

theherald

October 21, 2016

Volume 24, Issue No. 8



The teams line up before a play.



Credit: Pkrabay.com

Running at PHC: The Reasons Why

by Harvest Prude

Maybe it's drive, stress, or a habit. Maybe they're trying to hear themselves think, to get their energy out, to see how far they can go, how fast they can be.

While they run for different reasons, at different times, and to different playlists, many students agree that there's just something about running.

It can be hard to put your finger on what exactly that something is. Some speak of a elusive "runner's high."

"It's hard to explain; you don't get tired," freshman Jae Jared said. "And if you do, it doesn't inhibit you in any way. It's an infusion of energy and joy. You just love running and what you're doing."

Releasing Pent-up Aggression

PHC Women Show Off Their Athleticism During the Powderpuff Football Game

by Leah Greenwood

The women of PHC got the chance to have fun, let out some pent-up aggression, and show off their sports skills during the Powderpuff Football Game last Sunday. Team Black won with a finally tally of 25-12.

"Everybody [on Team Black] was really enjoying themselves – even when we were losing," said Sarah Geesaman, co-captain of Team Black.

Both teams took vastly dif-

ferent approaches to training. Team Black, coached by Jordan Hughes, Ian Schmidt, and Brooks Freeland, only had four practices, but they started working on and understanding different plays from the very beginning. Team White, coached by Diego Lastra, Kent Hoshiko, and Daniel Weitz, held practices once a week, increasing the number of practices to every night before the game, primarily focusing on strength training.

"There was a huge distinction between the two teams,"

Geesaman said. "They were strong and we were quick."

The score ping-ponged back and forth in the first half. Marlen Sekerak intercepted a pass and ran it back for a touchdown to put Team White up 12-7 late in the first half, but Team Black responded with another touchdown to go up 13-12 at the half.

In the second half, Kendra Olson and Julia Coniglio each found the end zone for Team Black to end the scoring.

continued on page 6

continued on page 5

theherald

volume 24, issue no. 8

thestories

- new classes** page 3
- bravissimo!** page 4
- detective fiction** page 4
- mental health series** page 8
- profile: caitlin coulter** page 9
- profile: manus churchill** page 11
- movie review: priceless** page 11

themasthead

- editor** beth bergstrom
- layout editor** evie fordham
- copy editor** rebekah jorgensen
- backpage editor** giovanna lastra
- staff writers** harvest prude
meg mcewen
leah greenwood
victoria cook
bruce truax

contribute

Notice an error?
Interested in submitting an editorial?
If so, contact Beth Bergstrom at:
ejbergstrom067@students.phc.edu

socialmedia

For more, find us on social media.
Facebook: Herald Media
Instagram: @heraldmedia
Twitter: @heraldmedia

studentgovernment

Student Senate is getting off the ground, and the executive branch is now fully staffed. Both the Chapel Assessment Commission and the Community Involvement Commission are now officially led by their new chairpersons. I am writing my proposed budget for the Senate, which will focus on enabling community events by partitioning funds for creative events to connect us with one another and with Purcellville. It will also allow students to provide some food for the faculty senate when they meet. I am not saying this will help our grades. I am just saying it will not hurt.

-Andrew Kelly

The inaugural senate meeting for this session was held last night at 9 p.m. in the BHC South Classroom.

Congressman Alex Mooney to Teach Spring Class

by Evie Fordham

Students assembling their Spring 2017 schedules now have the option for new classes “Topics in Government: The Real Nature of Politics,” taught by Congressman Alex Mooney, and “Topics in Historical Studies: History of Africa,” taught by Dr. Cherri Wemlinger.

“I was so excited to see all the new classes being offered next semester,” sophomore Morgan Conliffe said. “A lot of classes caught my eye, but I chose ‘History of Africa’ after learning about the slave trade in Dr. Spinney’s class and wanting to learn more.”

“The Real Nature of Politics” will be Mondays, Wednesdays, and Fridays from 9:10 a.m. to 10:10 a.m., and “History of Africa” will be Mondays and Wednesdays from 3:40 p.m. to 5:10 p.m.

“It’s essential that Christians understand and get involved in the political process,” Mooney said. “The thing that’s different about this class is that I’m teaching from the viewpoint of a practitioner.”

Mooney has represented West Virginia’s 2nd Congressional District since 2014 and is up for reelection this November. He attended Dartmouth College, where he earned his Bachelor of Arts in Philosophy.

