

Becoming Better Angels

By MARJORIE PRATT
Assistant Editor

“[Liberals and conservatives] complement each other in a way that’s almost scripted,” Lucy Greenman said last Saturday. She and nine other people had just finished a Red-Blue discussion workshop hosted by the APP program in conjunction with Better Angels. Better Angels is a non-profit organization

whose aim is to end disagreement and begin discussion between liberals and conservatives—or Blues and Reds.

Five liberals, five conservatives, and two moderators met in the BHC conference room Saturday morning. Discussion participants sat around the table, alternating Red and Blue. The meeting began at 10:00 a.m. with a set of rules, followed by brief introductions. The

Red representatives from PHC were Meg McEwen, Kianna Smith, Leo Briceno, Olivia Bowers, and Tim Kocher. The Blue representatives were Rabia Zavda, Luc Teyssier, Lucy Greenman, Adriana Batista, and Andrew Taylor, whose ages ranged from 17 to 25.

At 10:20 a.m., the two groups split up to discuss stereotypes. “What are
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Photographer: Evie Fordham

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the worst stereotypes of your side?” asked moderator Susan Symington. “What is the truth? And why do these stereotypes exist?” The Blues moved to BHC South, and the Reds gathered around the white board in the conference room. They chatted separately for nearly an hour, half the time allotted to naming all the stereotypes of their party and choosing the worst, and the second half allotted to stating the truth and finding the source of the misconception.

When the groups came back together in the conference room, the appointed spokesmen each had five minutes to summarize their conversations.

Kocher, speaking for the Reds, highlighted the stereotypes of conservatives: that they are all white males or “anti-other,” waging a war on women, pro-Trump, and anti-LGBT. He described the diversity among Reds but admitted that many conservatives are white males and conceded that many—often for practicality’s sake—support stricter borders. He also explained that most don’t support abortion, not because they don’t support women’s rights, but because they support “human rights.” They support the rights of the baby as much as the rights of the mother.

Taylor stood for the Blues to discuss the stereotypes of liberals: that they are baby killers, hypocritical, politically correct, and anti-guns. He described abortion as a necessary evil, not something that they want to happen, but something that should be able to happen should the need arise.

“Only the wanted should be born,” Greenman added.

They don’t want to see kids grow up in unloving or neglectful households. Taylor next stated that liberals tend to be “preemptively polite” and expect the same from others. They’re not trying to be hypocritical or politically correct; they’re trying to be accepting and make everyone feel comfortable. Finally, he explained that many liberals aren’t anti-gun, but that they would prefer a few more regulations. “We don’t care if you



PHOTOGRAPHER: EVIE FORDHAM

have a gun, as long as you’re obeying the law,” he said.

After a lunch break in the dining hall, the participants took part in another activity, this time a fishbowl discussion. Everyone moved into South where the organizers had set up chairs in two circles, a small one in the middle and a big one on the outside. Each sides took a turn sitting in the middle to discuss the questions, “Why are your side’s values good for the country? And what reservations do you have about your own side?”

The Blues took center first. They had eight minutes to discuss each question before Symington rang a bell, and they had to move on. By the end, the Blues discussed how they value free thought and elasticity. They want to take care of people and encourage camaraderie. “There’s never too much love to give,” they decided. They then admitted that liberals tend to be a little impractical, letting go of reason in favor of inclusion. “Liberals treat every situation like it’s dire,” Teyssier said. “Liberals very easily let perfect get in the way of good,” Taylor added.

When the Reds took center, Bowers suggested that conservatism creates a structure on which to ask the question, “Should we be changing?” Conserva-

tives, as well as liberals, want what’s best for the people, and this group believes that conservatives tend toward slowly and practically trying to decide what that is. “The conservative movement tries to find answers outside of the government,” Smith said. On the other hand, McEwen suggested that conservatives might “want small government so badly we let go of the other concerns.” This, they said, can tend to make conservatives seem uncaring or unemotional.

In the debrief that followed, the moderators asked what each of the participants had learned from the discussion.

