

# the herald

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Mary Katherine Collins with dresses from Socrates' Closet outside the dorm where her shop is located

## Learning to Be Entrepreneurs

*Titan Society teams with PHC students to get businesses off the ground*

by Meg McEwen

"We are taking the PHC Women Facebook group and turning it into a physical location," sophomore Mary Katherine Collins said.

The Titan Society rose from the ashes this semester, renewing student interest in business ventures. Collins imagined a consignment store on campus where students could regularly sell or rent out clothing and accessories in a more efficient way than Facebook. Though hesitant at first to share her busi-

ness idea at the Titan Society's open forum, Collins received a overwhelmingly encouraging response from friends and Dr. Michael Kucks, Director of the Economics and Business Analytics Program. Weeks after Collin first broached the idea, Socrates's Closet opened in an empty room in Mount Vernon.

"Next semester it's going to be a full-fledged consignment shop," Collins said. "We'll have shoes, dresses, purses, scarves, bookbags, coffee mugs... We'll have regular hours every weekend. Down the road we'd love to expand it and maybe eventu-

ally move it to a location where guys could also participate."

Collins envisions Socrates's Closet as a market for students to sell their creative merchandise like knit scarves and other products. She plans to donate 5 percent of the proceeds to charity.

Collins is one of several student working to get various projects off the ground. A student who graduated a few years ago pioneered the Titan Society before the college offered the EBA major. After he left, it

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Future Shell station near PHC

## Catoctin Corner Coming Soon

by Evie Fordham

If you have gone anywhere near the Barbara Hodel Center parking lot, chances are that you have noticed the construction in the lot behind the BHC. This development is a shopping center called Catoctin Corner. Its shops will likely begin opening in fall 2017, according to Purcellville Community Development Director Patrick Sullivan.

"Buildings are going up rapidly," he said.

KLNB Retail, a northern Virginia-based commercial real estate service, will lease space to businesses including Dunkin' Donuts, Chipotle, Manhattan Pizza, Supercuts, Wink! Vision, Heartland Dental, a Shell gas station and convenience store.

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## studentgovernment

At the semester's final meeting, Senate unanimously passed a constitutional amendment.

It includes primarily minor grammatical changes. Two substantive changes were included. It revises the section that fills the Student Hearing Board. Due to changes by the Office of Student Life, the Student Hearing Board was replaced with one Hearing Board made up of students, faculty, and staff. The amendment updates the constitution to reflect these changes. The second change adds instructions for the Election Commission in the event that only 24 students file to run for the Student Senate. The nomination period would be reopened to allow more students to run, ensuring that a true election occurs. The student body will vote on the amendment next week from Monday, May 1, at 4 p.m. through Tuesday, May 2, at 4 p.m. An email with the amendment itself is forthcoming. As always, please reach out to me directly if you have any questions. One last time,

-Tim Kocher, Speaker of the Student Senate

# EBA Director Encourages Student Entrepreneurs

continued from cover

puttered out – only to be rejuvenated once more this semester.

“There are two or three teams working on three different business ideas, and the hope for it is that we can get a business up and running that graduating EBA students can hand off to students below them,” senior Brooks Freeland said.

EBA students Freeland, Peter Thompson, Hannah Waters, and Sutton Haye are currently working on GOpher, an Uber-like website that would connect job hunters seeking quick, non-contract services like babysitting or lawn care with a trustworthy pool of PHC students.

“You’re basically putting your hat in

the ring for being part of a labor pool and being open to entire community-based opportunities that you can say yes or no to,” Freeland said.

They are still working on the platform concept and logistics. The website would provide ways for students to fill small pockets of time with work in the community.

Socialink, another organic business founded by PHC students Andrew Kelly and Stephen Osborne and later joined by Thompson and Freeland, will eventually provide a relevant networking outlet for small businesses and students.

“The app creates a community that allows small businesses and people to connect so that the people can endorse the

services and products that they love and get paid for that through their social media sites,” Thompson said.

They are currently designing the app to pull social media information like location and other stats to determine the worth of a social media account.

“It’s kind of an application of the entire EBA program.” Thompson said. “Coming up with the strategy for all of it has been straight from economics. The actual equation that we’ve had to come up with and derive to determine the value of an account has really been a lot of calculus, which moves into statistics, because we’re moving tons and tons of data to determine the value of an individual account.” ♦

# Shops Near Campus Predicted to Open This Fall

continued from cover

The shopping center will attract customers who typically drive by Purcellville on Route 7, Sullivan said.

“When they come off the bypass, they won’t have to go all the way into town to get gas,” he said.

Another gas station in the area may make prices more competitive.

