in college history, men's soccer beat Friends University.

See pages 6 and 7

# Dill legacy begins

by Jen Bosserman & JD. Bowman

Spectator Staff

McPherson College trustees, faculty and staff are preparing for the Dec. 1 arrival of the new president, Dr. Gary Dill.

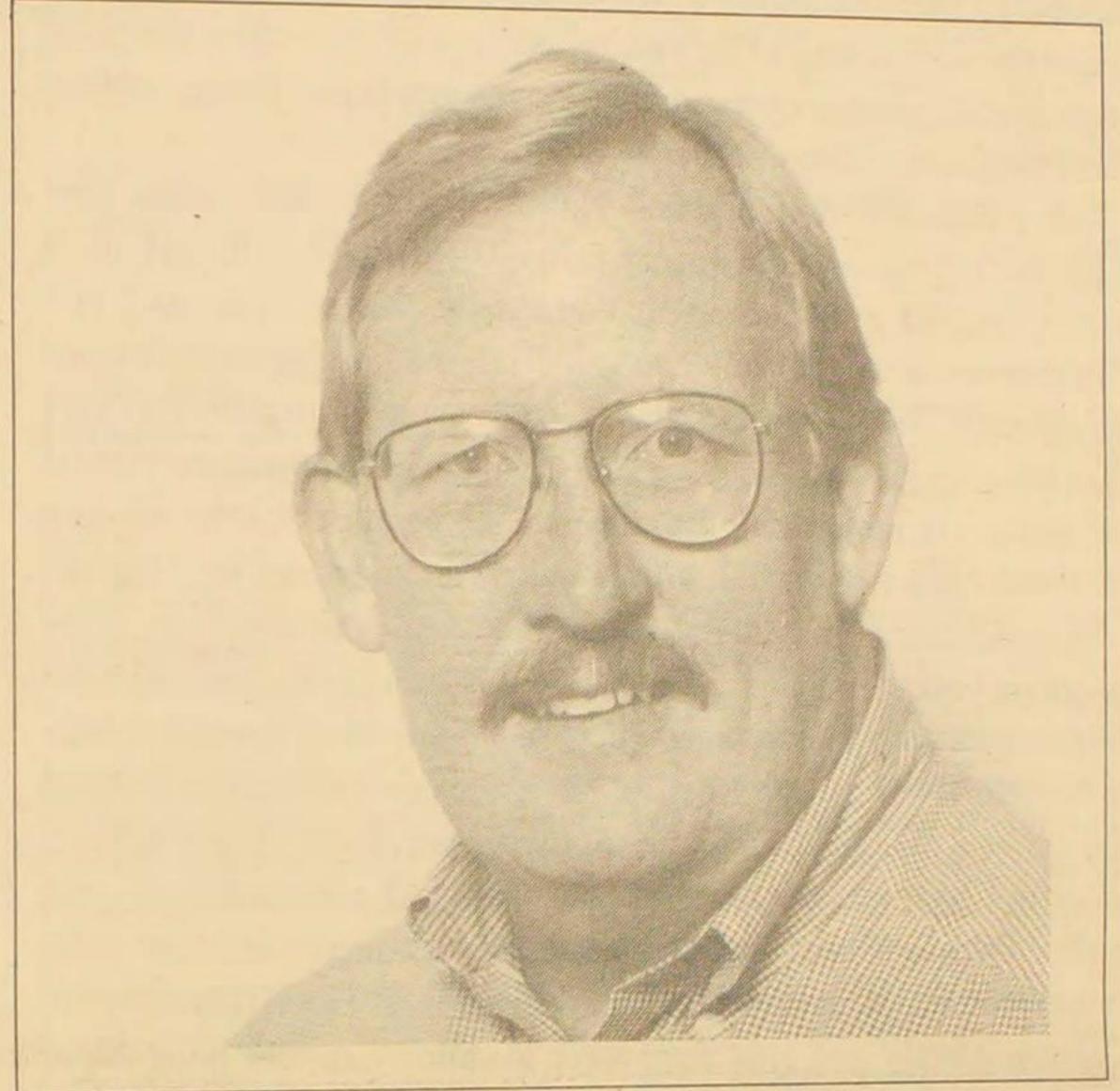
Dr. Dill is leaving Schreiner College in Kerrville, Tex., where he has worked as senior vice president for the last five years. He graduated from Houston Baptist University with a major in philosophy and religion. He has a wife, Vicky, and three children: Emily, 16, Issac, 13, and Moses, 8.

"Visiting the campus was a very involved experience for me. I feel good about the feelings on campus. I'm very enthusiastic to begin at McPherson. have a love for students and a commitment to education that I am eager to bring to the campus. Paul Hoffman has been such a caring and sensitive president. He has laid an amazing foundation in McPherson, and as I know I can't replace Dr. Hoffman, I hope to continue with the traditions he has carried," said

Dr. LaVon Rupel, chair of the board of trustees, gave insight into the process of choosing the president. Rupel said that the board of trustees looked for the "best fit" between each candidate and the college. This included matching the candidates' qualifications with the needs of McPherson College.

At the spring 1996 board meeting, Biff Green, president of Friends University in Wichita, met with McPherson trustees, faculty, staff, administration and students to discuss some of these needs. During that meeting, it was decided that the new president should take the lead in strategic planning.

The college faculty and administration want to work on governance procedures and continue in productive fundraising. The college also hopes to improve its enrollment and recruitment processes. Dr. Dill has experience and is highly qualified in all of these areas. For example, in the years that he has served at



Dr. Gary Dill will begin his presidency on Dec. 1, 1996.

Schreiner College, student enrollment has increased steadily.

In addition to Dill's administrative and leadership skills, Rupel attested to his "affection and respect for the Church of the Brethren." President-designate Dill has served the Church of the Brethren as a pastor and devoted approximately six years of teaching to Bethany Theological Seminary. Much of this time was spent in field work. One of his passions is to treat people the way he would like to be treated. Dr. Dill admires the inclusiveness of the Church of the Brethren.

"The Church of the Brethren is committed to community and their relationship with God; that kind of seed is attractive,' said Dill. "The church really emphasizes reconciliation and peacemaking. That is very attractive to me."

Dr. Rupel said that Dill exemplifies many personable qualities. He is outgoing, energetic and hopes to "build bridges" between McPherson College and the McPherson community. Some of these qualities are already being acknowledged as Dr. Dill makes daily contact with

college personnel. The future of McPherson College is upbeat, positive and lies in all of our hands as we work together. Hopefully, President-designate Dill finds this campus open and welcoming to his leadership although he already faces opposition from Amy Levinski, jr., who said, "They should have chosen me! Just kidding."

> See reactions to Presidentdesignate Dill on page 8

# Vice presidents coordinate efforts

by Mike Bascom

Spectator Staff

McPherson College is coordinated by three main offices: academic services, student A vice services and financial services. All facpresident oversees each section. ulty, staff and administration work under one of these offices.

Dr. Susan Taylor is currently vice president for academic services, which oversees faculty and student concerns and agenda regarding academics.

"Academic services is responsible for all the educational programs of the college, from convocations to senior research projects," Taylor said.

Taylor is responsible for the hiring and evaluating of all professors on campus. She also studies how to improve teaching methods and develop new curriculum. Students who have concerns about their courses or wish to pursue interdisciplinary majors can talk with the vice president for academic services about options and courses of action.

Dr. Taylor chairs the Educational Policies Committee, which is responsible for several education issues on campus such as graduation requirements, general education curriculum and approval of new courses.

"Educational policies, such as general education and major requirements and the academic calendar, are the responsibility of academic services, through the direction of the EPC and the faculty," Taylor said.

Taylor will complete her term when Dr. Gary Dill takes office Dec. 1, and Dr. Steven Gustafson, who served as vice president for academic services most recently, will resume his former position.

"All faculty, plus the registrar, librarian, continuing education director and other academic support staff, fall under this area. We work closely as a team, particularly, but not exclusively, on the 'scholarship' aspects of our mission," Taylor said.

The vice president for financial services is Dr. Steve Mason, who heads three distinct areas: day-to-day financial operations, fundraising and maintenance.

In coordination with Shirley Reissig, business

manager, Mason is responsible for the budget, copy center, bookstore and food ser-

vices. Dr. Mason is also an integral part of community relations and alumni services

for the college. He manages the buying and selling of property for the college and is the primary contact in all legal matters. Mason works with maintenance staff on issues regarding custodial care, renovations, upkeep and the comfort of the dorms.

