

Sentinels End Season With Pair of Wins

BY BLAKE TOMAN
CONTRIBUTING WRITER

The PHC men's basketball team snapped its three and a half year losing streak at Mt. Hope, W. Va., on Friday with a win over the Appalachian Bible College Warriors by the score of 72-64. The win comes one week after a heart-

breaking loss to the Warriors at home which saw the Sentinels collapse mid-way through the game. "After everyone telling me how bad the basketball team was during my freshman year, it felt extraordinary to win against Appalachian Bible," sophomore center Emil Meinjtes said.

The Sentinels set a strong defensive

tone in the first half by holding Appalachian Bible scoreless for the first three minutes and twenty seconds of the game. The strong defensive effort coupled with a 17 point first-half from sophomore point guard Colin Turner helped the Sentinels end the half in the lead, 33-29. Turner would end the game with 25 points.

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Photo by Christine McDonald

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College Republican's Elect New Board Members

BY KYLE ZIEMNICK
Copy Editor

The PHC College Republicans (CRs) elected a new set of board members, including three freshmen, last Thursday, injecting energetic youth into the organization ahead of the critical 2018 election cycle.

"I want to see our campus chapter continue to be effective in producing volunteers to staff important elections across Virginia," freshman Vice-Chairman Jake Settle said. "I think as a Christian, it is important to be involved in politics because it is a great way to impact culture for Christ."

In addition to Settle, freshmen Emma Lucas, Matthew Johnston, and Isabella Kotiadis all successfully ran for a spot on the board. But a junior, former Vice-Chairman Calvin Pawley, will chair the club for the next year.

"I wanted to run for Chairman to help lead the CR's as we transition to the next batch of leaders," Pawley said. "My initial goals are to continue to provide campaigns in the area with block walkers and volunteers."

The final addition was sophomore Spencer Reeves, who was elected treasurer. The new board will have a lot to manage—all told, CR membership makes up over one-third of the campus population.

"The CRs are an important part of what defines PHC, especially to students who are interested in coming to this school," Johnston, the new events coordinator, said. "For anyone that is interested in a

career in politics, the opportunities to intern and work for campaigns that the speakers that we bring in are invaluable as well."

The 2018 congressional elections will bring a unique challenge to the CRs. According to RealClearPolitics's average of recent polls, Democratic candidates lead Republicans on a generic ballot by almost eight percentage points.

To prepare for this important battle, both Pawley and Johnston said that they want to get club members more involved at the state level using the unique connections that the CRs have. Most of the new members of the board believe that the mission they have is not just a politically important one, but a sacred one.

"If we do not stand up and support conservative, Christian leaders in America, who can we blame when we gradually lose our freedoms?" Settle asked. "The only way to actually win the culture over is to love people with the love of Christ while advancing our conservative message."

Even though some PHC students have become disenchanted with political involvement, the CR board sees no major problem within their current membership.

"Our CR club is made up of people who are passionate about both politics and their faith in Christ," Kotiadis, the new club secretary, said. "That combination is so important to me, especially because it's easy to believe that being a Christian and being involved in politics should not mix." ♦

PHC Brings Home Two Basketball Wins

continued from cover

"We put in a lot of time preparing defensively and that was the best defense we played all year," said junior Caleb Engle.

That defensive effort was continued in the second-half and complemented by a 22-point, 5-rebound performance from junior guard Seth Mitchell. Mitchell would end the game with a double-double, scoring 32 points and grabbing 10 rebounds for the Sentinels. Cooper Millhouse would also post a double-double, scoring 10 points and grabbing a team-high 18 rebounds.

"I knew we were going to win," the Sentinel's Head Coach Jeff Blizzard said. "And that mindset translates to the team and how they play."

As the players sat in the locker room after the end of the game, Blizzard stormed into the locker room and got the team on its feet to celebrate its first win since late 2014. One player, Micah Bock, filmed the celebration on his phone to remember the moment. "It was electric," Bock said.

Just four days later, the Sentinels traveled to Cameron Hall, the Virginia

Military Institute's Division I basketball arena, in Lexington, Va. for the final game of their season and to earn a historic second win in a row. For two players, team captain Andrew Shepherd and William Bock, it would be the last ever game they played in a Sentinels uniform. "I was unsure about how the team would respond after winning a big game," Blizzard said. "But I sensed they were ready."