Mooney grew up in Maryland, where he served in State Senate from 1999 to 2010 and as Chair of the state’s Republican Party from 2010 to 2013. Then he moved to West Virginia and began campaigning for Congress.

“I ran a grassroots campaign and built it from the ground up,” he said. “I had to overcome significant obstacles in running in a state I had chosen to move to and live in... everyone has obstacles to overcome. You have to acknowledge that up front.” With the obstacles came experience from which Mooney will draw while teaching.

“I’ve knocked on 50,000 doors, and that’s being conservative with the estimate,” Mooney said. “The class will be heavy on how to knock on doors and an-

swer people’s questions... My favorite topic is door-to-door campaigning, which is essentially grassroots campaigning. Some try to find that person that will write a million dollar check, but I like to reach out to individual voters in the community, regular voters, and talk about the issues and talk to real, everyday, taxpaying Americans.”

The class will also cover the public relations side of campaigning. “I’ll talk about dealing with the press and reporters, friendly and hostile,” Mooney said. “People make mistakes in both business and politics because you can’t hide from the press. You have to deal with them.”

Mooney had many connections with PHC before becoming an adjunct lecturer. His legislative director, Nick Butterfield, graduated from PHC. Mooney has spoken to a number of PHC students attending training seminars given by the Leadership Institute, an organization based in Arlington, Va. that involves young conservatives in campaigns.

“It hit me that I enjoy doing this, and although my time is tight, I love teaching people who share my values,” Mooney said. He reached out to his friend Mike Donnelly, HSLDA’s Global Outreach Director, to ask if PHC might be interested in letting him teach a class on the practicalities of politics. Donnelly recommended he speak to President Jack Haye, and “The Real Nature of Politics” was born.

Mooney passes PHC on his way from his home in Charles Town, W. Va., to the District of Columbia.

“History of Africa” is the second class Wemlinger has taught at PHC. This semester, she is teaching a Chinese history course. “‘History of Africa’ will provide students with the opportunity to better understand the diversity of Africa and introduce them to the people of Africa,” she said. “Most students have very little knowledge of African history and this course will not only help them to understand African history, but it will also help them understand our history better. Examining African history will demystify



Alex Mooney

the place of Africa in history and provide a basis for assessing future engagement between the United States and Africa.”

Wemlinger received her Ph.D. in World History/Africa/Imperialism from Washington State University. She has taught at WSU and Fairmont State University.

“I was drawn to African history because of Ethiopia,” Wemlinger said. “This is one of the only places, outside of Israel, where we see the historical intersection of Christianity, Islam, and Judaism. As I began research on Ethiopia I attended conferences and events with people from a variety of African states. They won my heart and I knew this was a place I wanted to know more about. To many of us Africa is an enigma, and I am excited to be able to help dispel the myths and introduce students to the rich history of this continent.”

Wemlinger sees learning about African history as important from an educational and Christian standpoint.

“Africa is a place with very diverse beliefs, both non-Christian and hybridized Christianity,” she said. “Even if we are not called formally to the mission field, the chances that we will each encounter people who are from Africa is very strong. The better we understand African history, the better equipped we will be to effectively represent Christ to them.” ♦

Bravissimo! A Night of Italian Music

by Beth Bergstrom

The Harp Ensemble, the Chamber Orchestra, the Chorale, the Statesmen, and the Liberty Belles will perform at 7 p.m. in the BHC lobby tonight, Oct. 21. Also performing are members of the faculty.

“Dr. McCormick planned this concert as an encore to last October’s successful French concert,” said Rebekah McCormick, PHC’s music coordinator. “This time he decided to celebrate Italian music, with all music being either by Italian composers or musically related to Italy.”

The concert will include Italian themed decorations and refreshments, courtesy of Elise Kersey and Bon Appétit.

The concert will begin with the PHC Harp Ensemble performing *Puccini Medley*, arranged by Michaels, and *William Tell Overture*, arranged by Voltz. There will then be a flute and guitar faculty interlude where *Duetto Facile, Op. 77* by M.

Guiliani will be performed.

The Liberty Belles will be singing *Lascia Ch’io Pianga* by G.F. Handel, followed by a Soprano Aria faculty interlude of “*Non, mi dir*,” from *Don Giovanni* by W.A. Mozart. The PHC Chamber Orchestra will perform *Overture to the Barber of Seville*, by G. Rossini, and *Concerto for Four Violins in B Minor*, by A. Vivaldi. The next faculty interlude will be a piano performance of *Sonatina in D Minor, K. 141*, by D. Scarlatti.