Mason has been employed by McPherson College for six years, serving as vice president for financial services the past two

"Good stewardship is crucial to the years. college's ability to fulfill its mission. Of course everyone on campus has a role to play, but it is a primary responsibility of the financial services area to acquire, allocate and manage institutional resources. Success in this area assists others on campus in fulfilling their responsibilities and achieving their goals," said Mason.

See Vice President, Page 8

## by Andy Wagoner

# EDITORIAL

Back to the past

The grand holidays of the year are fast approaching: Thanksgiving and Christmas. We just survived the hectic activities of Halloween. Hopefully, most persons are enjoying the celebrations, the decor and all the excitement that accentuate the holidays. May we all have the opportunity to enjoy the commercial happiness now available at Wal-

Still, something that can never be overemphasized is the meaning Mart at low prices. behind all these holidays for which we prepare. Is it too simple to forget the significance of the holiday because of the secular pleasure? It appears so when we enter malls, grocery stores and discount stores that bring us Santa in October.

Just a reminder to everyone—Halloween originated during pre-Christian times as a Scottish-Irish festival held on All Hallows Eve. It was a festival of the dead that gradually was incorporated into Christian religion. During later centuries, the holiday became more secularized. Traditions persisted, such as apple parings thrown over shoulders for luck and young people trying to determine their marital prospects. It was not until the early 20th century that the modern customary practice of trick-or-treating we all know and love began.

Thanksgiving is the annual day of thanks for the blessings of the previous year. The first elements of this holiday began when the Pilgrims ate with Native Americans to celebrate the Pilgrims first year in the "New World." On Nov. 26, 1789, George Washington declared the day as a national observance of giving prayer and thanks to God.

Lastly, Christmas, the time most correlate with commemorating the birth of Jesus Christ and Santa Claus's coming. Gifts of gold, frankincense and myrrh were first given to Jesus. Later, following old Christmas traditions, gifts were given to children and the poor. Now, modern Christmas has evolved into an occasion to give presents to each other.

Holidays are a time for laughter, eating well, music, good company, wonderful times for reflection of life, and the list is infinite. The presents are certainly nice accents to the celebrations. Holidays are definitely memorable times, celebrated by each individual with his or her own customs. Say thanks, decide who you might wed and give your presents, but remember not to forget the reason for the day.

> Shelly Hendricks Co-Editor-in-Chief

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# The New President Gets A Phone From The Trustees PAUL HUFFMAN PAUL HOFFMANI 10-25-16

# If it makes you happy

Yes, this article does have more than one purpose. Actually I want to tell you all of them, but I can't tell it in list order, for the majority of my column IS a list (and a darn good one, I might add).

The sky is gray and my thoughts were blue and I wanted to be sad, but I couldn't, because there are too many things on God's green and blue and yellow and pink (is for girls) earth to be sad about.

I can't complain anymore about things that bother me, for I have already done this. Some times there is a selfish secret satisfaction knowing some inside jokes that no one but that special few will understand, and special smiles will be shared.

Well, it's my column and it's turned in before 5 p.m.; I think it'll have to work...but most of all, I want to stress that I love life and I love to treasure every moment I share with people.

Relationships and friendships and meaningful moments are some things I never take for granted. I know sometimes life and love and "things" hurt, but there are still so many beautiful things on this earth, I wanted to share with the reading community the things that I love very much...and when you're down and feeling out, make a list (do it in secret for grins) of the things you love and

never want to forget. I call this list THINGS THAT MAKE ME HAPPY, and to quote Simon and Garfunkel "life I love you, all is groovy!"

•star trek

•jimmy brock brock

·mountain dew

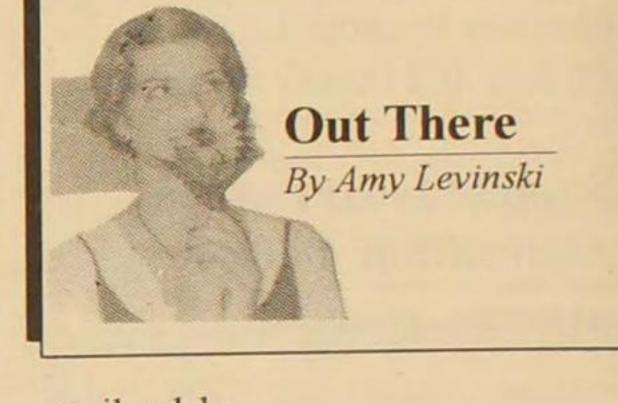
•pretties

·hospital underwear (have you ever seen them?)

 rick t. telling inappropriately rude convoers to shut up!!!

•the number 5

\*cows



·neil sedaka

•rubber gloves wackidoos

·lists

·manahooners

•forward questions like "did you kiss him?"

bike baskets

·blinkers (my car didn't have one—ok?)

•coffee •the kitchen (long

live balcone)

·love handles

•the dart

•usted \*stemodeidomastoid

favorite (my muscle...extends, flexes, and rotates the

neck) •dylan thomas

•ee cummings

•bob dylan

•george gordon lord byron

·freaks and dorks

•john travolta

new orleans with annette

secret agent man

dennis kingery

the great gatsby

•meeting mark boyer for the first time

•tin roof no, tim ruff, uh tin ruth?

•just say it

\*cameron, the human remote control

•what about cameron's hair cut?

•knowing full well that every thing will be fine, even when life just da dun ta dun ta

having the bestest of friends

•knowing you have the bestest of friends

poetry about hypothetical situations

# Halloween: a creative art?

By Jeremy Bernhart

Spectator Staff

Remember back in elementary school...all of the art projects we did? There was always a reason: Labor Day, Halloween, Thanksgiving, Christmas, Valentines and Easter just to name a few. But why all of a sudden is it such a terrible act to do so?

It seems that society is so confused that their reaction is to place limits and boundaries. Take, for example, school breaks have changed names; Thanksgiving Break is now a Fall Break; Christmas Break is now a Winter Break; Easter Break is either included in Spring

Break or Good Friday is a teacher inservice. Why is this? Are holidays no longer going to be acceptable in the public school system? To be more specific; Halloween.

Now is the time of year people can experience freedom of creativity-designing costumes; meet new people-trick or treating; and enjoying new experienceshaunted houses and costume parties. As members of a society that places limits and expectations, we need to test those limits. So go dress-up in your favorite costume, eat lots of candy and have the fun which society is trying to destroy.

# Halloween in saracasm and poetry

Halloween is such a fun time of year. It signals the beginning of the entire festive season. In honor of this festive beginning of the new holiday season, I've decided to write a poem (yes, Kim, I'm writing bad poetry and getting it published).

Witches and ghouls, goblins and frights (although I haven't seen a very good goblin costume in a long time),

yesterday and today (go to the Fanny Haunted House!!) are days of delight.

Candy and treats filled with joy (or syringes)

make grocers happy while your mother cringes.

Building your costume with utmost care, rip this leg here, drip that blood there.

Eat out your heart (eew, that's cool); your costume is better than mine

I built every part, yours was hanging on the line.

Your favorite Ranger and flammable suits

have replaced the dagger and the cap gun that shoots

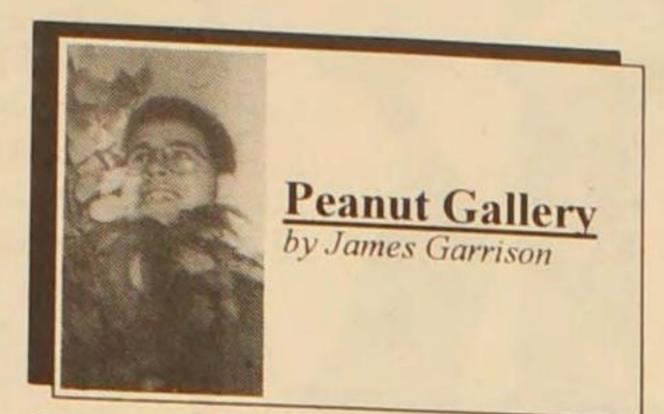
No longer the Pirates and Ghosts or mummies

Now the kids want Samurai Pizza Cats or Mitch from Baywatch.

The candy is checked before it goes into our tummies

(End Poem, Begin Soapbox Speech)

The commercialization of the great festival of the dead is nasty and evil. It is decried that you will perish for mocking the undead ones; Neonautalus the



Necromancer will destroy you with your favorite auntie Matilda if you continue to buy into this commercialistic garbage. I mean come on, Halloween lights? They're Christmas Lights painted orange, for cryin' out loud! That's almost as tacky as Dancing Coke Cans!!!

"Have A Scary Halloween" greeting cards? Oh, for Pete's sake (Hi there, Brubaker!). Don't you realize that if you keep buying this junk in the toy aisle at the local supermarket, they will just keep making it? Didn't you learn anything from the four or five times average that you people have taken Macroeconomics from Dr. Flory?