Some expressed gratitude that everyone had been peaceful and polite. Most said they were surprised to find out how much everyone had in common. Many hadn’t realized how much they didn’t know about the other side. “I didn’t know Reds would think to discuss LGBTQ,” Teyssier said. “I didn’t know you thought about it.”

Greenman pointed out how the Blues admitted that they tend to be emotional rather than reasonable, and Reds feel they tend to be overly-rational and unemotional.

Everyone was hopeful that Reds and Blues could start working together. ♦



On the Hill

PHC's students find its reputation precedes them in D.C.

BY VIENNA JACOBSON
Editor

Manus Churchill found his summer political internship. He was introduced to someone but "didn't realize who he was," Churchill said. "I googled him afterward." Churchill discovered that his new acquaintance was the General Counsel of the House of Representatives.

Churchill's initial application to the office was rejected, but then he was invited to apply for, and received, an undergrad position as a legal assistant to the General Counsel where he spent the summer of 2017.

After the congressional baseball shooting, Churchill helped one of the attorneys brief a congresswoman's chief of staff.

"I got to write a memo on body armor and a clause on the state and federal level and then prep her for the meeting," Churchill said.

Churchill is just one of dozens of PHC students who have interned on Capitol Hill in the last several years. But how does one get selected from thousands of applicants, and what does that life involve?

Both Churchill and Michael Patton found that their choice of college held them in good stead. "Patrick Henry's reputation goes a long way in D.C. in the political world," said Churchill.

Patton put it simply: "I worked really hard on my application."

Pouring time into his application, Patton made sure everything was edited correctly and sought help from Dr. Michael Haynes, who is an expert on the Chief of Staff position. "I just said, 'Okay, help me know what people on the inside are going to be looking for.'"

Patton interned with the White House Counsel. There his responsibilities included: filling in for an attorney on vacation by sending out a daily news briefing to the attorneys and helping to

draft questions for President Trump's judicial nominees, as well as attending some of the moot hearings.

For Patton, connections were one of the major perks of working in D.C. "The attorneys in the White House's Counsel Office were literally so down to earth and some of the kindest people I've met," Patton said.

At one point, Patton was getting ready to present a project, and the attorney offered to buy him coffee before he presented. Patton also said that the attorneys would regularly eat lunch with him and the other interns. "I always felt safe to ask them questions," he added.

Another one of PHC's own, alumna Savannah Frasier, works as the Press Secretary for Congressman Doug Lamborn.

"I've enjoyed my job the most when I'm out photographing the Congressman speaking to audiences about important issues," Frasier said. "Once he



rallied crowds outside the Supreme Court before the Masterpiece Cakeshop case on religious liberty. I photographed the moment's energy and excitement with the Congressman's remarks and the crowd's signs waving in the wind."

For Frasier, one of the defining moments so far has been when the Taylor Force Act was passed in the House of Representatives last December.

"The legislation stops American taxpayer dollars from funding the Palestinian National Authority, who turns around and pays Palestinian terrorists to murder innocent Americans and Israelis in Israel," Frasier said.

Lamborn worked on the legislation, but Frasier was finally able to witness change happening.

Frasier got her job through connections. "My friend had sent my resume around to her church members, and my now-Chief of Staff picked it up," she said. "He asked me to come in for an interview, and after meeting with the office, it seemed like the perfect fit."

One of the most stressful but also exciting parts of her job is the quick turnarounds. "Much of Congress' operations are just a matter of reacting to what's going on in our world and that's something that isn't always easy to prepare for in advance."

Frasier also said that sometimes her coworkers don't understand how her views are not always in line with the GOP. They don't understand how her beliefs are founded in the Bible and not the Republican agenda. "At the end of the day I know who I have to answer to," she said.

While PHC holds respect in the D.C. world, involvement also comes with great responsibility.

"I knew conceptually, but I didn't realize how small D.C. was," Churchill said, "especially in the conservative legal world. Everybody knows everybody; which is a great advantage for us, but also a pretty big responsibility on us."

Churchill pointed out that if he had walked into work one morning hung-

over, it would not only have affected him but everyone else at Patrick Henry in the future.

"Going into a D.C. internship, make sure you have done research on the background of the field you are going into," Patton advised.

