

theherald

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President Donald Trump delivers remarks to employees of the Department of Homeland Security on Jan. 25

Trump's First Month in Office

Broad sweeping actions both alarm and give hope

by Meg McEwen

President Donald Trump wasted no time in office to flex his newly acquired power. In just 30 days, he signed over 25 executive actions, announced several huge construction plans, and signaled a definite attack on many progressive reforms. Trump's Twitter presence remains strong, and the dignity of his office does not seem to have softened his inflammatory campaign rhetoric.

The Trump administration

has experienced no shortage of drama in its first month.

National scandal struck the Trump administration when his former National Security Advisor, Michael Flynn, was fired for misleading officials regarding the nature of communications between himself and Russian leaders. Anti-Trump campaigns, like "Grab Your Wallet" which targeted Ivanka Trump's fashion line, have led boycotts against his brand and administration.

For some, Trump's first 30 days in office resembled a nightmarish rodeo show, fea-

turing a president who treats executive orders like press releases. Others remain cautiously hopeful that Trump's extreme gestures signal a federal movement in the right direction.

PHC sophomore Andrew Bambrick thinks that Trump's relentless directives may alienate the Americans that he is supposed to be serving.

"I'm willing to give him a chance," he said. "I campaigned for him, and I campaigned for him hard, but

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The Montoyas

When You're Always Connected

by Evie Fordham

This is the third story in the Herald's social media series.

Mike and Katie Montoya, both PHC Class of 2015 grads, were balancing a life of law books, changing diapers, and telecommuting. Katie was in her second year at the University of Virginia Law School, and Mike was working from home full-time while caring for their infant Judah. When Mike was no longer able to work remotely, he and Katie did not know how they would make ends meet without putting Judah in daycare.

Then Katie remembered a pair of LuLaRoe leggings she had bought from another PHC alumna. Becoming LuLaRoe independent consultants and selling the

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studentgovernment

Student Senate passed the following acts this week:

Student Club Approval and Renewal Reform Act:
Overhauled the club creation/renewal process, simplifying the forms necessary for new clubs to establish themselves

Student Club Probate Act: Created a process for clubs to designate another student organization as their successor in the event that the original club ceases to exist, providing clarity to the administration about what to do with the assets of former clubs

Student Government Assessment Survey Act: Established a regular survey be sent out to the student body regarding their view on student government and actions student government can take to improve PHC

Senate Open House Act: Requires student government to hold an open house event at least once a semester

Calculus Credit Act: Encourages the Registrar to allow students who have demonstrated proficiency in upper level mathematics to satisfy the requirement to take Geometry

Faith Discussion Board Resolution: Encourages the administration to hold regular discussion panels on important theological topics with representation from a variety of Christian traditions

PHC Students React to Trump's First 30 Days

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what he's doing is he's not allowing himself the chance to actually implement an effective policy, because everybody's looking to challenge it... He still has to win over public support in order for his policies to be effective."

Even though Trump's unique relationship with a friendly Congress bodes well for his ambitious plans, determined Democrats, who want to stall cabinet confirmations, have tied up the process.

The president seems to have taken matters into his own hands.

"The use of executive orders is much easier to reverse in the long run," sophomore Seth Lucas said. "However, the policies that he's setting in place now will later on start affecting congressional legislation, which is much more difficult to reverse. Currently, we don't see too much of that because of the Democrats' agenda to stop his cabinet appointees has basically stalled legislation."

The effects of Trump's executive orders and memorandums are largely unknown, though they are already affecting the lives of immigrants, refugees, federal employees, and students like PHC junior Clare Downing. Downing faced an internship setback after Trump ordered a federal hiring freeze. This directive, an overtly small-government approach to limit federal corruption, suggests that Trump's political compass still aligns with his represented party.

In fact, many of Trump's federal moves target progressive reforms and institute conservative ideals. Pro-business Trump decided to cut down redundant federal regulations by forcing agencies to eliminate two "unnecessary" regulations before instituting an additional one. He proposed a bold affront to Obamacare in his first executive order, minimizing the economic

burden of the Affordable Care Act by giving individuals and agencies a chance to participate first in the free market for purchasing insurance. Trump withdrew the United States from the potential Trans-Pacific Partnership, a good decision according to Lucas.

"From what I know of the deal, instead of governing interactions between nations, it governed the internal economies of the nations," he said. "I am strongly against trade deals which require us as a nation to do things to our internal economy."

Trump revived the "Mexico City" policy in his second presidential memorandum, stifling federal funding for nongovernmental abortion providers abroad. He urged the Army Corps of Engineers to approve a route for the North Dakota Access pipeline in his seventh memorandum, removing barriers to energy extraction.