The evil spirits of the world will bring down their wrath... urk!@!@!!

Ahem, sorry. Every once-in-a-while, I tend to channel the spirit of some lousy Seinfeld wannabe. I promise it won't happen again. Really, I do.

OK, um, I guess I should just say, have a happy holiday season and remember my birthday is only one week before Thanksgiving break. Ok, the end...

## Sophomore displays skill with dictionary

By Mike Horner

Layout and Design Editor

Hey, everyone! It's time once again for "Fun with Big Words." Today's big word is "sophomoric." According to Merriam Webster's Collegiate Dictionary, sophomoric is an adjective that means "conceited and overconfident of knowledge but poorly informed and immature." Thus, according to this definition, a sophomore would be someone displaying sophomoric qualities.

Right about this time, I know exactly what is crossing your minds: "Mike knows how to use a dictionary!?" But besides that, you may be surprised that ol' Merriam Webster has such a negative definition for us second-year college students. However, that definition is alarmingly inaccurate. Just ask any sophomore on campus...they'll tell you first-hand about the hard work and responsibilities involved with being a sophomore.

Okay, I'm lying. Being a sophomore is really no big deal. In fact, the sophomore year at college is really nothing more than "Freshman Year, the Sequel." Unlike every other year of college, the sophomore year has no special meaning attached to it. When you're a junior, for instance, you get to either go abroad, do an internship or become engaged. The sophomore year, however, is kind of like that green leafy stuff in the salad bar: there's nothing really special about it, it doesn't have a definite purpose, but it looks nice so you learn to accept it.

To further enhance your knowledge on what it's like to be a sophomore, I've com-

piled a list of myths and facts about sophomore life.

MYTH: Because they take harder classes, sophomores should spend more time studying than freshmen do.

FACT: Sophomores are gifted with a super power known as "procrastination." This super power allows a sophomore to complete any assignment, such as a 12-page paper, 20 minutes before the assignment is due. Therefore, sophomores don't need to study.

MYTH: The sophomore year of college is an important step in a student's college life.

FACT: 50 thousand years B.L. (before Lengel), colleges consisted of a three-year academic program. One day, a college administrator named Grog realized that his college could make more money if students went to college for four years instead of three. Thus, the sophomore year was invented.

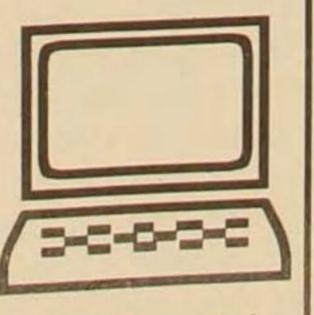
MYTH: Sophomores are not treated with any more respect and dignity than freshmen are

FACT: Sophomores are actually a step up on the social ladder. When someone wants to get a freshman's attention, they say, "Hey, monkey-butt freshman!" To get a sophomore's attention, they just say, "Hey, monkey-butt!"

No, my sophomore year at McPherson College hasn't been all that eventful so far, but I'm sure that things will pick up. Until they do, I'll be sitting here with my Webster's dictionary at hand, ready to tackle the next big word that crosses my path.

## SPECTATOR E-MAIL

The Spectator can now be reached by e-mail! Send your questions, comments and letters to the editor to:



spectamc@mcnet.mcpherson.edu

# From old to new

"Be ye not conformed to this world, but be ye transformed by the renewing of your mind and spirit." Romans 12:2.

In the Brethren perspective column of the first Spectator issue, I mentioned that the Brethren hold this scripture passage in high regard. It has shaped many of our beliefs and doctrines.

At one time in the life of the church, Romans 12 helped Brethren decide what to wear, which home furnishings were acceptable, the games and social events one could participate in and how one was to celebrate holidays such as Halloween.

As the age of industrialization began, a vast number of "worldly" products were made available to the Brethren. Some conservative elders of the time considered such products as "sinful" contraptions. During this time period, 1850-1900, the church's annual conferences questioned the morality of cameras, lightning rods, store-bought clothes, carpets, musical instruments in the home and church, jewelry and insurance.

Members who used such items were known to be "worldly" people who practiced customs which were "strange" to the "old Brethren." The Brethren sought to be simple people, and such items did not fit into the pattern of a simple life. During this time, excommunication of worldly members occurred.

As the Brethren sought not to live a simple life, such things as playing card games, dancing and attending carnivals, festivals and fairs were looked down upon.

They were worldly and could prompt one to have too much fun, which could lead to sinful acts. The Brethren believed that it was wrong to celebrate holidays because God made each day, and one particular day was no more important than another day. Therefore, celebrations such as birthdays and Halloween were frowned upon.

Dr. Herb Smith, professor of religion and philosophy, remembers a time as a child whenhe did not celebrate his birthday. Dancing and dressing up for Halloween were out of the question. For many years, he was encouraged to be calm, reserved and to limit his laughter. Now the entire Church of the Brethren



Brethren Perspective by Jen Bosserman

is filled with laughter when its people gather together.

As the years pass, the Church of the Brethren strives to put Christ first and not the ways of the world, but the Brethren realize that God gave us joy and wants us to live in his joy.

The Brethren turned to Christ's life as an example. Christ came to earth as an ordinary person; his dress and common characteristics fit in with the current society. Christ, however, brought a new and challenging message to the world. He questioned the ways of the so-called "holy people." Christ shared a message of hope and abundant life—living life to its fullest each and every day.

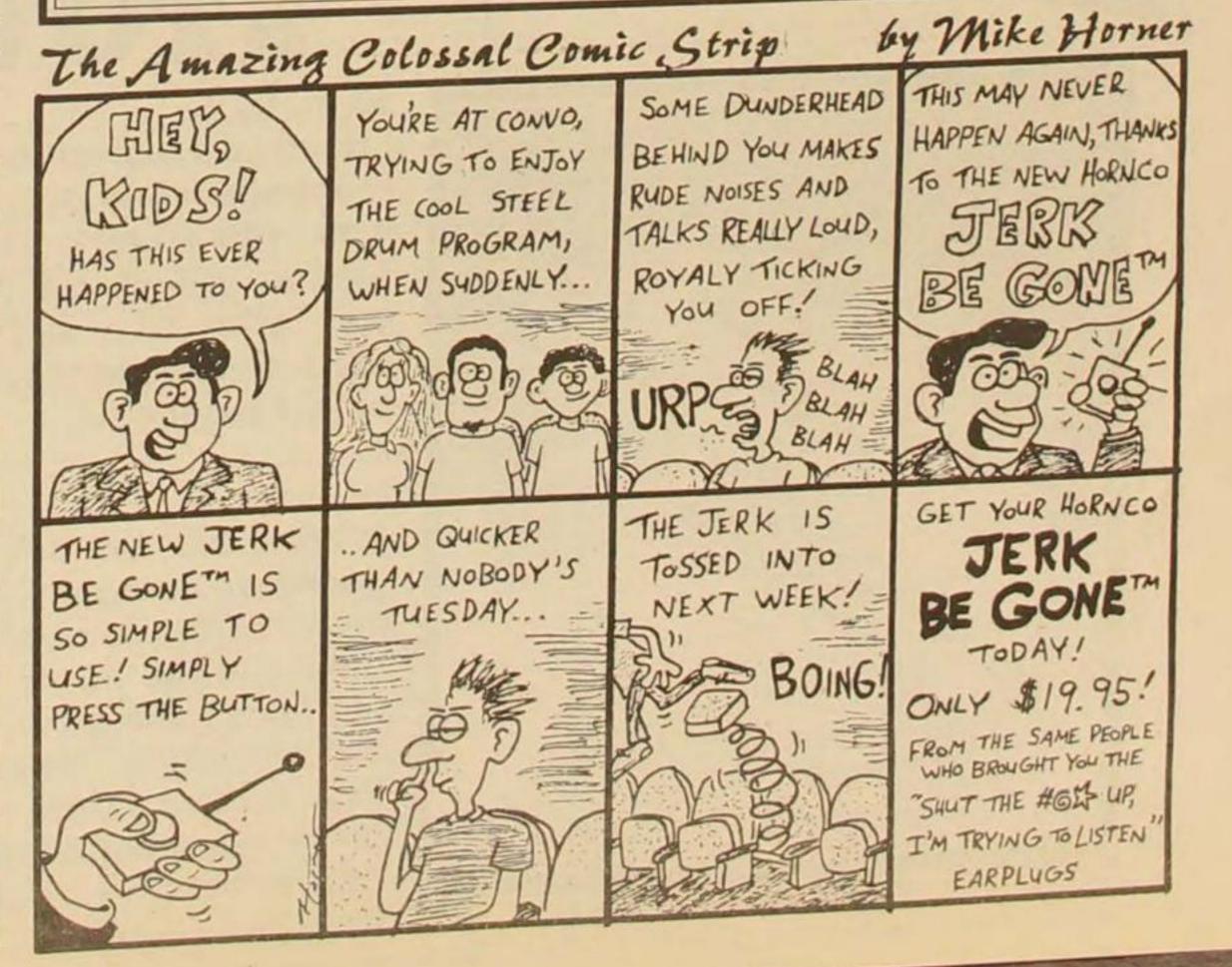
It is more important to love than to follow every little rule which placed limitations on God. Christ teaches us to be open and to reach out to others.