The Sentinels started the game slowly, holding VMI scoreless for the first five minutes and fifteen seconds of the game, but only managing to score seven points of their own. However, Seth Mitchell and Colin Turner would come alive later in the game to combine for 47 of the Sentinels 56 points and lead the Sentinels to a 56-41 victory of the Keydets. Mitchell would finish the game with 27 points and Turner would finish with 20 points.

"We didn't have to worry about a crowd," Turner said. "We were able to thrive and just play basketball."

The game ended with senior guard William Bock, who rejoined the team in January, scoring a lay-up in the fi-

nal seconds to end his PHC basketball career. "I was just hoping I'd make the lay-up to be honest," William said. "It was honor to be able to play. I didn't deserve it, but it was fun to be a part of the team."

The players had hefty praise for their coach, who they credit with focusing the team in a way that's conducive to success. Blizzard's role in their success, Seth Mitchell described it as, "essential."

"Coach found the right lineup and held air-it-out style meetings that helped cement the team," Turner said. "He's a great person and a great coach."

The Sentinels have no plans to stop their winning ways. Coach Jeff Blizzard plans to continue practices into the end of the spring semester and maintain practices through the fall semester. "There's a new positivity that we can win," Blizzard said. "Adding another year of physical maturity on top of that positivity will only increase our confidence and ability. I expected to win some games this year, but we have to springboard this into next year." ♦

New(man) Bible Study

BY MARJORIE PRATT
ASSISTANT Editor

Students gathered at a new venue for Dr. Randy Newman's Bible study in celebration of the warm weather on Wednesday. Unfortunately Professor Cherri Wemlinger's History of Women in America class beat the study group to the tables outside the library. So, after two location changes, students gathered in a circle on the library's first floor to experience the third installment of Newman's Bible study of the book of Ruth.

Newman gave an overview of his hopes for the six-week long study at the first meeting on Feb. 7th. From it, he wants students to better understand

how to study the Bible—first book by book, then chapter by chapter and verse by verse. To begin on Wednesday, Newman opened in prayer, and the group read through the second chapter of Ruth. "Staying right in this chapter—do not go outside—what do we know?" Newman asked.

After taking Principles of Biblical Reasoning (PBR) with Newman last semester, sophomore Abi Carter knew she wanted to spend more time discussing biblical principles with the professor. She attended an optional Bible study taught by Newman in which he began to show students how to read through books of the Bible within the context of other books. "It wasn't a self-help session; it was just about how to

study God's Word from a very simple basis—reading what He has written, and understanding it," she said. Over Christmas break, Carter emailed Newman, asking if he'd be willing to lead another similar Bible study.

Newman wasn't sure enough students would be interested. In response, Carter gathered a focus group to sit down with Newman to discuss planning a Bible study. When Newman realized that the students were interested, Newman explained to them that he could only teach it between 4:00 and 6:00 p.m. on Wednesdays. "As crazy as it is, everyone at that table could do 4:30-5:30," Carter said. "And it was people from all different classes. It's amazing that God *continued on page 4*

Bible Class to Bible Study

continued from page 3 brought this together.”

A few weeks later, students gathered in the D1 lounge for the first Bible study. He planned for it to last only six weeks, ending in time for midterms. If enough people show interest, he will plan another study after midterms. He chose Ruth not only because it is short enough to cover in the allotted time, but also because it is a book with a simple narrative. The straightforward chronology makes Ruth a good book to practice studying narratives.

Newman suggested that students read the book as a whole before go-

ing chapter by chapter and reading the chapter as a whole before going verse by verse. By doing this, Newman says students can “get an overview of the whole thing as well as learning to dig down.” Furthermore, he recommended that students begin a plan to read the entire Bible, in order to have a larger context for specific books. “It’s not just about reading through Ruth but reading through the whole Bible,” he said.

Carter and attendee Theresa Rowland hope that the study will help them better understand Scripture. “I want to read my Bible more. Whenever I’ve picked up my Bible, I’ve always kind of

wondered where I start and how I effectively do this,” Carter said. “I never knew if it was impacting me as much as it could.”

“You can never understand the Bible too much,” Rowland noted.

Rowland looks forward to the Bible study each week and expects that as classes get harder and midterms approach, attending the Bible study will become easier. She views it as a welcome break from studying. “It’s a lot more rewarding when you can treat devotions like a treat,” she said. ♦

The Gentleman Showcase

Network of Enlightened Women seeks to honor gentleman with award

BY LEAH GREENWOOD
Staff Writer

Seven male PHC students have been nominated in the Gentlemen Showcase contest put on by the Network of Enlightened Women (NEW). Its website states that this contest aims to “recognize and honor young gentlemen...and encourage more of them.” The contest page describes these gentlemen as people who “stand by their values, fight for good in their communities, seek social justice, and advocate for positive change.”