Trump's controversial steps toward national security processes were not unprecedented, although impromptu, in light of ISIS threats. Through his fifth executive order, governmental agencies will be initiating extreme vetting measures on refugees entering the country. The order blocks incoming refugees from select, Middle-Eastern nations from entering the United States for 120 days. Syrian refugees will not be able to find asylum in the U.S. indefinitely. Some, like senior Lisa Mattackal, protest the perceived insensitivity of these reforms. Her parents became American citizens so that they could vote for George Bush.

"The idea that immigrants are less American is concerning," she said. "Immigrants have always faced the struggle in this country, but it hasn't been an issue, and now it is becoming an issue again."

In all other orders, Trump has proven conscious of national security by exempting the departments dealing with security



Anti-Trump protesters in Minneapolis

from the hiring freeze and other regulations.

Some think Trump's broad-sweeping orders suggest naivete. For instance, he directed agencies to submit a draft plan for defeating ISIS within 30 days in memorandum 11. Others note that Trump's infamous security wall bordering Mexico will merely divert billions of dollars in funding from security forces that could be more effective.

"It would be a very poor use of funds," Downing said. "Building a wall is so much less effective than sufficiently funding those agencies that could do a better job than a wall could. An interesting facet of the wall is that it actually disrupts migration patterns of endangered species... there are a lot of unintended consequences that I think ought to be taken into account with the wall. That's kind of what most of my critique [of Trump] is - there are better ways to do most of this."

Despite the controversy, Trump clearly has goals and intends to follow through on his campaign promises.

"To everybody who is so quick to bash Trump, give the man a chance," Bambrick said. "Yes, it is your responsibility to keep him in check. Yes, it is your responsibility to ensure that the president doesn't overstep his proper bounds of authority, but try to understand exactly why he is doing what he is doing." ♦

"The idea that immigrants are less American is concerning... It hasn't been an issue and now it is."

Lisa Mattackal
PHC Senior

Fundraising for Model UN Trip

Desperate times call for desperate measures for PHC's NMUN team

by Leah Greenwood

On Valentine's Day, junior Josh Webb dressed as Cupid and gallivanted around campus, proposing with Ring Pops and delivering notes called YouWho's to unsuspecting recipients.

YouWho's are just one way that PHC's National Model United Nations (NMUN) team is raising money for their yearly trip to New York City to participate in the National Collegiate Conference Association's event.

NMUN is a simulation of what it would be like to work in the United Nations.

"It's mainly just a big game of diplomacy being acted out," Webb said.

In NMUN, students on different committees work on specific issues, each attempting to push their policies through while maintaining peace between the nations.

Students have to raise their own funds for the trip. This year, fundraising tactics have included the Valentine's YouWho's,

Blue Jeans for Bucks, and a GoFundMe page. Currently, there is a raffle for the chance to be coached in debate by some of the PHC students who have experience in forensics. The drawing for this raffle will be on the 25th.

Though the NMUN team has raised more funds this year than in past years, they have more to raise in order to reach their goal of upwards of \$11,000.

If the goal is not met, students will have to pay a higher amount of money out-of-pocket for the trip. This could result in some students not being able to travel with their NMUN team to the conference because they are not able to personally afford the trip.

Senior Julianne Owens said that the NMUN team will incorporate more fundraisers, including a Spirit Night at one of the nearby restaurants, before their trip in April.

"We were very encouraged by how giving everybody was and supportive they were," Webb said. "I think it's cool just



Credit: Olivia Monroe

Josh Webb delivers a YouWho proposal

seeing that even something as mundane as fundraising can be something that brings people together as long as it's fun and engaging." ♦

Lady Sentinels Take on Christendom College

The team suffers defeat, but they won't let this be a setback

by Evie Fordham

The Lady Sentinels basketball team lost their game against Christendom College 24-64 on Monday.

"As much as I would've loved to have won, I'm crazy proud of how hard we played," said freshman player Jae Jared. "We managed to keep up pretty well despite the fact that our bench was two people, and they had basically two entire teams. Also, I'm very excited because if that's how we did with few practices and no coaching, how much better will we do with more practices and a coach?"

Jared spearheaded organizing the probationary team. She and her six teammates will play two games against Chris-

tendom to show the administration their commitment so that they will receive more support.

Senior Kendra Olson led in scoring with 14 points. Jared trailed her with 6 points from two three-pointers. Freshmen Nikki Cordaro and Carrie Durning each scored two points. Cordaro had eight rebounds, and Olson had seven.

"These girls love the sport and are willing to sacrifice a lot to play it. I think that showed on Monday," Olson said. "It was fun to step on the court with them."

The Lady Sentinels have one more game on Feb. 28 at 6 p.m. at Christendom.