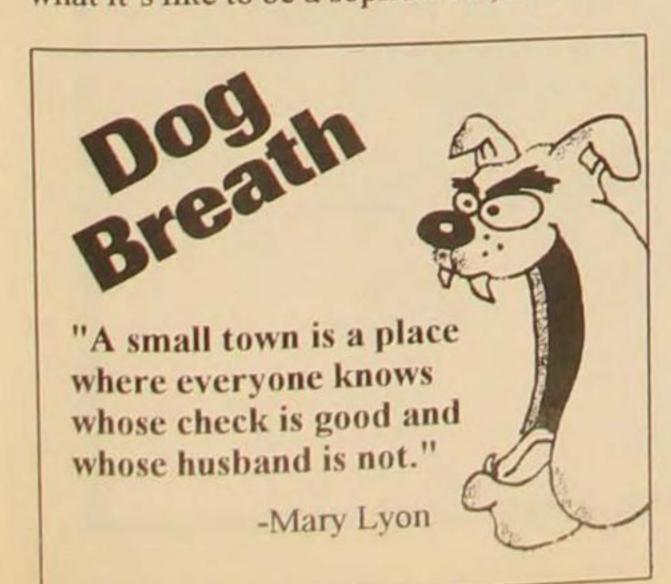
In contrast to years past, cameras flash constantly today as the Brethren gather for workcamps, church camps, district and annual conference. We buy most of our clothes from the store, and we carpet our homes. We appreciate musical instruments, and we have our own insurance program called Mutual Aid.

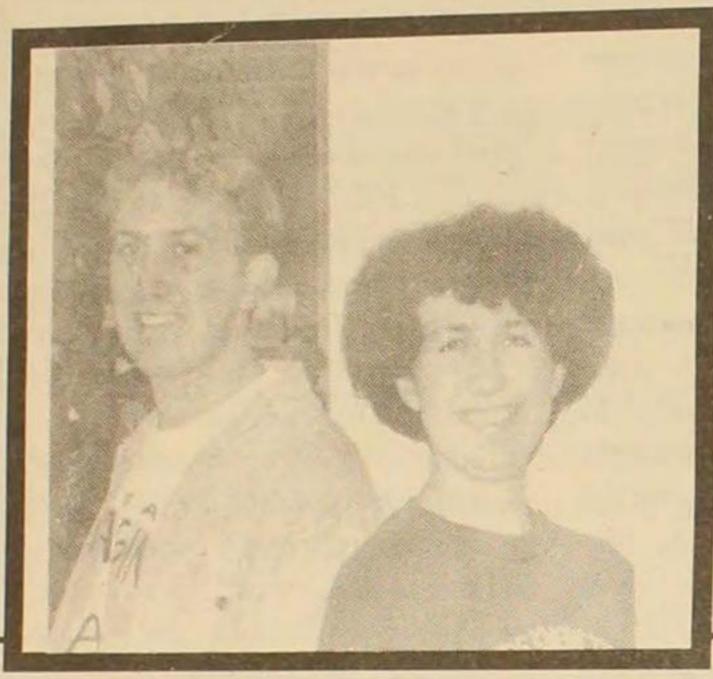
The Brethren play games, dance, attend festivals and celebrate holidays. We may not wear plain clothing or walk around with a solomn face, but if you attend an annual conference in a city with millions of people, you'll be able to spot the Brethren; it's in their smiles and their laughter.

Although I have a great appreciation for our founders, I have a greater appreciation for the openness and diversity of our church. As we gather from all corners of the earth for our annual meeting, endless laughter can be heard, and I know the Brethren continue to live a life of joy as they seek to spread the new and challenging message of Christ to the world.









## Mike and Michelle

Michelle (sr.):

What are the advantages of having a sib on campus? "A reason that I like having Mike on campus is that I can share the hometown gossip with him and he will know who I'm talking about. I can't do this with my friends."

Mike (so.):

Does anyone see a resemblance between the two of you? "A lot of people will tell me that we look a lot like each other, but people in our family tell us we look nothing alike. I don't know who to believe."

## Rozalynn and Crystal ODELL

Rozalynn (fr.):

Has anyone guessed you were sisters? "My sister and I look nothing alike. We hang out with each other so much, people just think that we are good friends. I love being at the same college with her. Our rooms are right next to each other's!"

Crystal (jr.):

What do you think about having Rozalynn on campus? "We're good friends and can hae a lot of fun with each other. People will ask us in lunch line if we're sisters. We'll look at each other and say, 'No. . . I'm not your sister. Are you my sister? What did you say your last name was? O'Dell? No way! That's my last name too!' Eventually, people catch on."

> Ben and Pete Brubaker Becki Dilley and Wendi Engler Kristin and Marta Gingrich Ronald and Donald Hazelton Josh and Jake Hofflinger Trisha House and Holly Hull Brandon and Brett Johnson Shawn and Kori McGowan Jarrod and Jessie Miller Jason and Summer Snodgrass Tye and Amber Spillum Lindsay and Preston Taylor Alan and Lindsey Traxler Andy and Becky Ullom

## Jenny and Sarah SHOVER

Jenny (sr.):

Have you experienced any interesting reactions when people found out Sarah was your sister? "I remember Marilyn Sexton telling me how surprised she was after she met Sarah. She was expecting someone a bit taller with blond hair. I laughed."

Sarah (fr.):

What are the advantages of having Jenny on campus? "Going to her room is sort of like going home, only instead of driving three hours I just have to walk upstairs. She gives good advice about classes, life and always has food to share. People that know her have a way to connect me somehow; I can be 'Jenny's little sister'. It's a start. I love having her here and I'll miss her next year."

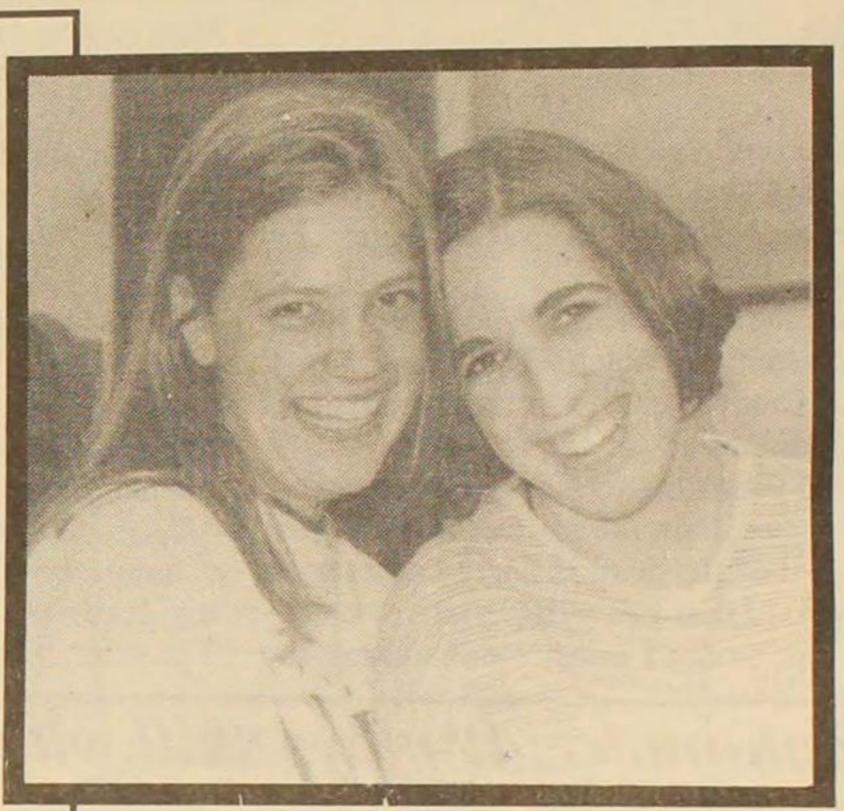


Spectator Staff

It has often been said that McPherson College has the atmosphere of one big family. This may actually be the case. There are 36 students enrolled at McPherson College who have a brother or sister on campus. There are even more cousins, too many to count.

