

ASSISTED LIVING

A DARK COMEDY

FACEBOOK
INSTAGRAM
KICKSTARTER



Luke Thomas and Jesse Eastman's new movie, *Assisted Living*. Photo courtesy Thomas.

A Movie in the Making

| by Marjorie Pratt |

Recent PHC graduates Luke Thomas and Jesse Eastman hit their Kickstarter goal of \$6000 last week for their short film *Assisted Living*. Thomas and Eastman, co-writers and directors, have been working on the film for about a year, slowly working toward filming and producing the 15- to 20-minute project. Filming is set for October 26th and 27th, and they hope to finish post-production in January.

In the film, a mentally disabled man, David, is faced with the death of his elderly friend. Blaming himself for the death, David, buries the body, with the help of his not-so-understanding brother Frank.

Thomas first had the idea for the story as a junior. Fellow PHC student Phillip Bunn told Thomas about a dream he had about the two burying a body, and Thomas' inspiration grew from there. "He'll have to get credit somehow," Thomas said. "I'll put in the credits, 'Dream by Phillip Bunn'."

Thomas continued to mold his story with the idea of putting normal people in what he calls "Hollywood situations." Movie characters are often put into odd situations, but always seem to know exactly what to do. Thomas likes to put characters in those same situations, but have them act as a normal person would. "If I had to bury a body, I would be dealing with not only the practical problems of the situation, but also the moral problems and emotional problems," Thomas said. He plans to explore these issues in a dark comedic way in the film.

Thomas and Eastman received over 300 casting applications from actors in places like New York and Oregon as well as Loudoun County locals and PHC students. With a month left before filming, they have narrowed the choices down to 20 potential actors for the three available parts.

Though they plan to leave acting to the

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Photographer: Evie Fordham

Senate Election

Due to an initial shortage of candidates, the 2017 Fall Senator Election will be held Monday and Tuesday of next week. The Herald staff reached out to all 31 candidates for a summary of their platform. Here are the candidates who responded.

Andrew Bambrick: I want to reform the Senate. I know that this is cliché, but this year we can actually do this. The student body is upset over how the Senate is functioning. I am running because I am willing to explore options of reforming student government. Some ideas that have been put forward include shrinking the size of the senate and/or making it based on the size of the school. I think I've proven that I'm willing to work to fix the senate by wanting to reexamine the service requirement for sitting Senators, that I sponsored

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engaging

reader participation

- Interested in submitting an editorial?
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preparing

the ink-stained wretches

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celebrating

shared successes

We've got more stories for you online!
Here's a sneak peek of this week's
#HeraldOnline

- **Student Senator Statements**

On Wednesday, the candidates for Student Senate held a public forum where they each briefly described their platforms. You can check out the Student Government's recording of the forum on our Facebook page!

- **Fantastic Fall Fun**

Did you enjoy Carrie's essay? Want to try some candy corn? Find the links and addresses to the getaways she mentioned on our Twitter feed?

- **Another Autumn Awakes**

We loved reading John Southard's essay and hated to only include the first paragraph on our Backpage. Check out the rest on our Instagram.

Find the full stories online!
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Alumni Raise \$6000 for Film Project

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professionals, Thomas and Eastman plan to do much of the production themselves and with the help of friends. Fellow alumni Ethan Weitz '15 and Ian Reid '12 are working as producer and director of photography respectively.

Thomas loves the local film community because they all appreciate each other's work. Finding people to get excited over a passion project is easy because they all care. Many are willing to give up time and work for free in order to help another creator. Weitz already allowed Thomas and Eastman to dig a hole in his parents backyard while they filmed their promotional video, and Reid will lend the film his years of cinematography experience.

Thomas hopes to see the appreciation for this project spread outside the film community much like it did for his play *No Brains for Dinner* which debuted last spring. Many people from inside and outside the theatre community jumped up to help fund or put together the production. Thomas hopes to see the same enthusiasm for *Assisted Living*.

