

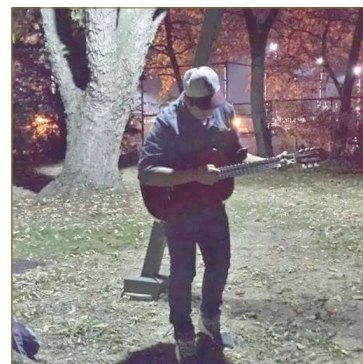
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Class of 2016



Mikey Pozo

Christian, Peruvian, American

by Victoria Cook

"I'm going to go to America and bring back money to help our family," Marco Antonio Pozo said to his wife, Lilia Pozo Pedemonte back in 1990. With economic pressure in Peru, lawyer Marco Pozo decided to travel to America in hopes of providing a better life for his wife and two daughters, Lisette and Lisbeth.

Months later, Marco's wife Lilia surprised him by coming to America. She had missed her husband, so she met up with him in Maryland. A few years later, they had their third child, Mikey Pozo. Pozo, a PHC freshman, grew up in Ashburn, Va., and has learned to embrace his culture and share it with others.

Education After PHC

Alumni Give Advice on Getting into Graduate Programs After PHC

by Evie Fordham

Like many of her classmates, senior literature major Caitlin Coulter plans on attending graduate school.

"I want to teach high school literature," she said. "A master's degree in English will both better prepare me for that opportunity but will also allow me to continue learning and discussing something that I so love. I recently took the GRE and am working on editing a paper to submit as a writing sample."

Coulter and her peers have a wealth of information about grad school in PHC's alumni. Here is some of their advice:

1. Don't procrastinate.

"Start thinking about it earlier than you think," said 2016 grad Ryan McDonald.

He entered George Mason University's law school this fall after majoring in Government/American Politics and Policy.

"Letters of recommendation and entrance exams are essential parts to applying for graduate school," he said. "The last thing you want to do

is spring a last-minute request on someone for a letter."

2. Have a test prep regimen.

"Start studying for entrance exams early," McDonald said. "Even if that only means 20 minutes a day of reviewing material as you ease into a more stringent study routine, starting early will give your mind more time to digest all of the strategies and knowledge needed for the tests."

The Princeton Review, a college admissions service

continued on page 3

continued on page 4

theherald

volume 24, issue no. 7

thestories

student life manual	page 3
horse competition	page 5
december graduates	page 6
mental health series	page 8
si lecture	page 9
women's soccer	page 10
apprenticeships	page 10
semester interns	page 11

themasthead

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studentgovernment

This week your student executives had some extremely fruitful conversations with the Board of Trustees. Some were in the formal session and many took place informally. Clayton and I are so excited about the direction the Board is taking going forward on everything, from improving school policies to discussing school standards for students to marketing strategies for our school. A lot of good is going to happen this year, and we would like to work with the new student senate on community and policy as soon as they hit the ground.

Peace,
Andrew and Clayton

If You're Considering Grad School...

continued from cover

company, recommends that students applying to grad school in December start preparing for entrance exams six months ahead by taking a practice test (GRE, GMAT, or LSAT). Then students can determine their preparation methods depending on that score. They recommend taking tests four months early so that if students don't achieve the scores they need, they can retry.

3. Make sure grad school is right for you.

2004 grad and Government major Nicholas Higgins earned his Master of Politics from the University of Dallas in 2005.

"After my master's, I taught high school," he said. "In a certain sense, that higher degree was not needed for the job I had. I loved and appreciated the knowledge I gained but it did not [necessarily] help me obtain a job... After teaching high school for a while, I wanted to teach college. So I went to get my Ph.D."

Higgins earned a Ph.D. in Political Science from the University of North Texas and is now Assistant Professor of Government at Regent University.

"Do not go to grad school if it means taking out debt," he said. "If you want to go to grad school and can afford it, and

you desire knowledge, then feel free to go where you want. If you think going to grad school is necessary for the job you want (a J.D. for a lawyer, a Ph.D. for a professor) then go to the best school that will give you a full ride or at least hire you to cover the cost of the education."

4. Take a gap year, or a few.

"Wait a few years. Very, very few entry level jobs require a master's," said 2013 grad Meredith Mantel. "I didn't start pursuing my master's until three years after graduating with my International Politics and Policy degree... I've worked as a federal contractor for the State Department for the past three years."