"My hope is that we'll keep improving," Jared said. "And most importantly, to have lots of fun!" ♦



Courtesy: Nikki Cordaro

Members of the Lady Sentinels

Alex Petrin: Self-Published Author

PHC Bookstore Carries Student's Works of Fiction

by Victoria Cook

"Our situation may be more desperate than you know.' The captain's words cut through the night air with a discouraged, almost disparaging tone," opens *Through Peril and Sword*, the first novelette in the *Soldiers of the General* series written by Alex Petrin.

From a mouse scampering through Pharaoh's palace to Civil War soldiers surrounded by enemies, Alex Petrin's stories are nothing short of creative.

Petrin started writing his first novel when he was 13. Inspired by the desire to have a pet mouse, he wrote *Mizraim: His Majesty's Mouse*, which portrays the tiny mammal's view of the Plagues and the Exodus.

"When I was little, I used to make books out of construction paper and fill them with stories and illustrations," Petrin said. "When I was 15, I put a lot of effort into creating and refining a more involved novelette, *Through Peril and Sword*. Self-publishing this book was one of the most exciting achievements in my high school years."

He published *Through Peril and Sword* on June 21, 2013, then *Mizraim: His Majesty's Mouse* on December 2, 2013. His other two novelettes, *For Truth and Liberty* and *Amid Fire and Water*, continue the *Soldiers for the General* trilogy, which is solely

meant to be an incomplete allegory and not a political commentary on the right or wrong side of the Civil War. With each story, Petrin tries to weave in Christian elements that point to a loving, just God.

Petrin attended publishing workshops and learned about the different available options to self-publish. Petrin utilized Amazon Create Space, where he could format his story, design his cover, and incorporate his own drawings. He sells his books on Amazon as well as his own website, www.soldiersofthegeneral.com.

After he received his first print copy in the mail, Petrin started promoting his books at homeschool conventions and an ad in Homeschooling Richmond. Petrin was able to autograph his books and explain to others about his stories and writing process.

"I start writing when I have an exciting idea, and I want to develop it. I love the ability to dream about my story: not just imaginative dreaming, but the inventive, problem-solving type of dreaming," he said.

"Some of the books I've tried to write based on the message of what I was learning at the time."

In his most recent book, *Amid Fire and Water*, Petrin focused on the message that Jesus is all we need, even when we feel like God doesn't care about us.

With four younger brothers, Petrin wanted to write stories that he knew

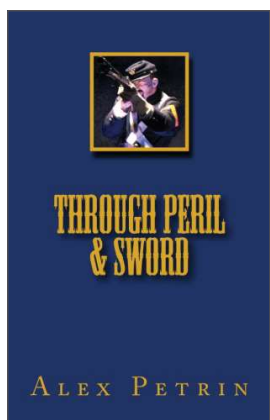


Alex Petrin

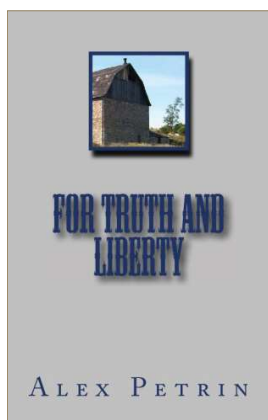
they would enjoy reading. His stories focus mainly on action instead of emotion. *Through Peril and Sword* was originally meant to be a movie made with friends. When the movie never happened, Petrin adapted the script over to a story, which he hoped would entertain readers of all ages.

"I want readers to feel the excitement of the story," Petrin said. "I think it's that I enjoyed the story so much that I wanted to be able to give that back to the readers."

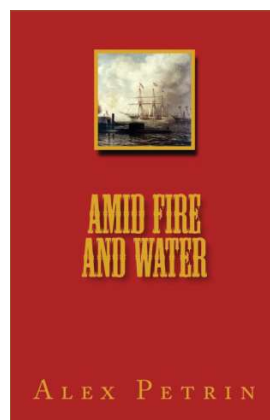
Those interested in reading any of Petrin's works can check out the PHC Bookstore, which sells *Mizraim: His Majesty's Mouse* and *Through Peril and Sword*. ♦



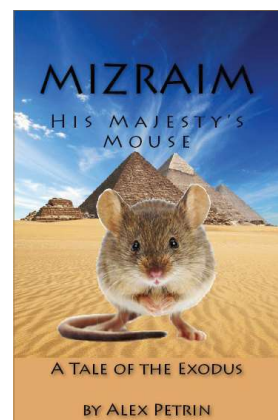
Credit: Alex Petrin



Credit: Alex Petrin



Credit: Alex Petrin



Credit: Alex Petrin

Realizing the Dark Side of the Digital World

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in-demand garments on Facebook seemed like a doable way she and Mike could make a little cash. The couple prayed, talked, and prayed again before they made the \$7,500 deposit and received their first shipment of items.