Most of the funding raised in the Kickstarter last week will go toward the cast and then the crew. What is left will go toward film festival entry fees. Thomas and Eastman plan to enter the film into the Sundance and Tribeca film festivals as well as festivals across the United States and maybe even across the world.

Thomas admits that he is reluctant to get his hopes up because he wants to be realistic. For the film to do well, Thomas and Eastman need to do their jobs well. Still, Thomas said, "There's a lurking feeling that tells me that things are going to go really, really well." 🍷



Eastman (left) and Thomas (right,) on set of *Kickstarter video*. Photo courtesy Thomas



Hopeful Senators Outline Platforms

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last year. I hope that you will consider supporting me for Senator.

Marina Barnes: I don't have any grand plans to revolutionize Student Senate. However, I do have several small ideas for improving campus life, particularly by increasing opportunities for those who are artistically and musically inclined. These ideas include partnering with the newly-formed art club to bring school-sponsored art supplies to campus and to find an arena to

display students' artwork on campus, working with campus safety to allow limited access to the piano practice rooms after curfew, and addressing the credit discrepancy in the Music Theory transfer policy. Feel free to reach out to me with any questions regarding my platform.

Olivia Bowers: I really see this as an opportunity to give back. I'm interested in finding a more permanent space for the Art Club to meet. Marina Barnes

and I are interested in utilizing unused space for an art workshop. This would be a bigger and more safe space for students to work on art projects. I am also interested in working to make the meal plan more flexible

Kara Brown: In the past, the Senate has tried to change campus by changing the institution but because they don't have the power to do that it hasn't really worked. Everyone always says, "The Senate doesn't have any power

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Student Senate Elections

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anyways,” which is fair. The Senate doesn’t have the power to change the curriculum or Dean Corbitt’s view on dresscode, but when a group of people come together for the purpose of bettering PHC then I think good things can come from that. That’s why I’m running for student senate: to be one of those people.

Abigail Carter: From the outside, PHC looks like a college only designed for homeschooled debater kids. From the inside, I recognize the diversity of this community and I see the value that all of our visions, interests, and ideas directly contribute to the flourishing of our school. PHC’s diversity is worth representing and celebrating. The school’s mission, to challenge people to grow in every aspect of life, is important to me and I want to cultivate that on our campus. Working in admissions, my leadership in campus clubs, and involvement with forensics has given me a broad understanding of our unique campus culture. I would be honored to hear and promote your ideas as I serve you in student senate.

Austin Caswell: I suppose my platform for running is based on reform; I’m a firm supporter of Josh Treppicione, and am running mostly because I think his plan of reform will take away some of the silliness, pointless controversy, and APP “junior congressman” feel of the somewhat useless Senate, and I want to be able to help achieve that.

Madison Crawley: I am running on sports reform and bringing back some of the PHC traditions and campus spirit. Right now, there is a lot of miscommunication between Student Life and the professors. Athletes are forced to choose between their participation grades and their commitment to the team. The current state of affairs needs to be addressed or we will never grow into competitive teams. I would also like to bring back events such as Lake Bob Day and push for the return of



President Haye addresses the 2016-2017 Senate. Photographer: Evie Fordham

our school mascot. I would love to represent you in Student Senate this year and would really appreciate your vote. If you have any questions, I’d be more than happy to answer them!

Amber Donihue: We all came to PHC because the school offered something that we valued. Often as we progress through classes we forget exactly what that was, especially as the school’s imperfections become glaring. It is easy to forget what is good about our school and thus there is little effort to preserve what we all sought in coming here. It is important to remember what makes PHC unique and great in order to protect these aspects of our community.

Clare Downing: The Senate is best structured to make small changes on issues that matter to students. As a Student Senator I will focus on accomplishing incremental change through practical reform. For example, my main mission for Senate is to get the ketchup in the dining hall out of a bowl and into some other receptacle that is more sanitary and less... well... gross. It’s a small battle, but I’m willing to fight it. I will also focus on issues that off-campus students face like unfairly expensive parking passes and the role of student life in crisis situations.