Catoctin Corner will benefit Purcellville residents in many ways, said leasing agent Dallon Cheney.

“The amenities will be so convenient,” he said. “If you don’t like Starbucks, now there will be a Dunkin’ Donuts drive-through. If you want Chipotle, you’ll no longer have to drive to Leesburg.”

Not all of the planned buildings have been leased out yet. Unclaimed spaces will include two roughly 6,000 square foot buildings that can be subdivided and a potential 10,000 square foot daycare facility.

That Catoctin Corner will include a daycare facility is not guaranteed, but the possibility is exciting to students who enjoy working in childcare. Sophomore Mary Katherine Collins has worked with



View from BHC parking lot of Catoctin Corner buildings under construction

children since middle school.

“I would love to have another potential job opportunity that is within walking distance of campus,” she said. “It would benefit students without cars in a really positive way.”

Senior Santos DeBarros, a campus safety officer, sees both benefits and drawbacks to Catoctin Corner. He is most excited for the arrival of a Chipotle.

“I think the shopping center will be nice to have and good for convenience’s sake,” he said. “But it could be more of a security risk to have a strip mall right next

to school. Random people are more likely to walk onto campus.”

DeBarros was raised in the northern Virginia area and grew up shopping in Purcellville. Although he is excited for the new shopping center, he also sees Catoctin Corner as another step toward making Purcellville more like the larger town of Leesburg.

“It’s turning Purcellville into just another American town, and it’s losing its charm,” he said. “I miss the Purcellville that was a quiet countryside town.” ♦

# Answers in Genesis' Noah's Ark Replica Astounds

by Victoria Cook

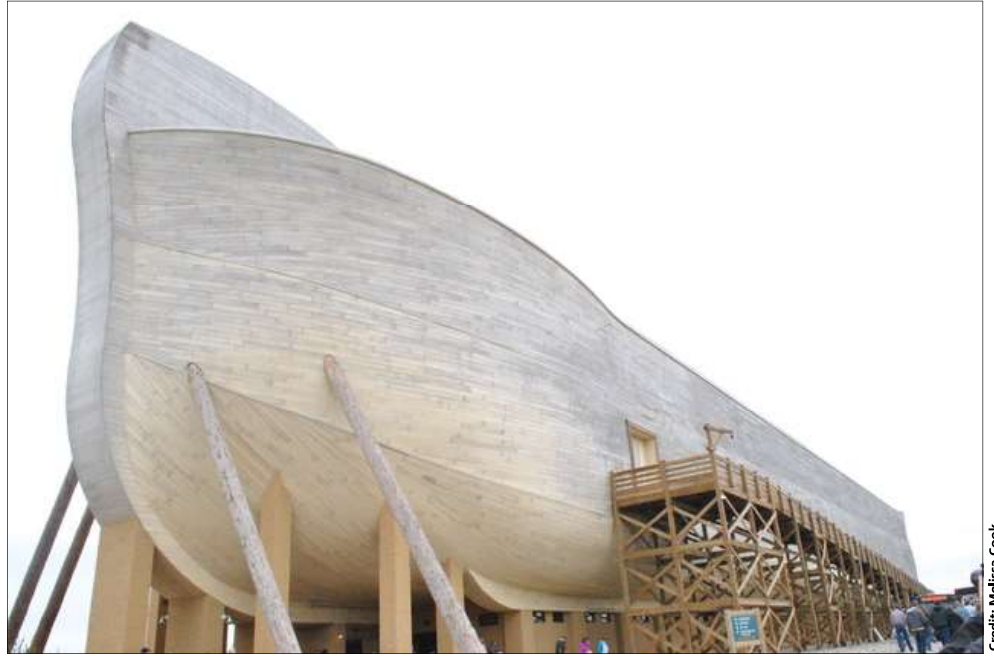
The largest timber-frame structure in the world rests in Williamstown, Kentucky, drawing in large crowds even on cold, rainy days. The Ark, an exact replica of Noah's Ark, is a project of Answers in Genesis and opened to the public last July.

Standing at 51 feet tall with a 510-foot length and 85-foot width, the Ark has three decks that depict the story of Noah and the Flood. The first level involves the building of the Ark and the kinds of animals that would come on board. The second and third levels focus on answering potential problems with the Ark's structure and the Flood.

Answers in Genesis, an apologetics organization founded in 1994 by Ken Ham, does an excellent job of showing how science and the Bible are compatible. Instead of heavy-handed jargon or condescending wording, the exhibit descriptions are intelligent and clear enough so that children can understand with some explanation and adults remain interested.