With research, there is less learning on the spot, and people will be impressed with the ability to jump in feet first. Patton, however, also advised potential D.C. interns not to be too confident and be okay with admitting when you don't know something. He says they will always know when you don't know what you are doing.

Despite the high-profile nature of a job or internship on the Hill, humility and being available to do the work no one else wants to do is part of the job.

"In a world of drama like the Hill and, in general, politics, it's important to know what you believe and why," said Frasier. "I would say holding fast to virtues like humility, kindness, integrity, and diligence will make you stand out on the Hill." ♦

The Art Society

BY KYLE ZIEMNICK
Copy Editor

For years, PHCers have watched their fellow students achieve forensic glory, strive for sports success, and accomplish extreme academic feats. But another type of talent met the public eye last weekend, as the new PHC Art Society displayed its first showcase gallery in the library.

“The art display was an opportunity to bless others through beauty and creative design,” freshman Adriana von Helms said. “And its goal was to simply brighten others’ day and encourage them to find ways of doing art in their own lives.”

The showcase included 29 pieces by eight different artists: six freshmen, a senior, and an alumna. The society’s faculty sponsor, Dr. Doug Favelo, was impressed with the wide variety of subject matter, from still life to the dramatic and fantastic.

“I probably shouldn’t have been surprised, but when I looked at [the gallery], I thought, ‘Holy moly! All these students are really good at this and

have a gift from the Lord,” Favelo said.

No official art club has existed at PHC since the short-lived Rembrandt Society in 2013, which also had an art show conducted by 2015 grad Geoffrey Seroka. This year, freshman Susanna Hoffman drove forward the idea for a display.

“We talk a lot about good and true and beautiful things. Seeing and drawing art is about the best way to embrace beautiful things.”

- Dr. Favelo

“I’ve been wanting to showcase people’s work from the whole semester,” Hoffman said. “People bring their artwork on Saturday mornings to work on it and nobody but the Art Society sees it.”

She added that she had originally attempted to have the showcase in the

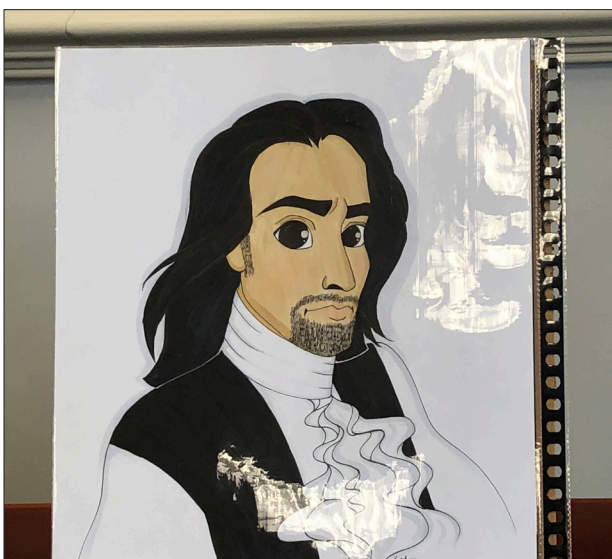
coffee shop.

“It was really cool how [the showcase] came together, though! Mrs. [Sara] Pensgard was extremely helpful. I got in touch with different artists, saw who was available, and that was that,” Hoffman said.

For anyone wondering whether the Art Society has real importance for students, Favelo says that it fulfills a vital need—both for the painter and the viewer.

“We talk a lot about good and true and beautiful things. Seeing and drawing art is about the best way to embrace beautiful things,” Favelo said. “It can be a way to find peace and comfort and solace.”