Neil Durning: I’m running for Senate to try and put a fresh face in Senate.

It’s been run for a while by the same old crowd and while they have been doing good things, like APAC, I think they need a turn over since the old guard, such as Philip Bunn and Luke Thomas have left. The current senate members represent a very small percentage of the different groups and ideologies that are present on campus, and I want to change that.

CJ Fellenbaum: I want to grow PHC and I believe one way to do this is expanding the athletics. I want to actually start a baseball team. I want to create intramural volleyball and ultimate frisbee teams and see if they can grow into full-fledged intercollegiate teams. PHC has the academics down. Let’s get the athletics down too.

Noah Freedman: I’ve definitely come to realize the importance of having a Senate that is good at listening to those students’ suggestions and then presenting those ideas to the school board. I know there are good ideas on campus, and I would love to hear them and make sure all students have that voice, especially freshman, since we have very little direct representation and can sometimes feel like we just need to shut up and do what we are told while more experienced students take care of things. It’s important to capitalize on the valuable insights a freshman might have since we aren’t already satu-

rated in PHC culture. I'm also interested in things like campus safety and look forward to looking at that on a Senate level, but my classmates come first and the conversations I've had with them have already been very insightful and give me a lot of hope for our campus.

Alan Iiyama: I essentially have 3 major points. 1) Re-evaluate how RAs dress code people, specifically modesty-based dress coding. 2) Switch the Senate elections from beginning of Fall to beginning of Spring so freshmen have a better shot at getting elected as well as having a fully functional Senate in the Fall. 3) Find ways to increase Senate effectiveness and efficiency.

Esther Katz: Hey, PHC fam! My slogan is "Serve up!" and I'm basing my platform on a very specific policy goal: get food to those who need it. Every day, the dining hall throws away pounds of leftovers. The only reason the food isn't going to a local shelter is because Mrs. Del Mundo has no funds for Ziploc baggies or disposable containers. This is a need that Senate is more than capable of meeting! As senator, I'd love to make sure this authorization happens. What a perfect opportunity to be good stewards of what we have AND meet the needs of our Loudoun County community. Thanks for considering voting



Photographer: Evie Fordham

for me!

Sebastian Lopez: I pledge to help reduce campus drama by doing as little in the Senate as possible. Abstentionism 2017!

Emil Meintjes: Money talks, and our student government has been handicapped by an incredibly small annual budget for far too long. Bringing fiscal responsibility and effective fundraising for our senate can enable the creation of an intercollegiate baseball team, a funded Model U.N. team, and so much more. I promise to utilize every available resource, and encourage my fellow senators to do the same, to accomplish all that we seek to achieve.

Cooper Millhouse: As goofy as this may sound, the movie "Robots" from my childhood best sums up why I'm running for Student Senate. "See a need, fill a need" was the mantra/moral the movie tried to communicate. I think the people at our school are excellently intelligent and introspective enough to identify problems with our school. However, because complaining is easier than solving problems, complaining reigns while few solutions are presented. I want to be different; I want to fill needs and be part of the solution rather than part of the problem.

JP Schumacher: More than anything else currently, there is a need for an evaluation of student government's effectiveness in producing meaningful change in student's lives. I intend to work with others in Senate to make those assessments. I have read the core documents of senate and have a better grasp than most on its abilities, and I hope to translate that knowledge into bills that reform senate for better if elected. Voting for me is a vote for a more cautious and effective student senate.

Hallie Skansi: My platform is focused around a vision toward growth for the school. I want to promote practical changes, such as expanding meal

plans options. I also plan to engage the student body, such as by using student workers to help evaluate and improve their departments, or continuing to support initiatives like APAC or the Chapel Assessment commission. I think we have a unique opportunity right now to help shape the college as we grow and I want to be a part of that.