Mantel works as a Central Asia conflict and stabilization specialist and started at American University's School of International Service part-time this past summer. "It feels like everyone is getting their master's and you'll fall behind or be less competitive if you don't, but that's just not true," she said. "If you wait, you'll be able to save money or pay down existing loans, you'll have a better idea of what you want to study... and you'll have real world experience to bring to your classes."

5. Consider more than the school's prestige.

"I graduated from PHC in 2016 with an Economics and Business Analysis degree, and I am now working on my MBA

online through Cedarville University," said Elyssa Edwards.

She hopes to use her degree to run a nonprofit in the future. "Be practical about what you need a graduate degree for," Edwards said. "It's a lot of money, so be wise about where you choose to apply... While an MBA from Harvard Business School would be fun to have, I don't need that level of prestige for what I want to do. I wanted to be able to take classes specifically in nonprofit management, and very few schools have that. Go somewhere that has the ability to allow you to concentrate on your desired field."

6. Network, network, network.

"If you've decided grad school is for you, do everything you can to network with alumni or faculty of programs or schools you are interested in," said Andr  a Suarez, a class of 2009 Political Theory major.

She is pursuing a master's in English at Appalachian State University in Boone, North Carolina.

"I got into my current grad school because I inadvertently took a class with the director of graduate studies for the English department," Suarez said. "Go to an academic conference! Hunt down friends of friends who are alumni of the program or school! And remember that as a PHC grad, you'll be incredibly well-prepared." ♦

Updated Student Life Manual

by Beth Bergstrom

The Office of Student Life released an updated Student Life Manual onto the student portal on Sept. 29.

The updated manual includes changes and clarifications from the previous version. President Jack Haye approved the changes on Aug. 28.

The manual now includes the dance policy and the new chapel policy. The dance policy begins, "The intent of these dance guidelines is to help create an environment that will cast a vision for God-

honoring celebration, as well as to describe the boundaries for social dancing and dance events that are in keeping with the spirit of our community standards. Dancing is a way to celebrate, exercise, and have fun." Prior to this change, school policy prohibited dancing on campus.

The new chapel policy allows 10 absences per semester. After exceeding their skips, a student will receive a Chapel Warning letter. The letter lists the instructions for meeting with a Resident Director to discuss the student's absences. If a student continues to miss chapel after receiving a Chapel Warning letter and

meeting with the Resident Director, the student will be placed on Chapel Probation. The student will then be required to meet with the Dean of Students. Until this meeting, a hold will be placed on the student's account.

The new manual also includes a mental health policy. The policy reads, "According to research, the risk of self-harm is particularly high in the first few weeks following discharge from a hospital. Therefore upon return to campus the student who has been hospitalized will review a

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Mikey Pozo: Stranger No More

continued from cover

Pozo grew up learning Spanish from his parents and English from his sisters. His parents instilled in him perseverance and grace, qualities that they emulated in their own journey to America.

When they first came to America from Peru, Pozo's father was an atheist and his mother was a devout Catholic. Pozo's mother grew in her faith after she witnessed a pastor's love and earnest prayers for her dying father and her family. Soon after, Pozo's sisters and father became Christians too. "It was fantastic how God worked through my family," Pozo said.

Pozo dreamed of being a pastor. This desire was strengthened when his father became a pastor of the Iglesia Bautista Templo. However, as he's gotten older, these desires have shifted. Pozo is now pursuing a law degree.

Ever since he was a youth, Pozo has been singing. His mother would call him "pajarito", which means "little bird" in Spanish. Pozo learned how to play the viola, the guitar, and is currently learning how to play the piano. At the age of 12, Pozo began songwriting, with his first single entitled, *Fool for Love*. Earlier this October, Pozo sang that song at his sister's wedding.



The Pozo family

Courtesy: Mikey Pozo

During his senior year of high school, Pozo was able to perform at International Night, an event set aside for celebrating and learning about different cultures. Before the event, Pozo was practicing when a fellow student asked him if he could sing to a girl he liked. With some daring, Pozo went into the cafeteria where the girl was sitting, and he serenaded her for the student.

After that, Pozo kept receiving song requests, so he ended up putting on a mini show before he played Spanish songs during International Night.

Currently, Pozo is working on releasing his first album titled *Stranger*. His first EP of the same name is available to download

for free at www.noisetrade.com/mikeypozoz. His influences of music come from Peruvian music, American rock 'n' roll, and individual artists. "What I'm trying to invoke in my music is the truth: the good, the bad, the bittersweet, and the beauty of life," Pozo said.