The PHC Chorale will be performing *Cantate Domino*, by G. Pitoni, and *Vezzosette Ninfe*, by G. Gastoldi.

The concert will conclude with the PHC Chamber Orchestra performing *Cinema Paradiso*, by E. Maricone, and *Paganini Variations*, arranged by Pancarowicz.

“Rumor has it that that fake moustaches may be donned in one song, but we’ll leave that to the audience to find out which one,” Mrs. McCormick said. “We



think this concert should be a lot of fun and the perfect way to reduce stress from midterms!” ♦

New Detective Fiction Class Offered

by Meg McEwen

Literature students have the opportunity to grab their magnifying glasses and venture into the “meaner streets” of literature with Dr. Cory Grewell next semester.

The new Detective Fiction class, inspired by Grewell’s personal experience as a reader and writer of detective fiction, will be offered as a LIT408 class to all students.

He wants students to examine the distinct styles of British and American detective fiction, as well as classic authors like Sir Arthur Conan Doyle and Dashiell Hammett.

“The private eye has to be this guy who walks into the mean streets of a sordid society. Yet, and Chandler points this out, he’s not of that society, but he has to be there to get his hands dirty to help those who need help. I think that there are some really interesting Christ-like paral-

els in the American private eye,” Grewell said, referencing Raymond Chandler’s essay, *The Simple Art of Murder*. In the same way that all fantasy leads back to Tolkien, all detective fiction pays homage to Chandler and Hammett.

Before fantasy caught his attention for almost two decades, Grewell remembers reading *Encyclopedia Brown*, one of his first encounters with detective fiction. Eventually, Grewell decided to write his own detective fiction novel.

Grewell currently has two detective fiction manuscripts, both unpublished.

The first manuscript, dubbed “*Fleeting Beauty*” by his wife, began about 12 years ago as a first person, narrative voice developed for a graduate class at Northeastern University.

“This voice was tongue-in-cheek because I sort of congenitally think that I’m being funny,” Grewell said. However, the voice needed a story. A friend pointed out that the sardonic and sparse detective fic-

tion profile would fit the bill for Grewell’s floating voice.

The steep ascent to the novel’s 303-page state began. He completed the manuscript, but no agents took the bite. However, they said that it had potential. Grewell revised a couple fatal flaws, including his protagonist’s unconventional status as a failed graduate student.

Grewell’s second manuscript, unnamed, nears the finish line at 208 pages. The story jets off from page one as Grewell’s private eye character bodyguards an exiled Palestinian poet who has sensitive documents related to a third intifada. Grewell pulls his research from a variety of sources, including his own readings, online sources, and insight from friends.

“I will refer to myself as a writer once I have earned it,” Grewell said. However, he concedes that some of his experience with detective fiction writing will flow into his new class. ♦

Drive, Stress, or Habit: Reasons to Run

continued from cover

It typically happens at the end of a longer race, but Jared has experienced it more often recently, even just running on the W&OD trail to the Sia station on Pandora.

Sophomore Ian Frith has experienced runner's high several times. Around mile nine or 10 during the longest stretch he's run continuously, 13 miles, he started feeling way better.

"I felt like I was kind of floating," Frith said. "I've had it on a few other occasions, but I remember that one time. The last three miles were easier than the first few."

But not everyone feels runner's high.

Junior Rosalie Blacklock started running five years ago after feeling like the non-athletic kid all her life. She ran to change that. She and her mom went on a 90s fitness plan called "Body for Life." After initially hating it, running became her favorite part of fitness. Her favorite runs include being outside, or running at home with her Golden Retriever, Lego. She runs almost every day, even in the dead of winter.

"It's hard to make myself do it—but after I do I feel like I've conquered the coldness," Blacklock said.

Junior Hailey Kilgo is also more of an individual runner.

"I would go out and run a mile...and then two, and slowly increased it," Kilgo said.

She's run races—a couple half-marathons—one of them in Australia. But she prefers the alone time running can give.

For some, races are one of the best parts of running.

Soon after senior Graham Jackson started running, his mom signed him up for 5k races. "The effect of having other people racing around you—the whole mentality of being revved up, of being inspired by everybody around you...[is] pretty cool," Jackson said.