Blake Toman: Reform through reputation; as a member of the student senate, I would work to enhance the reputation of the student senate among the faculty, administration, and student body by not undertaking any large ethos altering reforms. Small, practical, and commonsense changes, like lowering parking fees for off-campus students, would be my focus.

Josh Trepiccione: Our current system of student government is too bureaucratic, inefficient, and ineffective. My plan for the Senate this year is to streamline the rules of senate to save time, avoid complications, and to allow every senator the opportunity to speak without being hindered too much by a rigid legislative process. I intend to engage the entire senate in robust debate in order to meet the needs of all PHC students, not just APP majors who need another line on their resume.

Daniel Weitz: I'm gonna be pushing for more sport activities and more support to our existing sports teams. Somehow get people to come out to more games.

Shiyi Zhang: My nine point platform is about improving campus life and helping students become well rounded. Ideas include having a larger window to register for internships, more reading days, Model UN for credit, having more flexibility to choose the date of grey glove, helping off-campus students to stay connected to campus events, alumni mentorship program, etc. Please like my Facebook page Shiyi Zhang for Student Senate and find out more details about my ideas! 📱



| by Vienna Jacobson |

All photos taken by Christine McDonald

I vividly remember my first homecoming. It was raining and most of the weekend I spent crying on the phone to my mom about my first statistics test. Since then, I have become a journalism major, stopped crying over tests (advice from Dr. Kucks), but it still has rained every homecoming.

As a freshman, homecoming can be seem a little strange. You probably don't know any alumni, and sometimes you haven't even met all the juniors and seniors yet. In the midst of all the assignments you have due there are new people to meet and fear of missing out starts to creep in.

But, is homecoming worth that precious study time? What is the big deal about homecoming? Why does it matter? Does it matter at all? Should you attend?

Yes, because homecoming is not just about you, it is about recognizing the people who have gone before. At PHC we spend a significant time studying tradition and while PHC is still very young, we have traditions: planting flags around the flagpole during 9/11, Bobtisms, D4 vs. D5 football games.

Homecoming is also a celebration of PHC's community and is a time to connect with alumni. If you don't have an older sibling who attended or an alum as a wing parent, chances are you haven't met these people. These people have shaped the community, created traditions, and sometimes are the reasons behind strangely specific rules in the handbook. At PHC we have the unique opportunity to actually know and cultivate relationships with alumni.

Someday you are going to graduate and there will be traditions you have been a part of creating. You will pass them off to someone else and hopefully, if you ever return for homecoming, it will be, coming home to a place that shaped and grew you as a person as much as it shaped your intellect.

So, take a little time off next weekend. Dress up as your favorite movie character. Take part in something bigger than your journey, because the people who came before you did. Tradition is what shapes culture and you have a wonderful opportunity to take part in that. 🏠





Lights, Camera, Action!

by Samuel Ross |

With homecoming set to kick off next week, the homecoming committee is working to ensure a fun and engaging event for the PHC student body and alumni returning for the weekend festivities.

"It's about all of us bonding over the one thing that brings us together, and that's PHC," said chair of the homecoming committee Daniel Fife.

The theme for this year is cinema, with each class representing a different genre of cinematic entertainment.

As part of the homecoming festivities, students can win points for their class by shooting a video incorporating the homecoming theme and telling why they are excited for homecoming this year. A winner from each class will be selected, earning their class points in the competition.

The most popular event regarding turnout is the day where students get to dress up according to their class theme. Another event that spurs class rivalry and school spirit is the dodgeball tournament. "We have two surprise dodgeball refs coming for the tournament, so that will be exciting," Fife said. There will also be a coffee house performance on Friday night, with auditions held for students wishing to showcase their various talents to the school. 🎬



Down, Set, Hike!

Teams prepare for annual dorm football game

| by Kyle Ziemnick |

Students from Red Hill (D5) and Oak Hill (D4) have already begun their preparations for the traditional football game between the two dorms. The game, a long-standing PHC tradition, will most likely occur in late October.