Junior Meg McEwen, an intern at NEW, is involved in the organization’s social media. “NEW organizes conservative campus clubs for women in a book club format,” McEwen said. She has been promoting the Showcase, and has been pushing for PHC students to be involved. “NEW is trying to promote the concept of honor and people who maybe aren’t guys you would notice at first, but are guys who are responsible and are actively helping people in their community,” McEwen said.

Each person who nominates an entrant for the contest must write up a

description of the nominee. These descriptions range from mini essays to a few lines elaborating on the young men’s accomplishments and characteristics.

Junior Ian Frith found out that he was nominated for the competition. “I wasn’t particularly invested or interested in being nominated,” Frith said. Even though he did not feel completely qualified, he agreed to the nomination in order to help boost PHC involvement in the contest. “I think it’s a pretty cool idea...I’m glad that there are contests like these that try to promote and encourage gentlemen to be an actual gentleman,” he said.

“A gentleman knows when to use his power and when to refrain from using it,” Frith said. “I certainly strive to be [a gentleman]...in every way that I can. I try to respect women and stand up for causes that I believe in,” Frith said.

Andrew Shepherd, a senior at PHC, and his brother Seth Shepherd, a junior, were both nominated as well—by each other. The whole thing started out as “just a little brotherly savagery,” Andrew said. He nominated Seth as a joke. “I mostly did it to help [boost

PHC participation]; I thought it would be funny, so I gave it a shot.” Andrew chose a nice photo of his brother to submit and wrote up a “pretty solid” description to go along with the picture. “[Seth’s nomination] was more of a humorous thing,” Andrew said. He leaned forward to show off the picture that his brother had submitted for him, in which Andrew was sporting a baseball cap and displaying the peace sign.

Although Andrew doesn’t take the competition seriously, he does appreciate that the contest is striving to promote and encourage wholesome gentlemen. “There are certainly some aspects of some waves of feminism that are very antagonistic towards masculinity, and some of those elements of feminism have negatively affected masculinity today,” Andrew said. “I think that it is very important to have good examples of gentlemen to point guys toward.”

The other PHC students in the running are Bryan Leines, Elias Gavilan, Cooper Millhouse, and Jared Midwood. Go to NEW’s website, enlightenedwomen.org to vote. ♦

Why I Don't Like Mental Health Week

BY ALAN IIYAMA
Contributor

I commend the administration for organizing and planning Mental Health Week. Mental health is an important issue and I'm glad that there are steps being taken to address it. When I talked to people who don't struggle with mental health issues, they seemed to have a positive view of Mental Health Week, believing either that it was genuinely helping people or it was at least cultivating proactive discussion on campus. However, those I spoke with who actively struggle with mental health issues either did not care for Mental Health Week or viewed it as utterly pointless. Shouldn't the people who appreciate it the most be the ones struggling with mental health issues?

Last week was essentially an awareness campaign; which, to some extent, is important considering the state of the mental health discussion amongst Christians. However, simply raising public awareness for an internal issue can only go so far. Some of those struggling with these issues felt alienated because the topics were essentially "how to have emotionally healthy relationships" or "why mental health is important." Most people who have mental health issues are very much aware of the problems with which they're struggling; they wanted to go deeper.

Mental Health Week was a step in the right direction insofar as it shows that Christians are beginning to acknowledge that dealing with mental health issues is very important. Instead of simply acknowledging Christians struggle with mental health issues or telling us why it's important to be

mentally healthy, we need to be asking harder questions; questions that are often overlooked by Christians or haven't been addressed.

Perhaps the best part of Mental Health Week was how it started—Dr. Robert Spinney's chapel message. Spinney has spoken publicly about his depression before and both times I've heard him speak, I've found the message to be very effective. He openly admits that while his struggle with de-

cause it gave students struggling with mental health issues someone to empathize with and relate to. If one of our peers was opened up about their struggle with their mental health issues and how they are able to cope with them, that would be much more helpful than just talking about why not being depressed isn't normal.

Even bringing doctors who prescribe medication to treat mental health issues like depression and anxiety would

be more helpful. A topic I often see overlooked by the Christian community is when should Christians struggling with their mental health start seeking medication for their problems. I often see Christians advise people with serious mental health issues like depression and anxiety to just pray to God. While prayer is extremely useful, people suffering from actual clinical disorders will eventually need to

seek medical attention. Confronting that issue is controversial amongst Christians circles but a necessary discussion to have.