“Occasionally painting watercolors on Saturday mornings with the art club or even just talking with the other artists on campus about their current projects has truly been special,” von Helms said. “The Art Society has brought so much joy to me. It’s been an opportunity to be creative at PHC—a chance to bring beauty in everyday life.” ♦



RACHEL HANKINSON



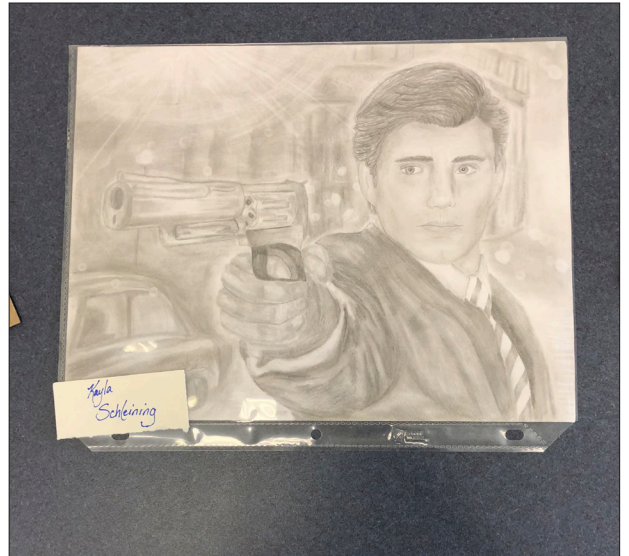
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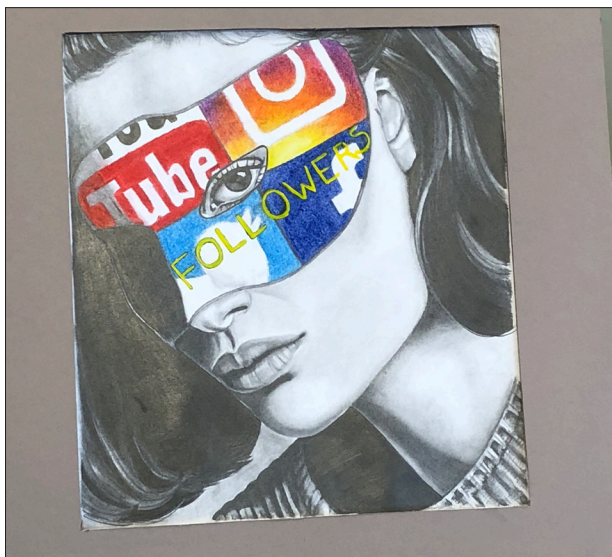
VON HELMS



ANDREW SHEPHERD



KAYLA SCHLEINIG



HOFFMAN



AIMEE STAUF

Accountability: Healthiness

BY CARRIE DURNING
Backpage Editor

When PHC alumna Kendra Olson arrived at school her freshman year, she immediately focused on academics and a little bit on friendship. But she put her physical health on the back burner. By sophomore year, Olson's health had deteriorated to the point of getting mono-nucleosis (mono), leaving her incapacitated for months. Instead of spending time with people or keeping up her

physical health, Olson was forced to sleep for long amounts of time. When she had enough energy to move, she attended class and then returned to her room. Life became incredibly difficult for Olson because she neglected her body, and today she's still dealing with some of the leftover effects of having mono three years ago.

Physical health is easy to neglect as a busy college student, but it should be as important to keep up with as mental health, if not more important. Each of

us is one whole individual, and to neglect either the mind or the body for the sake of the other will result in negative effects on both.

"Especially at PHC, a healthy mind is generally given more attention than a healthy body. However, both are a gift from God and both are our responsibilities, and so they are equally important to maintain," Olson said. "You can't compartmentalize who you are. If your mind is unhealthy, your body will take a hit. If your body is unhealthy, your mind will take a hit."

Finding time to fit a few minutes in a day for exercise is not always easy, especially when out of practice. Students have tried everything from scheduling out their weeks' hour-by-hour to going whenever they find the time, but eventually try to find what works for them. For sophomore Julia Coniglio, scheduling is an important aspect.

"I have to predetermine when I will go to the gym, and then go the minute the clock strikes that time," Coniglio said. "I have to consciously decide that I'm going to work out that day and then block out time for when I'm going to do it."

For Olson, finding time for physical health meant joining the soccer team or exercising with others.

"Honestly, there is nothing like teammates to keep you accountable," Olson said. "When it wasn't soccer season, I



PHOTO COURTESY OF OLSON



would periodically go to the gym with friends, or I'd set up an accountability system with one of my sisters."