Thanks to social media and hard work, the Montoyas' LuLaRoe shop has taken off. But like many others, the Montoyas have realized the amazing and awful aspects of the new digital world.

"In the day and age we're living in, there are so many free and public mediums that make it easy to run a business online," she said. "But there aren't any limits unless you set limits. We get messages around the clock. It's not like a brick-and-mortar store we can close... I had never sent a tweet in my life, and now I find myself glued to my phone."

Katie oversees marketing and social media, and Mike handles orders, taxes, and shipping.

"We sell in terms of retail value close to \$10,000 a month," Katie said. "We expected it to be a side income. Now it's more of an income replacement... The Lord worked through a way we never saw coming. It took faith to put our savings into it."

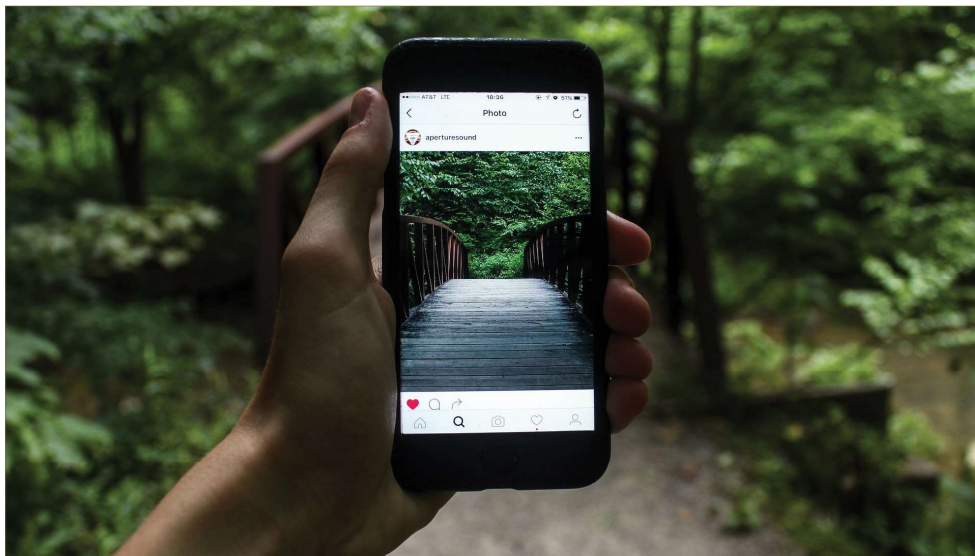
Katie spends 40 hours a week at school plus 10 or more hours on LuLaRoe.

"The best approach to setting limits, which my school schedule requires, is scheduling posts," she said. "It's helpful that I don't have to think about posting all the time. We also have certain windows during which we answer questions."

Keeping 10-month-old Judah away from screens is important to her.

"Judah's never watched a movie," Katie said. "We don't let him have technology. I think we will hold onto that for many years, because there are many other things that will help develop kids' minds."

Katie and others like her face the growing temptation to be constantly "connected" to work, friends, and family – but some are taking charge of their social media habits.



Courtesy: Pixabay user Pixels

"We're finally starting to wake up to the realities of what the always-on lifestyle is costing us," said technology analyst Carmi Levy to the Toronto Star. "Smartphones very quietly break down the barriers that once existed between our professional and personal lives."

Freshman Jake Elmendorf says he always has his phone with him, even while doing homework.

"I've always hated being excluded from groups, conversations, and just my friends' lives," he said. "When you text you have to put down your work for a short period of time and be with that person. I don't think being on my phone has an impact on the quality of my work if I keep it to a minimum, but to the quantity of my work, I do see how that is affected."

Senior Caleb Goda puts his phone on "Do Not Disturb" and stows it away about once a day to focus on a task.

"Sometimes I need little breaks every five or 10 minutes to keep working and a phone is good for that," he said. "Sometimes I can just ignore everything else around me and work... Electronics increase my productivity and the opportunities for resources but sometimes can lower my productivity."

The "use of multiple platforms is more strongly associated with depression and anxiety among young adults [than total time spent]," according to a national sur-

vey by the University of Pittsburgh Center for Research on Media, Technology and Health.

"People who report using seven to 11 social media platforms had more than three times the risk of depression and anxiety than their peers who use zero to two platforms, even after adjusting for the total time spent on social media," according to a University of Pittsburgh news release.

"This association is strong enough that clinicians could consider asking their patients with depression and anxiety about multiple platform use and counseling them that this... may be related," said lead study author Dr. Brian A. Primack. "While we can't tell from this study whether depressed and anxious people seek out multiple platforms or whether something about using multiple platforms can lead to depression and anxiety, in either case the results are potentially valuable."