To brand anyone who did not like Mental Health Week as ungrateful or purely anti-administration would be wrong. I think it's very important we have Mental Health Week and it should continue. But the people who are struggling with mental health issues should not be the ones feeling most alienated. It shouldn't just be an awareness week. Raising awareness is simply a step in the right direction. The next step is working on helping fellow Christians who struggle with their mental health the tools and resources to not only function but to live a God-honoring life. ♦



pression is not the same as another person's struggle with depression. "I don't need my depression to go away — I wish it would, I really do — but thanks to God's grace, I can also function," he said. His message allows for others who are struggling with mental health issues to empathize with him as well as see that Christians can live a God-honoring life and still struggle with depression. This is where the mental health discussion amongst Christians should be primarily focused—asking how Christians who struggle with mental health issues can learn to help themselves.

That's why I believe a senior testimony from a student who is actively struggling with mental health issues would be extremely helpful next time. Spinney's message had so much impact be-



BY KARA BROWN
SOCIAL MEDIA EDITOR

In seventh grade, Sophia (name changed to protect anonymity) was researching a paper when an ad popped up. Curious, she clicked on it and was directed to a porn site. Confused and disgusted she immediately closed the site. Less than a year later a boy who had just joined her homeschool co-op sent her a link with the attached words, “I bet you’ll like this.” It began Sophia’s 6-year struggle with addiction to porn.

In the beginning she didn’t understand the point of videos but had no reason to distrust her new friend; she followed along as he started explaining porn and sex to her. She was 12 years old at the time and he was two years older, which made the things he said seem fascinating and intriguing. Not wanting to look stupid, she kept watching. In the back of her head she wondered, “Why am I doing this? Is this okay?” But she was so captivated by this boy and his interest that she didn’t want to stop. He stopped sending links when she told him she found on her own the stuff she enjoyed watching. He asked what she thought about porn and she still didn’t know. He asked if she would want to do the things they saw in the videos.

He would tell her, “If you do this with me, I’ll keep talking to you and be your friend.” The thought of losing his friendship seemed unthinkable, so she agreed.

At church she started hearing a different conversation about sex. Confused, she asked her best friend if what she was doing was wrong. “That’s com-

pletely fine,” her friend replied, adding that she was doing things like that too. Sophia stopped questioning the morality of what she was doing until when she turned 13 and her mom took her on a trip to talk about a Biblical understanding of sex.

“I knew a little from church, but I didn’t know how to process what I was hearing because my worldview had already been warped and it made me feel gross,” Sophia said. “But I also felt like since I had already been doing it, why stop now?”

She felt shame and guilt realizing how young she was and how little she understood of the significance of what she had been doing. The relationship with the boy eventually ended when Sophia discovered that her best friend who had advised her about the relationship was sleeping with the boy.

After this Sophia turned to porn as a way of dealing with her pain. “I don’t know why... it just became a part of my life just like any other routine that you have in your life,” Sophia said.

Never telling her parents, Sophia’s shame and guilt started developing into depression and anxiety. “My parents thought we were just friends. My mom would drive me to his house once a week... When things ended, I just told her it wasn’t a good friendship and she never pushed for answers,” Sophia said.

Eventually Sophia decided to confide in someone at her church about her porn addiction.

“I felt very condemned and judged when opening up about it,” Sophia said. “If I’m just going to be told I’m going to hell by someone, then what’s the point of even telling them? What’s the point

of even trying to get through it?”

“I had been feeling shame and guilt, but I didn’t fully realize what I was feeling until someone called me out on it,” Sophia said. “That turned into anger and sadness, but I kept watching because that’s how I learned to handle my emotions: just turning to porn instead of finding a healthier way.”

In high school, Sophia’s mom told her she was going to PHC’s Teen Camps for the summer. Sophia did not want to go because she knew she would not have internet access and it would be her longest time away from porn since the addiction started. She went anyway, and though it felt like a dry experience there was something that attracted her to coming back.

“I was sick and missed the Everything Skit, but when people came back and talked about it I knew I wanted to come back to camp to see it,” Sophia said.

She came back the following year annoyed about not having internet access, but anxious to see the skit. The Everything Skit depicts without words the story of a girl slowly pulled away from Christ by sin and distractions until she is almost consumed, but in the end rescued by Christ.