Alumna Maggie McKneely worked on physical fitness while at PHC by finding what she enjoyed doing, which made exercise less of a chore. "The key is finding a way to stay active that you enjoy. I hate running, so I don't run. But I love dancing and hiking and weightlifting, so those are the things I do," McKneely said. "If you enjoy it, you'll be more motivated to do it!"

To have a physically healthy body, it is just as important to eat healthy as it is to stay active. As well as benefitting the physical body, what you consume also affects mood and energy levels.

"Food is fuel, and if you fill your body with bad fuel then you shouldn't be surprised when you feel tired and gross," Coniglio said. "I have found that I feel more energetic when I fuel my body appropriately by eating nutritious food and staying hydrated, and can definitely tell a difference when I eat well. I am usually more energetic, focused, and more positive."

Olson found ways to keep her body and in turn her mind healthy when in college by fasting from food groups that didn't keep her body healthy.

"I would go on processed food fasts. I couldn't eliminate it 100%, so I would

make lists of things that I normally ate that I absolutely couldn't," Olson said. "This helped me dramatically in my studies and the way I felt about life."

McKneely spent the first three years of college so careful of what she ate, living off of vegetables, chicken breast, and egg whites. Instead of having a healthy body and mind because of her diet, McKneely found herself constantly tired, taking two to three naps a day and working out excessively, all the while losing muscle. McKneely wasn't eating enough food.

"I've never felt worse in my life. I turned into a really negative, unhappy person," McKneely said. "I have since learned a lot more about what it actually means to eat the right food. Eat healthy, but don't obsess about it. Listen to your body; it's smarter than we often think and it's good at telling us what it wants."

As well as keeping the body healthy and fit, physical exercise and care also helps regulate stress, especially in a college atmosphere.

For Coniglio, exercise gives her an "out", leaving her much calmer. "After I work out, my problems usually don't look quite so big," Coniglio said.

Olson explained that the body handles and deals with stress based on the tools it is given to cope, including



PHOTO COURTESY OF CONIGLIO

healthy food, rest, and exercise.

"Exercise gives your body a way to channel and ultimately release the emotional, mental, and physical stresses it has been collecting through the day," Olson said. "Go for a walk, do yoga or stretches, or pump iron. Listen to your body. You know it better than anyone." ♦

Creating Experiences

BY LEAH GREENWOOD
Staff Writer

In 2005 Janna Bowman was in between jobs and living in the Leesburg area. She had driven past Patrick Henry College, but since she wasn't homeschooled, she had never paid any attention to what it was. While she was looking for a job, one of her friends showed her a tiny ad for PHC in one of the Leesburg newspapers and told her that she should apply. Bowman's friend then proceeded to nag her about the job until she applied. She was hired on at PHC as Director of Events.

Today, after leaving the school in 2007 to start her own business, Bowman has now returned to work at PHC as the Senior Advancement & Donor Experience Officer.

When she first arrived at PHC, Bowman was happy to find a lot of great people at the school. Since homeschooling was never in her "realm of thought," Bowman had few expectations for what she would encounter.

"It was amazing...to work in a place

[with people who] are committed to Christ and committed to excellence," Bowman said. "All of that kind of blends itself into character traits, and they're really unique opportunities that I don't take lightly."

In addition to her job, Bowman coached the women's soccer team at PHC. She loved the experience and got to know "some amazing young women," some of whom she still keeps in contact with today. She enjoyed the opportunity coaching gave her to mentor the girls and "use soccer as a vehicle to bring a lot of scripture and principles to life."

"It was just a fellowship and a comradery that I really sought to create, because when you play together, a team has so many different attributes than just skills coming together," Bowman said.

Throughout this time, Bowman opened her house to the students. She had a weekly dinner where either she or one of the students cooked, and sometimes students would crash in her

living room to study or have a movie night. The dinners were an open invitation, so there were times when Bowman would not always know everyone who showed up.

"[I enjoyed] developing great friendships, seeing everyone laugh together in the midst of what was at times incredible and intense study, and just being able to open my home and provide a place for that," she said.