All of the brothers and sisters had positive things to say about their siblings. Most of the younger siblings agreed that having their brother/sister already enrolled at McPherson was a factor in their decision to come here.

The following are portions of interviews with siblings about their other halves on campus.



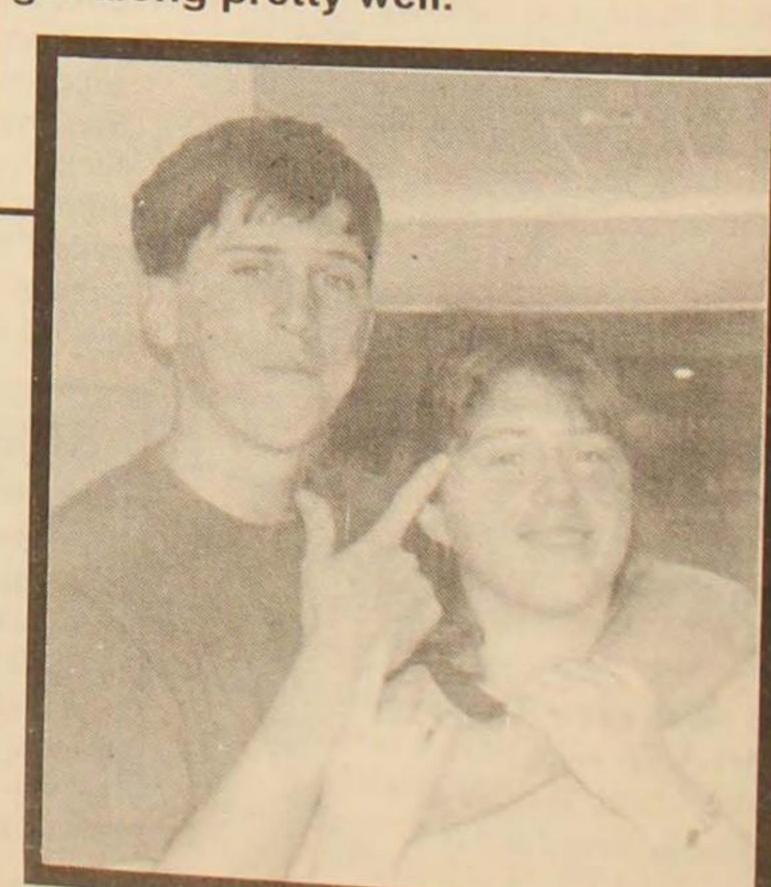
## Sarah and Andy VAGONER

Andy (fr.):

What are the advantages of having Sarah on campus? "I'd come up to campus to see her and I'd meet her friends. It helped to break the chain link fence that surrounds McPherson College. Sort of as a transparent barrier which one could see though but could only touch if they had the right equipment."

Sarah (jr.):

Do people see a resemblance between the two of you? "Most people think we look quite a bit alike. I think I look more like Andy than either of my parents. It's fun to look at someone else and see yourself in that person. personalities are so different, but we get along pretty well."







# Go Toward the Light!



By Jessie Miller

Spectator Staff

Deep within the recesses of the student union, hidden in a dark tunnel of echoes and shadows, is a light, bright and cheery, shining five days a week from 8 to 5 except on Wednesdays, when the light is upstairs in the private dining room . . . conducting chapel. Zandra Wagoner is this bright and cheery light.

She has served as campus minister for three years and in that time has become known, to those who frequent her bright, little office in the basement of the SU or attend chapel, as a caring facilitator of spirituality and discussion.

Wagoner is originally from LaVerne, California, where she did her undergraduate work at the University of LaVerne. After receiving her bachelor's degree she went on to Bethany Seminary, near Chicago, and received a Master's of divinity. Soon after, she joined the McPherson College staff as campus minister.

The role of campus minister is one that is not clearly defined, and that is perhaps its greatest attribute.

"What I like about this job is that it's fluid. I have many contacts with people from every part of campus. I have the freedom to do special projects and respond to the expressed interests of students," Wagoner said.

The position has a variety of facets, including organizing and supervising several denominational and campus-wide activities, like the Regional Youth Conference and Young Adult Conference for the

Church of the Brethren.

In other campus-wide roles, Wagoner serves as adviser of Habitat for Humanity, Fellowship of Christian Athletes, Brethren Identity Group and Peace Awareness. Next semester she will be teaching "Introduction to Hebrew Bible."

Another important part of her job is coordinating service projects. She does this for the orientation groups at the beginning of the school year and also helps make contacts for anyone interested.

"I really enjoy this part," Wagoner said. "While the service ideology is based in Brethren theology, it's just really about caring for other people."

Wagoner enjoys the time she spends with various kinds of people.

"I'm glad for this contact with non-Breth-E ren students. And I'm really looking forward to teaching class next semester. I'll have an even greater opportunity to get to know other students on campus," Wagoner

Supervising and advising are not the only hats Wagoner wears as campus minister. She also enjoys taking time to visit and listen to people share their thoughts and feelings.

Reflecting on her own experience with her campus minister at the University of La Verne she said, "It was a space just to be; you didn't necessarily have to talk about spiritual stuff."

This same feeling is evident in Wagoner's office, too. Her door is open and she is always ready for a chat, whether it's religious or not. Many have found her to be a comforting presence or just someone whose conversation is free and easy with no implications or requirements.

Just because she's a minister on a Breth-

ren campus does not mean that is all she knows or understands. "I try not to have a 'minister' attitude. I

don't carry any truth or right answers for other people. I carry my own and I share them freely, but the point is to encourage others to find their own truth," Wagoner said

An honest conversation with Wagoner is all it takes to realize that Brethren is not ALL she is.

One of the best ways to get to know Wagoner is through chapel.

"Chapel is an important part of my job," she said

Offered every Wednesday at 11:30 as a nondenominational service, no creed is preached. It simply provides a break in the week to focus your thoughts and find a little peace and time for reflection amidst a hectic college schedule.

"Even though the majority of the people who attend chapel are Brethren, everyone is totally open. The services are uplifting, and they apply to anyone," said Heather Healy, sr., who is of the Catholic faith.

Becki Dilley, a Brethren sophomore, added, "Zandra is incredibly inclusive of a lot of different people. And she's great about incorporating a wide variety of ways to get the most out of this time of inspiration and reflection."

"I find chapel uplifting. It's a time to worship with people of all different backgrounds and beliefs," said Jen Bosserman, another Brethren sophomore.

By the nature of Wagoner's job she's accessible to the entire campus community, and by the nature of her beliefs, she is a light that serves the community as a source of inspiration and acceptance.

# Health/fitness missing from students' lives

by Melissa Sharp

Spectator Staff

College is academically challenging and a time for friends and fun, but surveys show it is also the most sedentary time of life for the average college student.

Remaining healthy while in college is important in order to survive late nights of studying and staying out with friends. A good way to start a healthy lifestyle is to eat right and practice a beneficial fitness program

College brings the freedom to eat whatever is convenient. No one is available to cook specifically for you, so the choices for food are: the cafeteria, groceries from a store and fast food.

When eating at the cafeteria, there are many ways to watch fat content. Pizza is made from low-fat cheese, so it has less fat than Pizza Hut's. The salad bar is available, offering many fruits and vegetables and fat free dressing. If any students have suggestions for meals, food service director, Richard Sabatos, is open for suggestions.

When choosing groceries or going out to eat, you should select wisely and with restraint. Eat only what is needed. Cutting out excess fat, protein and sugar is an important part of any fitness program.

"I think it's important that you do some activity that you enjoy. Then it is easier to go and actually exercise. Working out three times a week is a good beginning goal when starting a program for yourself," said Dan Hoffman, assoc. prof. or physical education.

Working out at least 20 minutes three times a week strengthens the mind and body. Running, jogging, push-ups and sit-ups are some quick and easy exercises to do. Another opportunity available at McPherson College is racquetball, which provides a good cardio vascular workout.

According to Rosalind Council, a personal trainer and fitness consultant, fitness is comrised of five basic components. The first is cardio vascular strength and endurance including the heart and lungs. The stronger the heart muscle, the more oxygenrich blood can be delivered to the body with less effort. This also helps to prevent possible future blockage of the arteries from cholesterol.

Second, body composition reflects a healthy diet, which is directly related to your percentage of body fat. Healthy body fat levels are 15-25 percent for a young

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adult female and 8-16 percent for a young adult male. This correlates with the third component, muscular strength.