“After watching a switch went off and I knew I had to change. I didn’t know how, whether it was stop watching porn or the way I was feeling, something had to change,” Sophia said, “I felt guilt and shame but not in the way I felt it before. It was a conviction.”

She realized she needed to change and that it might take time and only through seeking the Lord would it change.

"I thought in order to change it would all happen at once and that was it, but I realized then it would be a process," Sophia said. For the first time she completely was open about her struggles to one of the counselors.

"We talked for five hours and there was a lot of crying, but it felt good to get it off my chest," Sophia said, "I had never shared with anyone who was not my age before and who had a different perspective."

At home she was faced with the same temptations as before but without the support she had at camps. She had times when things were good, and she wasn't watching, but all it took was a negative conversation with her mom or a stressful day for her to start watching.

"I know the issue now was that I was trying to do it all on my own," Sophia said. Through the next couple years this patterned remained. She would

go to Christian camps, feel convicted, go home on a spiritual high ready to change, be bombarded by the temptation at home, and continue watching. She shifted between Jesus and porn.

"It was like turning a light switch on and off," Sophia said. "I would watch porn and think it's okay because I also have a relationship with Jesus."

She decided to come back to Teen Camps one last time. She left camps learning things she hadn't fully grasped before.

"I realized the importance of making Jesus the number one over everything I struggled with," Sophia said. "It was always a give and take. I would give away porn and take it back... I knew I had to give it all and not take it back. I knew I needed to take the plunge."

It hasn't happened overnight and sometimes she still falls back into it, but Sophia has started her journey of

recovery. She found an accountability partner, began an online program called Fortify which is a part of "Fight the New Drug" movement, and started going to counseling. She still has set backs since beginning the program, but she has noticed a change.

Sophia realizes this subject can be difficult to talk about, especially for girls. "It feels more accepted for guys to struggle with, and people act like girls would never do anything gross like that... There seems to be more open conversations about it with guys than girls."

Sophia says girls are not always warned about the dangers of porn and it can feel like there's little resources or people to talk with to get help. She recommends free programs like joinfortify.com to start learning how to fight the addiction. ♦

The Parkland Shootings (A Time to Grieve)

BY VIENNA JACOBSON
Editor

We've heard the coverage of Nikolas Cruz's rampage through Marjory Stoneman Douglas High School in Parkland, Fla., last week. He burst through the doors just before afternoon dismissal and headed down familiar hallways, picking off students and teachers with an AR-15. He killed 17 people and wounded many more. In a predictable aftermath, outrage exploded across the nation as information emerged about his previously erratic behavior and the many red flags that nobody followed up on.

PHC alumna Kendra Olson (Journalism '17) was among those who spent the day reporting the incident. "Due to the nature of my job, I spent 8 hours this Valentine's Day watching the witness interviews, seeing them cry, reviewing the footage, and listening to professionals argue about what should have happened," Olson said in a post on Facebook. "I think we all know what should have happened. Those kids should have gotten to go home to their families."

As the news of another school shooting riveted the media, survivors of the Parkland attack planned a demonstration called the March for Our Lives, which will occur on March 24th in Washington, D.C.

How should we understand this act of seemingly mindless violence? Some are angry at the government and what

they see as a lack of action, some are paralyzed by fear, and others are using this to generate support for anti-gun causes.

There is a time for action, and obviously we should take reasonable steps to respond to and prevent, as much as possible, such violence.

But there is also a time to grieve: to grieve for the victims, to grieve for their families, and even to grieve for the perpetrator who will have to spend the rest of his life with the knowledge that he is responsible for the murder of 17 innocent people.

It would be foolish of us indeed not to grieve for the soul of someone so far away from the love of Christ. There should be righteous anger; the shooting was an evil act. Our fight is not against Nikolas Cruz, but against the situations and wickedness that create such bitterness and desensitization to mold a young man like him. Cruz will receive a righteous judgement—if not in this world, most certainly in the next—and we should grieve for him.

But, in grieving, especially as Christians, we are to have an otherworldly hope that fastens us with a fierce security. As Samwise Gamgee once put it, "But in the end, it's only a passing thing, this shadow. Even darkness must pass. A new day will come. And when the sun shines it will shine out the clearer." In this shadow land there is something good, and it is worth fighting for. ♦



things you should know



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“WHO SAID WHAT

quotes from campus

[Michael Patton]

"When I was in high school, I used to drink water out of a wine bottle because I thought it was cool."

[Gabe Blacklock]

"We all know the 11th commandment... 'Though shalt not kiss before marriage.'"

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