The first deck begins with a carved plaque illustrating Noah and his family's story and, most importantly, God's faithfulness. Visitors can walk through to see a few of the animal kinds that were on the Ark. The Ark contained 1,398 kinds of animals that would eventually breed and branch off into more specific species, according to creation scientists' most recent estimations. This specification explains how the Ark could carry all the animals on the Ark that became the diversity of animals (fewer than 1.8 million documented species) we have today.

The second and third decks explain the Ark's function. Noah and his family took care of 6,744 animals, according to AiG. To explain how the family of eight



Answers in Genesis' Ark in Williamstown, Kentucky

Credit: Melissa Cook

provided for the animals and themselves, AiG takes creative license to prove that the family could have obtained fresh water, removed waste, and fed the animals efficiently. AiG proposes a moonpool theory, where an intentional opening in the hull allowed water to rise up into the Ark. The moonpool would relieve tension on the hull and be an area for waste disposal. While the Ark could store most of the needed water, fresh water could be obtained from the roof, in a process of rain capture.

AiG believes that Noah and his family were most likely vegetarians, since Adam and Eve were vegetarians. The living quarters on the third deck display the craftsmanship of Japheth, Shem, Ham, and their wives, as well as their ingenu-

ity to create a garden and store food. The food for the animals would have been stored away from the living area.

AiG does not shy away from asking tough questions about the evil, death, and the justice of God. One of the very first

exhibits on the second deck discusses why the Flood was a redemptive measure, not just a condemning one. AiG purposefully points out that just as the Flood washed away the sinful people from the Earth, God can wash away mans' sins.

The artistic license AiG took to create the exhibits within the Ark adds to its overall charm. Emzara, the name for Noah's wife, was taken from the Book of Jubilees, since she is not named in the Bible. Other creative substitutions for missing information are believable and based on research. As with their Creation Museum, AiG strived to make the Ark as authentic and appealing as possible, and they succeeded. Models of animals and Noah and his family could be mistaken as living.

Outside activities include a petting zoo, a zipline and obstacle course, and Emzara's Kitchen. The Ark Encounter will expand to include an east and west village as well as a larger zoo. Due to limited funding, AiG will not be building anything else soon.

Visitors to the Ark can receive a discount to the Creation Museum, which is 45 minutes away. The creative details and thought-provoking exhibits make a visit to the Ark a worthwhile summer trip. ♦

**“AiG purposefully points out that just as the Flood washed away the sinful people from the Earth, God can wash away mans' sins.”**

# How to Excel (or not) at Your Summer Internship

by Hailey Kilgo

It's the final countdown, to paraphrase that song by Europe. We are so close. Classes are ending. Seniors are getting sappy and paper writing season is in full swing. Sumer Is Icumen In, I mean summer is coming, and that means it's almost time to trade in late nights and 8 a.m. classes for summer internships and jobs. Thankfully, the many who have gone before us are now willing to impart their tips and tricks on how to make the transition seamlessly.

Junior Hannah Waters, who interned last summer for an eyewear company, shared her top three best tips on how to impress your boss, make friends in the office and enjoy the summer all at the same time:

"The first thing is to dress well for the first impressions, but then adapt to the culture. Not every company or job is going to require business casual dress code. Some may simply be casual, or on the other end of the spectrum, formal. Second, always be a few minutes early. If you're on time, you're late. And lastly, build friendships with the other employees. Ask them about their work or how they succeeded in the company. You'll be surprised who you

meet and what you learn."

Junior Josh Webb also shared his top tricks of the summer internship trade. From refraining from stealing office supplies to making sure you hug every person on your team before leaving, Webb has shared his experience in the workplace for the benefit of others.

"First, once you have the job, tell your employer that you told one lie in your interview but don't tell them what it was," Webb said. "That will keep them wondering and wanting more. Second, when the summer comes to an end, make sure to leave a pile of stuffed animals in your office so that when people walk by, they can come hug them in place of you. Makes everyone feel loved. And third, keep connected to the people you worked with. These internships are meant to cultivate relationships with people in your field. I made promises to email them weekly with detailed life updates, and that might not be realistic, but check in when you're gone to maintain those connections."

For anyone going overseas this summer for their internship, senior Giovanna Lastra, who taught in India for a summer, shared a few unexpected experiences that you might also have:

"You have to expect the unexpected. If you are doing an international intern-

ship, be prepared for your main duties to be nothing near what you signed up for. I went to India with a human trafficking prevention organization and instead of working in that area, I was a teacher of a preschool class for girls. I taught them life skills, and it was nothing near what I signed up for."

Lastra also experienced uncertainty on her journey home when culture shock caught her and took its emotional and physical toll.