Another side of Pozo's music is to glorify God in his efforts. "Not all of my songs have Christian themes," he said. "But all of my songs that I try to write point to Christ. I hope that people can see that shine through my music."

On Oct. 22, Pozo will be releasing another single, entitled, *Bury Me in California*. ♦

Student Life Clarifies Disciplinary Policy

continued from previous page

care plan with the one of the Deans in Student Life. The purpose of this meeting will be to provide a set of expectations for a return to campus life and outline a plan for follow-up care."

This policy also includes clarification on the disciplinary protocols for serious violations of the community standards. The manual states that serious violations include illegal drug use, intentional use of alcohol or tobacco, arrest by civil authorities, hazing and/or harassment, intentional damage to property of the college or others, academic dishonesty, possession of a prohibited weapon on campus, theft, unauthorized use or discharge of a

weapon on campus, and others, such as sexual harassment and/or sexual assault.

The new protocol outlines three steps for disciplinary action. Step one: admonition. On the first occurrence the student will receive a warning that a violation of the community standards has occurred and that repeating the behavior will result in additional consequences. Step two: a meeting or official warning.

"The intent of this meeting is to explain to the student what his or her wrong doings are, why it is against the standards, and to take informal corrective steps to help the student with his or her violation," the manual states. The meeting will result in the creation of an incident report, filed with the Office of Student Life.

Step three: a formal response. After a third violation the student will meet with a Dean and a faculty member to discuss disciplinary actions. The result can be a formal plan of action such as probation, restitution, community service hours, removal from leadership positions, or a growth contract. The meeting may also result with suspension or expulsion. The student has the ability to appeal any decision made in this meeting according to the Judicial Process outlined.

Issues of sexual harassment and/or assault will be dealt with according to the existing Sexual Misconduct Policy, and not according to the disciplinary protocol of other serious violations. ♦

2016 Morven Park Fall International Horse Trials

by Leah Greenwood

Amidst a constant drizzle of rain during the first two days of the 2016 Morven Park Fall International Horse Trials, horses and riders competed in the event during the last weekend of September.

Skill levels ranged from novices to Olympic and professional riders, including: Kim Severson (Team USA, 2004 Athens Olympics), Lauren Kieffer (Team USA, 2016 Rio Olympics), Lynn Symansky (United States Equestrian Team), and Bruce Davidson Jr. (United States Equestrian Team).

Competitors started their days with dressage, moved on to show jumping, and ended with the cross-country course. Each event emphasized different qualities of the horse and rider. "Horse trials have their origin in the military," said Heidi Berry, one of the judges for the dressage competition. In the past, mounted cavalry officers used to compete in events to showcase both their own skills and those of their horses.

Dressage requires horses to be trained and agile enough to follow their riders' commands promptly and smoothly. The ultimate goal is for the horse and rider to be in harmony. The rider must memorize a test, then give clear and almost imperceptible cues to his horse to perform the right moves in the proper places around the arena.

Horses' coats shone from sweat and rain as they switched from an extended trot to a collected trot, and performed moves at the canter. Riders wore a half-smile as they concentrated on making it successfully through their test in the dreary weather. Many horses tossed their heads and acted up, making obvious their disdain of having to work in the rain. Both horses and riders seemed relieved after they saluted the judge, signifying the end of the test. For many, however, it would be a short break; show jumping was next.

Show jumping exhibits a horse's power and beauty. In order to have a clean round



Horse and rider compete over a water jump on the cross-country course

with no refusals and no fallen rails, the horse must have enough balance to make tight turns and to lengthen or shorten its strides for a good take-off. The rider must memorize the course, know how many strides are between each jump, and maintain control over his horse. Originally, show jumping was the last event in which competitors participated, showing that their horses were sound enough to complete the course after having gone through the other two events.

Spectators watched the show jumping rounds with bated breath, hoping along with the riders that the horses would jump clean, groaning in disappointment when a pole was knocked out of its holder or a horse refused a jump, and sighing in relief when a rail stayed up despite being tapped by the horse's hooves.

Cross-country demands horses to be bold enough to jump unique obstacles and to have enough strength and endurance to gallop across a diverse landscape. The objective is to complete the course with a clean ride without exceeding the time limit. The rider must know the order of jumps and be able to conserve his horse's energy through effective pacing.