"It's one of the very few sporting traditions that PHC is guaranteed to win," said Calvin Pawley, one of D4's team captains and a starter. "It's a fun rivalry between the guy dorms."

Both dorms see this game as an opportunity to solidify dorm culture. Often, members of separate wings from the same dorm don't have many chances to interact with one another. The idea of a cause to rally around has brought unity and solidarity.

"As close as D4 is, we don't have things that the entire dorm does together, and we can put aside our petty disagreements or busy schedules and have a time where we're all brothers and teammates focused on the same thing," said junior Dave Rowland, quarterback and assistant coach for D4.

Originally, the teams engaged in pad-

less tackle football, but the threat of injury convinced the administration to change the game's format to flag football. Now serious injuries are few and far between.

"The spring of my freshman year, I broke my leg in the dorm football game," Patton said. "I broke my femur, my kneecap dislocated, and I tore a ligament." Since he is still unable to play in the game, Patton jumped at the opportunity to lead from the sidelines as a coach.

The rivalry between the two men's dorms composes a major part of campus culture. "There's an ongoing feud consistently between D4 and D5," said Patton. "Really the only time when we can take out our aggression on each other as dorms is in that football game."

D5, the larger dorm by a significant margin, has won the last four games in a row, but the games have not been one-sided. Last semester, D5 narrowly beat D4 by one point, the 7-6 game determined on the final play. Despite their disadvantage in numbers, however,

D4's players seem to have no doubts about their chances.

"I feel, as in every game, the confidence of the guys who are playing for D4," Pawley said. "We'll see, but I'm confident."

On the other side, D5 saw many of its top players graduate last year, which means that they will have to depend heavily on the new freshmen. Patton, though, doesn't see that as an issue.

"I do not see us being held back at all. I think the team is going to be stronger, faster, better than in previous years. I think we have some incredibly talented freshmen coming in," he said.

Many PHC students don't participate in sports or other related activities very much throughout their college career. "Taking care of your body and participating in athletic activities is such a critical part of being the best person you can be and developing a body, mind, and soul that are glorifying to God," Rowland said. "I'd love to see that [sports] become more a part of PHC culture."

Student Hopes to Fill Up the Bases

| by Leo Briceno |

Jake Elmendorf, a sophomore with ambition, plans to raise, equip, and train a Patrick Henry College baseball team by spring semester 2018.

Since announcing the team, 26 people have verbally agreed to participate on the team. Elmendorf wants to compete against teams such as Christendom College and scrimmage against high schools in the area.

With external funding, he plans to rent fields and buy equipment to get the team off the ground. Currently, Elmendorf is setting up the team to function as an independent club. He hopes, however, to convince PHC's leadership to integrate the baseball team into the

2018-2019 budget.

"It's completely possible," Elmendorf said, "we just need people to get excited about it."

Elmendorf sees a baseball team as an opportunity to increase PHC's appeal to potential students on the outside and provide a vehicle for fellowship on the inside. Athletes looking to play sports at PHC are limited to basketball and soccer.

Blake Toman, a sophomore participating on Elmendorf's team, said that baseball offers a unique experience from soccer and basketball when it comes to fellowship.

"When you aren't batting, you're on

the bench, surrounded by your teammates," Toman said. "It is unlike soccer and basketball where the majority of the team interaction happens in glances and short phrases on the court."

Where logistics are concerned, Elmendorf plans to keep the workings of the team simple and streamlined. Elmendorf's father has already offered to coach the team.

Long-term, Elmendorf someday hopes to incorporate baseball into campus life further and expand the softball arena behind Founder's Hall to a full-sized home field. While he recognizes the financial challenges inhibiting this

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goal, he firmly believes it can happen.