"Be prepared for culture shock," she said. "It's a real thing. It's okay not to be okay and just be prepared for that adjustment period. Also, surround yourself with people who understand culture shock. It helped me tremendously. Part of what helped me, though, in overcoming that was treating myself. I bought clothes in India or little things that helped me when I got home, and they also helped start a conversation to share with people about the place you were. It'll help you hold onto the memories."

Whether you are staying home or working internationally, your summer internship will be well worth it and even enjoyable if you can adapt like these PHC students did and learn as you go. Remember, everyone starts somewhere, and this is just your beginning. ♦

## 2016-2017 Student Government Recap

by Tim Kocher

The 2016-2017 Student Senate was one of the most productive in recent years. Besides the APAC Report, the Senate has been making other recommendations to the college administration to help improve life as well as streamlining student government. During the past year, we initiated the earlier start time for classes right after chapel on MWF, modernized the way in which clubs are approved and renewed, sent out a survey on the effectiveness of student government, encour-

aged the administration to allow AP Calculus scores of 4 or 5 to exempt students from taking Euclidean Geometry, asked Student Life to make the process for accessing the Student Kitchen easier, and took a stand for freedom of thought and expression. However, we also overhauled student government, including creating new positions, abolishing the ineffective Tech Commission, requiring senators to volunteer at least 5 hours a semester for the Office of Admissions, requiring student government to host at least one open house every semester, requiring the Treasurer to present an annual report to

Student Senate, restructuring the Community Involvement Commission to make it an executive department, creating an Intramural Sports Commission to organize regular sport competitions, encouraged the college administration to offer apprenticeship credit for Model UN, and revised the student government code and submitted an amended version of the student government constitution to the student body for a vote. It has been a pleasure to serve as the Senate Speaker for the last two sessions, and I wish you all the best of luck as PHC moves upward and onward in the years to come. ♦

# Oh, the Places They'll Go!

By Bruce Truax



Courtesy: Kirk Lundby

## Kirk Lundby

Lundby plans to get a job in either the U.S. House of Representatives or the U.S. Senate, and immediately after graduation he will be working on Greg Gianforte's campaign for Montana's House seat. Lundby expects the experience he gained interning with Senator Steve Daines (R-MT) will assist with finding work in Congress.

Lundby would rather work in the House than work in the Senate. Because congressmen have significantly smaller budgets, they have fewer staff, requiring staffers to be experts in many areas. In addition to his internship in the Senate, he has run for a seat in Montana House of Representatives and has worked in the Montana State Senate.

## Philip Bunn

Bunn will be attending the University of Wisconsin-Madison graduate school studying Political Theory. Bunn wants to use his degree to teach at the college level.

"Dr. Mark Mitchell and Dr. Roberta Bayer are great," he said. "I've seen the impact they have on students here."

He will be working with Dr. Richard Avramenko, a friend of Mitchell who supports a conservative and libertarian worldview in a very liberal environment.

"He has a really good structure in place for conservative students in the department at a school that is otherwise fairly liberal," Bunn said.

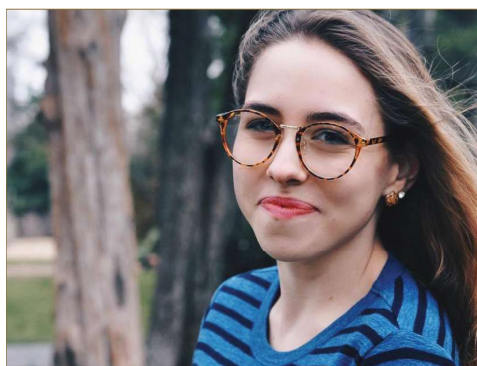


Courtesy: Philip Bunn

## Caitlin Coulter

Coulter, a Literature major, plans to attend the University of North Carolina-Greensboro, where she will earn her masters in English and a graduate certificate in Women and Gender Studies. She wants to teach high school literature.

"Everyone I talked to here at PHC, who doesn't enjoy reading, can tie it back to high school," she said. "They lost their love of reading in high school, and I would love to be a factor in someone's decision to keep reading."



Courtesy: Caitlin Coulter

## Chaz Toplikar (right) and Andrew Almaguer (left)

Toplikar and Almaguer enlisted in a fast track program designed to increase the number of Special Forces. They learned about this program though Toplikar's uncle, a former Green Beret.

"I've always wanted to serve my country, and this is a good way to do it," Toplikar said. "I'll serve for a few years and get out, and then go off to do something else. I am hoping to go into federal government or law enforcement."