Hooves pounded over the cross-country course, solidly carrying each horse and

rider up and down hills, through wooded paths, and across open meadows. Riders urged their horses on as they splashed through water jumps and powered over logs and brush fences.

One combination of cross-country jumps was particularly tricky for many competitors, causing refusals from a number of horses. Horses had to jump a log fence, land on a downhill slope, take a few strides back uphill, and then jump a "skinny," a long, narrow jump. One horse even fell, catching his legs on the end of the skinny, and throwing his rider as he went down.

Riders spend years training, exercising, and building up their horses' muscles and skills to prepare for competitions. A lot of thought, planning, and hard work goes into a horse's conditioning, speed and strength training, and health management, as well as a rider's health and fitness. Many riders even compete with multiple horses.

Despite the absence of ideal weather, the atmosphere at many horse shows is filled with an exciting buzz. Spectators of equestrian competitions have the chance to spend time with the people around them, and personally witness the grace and beauty of horses in action. ♦

Abby Davis

Davis, a Classical Liberal Arts major with a minor in Pedagogy, has a big milestone following close on the heels of her graduation: a New Year's Eve wedding. Although Abby has been engaged for several months, the decision to graduate early came even before her marriage plans.

"I realized, alongside a horrible case of 'get-me-out-of-here junioritis,' that I only would have two classes remaining my senior spring," Davis said. "I decided that it was worth working a bit harder and finishing up early rather than dragging things out into another semester for only two classes."

As she prepares to leave

PHC, Davis looks back on her sophomore fall semester as one of her favorite memories. When her whole wing practically lived in the dorm hall while studying, the girls all bonded over their respective midterms and stress and, consequently, grew much closer through all the insanity. "It was a fun, crazy, memorable time," Davis said.

After getting married, Davis plans on working in the Leesburg area while her then-husband, Daniel Osborne, finishes the spring semester. After May, Davis hopes to pursue a career in teaching wherever God leads, either overseas in China, or locally in Northern Virginia. ♦



December



Olivia Monroe

Monroe is a Classical Liberal Arts major, and as the oldest of four children, Monroe's choice to graduate early came after the realization that the financial help given by her parents would make it difficult for them to aid her other siblings through college.

"At that point, the decision was a combination of three factors: to minimize debt, to make getting through college financially easier for my siblings, and thank my parents for their willingness to support me," Monroe said.

Looking back, Monroe

credits both the friends that she has made while at PHC and both of her summers of serving at Teen Camps as the highlights of her college career.

In the future, Monroe's very practical plans are to "sleep more, read more, and hike more." She will also transition into a full-time Admissions Counselor for the college. "PHC isn't perfect," Monroe said, "but it is one of the greatest gifts God has given me, and I am thrilled to be able to give back to the school in this way." ♦

Graduates

by Rebekah Jorgensen



Hannah Cudal

Cudal claims that she is a “closet International Politics and Policy Major,” since she is involved in so many Strategic Intelligence projects, many mistake her major. Although Cudal will be finishing up language credits in the spring semester, she officially finishes classes this December.

Her favorite PHC memories date all the way back to freshman year, the only time that she spent both semesters living on campus. “In the spring we played the ‘SI game,’ as I call it – the first SI introductory class,” Cudal said. “The rules hadn’t all been established yet, so our shenanigans produced the ‘No Bugs’ rule, the ‘No Chloroform’ rule, the ‘No

Stealing License Plates’ rule, and so on. I hacked some emails, that was great, but what I remember most affectionately are the close friendships I made and the exciting risks we took together.”

After graduation, Cudal hopes to remain in the DC area, as this is where most of the intelligence agencies and influential think tanks are located. She also plans to “earn tons of money with which I shall buy tasty food, and do all the things I’ve putting off because I don’t have time these days: creative writing, cooking, running, watching movies, hiking, camping, reading sci-fi and fantasy, and making new, post-school friendships.” ♦

Josh Devamithran

Devamithran is an Economics and Business Analytics major, and he chose to graduate early so he could start working before the rush of summer graduates and interns. He also hopes to travel and study for the LSAT.

Devamithran claims that his favorite PHC memory is “106 Kirkbridge Court,” the house in which he lived during his semesters spent off-campus. In the future, Devamithran intends to apply to and attend law school. ♦



December graduates also include: Ryan Collins, Asa Warf, and Jason Long.