Outside interest in a PHC baseball team has also come to Elmendorf's at-

tention. Christendom College, a long-time soccer rival of the college, has already approached the Resident Director, Stan Crocker, about playing a

PHC baseball team. Elmendorf looks forward to accepting their request sometime in the near future. ❏

Steampunk Community

League of Legends game to bring students and alumni together over Homecoming weekend

| by Blake Toman |

Five PHC students will summon up their blade, rune, and rocket-launcher-wielding champions in a League of Legends battle to the e-death against an alumni team. The students, led by sophomore and Silver I ranked Jake Elmendorf, have already begun to practice with their five-man squad in preparation for next week's match. "We have the potential to win," Elmendorf said. "We've learned how to clearly communicate with each other and [have] a better understanding of how each other play. That will give us the edge over the alumni."

Despite the admitted communication gap, the alumni believe they can easily earn a convincing victory. "There is only one student who could match the mechanics of any of the alumni in lane," said Lanson Hoopai, a graduate of the class of 2016 and Gold IV ranked member of the alumni team. "The alumni have been playing League of Legends longer and have more experience in high-pressure situations than the majority of the students." The alumni team includes other highly ranked players such as Elyssa Edwards, Chaedon Laman, and Adam Lebbs.

However, the alumni see the competition as more than just a means to showcase the superiority of one class over the other. "It's a great opportunity to reconnect alumni and students," Ryan McDonald, another graduate of the class of 2016 and Bronze III ranked player said. "It opens the door to relationships between alumni and students that can go more long term."

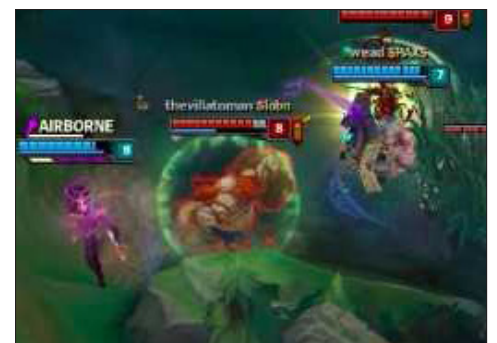


Above: Hoopai's character, Jarvan IV. Below, gameplay footage of League. Photos courtesy of Toman.

"There are quite a few people I wouldn't have become close friends with if it wasn't for League of Legends," Hoopai added. "I wouldn't have been as close to my roommate Kyle Snyder, Josh Webb, or J.R. Leslie. We were very different people, but League helped bring us together."

The students also see the value League of Legends has in forming and strengthening relationships. "League of Legends is a melting pot... something for the students and alumni to bond over," said Micah Bock, a Silver IV ranked player and sophomore. "It serves the same purpose as the alumni-students football game with significantly fewer injuries... [Video games] can be useful for forming relationships and used as an outlet from the toils of life."

While the time and place of the



match have not been formally set, interested viewers can stream the match by downloading the game and adding one of the participants to their friends list. The match may also be live-streamed for viewers to watch through Twitch or another online streaming service. How long will the match take? "Don't set apart too much time to spectate the match because it'll be over quickly," Hoopai said. ❏



| by Carrie Durning |

While we attend PHC, we have our noses stuck in books and computers while summer is becoming fall. Outside our campus, leaves are changing, high school girls are ordering pumpkin spice lattes, children are jumping into leaf piles raked up by their fathers, and families are filling baskets with hand-picked apples.

I decided this semester I would take time to enjoy all those things that make fall my favorite season. No matter how hard I had to look, I was going to get outside the PHC bubble of studying and stress to find the fall festivities.

My first stop – Nalls Farm Market 15 miles west of campus on Route 7. Upon arriving, I stepped out of the car into the humid 80-degree sunshine, disappointed that the weather did not feel like fall. Choosing to ignore this, I instead took in the sight of the farm stand – the display of pumpkins, their sizes and colors scattered throughout the lot, and the cornfields surrounding the property as far as I could see, blending into the mountains in the distance. I browsed the pumpkin selection until I found what I was looking for – the basket of small white pumpkins I know as "Cinderella pumpkins." Choosing the perfect one took a little longer than finding the batch; I must

have picked up at least 50 of the grapefruit-sized pumpkins before I found two that worked for me, with only minor dirt spots and an almost perfect shape.