Katie focuses on Facebook and Instagram for her LuLaRoe venture, and that's enough. She and Mike plan on shutting down the business when she graduates and Mike enters graduate school.

"It'll be sad," she said. "Throughout college we enjoyed working together, and through LuLaRoe we were able to continue that... We're coworkers and we own a business together. That's a special thing in our marriage." ♦

Need a Break? Head to the District of Columbia

by Hailey Kilgo

Midterms are coming. PHC students are studying, going to classes, rehearsing for plays, and working their various jobs from sun up to sun down. It's time to stop saying "I'm busy." Shut those books and go do something fun. Fun? Yes, fun. That thing we do in the summer and on breaks. Don't know how during the semester? Tackle your new assignment: fun, and check out some student recommended places in the District of Columbia.

From senior Giovanna Lastra: **Dangerously Delicious Pies.**

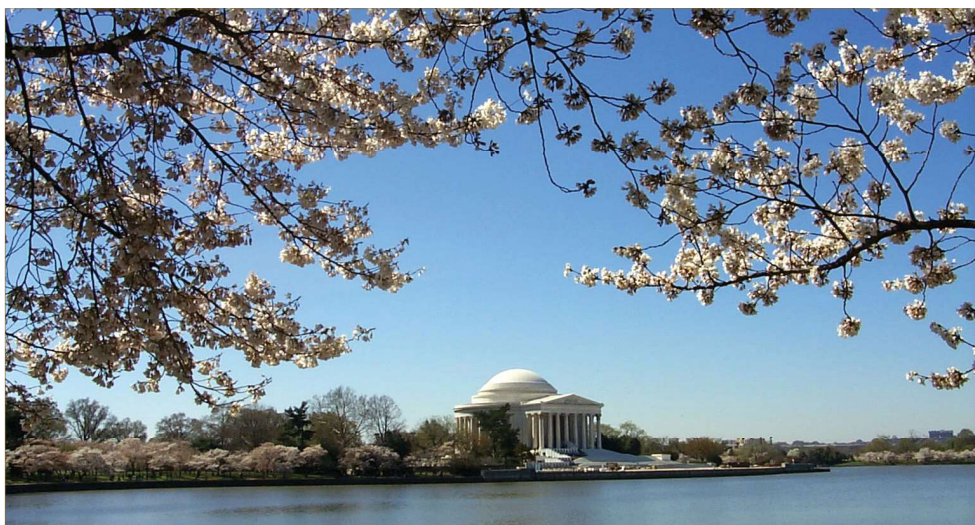
This restaurant offers a new twist on your mama's homemade pies. From savory pot pie to sweet apple crumble, this place will satisfy dinner and dessert all for a reasonable price.

"It's a hip, hole-in-the-wall place that attracts a wide variety of people," she said. "The chicken pot pie is my absolute favorite."

From junior Peter Thompson: **the Jefferson Memorial.**

Thompson's late-night trips into D.C. have always brought him to the memorial, which is only an hour from campus.

"It's one of the least appreciated memorials, which means it's never crowded," Thompson said. "I like it during the day,



Jefferson Memorial

but at night when it's lit up and reflecting across the Potomac it's calming. Also, with cherry blossom season coming up it's the perfect place to admire them from."

From senior Rebekah Jorgensen: **Baked and Wired.**

Jorgensen lived in D.C. last summer as an intern for the Koch Institute. In her spare time, Jorgensen treated herself to a new restaurant a week and compiled a list of the best places to go.

"I made it my goal to catalog an exhaustive list of as many cupcake shops as I could, and Baked and Wired won my cupcake Hunger Games without any close competition," Jorgensen said. "This

little nook in Georgetown might not be as flashy as its popular TV neighbor, Georgetown Cupcakes, but their baked goods are far superior to any others in the city. The carrot cake or funfetti flavors are my personal favorites, but it's impossible to get a bad cupcake."

A full night of fun awaits. The best fix for stress is to grab your roommate, your friends, or your significant other and head into the city for a sugar-fueled adventure. School will always be waiting for you, but those cherry blossoms only come once a year. You can do it! Act like Dr. Mitchell assigned you to have fun, and if you try, it's a guaranteed A. ♦

Antifreeze Spill Shuts Down Founders Hall

by Bruce Truax

An antifreeze spill shut down Founders Hall Wednesday. Senior Julianne Owens was in Founders when it occurred and called the smell "unbearable." The spill occurred when the sprinkler system was being filled with anti-freeze, said Campus Safety Chief Paul Yancey. Classes scheduled in the building were canceled Wednesday. Thursday's classes were moved to other locations. Students were allowed in parts of Founders Thursday. ♦



Cleanup efforts in the Founders Hall Library

Singer-Songwriter Daniel Heffington

by Bruce Truax

Daniel Heffington's first gig wasn't a paid gig. In fact, it wasn't even a gig at all. Roughly eight years ago, he and his nameless band found out about an open mic night at a pizza place. On the drive over, they decided on the name, Paid in Full, and Heffington launched his music career. Last Saturday, he took another step on his musical journey when he opened for The Last Bison, a critically acclaimed folk band, at Jammin Java in Vienna, Virginia.