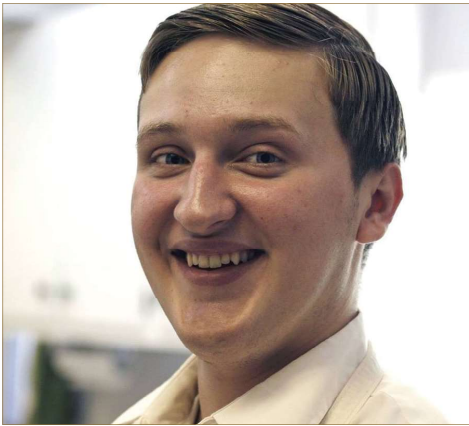
"As someone who loves learning about the world and the history of other cultures, this seemed like a perfect fit for me," Almaguer said. "It involves both intellectually and physically engaging work aimed at making a real difference in the lives of oppressed people."

Toplikar and Almaguer hope to specialize in training foreign guerrilla fighters, engaging in unconventional warfare, and conducting counter-insurgency operations.



Courtesy: Chaz Toplikar

# 9 Seniors' Future Plans



Courtesy: Jason Long

## Jason Long

Long will attend the University of Auburn graduate school where he will study Economics. Long plans to use his doctorate to teach economics at the college level. Getting into a fully funded program was only by a work of the Lord, he said, since many schools refused to consider him due to PHC's lack of regional accreditation. As a General Government major, Long originally planned to go to law school after he graduated. However, once he took Economics for the Citizen with Professor Nathan Russell, he realized that Economics was his true passion coupled with Political Theory.

"I've taken almost all the upper levels in Political Theory and all the upper levels in Economics," Long said. "I'm almost double majoring, but I am just a few credits short."

## Drake Jones (left)

Jones, an Economics and Business Analytics major, will grow his liquidation company, Hire a Hustler, after he graduates. His company specializes on helping sellers get top-dollar prices in the secondhand market. It all started when Jones bought a dresser for \$30 and noticed that several other people wanted it as well. After contacting those people, he managed to sell the dresser for \$70. Jones was elated. He started selling or "flipping" everything he owned. Eventually, he was hired by friends to sell their things. He began to work by commission, and Hire a Hustler was born.

"I did it because it's challenging, and it's the easiest way to make a ton of money without any real skills," he said.



Courtesy: Drake Jones



Courtesy: Mallory Faulkner

## Mallory Faulkner

Faulkner, a Classical Liberal Arts major, wants to work in social media marketing. "It's actually a field and profession that I really enjoy," she said.

She has been the Marketing Intern and Communications Assistant at the Convention of States Project since August and has been the Marketing Intern at the United States Geospatial Intelligence Foundation since February. Faulkner plans on applying to graduate schools later this year.

## Lauren Lee Mitchell

Mitchell plans on continuing her role as Global Outreach Coordinator for the Home School Legal Defense Association. She works with homeschool families around the globe facing harassment. She is planning two homeschooling conferences for next year which will take place in Russia. She will also continue her role as a Court Certified Advocate for Children through the Court Appointed Special Advocate Association, an organization that provides representatives for foster care children in court. Mitchell will compete for Miss Virginia this June. Her ultimate goal is joining the Air Force Judge Advocate General's Corps.

"I work best under immense pressure because it forces me to realize that I have to rely on Christ's strength more than my own," she said. "That brings with it an incredible peace."



Courtesy: Lauren Lee Mitchell

# Drug Addiction and the Will to Recover

by Megan Hardwick

*Editor's Note: Hardwick is taking Journalism I through PHC Distance Learning. We chose to run this story because of the opioid epidemic in Virginia which prompted Governor Terry McAuliffe to sign four bills into law earlier this year to address the crisis.*

When a heroin-addicted mother abandoned her children, her 4-year-old girl was left to care for her younger brother, a responsibility that weighed heavily on her small shoulders. Left alone, she watched over him in his crib but became distracted by the box of matches that were left on the floor. She lit a match, unaware of the danger. Then, the crib was accidentally lit on fire.

Visible scars resulted from the circumstances surrounding that incident. The boy received burn marks across his face. As for the girl, her traumatic past resulted in scars on her arm from the constant penetration of a needle.

"Addiction is like an iceberg," said Erin Durocher, the Senior Clinician at the Phoenix House in Keen, New Hampshire. "The physical characteristics of addiction are visible on the surface, while mental illness or trauma lies beneath. Clients use drugs as a way to deal with those underlying problems."