Jackson hopes to run the Sugarloaf Marathon in Maine, a rolling course, for

the second time after he graduates.

"Typically during training you get to the point where you're comfortable with twenty miles. But nothing can truly prepare you for the last six," Jackson said.

Sophomore Kyle Permann got hooked after her first race. It was partly the aspect of "everyone doing the same thing together and spectators cheering [for] you," Permann said.

Frith started running because his friends ran. He joined track and then cross-country. Since coming here, he misses the camaraderie that comes with the team aspect of organized running.

It's also interesting to note what people think about when they run. Some people think less, but Blacklock doesn't relate to that at all.

"My mind gets busier," Blacklock said. She's a self-described "slow" runner, but she finds her thoughts accelerating as she runs. "It helps me get my thoughts in order."

Jackson gets up at 6:30 a.m. to run about four times a week, and finds that it clears his head. "Running helps to level your head in a way...You might not stop thinking about [things], but you think about them better."

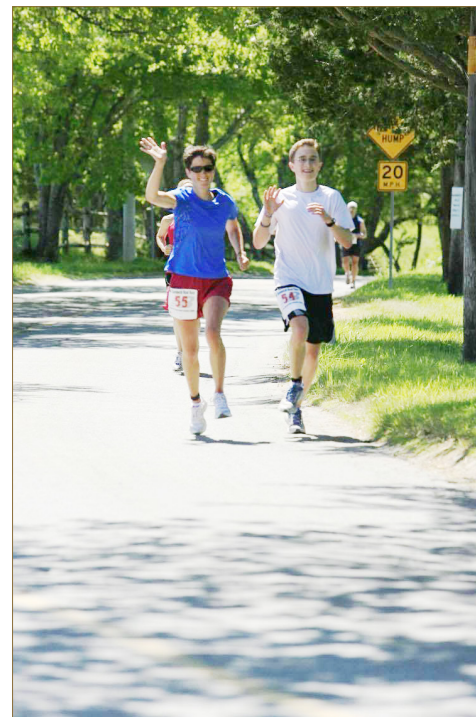
For Jared, running is the time when she can get a mental break. "That's my empty box, it's the closest I can get to thinking about nothing," Jared said.

"Once you start, you don't have to think about continuing to run," Kilgo said. "My mind will wander to what it wants to start thinking about. It clears to the place it needs to be."

The physical distance mirrors the right mental space.

"Once you literally run away from a situation...it's perspective, it's distance from a situation," Kilgo said. "Even if something frustrating happens, you were running at 6:17 this morning and everything was fine. Nothing can change that. You tune back into that. It was peaceful; God was there."

Of course, none of them have their



Jackson and his mom during a race.

track teams or a family that helps them maintain the habit. So why do they do it?

For Permann, it's stress relief. "When I'm having a hard day, I hit the trail as hard and as fast as I can."

Blacklock now runs partly to keep fit. But it's helped her more than just physically. "It gave me a sense of self-respect because I always felt a sense of hopelessness about doing physical things," Blacklock said. She now has more confidence trying new things.

In the end, whether or not we understand it, running is just "their thing."

"It's become a part of who I am," Permann said. She feels "off" when she doesn't run.

Could it be that running actually adds something to your life that would otherwise be missing?

Jackson thinks so. "A lot of things add to our lives...if you can find that something, [it] is really helpful in getting a bit better picture of who you are completely," Jackson said. "Humans are biologically built to run, but it's not everybody's thing, so what is your thing?" ♦



Team Black Wins

continued from cover

The spectators also got into the spirit of things, with Jacob Van Ness providing running commentary on the plays, and Nathan Jacob leading a halftime dance show.

“I loved seeing the contrast between the fierce, competitive girls on the field and the lighthearted jokes and comments on the sidelines,” said Rebekah Jorgensen, co-captain of Team White. “Seeing so

many people having fun watching the game made all the scrapes and bruises worth it!”

Speaking of injuries, this game turned out to be even more intense than the dorm games usually are, with most girls walking away with severe bruises on their legs and arms.