Muscular strength and endurance allows a person to perform daily activities with less stress and effort. Lifting weights increases muscle density and bone density, which over time will also increase metabolism.

Weightlifting gives a person a thinner appearance because muscle definition creates curves in the body that make an individual look more toned. Just because weightlifting is part of a fitness program does not mean that a person will bulk up. It takes years of weightlifting to build up enough mass to appear big.

Flexibility is another component of fitness. A healthy muscle should be strong yet pliable, allowing full range of motion. Having flexible muscles helps the body stay injury-free.

The final priority in a fitness program should be physical and mental relaxation. Even though exercise helps reduce stress, having time for reflection is good for the body.

Meditation and other stress reduction techniques are effective relaxation tools.

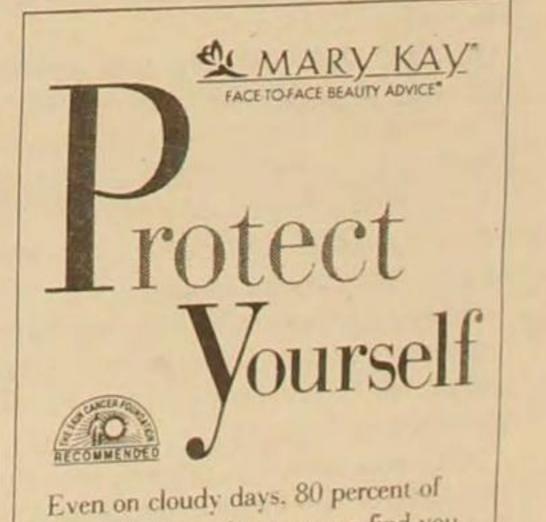
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An important part of relaxation is sleep, an area which is sometimes ignored by college students. Planning in advance helps to avoid late-night studying and adequate sleep can be attained.

Now is the best time to start a fitness program. The longer it is put off, the harder it will be to start. Planning a program with a partner may add motivation to do the activity.

If you are having trouble finding a plan that suits your body and schedule, Coach Hoffman or any of the coaches in the Sport Center would be happy to help you develop a plan.

Getting a solid education is important, but taking care of your body and mind in the process will help make college a more successful experience.



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# Volleyball to play Coyotes

"To win, all we

need to do is relax,

play and have some

-Trisha Young

by Cherise Marsalis

Spectator Staff

The women's volleyball team has competed well during the '96-'97 season. After playing 11 games, the two that are prominent in senior Kerri

Kobbeman's mind are the matches against Bethany College and Sterling Col-

lege. "One of our best games overall was against Sterling, but another game that we played really intense in was the first go-around

with Bethany. We went into rally scoring and played five games with them," Kobbeman said.

"The women played really well versus Friends, but I was surprised by the lack of enthusiasm by both teams," said Dan Hoffman, head volleyball coach.

The women lost to the Falcons, 3-0 on Oct. 22.

"I feel the team played well against Friends in the second and third games. The first game we didn't play up to our ability, and then we stepped things up and were more competitive with the number-one team in the conference," said sophomore Marie Vacura.

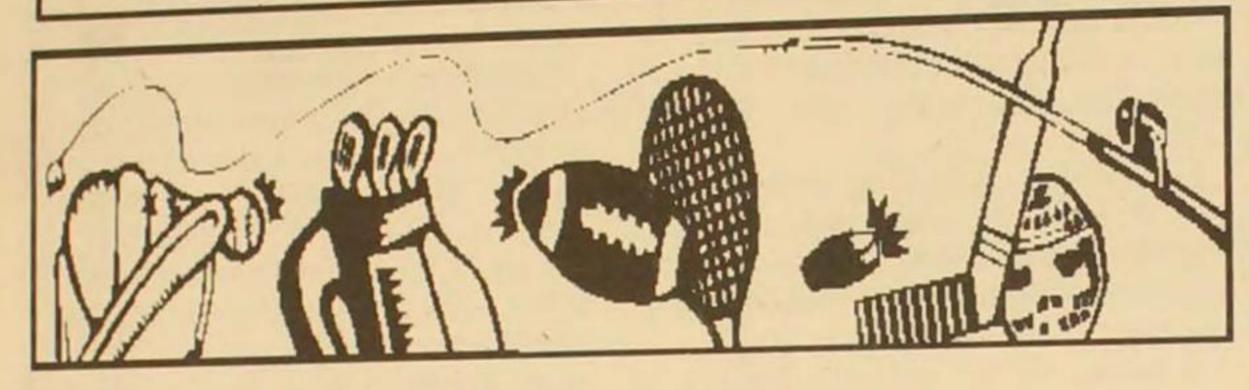
On Oct. 24, the volleyball team was matched against the Bethany Swedes.

"Against Bethany the game started out really well, but after the Swedes made a

few points the ladies lost focus," Hoffman said. The Swedes beat Mac 3-0.

On Nov. 2 the women will take on the Coyotes of Kansas Wesleyan.

"To win, we all need to play as a team, relax and have some fun. We seem to do better when we are relaxed," said senior Trisha Young.



# Homecoming game draws crowd of students, alumni



photo by Mark Godfrey

The October 19th Homecoming activities, including the football game, drew crowds of students, friends and alumni.

# Luck is the way to win in life and sports

What is luck? This is an important issue in the world of sports. It's kind of like Santa Claus; some people believe in it and some don't.

In sports you can prepare for everything. You can prepare for the surface you're playing on, the opponent, the wind—even the fan noise—but you can't prepare for luck; it's either on your side or it's not.

Luck is what made the 1986 New York Mets win the World Series on the error of Billy Buchner. The New York Giants won the Super Bowl six years ago because of a missed field goal in the fourth quarter by Buffalo Bill Scott Sportsview By Joe Bravo

Norwood. And, of course, this year's World Champions, the New York Yankees, had some luck on their side.

There are other words people use for luck, such as chance and the intangibles. Ever since I was a kid I have known it was better to be lucky than good. You can always beat someone who is good, but you can't beat someone who is just plain lucky.

I am not afraid to admit that I am one of the most superstitious people on God's green earth. I have a lucky coin, with a four-leaf clover on it, a lucky hat, a lucky necklace, a lucky shirt and a host of rituals that I perform before a football game.

One other thing about luck—you have to know how to handle it once you get it. Every football team I have ever played for has prepared for fumbles and interceptions, and every baseball team I have played for has prepared for dropped third strikes and dropped pop flies. Chance favors the prepared mind.

I have also heard the argument that you make your own luck. I don't agree with this because you cannot make luck happen. For you to have good luck your opponent has to have bad luck, so a situation must be created for luck to intervene. The only thing you can do is try to have luck on your side before this situation can occur.

As long as you have luck on your side, you'll always come out O.K. So go home, eat a bowl of Lucky Charms, put on your lucky hat and go consult your magic eight-ball. You never know what is going to be lucky, right Shawn Purdie?

# Soccer team beats Friends University

by Cherice Marsalis

Spectator Staff

In spite of the final outcomes, the men's soccer team has been playing with all heart.

The Bulldogs lost 7-2 against Kansas Wesleyan on Sept. 16, despite the efforts of freshmen Cliff Bell and Clay Porter, who each scored a goal.

On Sept. 18 the Ottawa game was an adventure in itself. The Bulldogs, determined to win, shut out the opposition with scoring lead by Porter and Jeff Cole, sr.

"This is the only game so far that the men have played start-to-finish," said Jerry Malone, head soccer coach.

McPherson had a more positive outlook for a victory going into the game versus Oklahoma Christian University of Science/Arts on Sept. 21

After 90 minutes of playing with high intensity, the Bulldogs were defeated 3-1. Pete Petrovski, sr., pounded in the lone goal, assisted by Bell. On Sept. 24 the McPherson men played one of their longtime rivals, Friends University. The game resulted in a 7-1 loss, with Porter making the lone goal for the Bulldogs.

Another outing pitted the Mac men against Sterling on Sept. 28. McPherson

had to play one man short on the field due to Brad Martin, fr., receiving a red card for hitting someone. The dogs where blanked 6-

On Oct. 2 the Bulldogs battled against Bethel College but lost 5-1.

"This wasn't one of the mens best games. They didn't play up to their ability," coach Malone said.

One draw back for the men was a result of Martin having to sit out due to his red card. In the annual Soccerfest the Bulldogs battled 'cross town rival, Central College. The men jumped out early with goals by Scott Pennington, fr., and O'brien Byrd, soph. Central battled back, but goals by Petrovski and Porter clinched the victory, 4-2. The next to challenge the abilities of the men's soccer team was Tabor College on Oct. 5.