Couple mental illness with the increasing availability of opioids, heroin, and prescription painkillers, and opioids become a major cause of deaths in the United States, taking 33,091 lives in 2015. North Hampshire has the second highest death rate in the United States due to drug overdose, with 34.3 individuals dying per 100,000. This is a 30.9 percent increase since 2014, according to the Centers for Disease Control and Prevention.

"What makes the opioid epidemic worse is the proliferation of fentanyl," said Tom Modini, a nurse working at the Veterans Affairs Medical Center in Manchester, New Hampshire. Fentanyl, Modini explains, is a newer drug that is different than heroin, and is often mixed

with heroin. It is much more powerful, and "a much smaller amount is a lethal dose," he said.

Modini recalls his worst case, where a patient died by mixing heroin with fentanyl.

"I had done case management with him for over a year," he said.

A couple of days after New Year's, Modini was going to pick up this veteran from his home to take him to his detox treatment. Once he arrived at the veteran's home, the veteran's caretaker notified Modini that he had died on New Year's Eve.

The majority of the patients admitted to the Phoenix House are addicted to opioids. The Phoenix House has 18 clients in their 28-day residential program and up to 15 clients in their outpatient program. Durocher works with clients from both programs, as well as the clients in her group therapy sessions.

Addiction has no class and no age limit, as Durocher explains there are clients who come from wealthy families and homeless shelters, ranging in age from 18 to 60.

"The drugs stunt cognitive and emotional development, so most of the client's maturity level is stunted," said Durocher.

This immaturity can make it difficult to develop a plan for recovery.

"If clients don't have a solid plan after the 28-day residential program as to how they are going to change their life, then they will most likely relapse the day they get out," explains Durocher.

One of Durocher's clients has done this several times, and is currently back in the program once more. He has decided to not return home because he knows he will relapse.

"A lot of clients can't return home, as it is often a trigger for them to start using again," she said. "This is especially the case when families are not engaged in the recovery process."

Durocher and Modini agree that the most important step toward recovery is the decision to want to recover. Not ev-



ery patient begins their recovery journey wanting to recover.

"Some of my clients are forced into our recovery program by their families or parole officers," Durocher said.

For the girl who accidentally left her younger brother with permanent scars, this was the case. Durocher, recalls the first day she, now a young woman, walked into the Phoenix House.

"She walked up and said to me, 'I'm only here because my parole officer is making me. I don't care for your help,'" she said.

Two weeks rolled by with the girl defiant and disdainful. However, Durocher figured she must have been listening to her, because she was pleasantly surprised when the girl came to her and stated, "I want to recover."

After the 28-day program ended, she spent eight weeks in additional recovery. What was left of her family wanted to "cut ties with her," so she began living in a homeless shelter in Keen, New Hampshire.

"I was worried she would relapse in the shelter," explains Durocher.

Nevertheless, the girl consistently returned to the Phoenix House for a weekly session until she was done with her recovery. She was then able to obtain a job at a Starbucks.

"I saw her one year ago, and she looked great," said Durocher. "She is still sober, and comes back to help with other clients when she can." ♦



# Staying on Campus This Summer?

by Leah Greenwood

Summer is quickly approaching, and while many PHC students are packing up their belongings to head home, some have chosen to live on campus over the summer to work on-campus jobs or to be teen camp counselors.

While it is easy to get caught in a rut and not feel like dragging yourself off campus, many activities await your down-time over the summer. Since campus is about 45 minutes away from D.C. and close to the West Virginia and Maryland borders, something to do can always be found. Here are a few ideas to help inspire you.

## 1. Take a hike.

Loudoun County and the surrounding areas offer some beautiful landscapes and hiking trails. Bears Den, which is about 15 minutes from campus, features a historic stone mansion and rolling views of the Shenandoah Valley and Blue Ridge Mountains.

Harpers Ferry, which is about 30 minutes from campus, is junior Katie Segesdy's favorite place to hike.

"I love the views and the company," Segesdy said. "Having a full day of staring at God's beauty

reminds me that there is more to life than just sitting in your room and doing school."

The Appalachian Trail cuts through Virginia and is about 10 minutes from campus at Raven Rocks hike. This section of the Trail presents views of the Shenandoah Valley and surrounding mountains.

## 2. Find new eats.

If you feel like eating something other than cafeteria food, Purcellville has a wide variety of restaurants to choose

from. Some of your options are: Smoking Willy, Hot Wok, Anthony's Restaurant, Petite Loulou Creperie, Monk's BBQ, My Deli & Café: Greek Bistro, Purcellville Family Restaurant, and Casa Tequila Bar & Grill.