Some players received more serious injuries, with Julianne Owens and Giovanna Lastra suffering concussions from their defensive



Powderpuff Game

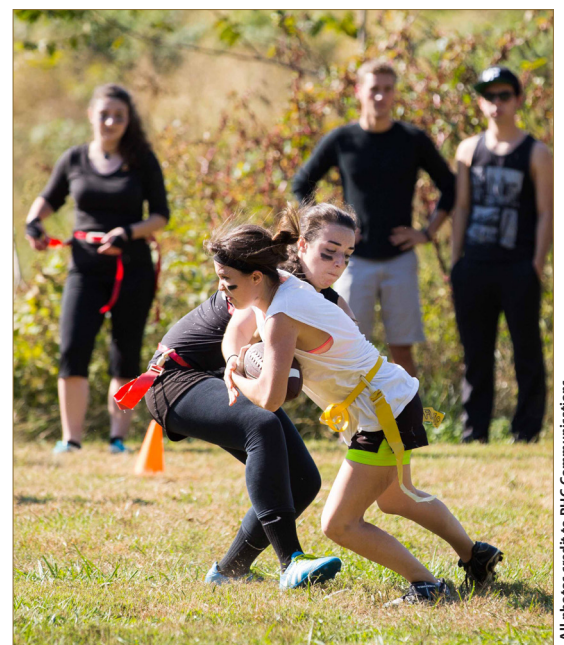
line tackles. Additionally, Morgan Conliffe broke her finger, Beth Bergstrom dislocated her hip, and Kendra Olson injured her foot.

When members of Team White hobbled into the Urgent Care facility in Leesburg the day after, the receptionist took one glance at their black eyes and bruises and said, "Are y'all with that puff thing? Y'all were out for blood!" She had

apparently seen some members of Team Black a few hours earlier.

Organizers have not yet decided whether to hold another Powderpuff game.

If it does become a PHC tradition, Geesaman will be excited to see how the teams turn out. "It was super fun and I would love to do it again," Geesaman said. ♦



A Lonely Path: Struggling with Anxiety

The Fifth Story in the Herald's Mental Health Series

by Rebekah Jorgensen

Her heart beats faster and faster. She breaks out in cold sweats. She loses peripheral vision. Her chest constricts and she starts hyperventilating.

Cassie grabs the knife sitting next to her bed. “*Maybe this will release the pressure in a different way.*” With a trembling hand, she places the cold, steel tip of the knife on her forearm and cuts into her skin, tracing the outline of a piece of jewelry, trying to find some kind of relief.

From all outward appearances, Cassie (her name has been changed to respect her privacy) is a bubbly, outgoing, current student who loves cheesy pop music, Godiva chocolate truffles, and long explorations in the woods. But Cassie veils her ongoing struggle with anxiety deep within.

“It’s a tension between what I know is rational and what I know other people are seeing and actually thinking,” Cassie said. “I became very worried about how other people were perceiving me and that I was letting other people down.”

When she first came to PHC, Cassie had no idea that she would soon struggle with anxiety. Several weeks after going through a difficult breakup during her freshman year, Cassie experienced her first anxiety attack.

“I was really torn between being really embarrassed and not wanting anyone to know, because I knew that they would think that it was me being overdramatic and ridiculous,” Cassie said. “Knowing that people might brush it under the rug as ‘weird’ made me feel like I had to stop overreacting.”

But she wasn’t being melodramatic. Cassie couldn’t shake the constant and overwhelming feeling that she was letting people down. Since she still frequently interacted with her ex-boyfriend, Cassie was sure he would see that she was failing her friends, just like she assumed that she had failed him.

Additionally, the high-pressure academic environment at PHC made Cassie

feel like she was always inadequate, having to compete with everyone else around here. So she memorized the drill of blaming herself for her anxiety.

“I’m not being logical or rational.”

“I’m just going to go off by myself and not bother anyone, and then come back and do what I need to do.”

“That way it won’t affect anyone’s perception of me.”

Sometimes an attack came during chapel, forcing Cassie to leave in the middle of a song. Sometimes they came during family events or friends’ parties, leaving Cassie crying alone in the bathroom. Sometimes they lasted over two hours.

The morning after a really bad attack, she remembered nothing.

“It really sucks to feel something so strongly that you react in a physical way and to know at the same time in the back of your mind all of the Bible verses, all of the things that anyone else who knew you were having this attack would say. But it doesn’t translate to stopping how you feel,” Cassie said. “It just makes you feel stupid.”

To calm herself down, Cassie usually tries to keep moving as much as possible.

“Getting up, walking around, talking about something – it’s very visceral for me,” Cassie said. “When I’m feeling anxious, I usually go and play the piano and sing really loudly, because it’s like socially acceptable screaming. It’s just a release of the emotion in a different way.”