But in 2007, Bowman felt God calling her away from PHC. She left and started J. Duck Productions, named after Ernie's Rubber Duckie in Sesame Street. Besides just planning events through her company, she works more as a consultant who helps with planning.

"The reason I do events and fundraising is because I have the ability to impact thousands of people... that I would never have the ability to talk to or impact one-on-one," Bowman said.

Thus, she is "very choosy" about who she works for and with because she feels like it would almost be a fraud if she promoted a message that she does not completely agree with.

Although Bowman left her PHC events job, she continued to coach the women's soccer team until 2010. She coached Lillie Schmidt, who graduated from PHC in 2010 and now works in Advancement as the Alumni Affairs Coordinator. Schmidt looks with fondness on her memories of the dinners that Bowman hosted. Schmidt and Bowman built a friendship that has lasted throughout the years, and now they have the chance to be coworkers as well.

"[Bowman] pretty successfully found that balance between being a friend and a mentor," Schmidt said. "She



PHOTOGRAPHER: HEATHER GRAY

was around, made herself available... and is very hospitable.”

Since Bowman founded her company, PHC had reached out to her several times and wanted to work with her on some events. However, the conversation eventually turned from wanting to contract with her to wanting to hire her

again.

“She creates experiences very well—messaging and all that—and she’s always been a natural relationship developer, and that’s so much of what advancement and fundraising is,” Tom Ziemnick, Vice President for Advancement, said. “Janna does a really good

job of telling a story within the event.”

Bowman agreed to the offer and was hired back on at PHC in December 2017. “[I’ve enjoyed] renewing old friendships and making new friendships; it’s a huge opportunity to be a part of this new season of growth and vision at PHC,” Bowman said. ♦

What About Making Disciples?

BY DR. STEVEN HAKE
Contributing Writer

Many of you are being discipled. You are finding out the great blessing of having an older person who loves and prays for you. This is God’s path to growth. But it must never end with you. God calls you, in turn, to invest in someone younger than yourself. This will also greatly contribute to your own growth. It is simply true that it is more blessed to give than to receive. Confucius said that no one learns like a teacher.

I’m willing to bet that there is a junior or senior high school student at your church that would be very encouraged if you reached out to and befriended him or her. If you don’t know of anyone, ask your pastor or youth pastor. Of course you need to make sure this is okay with his or her mom and dad, but they will probably be thrilled.

Another possibility is working with Young Life (high school), Wild Life (junior high) or Child Evangelism Fellowship (elementary). This will also give you opportunities to befriend and disciple a young person.

Many of you have younger siblings. These might respond very enthusiastically to this kind of interest from an older brother or sister.

Of course it is also a very good idea for us to help each other grow as students here. This can be very natural. You need not call it “discipling.” Call it

simply “loving your neighbor.” That’s really what it is. It might just mean going deeper in conversations, really listening, being willing to share more of your own struggles, and praying faithfully for each other. And pursuing this over time, not just once. How wonderful would that be? It will give rise, over time, to very rich body life and deep friendships. Lots of fun, too, I dare say.

If you are a Christian, being and making disciples is not an option, a “nice extra” for those interested or with the time for it. It’s the essence,

the whole point, ground zero. And there’s another hidden blessing. A few years back before I got into multiplying, I didn’t worry as much about what “Steve Hake” was like, because there was only one of him. But if all of a sudden we begin looking at a dozen or a hundred “Steve Hakes”—yipes! That’s sobering! I’m finding that I am caring a lot more these days what kind of person this “Steve Hake” is. And that’s a good thing. ♦



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things you should know



Streets of
Cancun run red
with 14 murders in
36 hours

Arizona mom
says she feels
"betrayed" by
babysitter after
kids found
dead in car



Britain reveals
it launched
cyberattack on
Islamic State



“WHO SAID WHAT

quotes from campus

[Professor Lee]

"We produce milk... well, I don't produce milk. Well, that didn't mean to be said."

[Spencer Reeves]

"Excuse me, has anyone seen a bustle?"

[Josh Webb]

"If you are lucky you'll be able to dust off your broccoli with some hot chocolate powder."

[Grace Weitz]

"You see, he is very weird in a charmless way."

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