Eating Disorders: Struggling in Silence

The Fourth Story in the Herald's Mental Health Series

by Harvest Prude

You wouldn't peg her for someone with an eating disorder. Lane (whose name has been changed) is a current Patrick Henry College student. She is a girl with stunning eyes, a nose that crinkles when she smiles, and a killer work ethic. She has good friends, a full schedule, and a couple of options lined up post-graduation. She has also struggled with bulimia for six years.

Rewind to sixth grade. A former friend told her she's worthless because of the way she looked. "If he's thinking that," Lane thought, "who else is thinking that?"

Fast-forward to high school. A few weeks before her fifteenth birthday Lane found out her brother's friend was spreading rumors that she was pregnant. After that, it seemed like every kid in her community was talking about her.

"I thought if I lost weight I would be good enough," Lane said.

The first time she made herself sick was Sept. 13, 2010. "It had been a really bad day," Lane said. It took her a long time to do it. She didn't know how long she stood there. Finally, she decided that if she didn't do this she'd never be good enough the way she looked. It took several tries. "I forced myself to get sick," Lane said. And then she cried.

"Now I can do it without making any noise, without leaving a trace," Lane said. So her disorder went uncaught; everything flushed down the toilet, and she continued to struggle in silence.

After the first time, she measured her days in terms of good or bad. At first, the bad days were sporadic. But after the first year and a half it seemed like it was the good days that were rare. There were times when she forced herself to throw up every day.

She felt like she couldn't do anything right.

But from the outside looking in, she got a lot right. She was the kid with the insane schedule. She woke up at 6 a.m. and



Credit: Wikimedia Commons User Lisa

went until midnight, until 1 a.m. even. She danced and played sports and made straight As in hard classes. She juggled family, classes, and youth leadership at her church.

And then it would end with standing over the toilet in the bathroom and forcing herself to get sick.

In the end, it didn't matter what the other kids said. She was unhappy inside. She didn't like what she saw when she looked in the mirror. Her self-hatred progressed with her bulimia. "You lose a lot of what you love about yourself," Lane said.

She called herself at that time a toxic person: "I was a very mean, nasty person. I would snap at people over little things." Her friends didn't know how to talk to her about it. "You do it because want to look like everyone else, and yet it makes you feel so very alone," Lane said.

Senior year of high school, she talked to her mom. She got some help. Things began to improve, and so did her mindset. "I had to give myself permission," Lane said. "I had to realize it was okay to be happy."

She realized, "If I don't like something about myself—I don't take shortcuts [to change it.] That's what it is. Bulimia is a

shortcut."

Lane wanted coming to PHC to be a fresh start.

At first it worked. She didn't hear comments about the way she looked. But walking into the dining hall was tough. And she found she couldn't go the on-campus gym without feeling self-conscious. She stopped going to the dining hall on weekends.

About a month in her freshman year, her bulimia flared up. "I just started feeling the pressure of everything...the pressure to be perfect. I did not think I was good enough to be here. [Everyone else] was all perfect," she said. But Lane did not voice her struggle. "I didn't think they'd care...or understand."

When she went home for fall break friends noticed she was miserable again. She struggled with whether she wanted to come back to school. She realized if she came back, she had to accept she would never be perfect. But she needed help.

Her pastor began counseling her every week. Every morning she would have to say one thing she liked about herself. Like, *Lane, you have pretty eyes*. It could be the same one thing every day. Often it was.

He reminded her she was made in God's image. She began to invest in her

faith. She bought devotional books, a journal, and spent more time with God. "I may not love myself, but Someone more important does," Lane said.

But that made it all the harder when she did fall. "When I was stronger in my faith—when I fell—it was as if I had personally hurt God," Lane said. "Faith made it harder—I felt like I had failed so much more."

Sophomore year, her silent struggle flared up again.

Struggles with her faith, health issues, academic pressure, and social stresses made an initially good semester sour quickly. There began to be a lot of bad days in a row. In the end she reached out for help.

She told her roommate who then told her RA. "She got me the help I needed," Lane said. "But I had to make the decision to change."

She has come a long way. She counts

good days in a row like a string of beads. She still has to wake up everyday and deal with how she feels about her reflection in the mirror, but her bulimia is no longer as active.

She knows now that a piece of chocolate won't send her back to where she was, and sometimes spending time with friends, with God, or investing in herself is worth an A- instead of an A. She's taken up running, something she once dropped because of self-consciousness. "There isn't enough time in the day to do everything I want to do," Lane said. "But I [can't] take shortcuts. There are no shortcuts to happiness."