After discovering the Purcellville Family Restaurant, senior Elisabeth Wilk said, "I wasn't even aware of the existence of the restaurant. It seems like a bit of a hole in the wall place. Not terribly well-to-do. But the food was PHENOMENAL. Everything was for dirt cheap... I can't remember the last time I ate so much in one sitting. I've heard their breakfast is infamous as well, and they have black raspberry flavored shakes and ice cream. It's basically my new favorite restaurant."

## 3. Grab some friends and head into D.C.

D.C. offers a wide variety of activities. There are stores to shop in, restaurants to eat in, museums to visit, and historic sites to tour. The Smithsonian museums and galleries feature fascinating and informative exhibits. Places such as the White House, the Library of Congress, and the Kennedy Center are full of history. The Washington Monument, Lincoln Memorial, and Arlington National Cemetery are worth visiting to

pay tribute to the great men whom they honor.

## 4. Saddle a new ride.

Loudoun County is known as "horse country" in Virginia. According to loudounequine.org, there are more horses in this county than in any other county in the state.

One of the best ways to take in the beautiful Virginian landscape is while riding a horse. Whether you've had prior experience with horses or not, finding a



Credit: Katie Segesdy

Students at Harpers Ferry

stable which offers lessons or trail rides is a fun and unique activity. Some nearby stables are Foxrock Stables in Middleburg, Red Gate Farm in Bluemont, and Royal Horseshoe Farm in Front Royal.

If you're not feeling adventurous enough to get on a horse yourself but still want to see these beautiful creatures in action, you could attend an equestrian event. Many facilities host horse shows and other equestrian events throughout the summer. Morven Park puts on a number of horse shows, and the Middleburg Hunt holds various events.

## 5. Hit the road.

If you feel up to traveling a little further, campus is just a few hours from West Virginia, Maryland, New York, Pennsylvania, and Chincoteague Island.

These new places offer many more adventures. You could experience the whirlwind of city life in New York City, walk the battlegrounds of Gettysburg, or watch the Chincoteague Pony Swim.

Whatever you decide to do to spend some time off campus over the summer, just remember: have fun, and don't forget to bring your camera! ♦

# PHC Student Lifts Through Struggle

by Carrie Durning

The alarm wakes Sutton Hays at 6 a.m. Making the short trek from Red Hill to the Barbara Hodel Center, the Patrick Henry College student once again starts his day in the modest campus gym.

For many, the gym is a place to maintain or lose weight, pursue physical perfection, or build confidence. For Hays, the gym is a place of gain and strength, where he can improve physically, mentally, and academically.

"I don't exercise, I train," he said. "I'm not trying to keep my body 'in shape' or 'fit', but I think making an effort to improve yourself is essential. Physical discipline is absolutely key to maintaining academic and spiritual discipline."

Hays began lifting in middle school, taking after his brothers in training to be a strongman. Hays has competed in one strongman competition, Destination Dallas Show of Strength, and continues to train for three competitions this summer.

Returning to the gym day after day has not always been Hays's agenda. He first began training with his brothers Sumner and Austin when he was 13. He became discouraged and lost motivation a few years later at age 15 after continuously training with men so much stronger than himself. Hays switched from putting countless hours into training in the gym to pouring hours put into speech and debate, convincing himself he was more successful at being smart than being strong. Hays lost the gains he had worked for in the previous two years.

After moving to Virginia in the fall 2015, Hays decided to finally take his training seriously and developed a schedule and program with the support and coaching of his brothers. Focusing on gaining back strength and weight, Hays gained 60 pounds in one year.

"It wasn't clean at all, but it didn't need to be," Hays said. "I was motivated to return to the gym day after day, and was slowly becoming bigger and stronger.



Sutton Hays

That's what mattered."

Hays's motivation at age 13 to begin lifting came when he tired of being pushed around at school. He figured that looking bigger and more intimidating would result in people leaving him alone.

"The reason you start going to the gym isn't always the reason you return day after day," said Hays. "I stopped being pushed around years ago, but I still return to the gym because I see improvement and love seeing what I can become. There is a satisfaction in knowing that you're improving."

"Sutton is incredibly motivated and driven and not just in the gym," Hays's roommate Andrew Kelly said. "I definitely believe his determination in all parts of his life begins in the gym."

The gym for Hays is also a place for artistic and emotional expression. Hays is known on the PHC campus for wearing a shirt that says "Lift Angry," which has become something he lives by.

"People often had the inconvenience of seeing me cry on a barbell or yell before a deadlift," Hays said. "The gym is where I can deal with anger and depression. After dealing with depression for a long time, I've learned how to turn it into strength."

Hays accredits his motivation and drive partially to his depression.