Malone remarked proudly, "This was a strong game for the men. The team played together and played aggressively."

At halftime, the score was 1-0 with the Bluejays in the lead. Then in the second half the opponents came out strong and ended up taking the game. The final score was 4-0.

On Oct. 7 the Bethany Swedes were the next to challenge the Bulldogs to a duel. The men played with great skill and intensity. At halftime, once again, the score was 1-0.

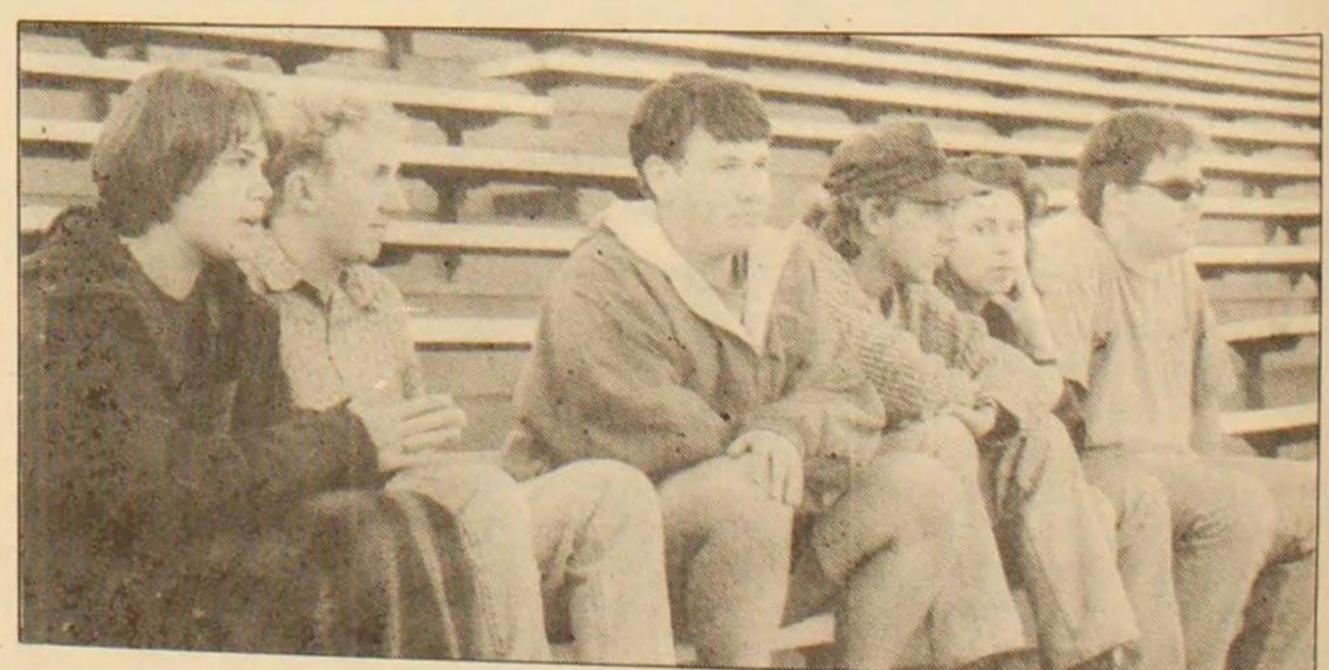


photo by y JD. Bowman

Sarah Marie Hendricks, fr., Mike Horner, soph., Ben Matthaei, fr., Kurt Bowman, soph., Elvira Stehlang, jr. and Quentin Alsip, soph., cheer on the men's soccer team.

Then the Mac men fell short and let a few goals slip by them.

A few downfalls the men also had to deal with included sick players and a couple of players that were not 100 percent healthy. The Swedes were the victors in this game, 3-0.

Kansas Wesleyan came to the "Dog Pound" to fight it out on Oct. 10. KW has the top two goal scorers in the conference, which kept the Bulldogs busy on defense. KW took the game against Mac, 6-0.

October 15 the Bulldogs traveled to Ottawa University. Porter scored two goals, and Petrovski added another leading the Bulldogs to a 3-2 victory over the Braves.

The Bulldogs will battle rival Friends University for their Homecoming game tomorrow.

"The guys have a chance at winning this game as long as they play hard and stay healthy," Malone said.

# Bulldogs defeat Bluejays



photo by Mark Godfrey

Rudolph "Turtle" James rushes past the defenders during the 1996 Homecoming game against Southwestern. After a four-game skid the Bulldogs tried to find the road to redemption, and they may have just found it. Last Saturday the men of Mac destroyed an inspired Tabor College football team 47-7. In the last few weeks the scores have been similar, but Mac was on the losing side.

by Joe Bravo

Sports Editor

"This was a real important win for us. It was a total team effort and we haven't played like a team in weeks," Will Roberts, soph., said.

The Bulldogs have not looked this good since the Bethel game five weeks ago. The defense gave up less than 200 yards total offense, had a blocked punt, and the offense capitalized on almost every Bluejay mistake.

The scoring wasn't done only by the offense. Senior defensive back/wide receiver??? scored on an 84-yard interception return for a touchdown. Senior line-backer Brian Ward couldn't be outdone, so he picked one off and ran it back just shy of the goal line.

"As a team we played better as a whole, but the key was that everyone dug down a little deeper and tried a little. That's what I think was the difference between this week and past weeks," head coach Bruce Grose said.

With the defense finally playing up to its potential and the offense putting points on the board, this could be a mid-season rebirth for the Bulldogs.

The Bulldogs opened their season with a scrimmage against the Kansas Wesleyan Coyotes. Mac played well in the scrimmage, but in seven weeks a lot can change. The Bulldogs may be playing against a totally different KW team. The Bulldog offense has changed from the classic singlewing to a new full-house type of offense, and the "Big Unit Defense" has ben playing up to its potential. Tomorrow's game against KW should be one to

# Basketball looks to strong season

by Scott Pennington

Spectator Staff

The 1996 basketball season is almost underway, and both the men's and women's teams are looking forward to improving lat year's marks. The teams are coming from opposite ends of the spectrum, but both are looking in the same direction.

The men hope to build on last year's 18-

11 record hat included a 12-4 league record and a second-place finish in the conference tournament. That will be tough, after losing two All-Conference players, in point guard Chris Owens and of-guard Matt Richardson, but with seven returning players the team expects big things.

The preseason coaches'

poll has the Bulldogs finishing in the middle of the pack, but head coach Roger Trimmell, along with assistants Jeff Luster and Doug Delay, are expecting a better finish

"I see us as competing for the championship. A lot of things are going to change,

Last year the team relied heavily on perimeter shooting, but this year the team will try to incorporate the inside game. The Bulldogs will be looking to 6'6" juniors Ryan Wenzel and Rick Coleman, along with 6'5" transfer Tim Herrs. They, along with 1995 honorable mention All-Conference guard Brandon Rice, sr., and power forward Emanuel Roland, jr., will try to develop an inside-outside attack that can

open up the opponents.

"I see us as compet-

ing for the champion-

ship. A lot of things are

going to change,

—Coach Trimmell

though."

Coleman believes that this year's Bulldog team, although young, has a lot of potential.

"It is all going to depend on how well we work together," said Coach Trimmell. "They are all working hard, but it is going to take some time for the chemistry to develop."

The women, on the other hand, will try to rebuild a team that went 3-23, and 0-16 in conference play. This year they look to the future. Building on five returning players,

including two starters, junior Amy Ross and senior Staci Shoe-maker, the team has the experience to build around the seven incoming freshmen.

The plan this year is similar to the men, developing an inside-outside game. Last year, with little height, the

team relied solely on perimeter shooting, which was difficult against teams that guarded against it. Head women's coach Mel Wright also plans to use the height factor to mix up the defense.

We are a much, much better team than we were last year. Conference is going to be tough with Sterling, Bethany and Friends, but we will do all right," Coach Wright said.

Junior Nikki Adler agreed. "We have a lot of new talent, and the added height will help us a lot against the bigger teams."

The women open their season this weekend in Dodge City, playing in a junior college tournament. Although the games will not count toward their record, it will aid in helping the team bond together.

# 1996-1997 Basketball preview

remember.

THEMEN:

Returners: Rick Coleman, jr.; Jason Dingman, sr.; Brandon Rice, sr.; Emanuel Roland, jr.; Ryan Schmid, sr.; Erik Vogel, jr.; Ryan Wenzel, jr.