There is still the rare bad day. She can't name an end date like the beginning date.

But she's optimistic. Lane tells herself she's not the Bulimia Girl. "This is not something that will define who I am the rest of my life."

And she's no longer alone.

"I am loved by a lot of people, and I think so highly of them as people. I can't discount their opinions," Lane said. "It's harder to look in the mirror and not like myself when they're around...I was surprised to find how much it helps to have somebody *know*. And tell you it will be okay, tell you they love you and show you God's grace and love through their actions."

These days, it's a mindset struggle. But Lane no longer struggles in silence.

If you or someone you know is struggling with an eating disorder, there are resources available for you.

Riverside Faith Based Counseling - 703.724.0200.

Emmaus Family Counseling - 703.955.4588.

Prosperity Eating Disorders and Wellness Center - 703.466.5150

On Campus: Pastoral Counseling - Student Life Auxiliary Office - tdgosselin@phc.edu ♦

"Why We Hate You:" An Inside Look at ISIS

by Meg McEwen

Sebastian and Katharine Gorka will give PHC students a primary source perspective on the Islamic State through ISIS publication *DABIQ* tomorrow, Oct. 15. At "*ISIS Through the Window of DABIQ*," presenters and panelists will discuss the anti-materialistic draw of ISIS, its ideology, and how western leadership has underestimated Islam. Col. Gordon Middleton, Strategic Intelligence director at PHC, and the event hosts hope that it spurs campus-wide discussion.

"My overall goals for this event are to raise awareness among our students and faculty of the ideological component of the ISIS threat and to engage our PHC community in dialog about it," Middleton said. The special event will feature the issue entitled, *Break the Cross*, and include two other articles: *For Women: How I Came to Islam* and *Why We Hate You and Why We Fight You*. This manifesto contains a direct challenge to Christianity, a challenge that demands a response.

"So much of our current administration's approach is materialistic. It is con-

sciously ignoring the ideological element," Middleton said. He claimed that the widespread western response, including that of our current president, underestimates Islamic theology as peaceful, condemning only the decapitating, renegade extremists. However, the ideology behind the religion of Islam cannot be distinguished from these extreme factions. Even *DABIQ*, the name of ISIS's propaganda publication, represents direct Muslim eschatology. In this small city of 8,000-10,000 people, Jesus will return and defeat the powers of the West, killing all who do not convert to Islam. ISIS patterns itself after the Qur'an and the Hadith - an arrangement of the teachings of Muhammad.

Middleton hopes that students, faculty, and other PHC community attendees will grasp the ideology behind the ISIS worldview and assess potential to affect change. "I think PHC is in an excellent position to provide some of the Christian based responses to what is clearly a shot across the bow of Christianity by ISIS... I don't have rosy assumptions about converting ISIS warriors," Middleton said. "But certainly in our American context we understand

how dangerous it is to let a false assertive be published out there without reasoned response to it, because after a time it takes on a life of its own."

Middleton reached out to faculty members from several different disciplines for the event, inviting Dr. Cox, Dr. Baskerville, and Dr. Mickahail to preside on the discussion panel. Mickahail will share his experience as a Coptic Christian in Egypt. Sebastian Gorka, the chairman of the Threat Knowledge Group, is an expert on national security, specifically counterterrorism. Katharine Gorka, president and co-founder of the Council on Global Security, was instrumental in forming the SI program at PHC. She will be explaining why western women flock to a religion that has no respect for women.

"While this may not be the dominant issue for your generation, it has very clearly the potential to be the dominant national security issue for your generation. So I think coming out to get some understanding for what this is about is something I would recommend," Middleton said. The event will take place from 10a.m.-12a.m. in the executive boardroom. ♦

Women's Soccer Team Maintains Its Resolve

by Bruce Truax

The Lady Sentinels held their heads up high as they walked off the field. Yet even after coach Andrew Lonon's pep talk, it was hard to quell the disappointment when another hard loss marked the end of a tough season.

Despite the string of losses, the team has improved. Lonon remarked that the team ran drills at the end of the season far better than they did during the preseason, and now the inexperienced members of the team know exactly what they need to work on.

"Now that we have the fundamentals down we can move on to being a little more advanced," Jacobson said.

At the start of the year, the Sentinels weren't even sure they could win a single game. They had a brand new coach and

most of their team was relatively new to the sport. Yet they pressed on in the midst of struggles, making the most of the odds that were stacked against them.