Heffington is a Christian contemporary singer-songwriter and a worship leader for Cornerstone Chapel in Leesburg, Virginia. His main source of income, however, is as Communications Manager for Generation Joshua.

His first paid gig wasn't much better. A local politician who was a friend of a friend asked his band to play at his barbecue.

"We literally did a show that was completely acoustic, no microphones, no audio equipment, we were just in the park standing on top of a picnic table playing for this guy's barbecue," he said.



Daniel Heffington



Daniel Heffington

Heffington got his passion for music at an early age. The child of two classically trained musicians, he started writing his own song lyrics when he was eight and taught himself how to play the guitar when he was 15. He remembers when his dad played for a church with a 70-piece orchestra.

"Every weekend, I would be the little kid hanging out on Wednesday night and on Sunday morning," he said. "I'd be crawling around under the stage."

He listened to a lot of 90s and 00s Christian Contemporary.

"Steven Chapman is my boy and my hero," he said.

At first, he was shy about sharing his music, but when his parents discovered his passion, they encouraged him to pursue it. At a young age, he became the worship leader of his church (not the one with the 70-piece orchestra) and formed his own band.

When Heffington moved to the Purcellville area, his band broke up, and he decided to launch his solo music career, which began in late 2013. He has performed at Leesburg's Trinity House Café, Hop Scotch Coffee in Winchester, Virginia, and Jammin Java. He has also been a guest worship leader for several local

churches.

Heffington knows The Last Bison's bass player, Amos Houseworth, from playing paintball together as kids. He met the rest of the band through the Chesapeake Bay music scene. Heffington and The Last Bison connected well due to their homeschool backgrounds.

Heffington's first time at the Jammin Java was to see The Last Bison play. Several years passed, and he managed to play at Jammin Java and build a small measure of publicity. When he heard that The Last Bison was playing there again, he contacted them and asked to open for them.

"It gave me a chance to get in front of some new faces, because I'm actually heading into the studio for my first-ever recorded music," he said.

Unlike many of his fellow artists, Heffington doesn't care about being famous. He loves his job at Generation Joshua and does not plan to leave it lightly.

"I'm blessed to have a full time job that I believe in... I grew up as a teenager as a part of Generation Joshua and really believed in what they were doing and came on board full time back in 2013," he said. "If my music takes off and gets so big that

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A Fourth Caesarian Dialogue

by Thomas Siu

Late in the afternoon, Julius and Cato see each other in the street.

Julius: 'Tis amusing to see you again my friend. I just saw Gaius again.

Cato: Ah, what a pleasure – though perhaps too coincidental.

Julius: Gaius tells me that the consul's recommendation power you described before is the same as the senate's.

Cato: If that were true, then the powers of the consul and the senate certainly would overlap. But the consul's power is only to attach a recommendation to bills passed by the senate. The senate's bills are passed along regardless of whether the consul recommends or does not recommend it.

Julius: But Gaius says the consul has the power to veto the senate's actions.

Cato: Let us examine it. Tell me, what is a veto?

Julius: A veto is when the consul has authority to reject a senate action and refuse to present it for approval.

Cato: Suppose Consul Kelly dislikes a bill passed by the senate, so he presents it to the administrators while still indicating his disapproval. Is this a rejection of the bill?

Julius: It does not seem so – rather, he would be arguing against it.

Cato: Can he refuse to present it to the relevant administrators?

Julius: Gaius thinks so.

Cato: Let me ask it another way. If the

consul had the power to refuse presentation of a bill, would it be recorded in our constitution that defines his powers?

Julius: It would have to be. But there is no such provision.

Cato: Exactly. Thus, such a veto power does not exist.

Julius: Gaius also argues there is no faction here.

Cato: I suppose it depends on his meaning. But tell me this – do men always agree?

Julius: No, especially not on issues affecting the city, or polis, as the Greeks call it.

Cato: So we might expect those who support one policy to band together, and those who oppose it to do likewise?

Julius: Yes, that seems to be the subject of his complaint this morning. He said it was too much politicking and not enough reason. 'Tis strange that he now sings an altogether different tune.

Cato: He now says the city is ruled by reason and not by ideology? It seems he denies the existence of what his argument before assumed.

Julius: It seems so.