Transfers: Brian Carr, Tim Herrs, Shane Sundahl, Tony Waldron

Last year: 18-11, 12-4, 2nd in KCAC Tournament

Key to year: Develop inside game to open outside attack

THE WOMEN:

Returners: Amy Ross, jr.; Staci Shoemaker, sr.; Nikki Adler, jr.; Andrea Bess, jr.; Amber Spillum, jr.

Freshman: Deirdra Jones, Rachel Liese, Rhonda Murphy, Katy Nuesch, Hillary Schubert, Melissa Smith, Summer Snodgrass

Last year: 3-23, 0-16

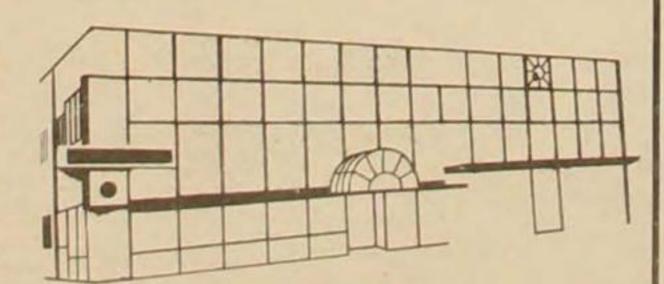
Keys to Year: Developing inside-outside game, mix defense

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Darren Dyke displayed his unique talent of playing the steel drums during the Oct. 28 Convocations. Dyke will be performing on Nov. 2 at the Lindsborg Coffeehouse.



photo by JD. Bowman

# New advising program to be implemented

by Shelly Hendricks

Co-Editor-in-Chief

McPherson College's advising program is currently undergoing changes involving freshmen and majors. The Miller/Cook consulting firm that has been working for the college since Feb. 1996 suggested that the college implement a program dubbed "developmental advising."

"[Developmental advising] is seen as a team effort with faculty and students. Students and teachers are interacting back and forth to develop goals for the whole person," said Karlene Tyler, registrar.

The program will be a continuum of the current freshman and major adviser plan but will add more specific functions for the role of the adviser.

One aspect of developmental advising from the "Advisor's Resource Manual" (Aug. 1996 edition) is its concern with human and academic growth. The cognitive and moral areas receive equal attention; personal goals, objectives and career aims are also a central focus.

"We don't just center around courses but also what a student may want to accomplish socially and interpersonally while at college," Tyler said.

Developmental advising is a continuous process that tends to relationships, not pa-

perwork. Also, it requires caring interaction between the adviser and the student. The adviser is usually the initiator, but the student must put forth effort to sustain the relationship.

A successful developmental advising program

### Vice President Continued from Page 1

Sharon Knechel's job as vice president for student services focuses on student and social aspects of campus life. Knechel has worked for McPherson College since the fall of 1988.

"I deal with anything that touches a student's life," Knechel said,

Admissions, orientation, career planning, ministry, residential activities and athletics are some of Knechel's main concerns. Any student who has ideas for activities, concerns or questions about campus life can make an individual appointment with Knechel.

The student services office is also responsible for the contents of the student handbook. Its particular emphasis is the information regarding campus policies, student organizations, general information about the offices and resources accessible to the student, and residence life. Knechel also coordinates the campus judicial system and communicates with the students' families.

All three vice presidents work closely together, and they, other administration, faculty and staff construct an integrated working structure that can run the college in the president's absence.

requires the commitment of both parties.

"I would want to be comfortable with my adviser under the developmental advising program before they interacted with me on a personal basis, " said Mariah Draper, fr.

The process is concerned with developing the student's rational processes, environmental and interpersonal interactions and logical skills. Hence, advisers are viewed as teachers out of the classroom.

"Developmental advising helps us achieve part of Mac's mission in that it emphasizes whole persons, not just academics, so the adviser will be a better resource for students," said Dr. Susan Taylor, vice presi-

dent for academic services. Developmental advising is a concept that has been implemented in schools around the United States and deemed successful. Achieving a successful program means that students are actively involved in the process of making educated

choices about their futures. Hopefully, with the necessary assistance of the adviser, students will become more committed to attaining their goals.

"I think [it] would be successful because my adviser is already very actively involved with my college experience, and it has been really helpful. So, if all advisers can do this I think it would be an advantage to all students," said Cheri Norsworthy, fr.

A successful adviser is more personally involved, someone who learns their students' backgrounds and why they are pursuing particular career goals. Advisers can provide more than simple signatures to approve courses. They can help students choose courses in plans that are helpful to the students' enjoyment of their college years.

Faculty advisers will need to make some

changes in order to prepare for developmental advising. They will be instructed on how to become more personal advisers, which will be achieved partly through workshops and partly from a handbook each faculty member will receive.

Hopefully, advisers will soon be given a book that contains all the paperwork forms a student might use while at school. This will give advisers an opportunity to familiarize themselves with necessary forms to fill out for particular requests, class changes or other circumstances.

The book would also include job options for certain majors, telling faculty what to do

if there is a health emergency, and list persons to whom the adviser can refer students.

"Freshman advisers need to be more informed on advising which classes to take because some majors are difficult to complete in four years if you don't start the sequence correctly," said

Andy Ullom, jr.

"It gives us a chance to

show freshmen students

what personal attention

they can receive here ver-

sus Kansas University or

Kansas State University."

—Dr. Rick Tyler

Additionally, a condensed enrollment package is expected to be complete by the fall of 1997.

"We are going to try to bring enrollment information and requirements together so that it is more user-friendly for advisers and students," said Taylor.

"Some of developmental advising is for the benefit of the college. It helps the school explain itself and what the college stands for. Also, it gives us a chance to show freshmen students what personal attention they can receive here versus Kansas University or Kansas State University.

"We are doing things a little differently here," said Dr. Rick Tyler, chair of the theatre department.

# SGA budget

The 1996-1997 SGA budget allocation process has been revised to benefit more campus organizations

by Karen Nguyen & Becky Ullom

Spectator Staff

Student government's 1996-1997 budget was allocated \$22,100 to fund various clubs and organizations, which must meet certain criteria before receiving money.

Student Government Association asked that all clubs requesting funds submit a budget for the amount deemed necessary. The total amount demanded by clubs this year exceeded the student government's allotment by approximately \$10,000.

Thus, SGA sent a second request to clubs, asking for a revised budget showing the minimum amount needed. A budget for the 1996 fall semester has been finalized, and a new budget for the spring semester will be completed in the near future.

Student government determines which clubs receive funds by studying how well the money used benefits the majority of students. Until this year, clubs were given money on a need basis.

"The new budget provides a better structure for distributing money. It is more organized, and thus more proportional in the way money is divided," said Brian Cooper, soph., SGA secretary.

The former system created various problems. Actual statistics indicating how much each club asked for and received were not easily accessible. Also, it was difficult to organize the budget because money was allocated in an unorganized fashion.

"The revised budgeting process will be beneficial to organizations because it will insure them a certain amount of money to use for their events," commented Brent See, soph., SGA treasurer.

Also, SGA will provide for only half of all travel expenses this year and will not fund any fundraisers. Therefore, if a club wants to take a trip, SGA will pay no more than half of transportation costs. All organizations must obtain other funding sources in order to purchase items necessary for their fundraisers.

Student Government Association itself incurs expenses, including salaries for the Spectator, Quadrangle, SGA and Student Activities Board, which account for onefourth of the SGA budget. Other SGA expenses are: the spacewalk activity for Homecoming, discounted admission for Tuesday night at the movies and activities for Family Weekend.

"I would like to thank the clubs and organizations for being patient during the budgeting process," said See.

# Reactions to the annoucement of President-designate Dr. Gary Dill

"I'm very excited. Very excited!" said Patty Lusk, secretary to the president.

"I really appreciated what Gary Dill had to say to the students," said Emma Webb, soph., after meeting Dill at the student session.

"I am excited about the arrival of our new president, and I think the rest of the campus is excited too. I am anxious to see how Gary Dill leads McPherson College," said Melissa Sharp, jr.

"I applaud the selection of Dr. Gary Dill as president, especially because of his stance on academic freedom," said Dr. Herb Smith, professor of religion and philosophy.

"I am happy they chose Gary Dill as president. He is smart, funny and a Texan!" said Dr. Kim Stanley, professor of English.

"I am impressed with Gary Dill, but I'm even more impressed with his wife. I'm excited for them to be on campus and I think they will be a positive change," said Sarah Stover, fr.

"Gary Dill seemed like a nice guy and I think he will do a good job. His wife likes to rollerblade at night and hopes someone will go with her," Pete Brubaker, fr., said.

"I am impressed with Gary Dill's ideas and honesty toward the students. I enjoy seeing him work with his wife," said Becki Dilley, soph.