But sometimes these methods don’t work, leaving Cassie struggling with questions of whether or not to harm herself. She often feels torn between what she is rationally thinking in her head, and what her anguish-driven desires are telling her to do.

“These are the scars I never made/the ones I ripped inside my brain/the ones were only stuffed away/I bleed for scars I never made,” Cassie wrote in her journal after a particularly intense attack.

While her friends try to understand, Cassie has heard a wide range of opin-

ions, both from people who know she has anxiety and people who do not know.

“There’s no in between – they either say ‘She’s psychotic and needs meds,’ or, ‘You’re fine,’” Cassie said. “There doesn’t seem to be a good understanding of the fact that you can have anxiety and it can affect your life, but you can also deal with it.”

Cassie hasn’t had an attack in over a month; however, during the few past years, she experienced them regularly. While she makes a conscious effort not to let her anxiety define her or dictate her life, she is left wondering when the next attack will happen or how she will handle her range of emotions.

“In our Christian community, there’s a lot of ‘If she just had more faith,’ or, ‘He’s just being illogical,’” Cassie said. “When everyone is broadcasting strong opinions on what should and shouldn’t be done with mental illnesses, it becomes harder to be honest that you have anxiety, because as soon as you tell them, they’ll turn on you and give you their prescriptions.”

Regardless of what steps she must take next, Cassie knows that the most important thing in addressing anxiety is having honest conversations with all her friends, including the ones who don’t even know she struggles with it. If she feels like people are talking about her behind her back and not bringing up issues to her face, it only makes the social anxiety worse.

Cassie tries to focus on spending intentional time in Bible reading and prayer, speaking the truth and hope of Christ to the anxious thoughts in her head. She also asks her friends for prayer and help when the anxiety and attacks get too bad, knowing that there is solace in companionship.

“People who know that their friends have anxiety should have conversations about what makes them feel anxious, and ask if there’s anything they do that causes anxiety,” Cassie said. “Having more honest conversations about it would be a really good step.” ♦

Spines and Sovereignty

by Rebekah Jorgensen

As she groggily shook off the cobwebs of a deep sleep, Caitlin Coulter blearily gazed around the dark room. “Where am I and why in the world am I tied to the bed? Who strapped my legs and torso down?”

Slowly, her thoughts pieced themselves together. The neon lights, the stiff fabric of a hospital gown, the IV stabbing her arm were hallmarks of her painful reality: scoliosis surgery, resulting in two titanium rods wedging her spinal cord between them.

Coulter’s dad took a picture as nurses uncovered the fiery red, jagged scar snaking up her back. “Time to stand up and start walking!” the doctor said.

In an instant, searing pain raced up Coulter’s back and starry flashes burst into her line of sight. Everything narrowed to the excruciating sensation that drowned out all other voices in its thunderous rush to her head.

Today, Coulter lives with scoliosis as her constant companion.

“I haven’t slouched in over three years, and the process of learning how to live with something stuck up your back has been so difficult,” she said.

To all who know her now, Coulter is a big-hearted, effervescent, blue-eyed PHC senior who recites English poems,



Coulter with family immediately after surgery.

jams to One Direction, and cries during senior testimonies and *The Notebook*. But beneath her infectious smile, Coulter has hidden the never-ending pain of a dysfunctional back, challenges of being normal, and questions of whether or not God really works all things together for good.

“Sometimes someone says, ‘Hey can you pick this up for me?’ and I can’t reach it because of my back,” Coulter said. “Or sometimes I’m with a group of friends and they want to go do something and I can’t because my back hurts.”

Yet Coulter’s story was not always one of pain and struggles, for her childhood in Tulsa, Okla., was entirely normal. Days were filled with reading books, stealing raw cookie dough from the fridge, and tormenting her five siblings, and Coulter loved being a part of her big family.

“I was the best oldest child ever and I knew it,” Coulter said. “I wanted to make sure everyone else knew it as well.”

Participating in activities from gymnastics to ballet for years, spinal problems were the furthest thing from Coulter’s mind. Even the mild back pain she developed was no concern until her younger sister, Caroline, was diagnosed with scoliosis. When Coulter was examined shortly after, doctors were shocked to find that

she, too, suffered from the same condition.