Yet after the close of the season saw not a single win, much of the team became disheartened. "I don't think any of us knew how bad the first couple of games were going to be. I think we thought we were more prepared than we were," said team member Vienna Jacobson.

"It's really easy to get discouraged when we're losing all the time," added fellow teammate Erin Kondak.

However, the Sentinels were not focused purely on winning. Their goal was to be "playing with a servant mentality and playing for the good of other people," Lonon said.

Many of the players are uncertain about the Sentinels' future success. "We have the potential to win a few games next year

if we get more girls and everyone stays and is dedicated as we need them to be, but we don't have any high hopes," Jacobson said. "You don't see a lot of what goes on behind the scenes...we were a bunch of girls that came from totally different places and different friend groups, and we all got thrown together."

Moreover, they did not get respect from the other teams. "There is always talk on the field of the other team saying things," Helmut said.

Still, team members agreed that this season was a vast improvement on the last season. Previously, the team suffered from a lack of dedication; last year, the Sentinels had to cancel five games due to lack of player attendance.

Several members of the team are considering joining an indoor soccer league over the winter to improve their skills. ♦

Apprenticeship Tranquility

by Jeffrey R. Thornhill

Seasonal changes are coming on, the weather cools, midterms loom, spring pre-registration opens and apprenticeship registration confusion blooms for the uninitiated. Apprenticeships are very different from other educational opportunities on campus, and missing out on essential information can make the process more difficult. If you are just starting to think about a future internship you may want to join the Internships & Jobs group in Outlook. A video on how to join and leave Outlook groups can be found at the URL below.

"Apprenticeships" is the term that PHC uses to describe credited, out-of-the-classroom learning. As you may have heard during admission, the classical learning model follows the grammar, logic, and rhetoric progression, and apprenticeships fall into the rhetorical stage. This is why credit is usually offered to upperclassmen

for apprenticeships, who are in the final stage of the progression. The exceptions are in majors that start them earlier, but continue all the way through the senior year. Those are Economics & Business Analytics, Journalism, and Strategic Intelligence.

Apprenticeships at PHC fall into three categories. Internships that are work for an outside organization are credited by the hours worked and syllabus requirements. Directed Research and Writing (DRW) are approved writing projects that are credited by the amount written. Lastly, Practicums are projects under PHC faculty that can be credited by work hours, pages written, or both.

There are apprenticeship courses that have a fixed amount of credit and those are registered for like any other class. Most, however, are variable credit courses, meaning that students registered in the same course can get different amounts of credit. This makes accrediting organizations very edgy, so we document vigilantly

why each student is getting the amount of credit that they are to bring tranquility to their (and our) mission objectives.

This vigilant documentation is done in part through the registration process, which is why apprenticeship registration is somewhat different from the standard registration process. The process is explained in online training videos, the links to which are sent out in an email before the opening of each registration opportunity. If you would like to get a head start on your apprenticeship details and ensure a more tranquil process, all the videos can be found at www.youtube.com/phcinternship. Each variable credit course must be approved by the Faculty of Record, the Apprenticeship Program Coordinator (me), and the Registrar.

If you have questions after viewing the training videos, I'll be in the coffee shop after chapel and lunch on Monday. Questions about future internship plans, apprenticeships, approval criteria and any other entertaining topics are welcome. ♦

Balancing Act: Juggling Internships and Classes

by Danielle Fife

Rather than complete internships during the summer, some PHC students are earning internship credit during the fall semester, forcing them to balance work and school.

"It makes school a little bit easier when you get to enjoy a piece of what you've been working so hard to get a degree in," said Brenna Bakke, a junior Literature major.

Bakke is a teacher's assistant (TA) for The Potter's School, an online satellite school where she took classes for six years. She chose to intern during the semester because it is the only possible time to work in a teaching position. Her duties include basic TA work such as paper grading, and she may even teach a class later in the semester.

Keith Zimmerman, a junior APP major, is working this semester as a legal assistant at Simms Showers LLP in Leesburg. While Zimmerman interned during the summer, he chose not to take it for credit. Instead, he decided to wait and intern for credit during the semester.

"I don't have a whole lot of credits left, but I would like to stay at PHC for four years," Zimmerman said. "In the long term, it is cheaper for me to take an internship for credit during the semester than during the summer."