Entering the stand to make my purchase, I walked into a blast of cool air. I expected the gust to smell like fall – decaying leaves and rain – but it was only an old AC unit giving me a hint of the weather I longed for. Searching the goods of the market for the one thing that could satisfy my cravings, my eyes fell on fresh fruit pies alongside cinnamon buns and fresh-baked bread. Finally locating the cooler of apple cider, I picked what seemed to be the fullest and darkest half-gallon of apple cider, and made my way to the register.

Near the register was a large selection of varying flavors of candy corn. Candy corn for me has always reminded me of fall, but not in that cozy, yummy way that coffee and apple cider donuts do. Candy corn was everywhere in the fall of my childhood; in glass bowls on the counters at the local library and grocery stores, bagged and distributed at Sunday school at church. It was the candy always present but never wanted.

I took a closer look at the selection of candy corn in the farm stand and no-

ticed a caramel-flavored option. I have never liked candy corn – the feeling of eating badly-flavored wax is never a good one – but I decided to give the caramel-flavored candy a try.

Although it was a hot day that felt nothing of fall, and the candy corn's texture was terrible and tasted worse than I remembered, I had successfully taken part in one fall festivity. I began to get a sense of the feeling of new beginnings that comes with fall; school starting back up, the change of wardrobe as the seasons change, and the hint of Christmas and the holiday season.

Maybe you're looking to have your own Fall experience, or wanting to enjoy a flashback from the Falls of your childhood. Take a trip to Nalls Farm Market [4869 Harry Hwy, Berryville], and browse the selection of bright pumpkins before enjoying fresh apple cider. Enjoy a road trip along Skyline Drive, starting at Front Royal, VA, as the leaves change from green to shades orange and red. Purposely get lost in a corn maze with friends at Corn Maze in the Plains [4501 Old Tavern Rd, The Plains, \$11]. Spend a day picking apples at Crooked Run Orchard [37883 East Main Street, Purcellville]. Don't be afraid to stop and try the candy corn. 🍩

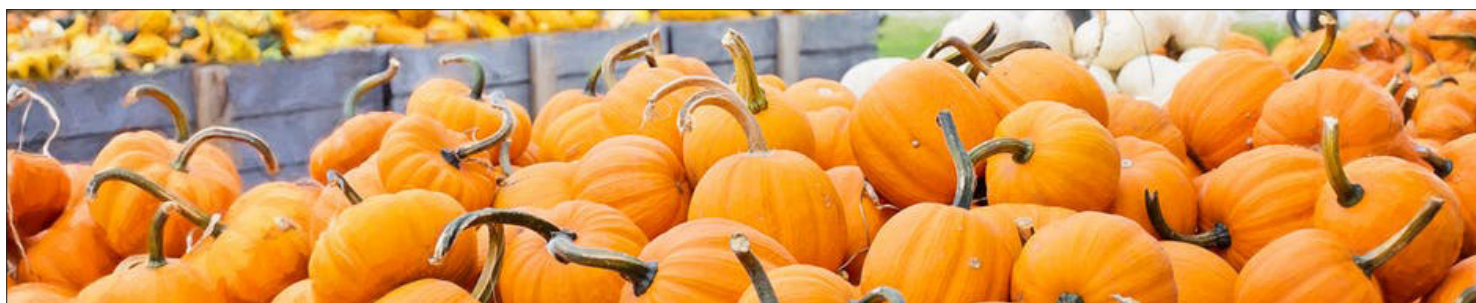


Table Talks with Dan and Matt

Learning to respond to your self-centered thoughts

| by Matthew Hoke |

“Am I as smart or talented as she is?”

“I am really stressed about my next test. Am I going to succeed or meet my expectations?”

“I don’t know what I think about that person. I don’t respect or approve of the group that he or she hangs out with. So, that person must be the same as those people.”