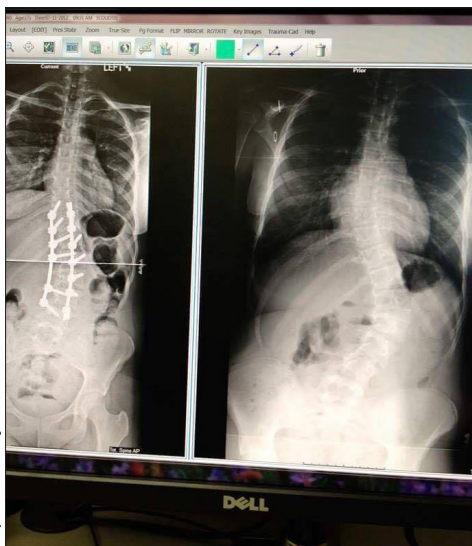
“Everyone was making a big deal about Caroline so I didn’t have much of a reaction except, ‘Oh...well...ok.’ I didn’t really know what it meant,” Coulter said.

Since the curvature of her back significantly imbalanced her hips, anything that involved her back became increasingly uncomfortable. As her condition worsened, Coulter could only sit for short periods of time and her lung capacity was a mere 65 percent.

Initially, Coulter and her sister engaged in 10 months of chiropractic treatment. For 12 hours each week, specialists positioned the girls into various machines that pulled, pushed, shook, and shoved their backs in an attempt to counteract the scoliosis. When these methods failed, Coulter was strapped into a full-body brace that she wore under her clothes for 20 hours each day.

“It was awful,” Coulter said. “Oklahoma in the summer is not particularly cool, and none of my clothes looked right. Being in the middle of high school feeling larger than you are and nothing looking good on you was really hard.”

After wearing this brace for almost a
continued on next page



continued from previous page

year with no lasting effects, Coulter knew she needed surgery.

“I was worried I wouldn’t be able to dance afterwards,” Coulter said. “Looking back now I know that’s really stupid because there’s so many other issues, but I was really afraid that I wouldn’t be able to move my hips [after surgery].”

Despite her fears, Coulter’s appointment was set for June 28, 2012. After her friends came to the hospital before dawn with encouragement and crazy socks, nurses wheeled Coulter into the operating room. During the six-hour procedure, surgeons broke her back in eight places, twisted the pieces straight, then drilled holes into individual vertebrae that were screwed to two 10-inch titanium rods.

Even though the procedure was successful, the hard part had just started. After the surgery, Coulter became addicted to pain medication, and when she tried to go cold turkey off of them, the repercussions made her prone to severe mood swings. Returning home only 48 hours after surgery, Coulter got to school on the first day of class that August.

“I couldn’t sit or stand and I would go out into the hallway and lay down in between classes because I couldn’t handle that amount of time,” Coulter said. “The recovery process isn’t something that just ends because I’m always uncomfortable.”

Nevertheless, Coulter determined to be normal, especially when she came to PHC in 2013. Coulter was especially in-



Coulter with her surgeon.

terested to see how people reacted to her story. “I was looking forward to trying out some of my back-related puns on people!” Coulter said. “Just to straighten things out, I’m screwed. Literally.”

Yet what Coulter did not expect was how hard it would be to accept God’s sovereignty, even in the years after her surgery. Every day, Coulter has to live with the reality of her condition. Even simple tasks like drinking from a water fountain or picking up a pen off the floor are painful reminders that she is not the normal girl she used to be.

“What use is this ‘miraculous’ journey I’ve been on when I can’t stand the place it brought me to?” Coulter said. “I didn’t decide to have scoliosis and I certainly didn’t chose to live the rest of my life with the

consequences of this surgery.”

As people kept coming to her, expecting her to be able to point back to all that she had gone through and expound on how much that had taught her, Coulter realized that just made her mad. Soon, Christian platitudes and clichés, even those offered by friends, were more hurtful than helpful.

“I know they want to help, and I believe in the power of prayer, but it’s awkward to sit there and know that everyone is watching your reaction,” Coulter said. “They want to think that their prayers helped me in some tangible way, but the rods and screws are already installed and now I just have to live with it.”

Yet despite uncertainty in the future and awkward interactions with family and friends, Coulter refuses to live in despair. Instead, she laughs about how she can do a killer plank, serve as a second table in the dining hall, or how she gets stuck trying to do backbends. Most importantly, she can still dance the night away, and even made it to the semifinal round of the limbo competition at last year’s Sock Hop.