Cato: No matter. Let us evaluate his current argument anyway. Can you name a man who does not allow his worldview to influence his reasoning?

Julius: No, that seems impossible.

Cato: Does having a worldview (or an ideology, as our friend Gaius calls it) prevent you from being virtuous?

Julius: I should hope not.

Cato: Then we agree that all citizens have a viewpoint that influences their reasoning on what is best for the city, but that they can still be virtuous in spite of that. Now tell me this – will the consul necessarily have one viewpoint?

Julius: Yes – and only one.

Cato: Even if he is virtuous?

Julius: I can see no other option. But of what importance is virtue then?

Cato: Virtue is a prerequisite, but it does not guarantee us anything. The best of intentions can still result in poor decisions. When power is vested in only one, even the most intelligent or virtuous, he still cannot see all.

Julius: What do you mean?

Cato: Can one man know every problem the city faces? Or will a greater number representing many different views find a greater number of problems to solve?

Julius: I would suppose that more representatives would be better at doing so.

Cato: And surely a greater number of representatives would produce a greater number of ideas for solving those problems?

Julius: That would seem reasonable. They would bring different experiences and thought.

Cato: You see, my friend, to seek one who can represent the whole is to chase after the wind. Even if you find the most hard-working, virtuous, and intelligent man, our city is better served by the many, not by the few, and certainly not by the one. ♦

Heffington Excited to Move Forward in Music

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I can quit my full-time job, and I find myself touring the country and living the dream, I would [consider quitting].”

He just loves music for music's sake.

“I feel like my songs have potential that when people hear them [they're] going to change their life for the better, however

small or large of a way that might be,” Heffington said.

He says that songwriting for him is like keeping a diary for most people. When he was going through a hard time due to the death of a loved one, his song lyrics became full of death and heartbreak.

“I think that's why I was so shy for a

long time because... they come from somewhere inside of me that's a deeper place,” he said.

Heffington's next step is to record a three-song EP.

“I want to get my music recorded so that these songs can get out into the world and start having their life,” he said. ♦

Faith and Reason Response

by Dr. Michael Kucks

Kucks is Director of the PHC's Economics and Business program.

Dr. Anne Bradley's Faith and Reason lecture was a great opportunity to discuss some powerful concepts, particularly the idea of a "zero sum game." What you believe about this idea and its relation to human flourishing is crucial for where you logically end up on related topics.

The best example of a "zero sum" situation is nature. Limited resources, like food, water and shelter, are available in a given location, and an animal population is maintained by them. The competition to survive plays out day after day. If one creature "gets" some food then another creature does not, which is the paradigm of the zero sum game. Some win and others lose, making it possible for some to win BIG and many to lose small.

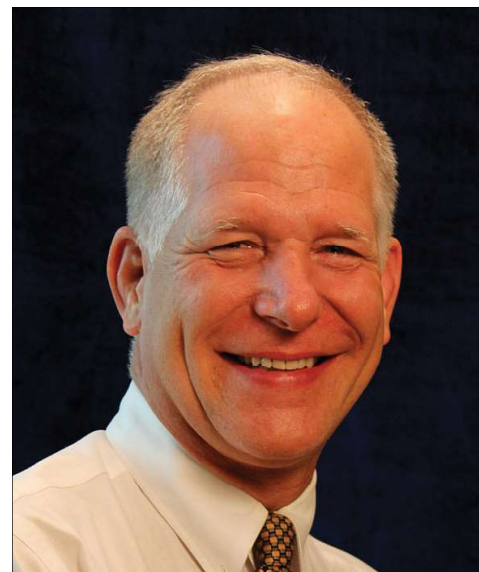
When limited resources diminish, for whatever reason, the situation puts "stress" on the creatures. Stronger, smarter, and more aggressive creatures typically win more often in a zero sum game of survival. But as resources dwindle, the pressure to survive increases, and the weaker, dumber and less aggressive creatures may throw their natural tendencies to the wind, become more aggressive, and exhibit some hidden or suppressed trait. After all, what do they have to lose?

If successful, the creatures become the winners, and the others lose. Zero sum. The resource pool is consumed either way. The resource pool is replenished in a way that the creatures do not understand yet participate in. The decaying bodies of the dead serve to replenish the earth from which the resources spring. If the life cycle is interrupted in one area for an extended period of time, the creatures who are more mobile and more inclined to wander will move to new areas and find new resources to consume. Others who are more geographically constrained will perish.