Mallory Faulkner, a senior CLA major, is the communications intern at The Convention of States Project, where she assists in social media presence and digital marketing. Faulkner is not taking her internship for credit and is instead using it as a steppingstone for a post-graduation job.

Hannah Cudal, a senior IPP major, is interning at The Heritage Foundation in their Asian Studies Center. Like Faulkner, Cudal is interning this semester for career advancement rather than credit. "It was one of those apply now or forget it opportunities," Cudal said. "I applied, got it, quit both part-time jobs that I had, and started about a week later."

Cudal's internship, however, is not an ordinary research internship. Interns are required to attend lectures and various briefings on conservative policy debates.

"It's more like a leadership development program with policy research on the side than it is your standard research

internship," Cudal said. "I compile background research and write annotated bibliographies for other researchers."

Beth Bergstrom, a junior Journalism major, is telecommuting for her internship. Bergstrom worked full-time as the communication intern for the Episcopal Diocese of Ohio in Cleveland last summer, and when her internship came to an end, her boss asked if she would stay on and work remotely.

Bergstrom recognized that an internship during the semester comes with sacrifices. "I thought very carefully about what it would mean for my life," Bergstrom said. "In the end, my love for my job and the people I work with made it so the benefit of interning through the semester far outweighed the negatives."

Bergstrom initially struggled with balancing work with a full credit load. She quickly learned how to make a schedule and stick to it strictly.

"It really isn't the easiest thing to intern during the semester, especially doing it remotely," Bergstrom said. "It has forced me to balance my life, but it allows me to do what I love while still working on school." ♦

College Republicans Denounce Donald Trump

by Beth Bergstrom

The PHC College Republicans issued a statement denouncing Donald Trump and calling for him to step down as the Republican nominee.

The statement reads, "The Patrick Henry College Republicans condemn the heinous and abusive comments about women made by Donald Trump in the 2005 'Access Hollywood' video. Anyone who desires to represent Republicans and serve as the leader of the free world should instinctively understand that these comments have no place in our society, whether in the locker room or on the de-

bate stage. The Executive Board decided earlier this year that we would avoid involvement in the presidential race due to Donald Trump's previous comments about immigrants, refugees, women, Muslims, and military families, to name only a few. However, we can no longer quietly disapprove. Many of us are Christians, conservatives, and Republicans, in that order. On all three fronts, we find that Donald Trump does not meet our most basic standards and expectations. We withdraw any implicit support that existed for Donald Trump and call on him to step down from the Republican ticket. We hope that others who hold to the same convictions as we do will join us in seek-

ing a new Republican nominee that we can all proudly support."

The PHC College Republicans released the statement on Oct. 9. Other College Republicans throughout the country have also denounced Donald Trump as the Republican nominee.

"Trump's explicit comments about women were the last straw," said PHC College Republicans Public Relations Director Tim Kocher. "The board had already taken steps to limit our involvement in the presidential race, but after his latest comments, we found it necessary to speak out. For the sake of our Christian witness and our integrity, the board believed that we could no longer remain silent." ♦

PHOTO OF THE WEEK



Bryan Leines with friends after his baptism

#trendingatPHC

"I think one of my favorite fall memories is having bonfires with friends as the weather turns cold. We'd roast marshmallows, eat hot dogs, play capture the flag, or just talk - there's nothing quite like a bonfire to bring people together."

-Abby Davis

"I think it's probably toasting pumpkin seeds and fall drinks like apple cider because even though I hate the cold, all the warm food helps me cope."

-Bryan Leines

"When I think of my favorite fall memory, I think of my sister, Savannah, and me gathering mountains of crisp leaves together in our yard. We would sit and play for hours there outside on a beautiful October day. One of our little jokes was trying to bury our dogs under the leaves before they'd run away!"

-Leah Petree

UPCOMING EVENTS

MAPs Second Annual
Halloween Ball
Oct 15th
7:30pm-9:30pm
Ashburn Library

Fall Harvest Days
Oct 15th-16th
10am-5pm
*Carroll County Farm
Museum*

DABIQ Event
Oct 15th
10am-12pm
BHC Board Room

Powderpuff Game
Oct 16th
2pm
*Zion Springs Bed &
Breakfast*

"My entire life is divided into sections that overlap each other by ten frustrating minutes."

-Andrew Kelly

[#heraldbackpage]

Have a candid pic of campus life? Post it on social media and tag us. Or send it to gmlastra811@students.phc.edu