“I can’t believe he just said that to me! Doesn’t he know that I am better than him in almost every area of life?”

That paragraph includes some of the frequent questions that have swirled in my head since I arrived on campus as a freshman. I continue to struggle with these questions, but, through my time at PHC, God has taught me principles that have gradually helped me to think rightly about these thoughts, emotions, and fears.

Over the next few weeks, I am going to be writing about what I have found to be helpful in working through and combating these self-centered thoughts. This and the following few Table Talks are not meant to be sermonic or judgmental. If anything, they are more of a personal meditation on some of the truths that God has brought to my attention over the past three years.

Maybe you don’t struggle with these thoughts and questions. If so, then the rest of this series may be of little interest to you. But, for those of you who do, I hope these short talks will be of some encouragement.

So, why should we fight those troublesome thoughts? After all, isn’t it healthy to be concerned about being successful or presenting yourself well to others? I would say yes and no.

While we are called to work diligently and seek excellence (1 Corinthians 10:31 and Colossians 3:17), the focus

of this working and seeking is not supposed to be the exaltation self. That is the central problem with all these questions that have flowed through my mind during my time at PHC. These thoughts revolve around myself, my status, my success, my view of others, and my honor. As Christians, our attitude is to be that of Jesus (Philippians 2:5-11), one that is turned away from our self and towards honoring, obeying, and loving our Father. As a result, I believe that I am to mortify these self-exalting thoughts.

But, I also believe I am to fight these thoughts not only because the Bible commands it but also because of the negative consequences these thoughts have on my personal joy, peace, and spiritual life.

How can I be at peace when I constantly re-rehearse my “inadequacies” in my mind?

How can I have joy when my meaning is not centered in Christ but in my perceived personal importance, which vacillates from day to day?

How can I have a close relationship with my Father when I refuse to trust Him with my future?

Why do I do this?

What underlying beliefs and attitudes influence these self-centered thoughts?

My goal in next week’s talk will be to peel back the onion of these thoughts to see what, I have been convicted of, lies beneath them.

If you have any questions or would like to talk about these ideas, please shoot me an email at mlhoke945@students.phc.edu.



Matthew Hoke. Photo courtesy of Hoke

Discussion Questions

- Have you ever dealt with any self-centered thoughts? If so, what are they?
- How do you usually respond to them?
- Do you agree that there is something wrong with these self-centered thoughts?
- If so, what is the problem? If not, why do you think they're okay?
- If you think that self-centered thoughts are wrong, have you seen them negatively impact your peace, joy, and walk with Christ?
- What do you think is the root cause of the self-centered thoughts?
- What are some steps you can take to fight these thoughts? 📧

Creative Corner

"Autumn" by John Southards

As I gazed at the glory of the sunset, I sniffed the air, trying to detect the essence of the evening. This was a goodbye. The warmth permeating the air, the pink and orange tint of the sky, and the crickets performing a final chorus all offered the same declaration: this was the end of Summer. A glance behind revealed a gray sky, slowly creeping forward, overtaking this last Summer's eve. I had been hoping to see the arrival of Autumn for some time; but I had neglected to consider that I would have to watch Summer die, first. Like a reader who is eager for the next chapter, I forgot that I must finish the one I was on.
Read the rest of the essay on our Instagram!

EVENTS



Men's Home Soccer Game

Sept. 30 @ 2 p.m.



Pumpkin Harvest Festival

Oct. 1st - 31st

9 a.m. to 6 p.m.

Great Country Farms



Homecoming

Oct. 4th - 7th

Seek & Hide

This week's hiding place:

Bean Bar

"Bean Bar provides harbor for any student seeking a great study environment and great-quality coffee. Located in The Village in Leesburg, it is a bit of a drive; a little over 20 minutes from PHC. However, if you're looking for a snug place away from home for cramming midterm material or if you simply want to get away from campus for a while, Bean bar is the place to go."
- Leo Briceno



www.BeanBarLoudoun.com

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