Enter man, an absolutely unique creature on the planet. While he is trapped by the same limited resource pool that all creatures are, he can, and has, reacted differently. Man trades value for value. Man takes the limited resources available to him and puts them together in ways that nature never will. These new "products" of his creativity then have the potential to acquire value. If they do acquire value, then man "created" something new and added to the resource pool by his own industry. He is not limited to blind participation in nature's processes. Man exercises some influence over nature. Man can "manipulate" and "overcome" nature. Man cannot do these things infinitely. But the history of man is an incredible story of creativity, adding value and increasing the resource pool by innovation. No other creature does anything even remotely similar! As Christians, we call this the image of God in man. God CREATES; man creates.

A common element involved in the way creatures act and the way man acts is "stress." The stress of dwindling resources prompts creatures with less native ability to act out of character in order to survive. Stress prompts man alone to manipulate resources and attempt to create something with new value, which can be used to trade value for value. The efforts of other creatures DO NOT increase the resource pool or create new value.

If the resource pool has always been one size, then billions of people are simply swapping the same resource pool that was present during ancient Rome. That seems like a ridiculous proposition. The planet's population has increased approximately 50 times since the time of Christ. How has it been possible for so many more people to swap value for value, if the value pool of resources has been constant? Hasn't man produced more value and resources over that time so that the pool of value to trade has increased MORE than the population? Bradley's talk certainly



Dr. Michael Kucks

Courtesy: Patrick Henry College

answered in the affirmative. The "statistics" indicate it.

But my bottom line is this: the current desire by many in our nation to eliminate stress in all its forms is a misguided notion. Stress is not evil. It serves the noble purpose of motivating some of man's best characteristics. When times are stressful, man is most likely to display his creativity and what he truly values. He will sacrifice certain resources so that others are obtained. Stress is a necessary precursor for acts of nobility, faithfulness, and love. Remove stress, and you remove all of these benefits.

Fight the urge to eliminate all stress from life. It will not produce the utopia you imagine. Instead, learn to MANAGE stress. Too much stress for too long is a bad thing, just as is the opposite. Seek to balance the extremes. Let stress motivate the best in you, not the worst. And, perhaps most importantly, learn when to let others wrestle with their own stress and when to intervene and help reduce that stress. Both have their place. We call the ability to discern between these two courses of action WISDOM. Therefore, be wise. ♦

A Smattering of Wisdom

by Rachael Stahr

Several times last semester, Becca Samelson graced us with her wise words of wisdom. As a senior, I feel it my duty to offer the combined wisdom of four years to you – my fellow students and travelers.

If your shower isn't working – posting on Facebook is not the way to fix it. Some random person will offer to call custodial, and security will appear in your wing – half an hour after your suite mate says, "Yeah, I turned the shower head off."

Buying water 15 gallons at a time and carrying them through the lobby will make some people ask you if you are trying to drown the dorm and others hurry to help you. But ladies, do not try this at home unless you are going to drink that much water – for, alas, no gallant knight in shining armor has yet offered to help.

I learned that seniors don't actually have it all together. For instance, two of us couldn't remember our left from our right!

Feel overwhelmed? If you add together all the things people tell us we should be doing, it will probably add up to more hours than are in the week.

You may learn things about the place

where you grew up after leaving it and coming to PHC. For instance, I was informed that north New Jersey is not the "real" Jersey – it's a mere suburb of New York City. Thank you, Andrew Bambrick!

The best way to make people think you're crazy is to tell them that you get 10 hours of sleep at night.

It is possible to graduate from PHC without knowing a thing about forensics. But it is impossible to escape with the same fate regarding politics. I, CLA-major extraordinaire, was asked if I wanted to be a lawyer.

Guys, if you are writing to a girl and want to ask a question, never include the word "proposal" in your subject line. We will get all the wrong ideas – even if you mean it in a strictly legal sense.

Professors are human too.

Dr. Haynes is as excited for chicken tender day as we are. Dr. Grewell's list of books to read is even longer than ours. Dr. Mitchell didn't get everything he wanted done this summer either. Dr. Tanner has hard days when nothing seems to go right, and she just wants to cry but

can't, because the baby is crying. Dr. Spinney pulled an all-nighter trying to get his work done (and the textbook published). All of them did stupid and exciting things



Rachael Stahr

in college – just ask Dr. Mitchell about the time he slept on top of a stone chapel on a mountaintop and nearly froze!

I learned that sometimes God gives you grace to pass a test when you were too sick to study for it; but sometimes He actually wants you to study for a test.

If you go out and buy nice dishes, they will break before the end of your first semester. But if your mother gives you some old and ugly dishes that you both don't like, they will last your entire college career.

Finally, I have learned that the Lord often moves mountains. But if He does not, then He gives you power to climb it and see Him glorified at the top.

Most importantly of all, there is one answer for all of our problems: Jesus loves me. If you know that, then nothing can make you afraid. ♦

"I learned that seniors don't actually have it together."

Rachael Stahr

PHC Senior



Credit: Pixabay

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