“That’s my story,” Coulter said. “The first part of it, at least. Maybe one day I’ll reach an understanding about why my life is so screwed up, but honestly I’m just trying to survive right now. God is teaching me that I don’t need to explain the details of his plan. I just have to know that he has one.” ♦



Freshness Pays

Manus Churchill Starts Juice Catering Business to Fund Return to PHC

by Bruce Truax

Most freshmen college students find summer jobs at places like Chik Fil-A. But when Manus Churchill found himself unable to return to PHC because of finances, he started his own catering company, Doubletake Juice, that soon counted Facebook and other Silicon Valley tech firms among its clients.

"I needed something to do, to put on my resume," Churchill said.

When Churchill returned home for the summer after his freshman year, his grandmother had been diagnosed with cancer. Manus realized his family would no longer be able to fund his college tuition. He had to pay his own way. Since Churchill did not want to take out stu-

dent loans, he decided to create his own company.

Other than making fruit shakes for his family, Churchill had no prior business or culinary experience. Nevertheless, Churchill started a company focused on catering freshly squeezed fruit and vegetable juice for corporate events.

His father, a financial advisor, was able to get Churchill in contact with the local tech companies' office managers and event coordinators. A friend of the family allowed him to use a building for free that she had rented. Soon, Churchill was catering for tech companies across Silicon Valley. Most of

his work revolved around company events that featured executives, engineers, communications, and sales staff.

"In California, people are willing to pay ridiculous sums of money for fresh pressed organic specialty fruit and vegetable drinks," Churchill said.

His secret was freshness. The brown apple juice at the store is comparable to the browning of an apple when someone cuts it open and leaves it on the counter for too long, Churchill said. Doubletake's apple juice is white, just like the inside of a fresh apple. He ended the company and returned to PHC when he and his family felt that they could afford it again. ♦



Priceless: A Step in the Right Direction

by Victoria Cook

Moviegoers tired of watching stereotypical Christian films will be delighted to know that *Priceless*, is an exceptional film that is thought provoking without being preachy and interesting without being overwhelming. In fact, *Priceless* may prove to be the elusive breakout film that Christian directors always pursue but never seem to obtain.

After his wife's death, James Stevens (Joel Smallbone) became a shattered man, looking for peace. A bar fight and a couple of jobs later, James loses custody of the only joy in his life: his daughter Emerson. With a desire to make things right again, James takes a job driving a locked-up moving truck with its unknown cargo across the country. Through an unexpected event, he finds out that the "cargo" consists of two sisters who plan on being waitresses to pay off their father's debt.

The story unfolds as James and the two sisters, Antonia (Bianca Santos) and Maria (Amber Midthunder), reach their destination, where the girls are taken to

a neighborhood to start their "careers". When he realizes that these innocent girls are being taken for prostitution, James teams up with a hotel owner to get the girls back.

"What makes a Christian independent film stand out is honesty," Christian screenwriter Philipa Booyens said. "In order for a Christian movie to be successful too, it has to be called by God. Not just a good idea for God to bless, but more of a, 'this story is needed now and I need you to tell it,' situation."

Woven throughout the movie is the subtle theme that Christ's love extends to all. From their first meeting, James treats Antonia and Maria in a respectful and honorable way, which parallels how the overall movie treats Christianity. *Priceless* treats sex trafficking with a delicacy that allows viewers to understand human depravity without seeing vivid visuals of what sex slaves endure. Instead of solely focusing on the physical aspects of trafficking, *Priceless* shows emotional trauma, as well as the glimpse of hope for those who believe.



On Monday, three days after the release date, *Priceless* received the number one new indie movie rating in America.

Overall, the movie has several stilted moments as the main character develops, but for the moviegoer willing to be patient for the first five minutes, he will find that *Priceless* is a compelling tale that emphasizes that every life is precious. ♦



PHOTO OF THE WEEK



Credit: PHC Communications

The two powderpuff teams praying together after the game.

Powderpuff Injury Report

2 Concussions
1 Broken Finger
1 Dislocated Hip
1 Strained Foot
Countless Bruises
Everlasting Aches
and Pains

UPCOMING EVENTS

Bravissimo!
Oct. 21
7 pm
BHC Lobby

Virginia Storm
Oct. 22
7 pm
PHC Gym

Pigskin Classic
Oct. 23
2 pm
PHC Frisbee Field

PHC Dance Hall
Oct 23
7 pm
*Zion Springs Bed and
Breakfast*

"When we talk about Aristophanes, that's a Herald-Free zone."-Dr. Favelo

[#heraldbackpage]

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