"I tell myself on really bad days 'this is

going to be a great day for training,'" Hays said.

Since attending PHC, Hays has dealt less with depression, crediting new, close friendships that have changed things for him emotionally.

Now Hays trains other students. His friend Calvin Pawley insisted on following Hays to the gym to begin training in spring 2016. Since then, Hays has created workout programs for students and even faculty.

"Sutton has such a religious fervor and passion for the gym," Pawley said. "I wasn't seeing results on my own, and I knew he has a wealth of knowledge for the gym, so I asked him, and he showed me the ropes. His motivation is inspiring."

Today, Hays continues to find motivation in his successful results, despite a temporary back injury and the constant stress of academic deadlines.

"If it is something he wants to do, nothing is going to stop him," his friend Roman Sisto said. "Injured back or no injured back, Sutton continues to find motivation to train."

"We often sell ourselves short and get bogged down trying to be realistic," Hays said. "It is important to learn the patience and discipline to get results, and to understand that it's all about the journey of improving yourself as a person." ♦

# Opinion: The Death of Honor

A rewrite of Friedrich Nietzsche's "The Parable of the Madman" (1882)

by Seth Lucas

Have you not heard of that madman who lit a lantern in the bright morning hours, ran to the Farris Wheel, and cried incessantly: "I seek honor! I seek honor!"

As many of those who thought they practiced honor (or at least verbally affirmed it) were standing by the BHC just then, he provoked much laughter.

"Has he gotten lost in his fundamentalist traditions?" asked one.

"Did he lose his way like a child?" asked another.

"Or is he legalistic? Is he afraid of change? Has he gone back to 2006? Does he not understand that we all affirm our dedication to honor?"

Thus they yelled and laughed.

The madman jumped into their clique and pierced them with his eyes.

"Where is honor?" he cried; "I will tell you. We killed it, you and I. All of us are its murderers. But how did we do this? How could we stop a rhythm of the heart? Who gave us the sword to drive off a brother, a sister, holding us to a straight path? What were we doing when we unchained ourselves from the anchor of accountability? What path will we walk? Away from love's strength and communion? Are we not now plunging continually? Are we not straying, as through an infinite nothing, alone? Do we not feel the weight of empty mores? Has not our soul become colder? Is not solitariness continually closing in on us?"

"Where shall we find the characterizing spirit when we balk at its incarnation? Do we hear nothing yet of the noise of the gravediggers who are burying honor? Do we smell nothing yet of moral decompo-



Courtesy: Unsplash

sition? Mores, too, decompose. Honor is dead, and we have killed it.

"How shall we comfort ourselves, the murderers of ethos? We took that great manhood, that great womanhood, took courage, took grace, and slew with bitter hearts and tears the bonds that held us together.

"What demarcated our world has bled to death under our knives: who will wipe this blood off us? What water is there for us to cleanse and recapture ourselves? What mores of dress, what sacred talk shall we have to invent? Will even our property be safe? Must we not erect moveable fences simply to appear having some trappings of a dead honor? There has never been a greater stroke.

"We play with the fading light of slain honor; all coming after us only need dig a grave for the shadows that remain."

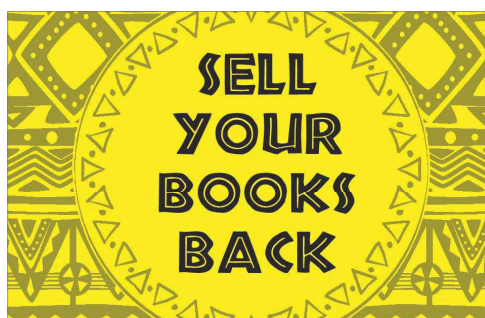
**"What were we doing when we unchained ourselves from the anchor of accountability? What path will we walk? Away from love's strength and communion? Are we not now plunging continually?"**

Here the madman fell silent and looked again at his listeners; and they, too, were silent and stared at him in astonishment.

At last, he threw his case on the ground, and it broke into pieces as the light went out. "I have come too early," he said then; "My time is not yet. This tremendous event is still on its way, still wandering; it has not yet burst into this microcosm of a world. Honor may be reborn, but our present path deepens its grave. Lightning and thunder require time; the death of honor comes unheeded and unseen; deeds, though done, still require time to birth their offspring. The consequences are still more distant from us than most distant stars - and yet we think ourselves on the better path."

It has been related further that on the same day the madman forced his way into several wings and classrooms, into the food court and library, and there struck up his dirge for honor.

Led out and called to account by the insulted and aggravated, he is said always to have replied nothing but, "What after all are all these buildings if not the tombs and sepulchers of honor?" ♦



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