

COMMUNITY *connection*

The main ingredient

Dining services dishes up a side of hospitality with every meal

Contrary to popular opinion, college students eat more than pizza and Ramen noodles. At Messiah, they also consume 31,960 pounds of bananas, 14,222 pounds of chicken, and 20,880 eggs yearly. The dining service operation at Messiah is significant—more than 2,800 students, 700 employees, and numerous campus guests—have the option to dine at the College’s three eateries each day. In addition, the College has a robust catering operation that serves on-campus receptions and dinners for crowds from 30 to 3,000.

The behind-the-scenes of the College’s dining services operation is impressive: walk-in coolers and freezers stocked with perishables; shelves of bulk-size containers of spices; and a fryer room where 1,100 meals per hour are prepared. The menu planning, ordering, delivery, preparation, and clean up is all managed by a staff of 30 full-time employees, 50 students, and Dining Services Director Mark Wirtz who refers to food service as a “practice makes perfect trade.” From the accounts of students and even presidential candidates, the dining services staff at Messiah has excelled at their trade!

The dining services staff was “energized,” according to Wirtz, to show off their



Cooks Peggy Buolh and Mark Wiley prepare a portion of a meal in the College’s main production kitchen.

culinary skills when Messiah hosted The Compassion Forum in April, an event that brought presidential hopefuls Hillary Rodham Clinton and Barack Obama, campaign staffs, religious leaders, and more than 100 journalists to campus. Clinton’s team especially liked the chocolate cake, and Obama special ordered a grilled chicken breast with broccoli. So, besides the honor of preparing meals for two presidential candidates, it was a rather typical, upscale catering event for the dining services team, said Wirtz.

However, it’s not presidential candidates that usually rate Messiah’s food, but the opinions of 2,800 students that really drive menu selections and the day-to-day dining experience.

Today’s restaurant patrons, including Messiah students, are seeking an interactive culinary experience, according to Wirtz, who has been a chef for more than 30 years. Responding to this trend, Messiah has developed made-to-order stations featuring fresh ingredients and the opportunity for the consumer to personalize their meal by selecting their favorites from among the ingredients. In the Falcon Express, a smaller, snack-shop type of restaurant located on the first floor of the Eisenhower Campus Center, the made-to-order stations have been well-received by students and employees alike and have featured omelets, stir-frys, and Panini sandwiches. The Falcon Express was updated this summer with more create-your-own options.

IN THIS ISSUE

- **Alumni spotlight: Meet Richard and Jane Long.**
- **Local face: Meet Dale Fogelsanger.**
- **Messiah prepares to celebrate its Centennial.**

continued from page 1

“The food service industry in general is trying to accommodate customers’ desire to participate in a more active style of dining,” says Wirtz. Plans are underway for the main student dining hall, Lottie Nelson, to undergo renovations to designate permanent space for made-to-order stations.

For fresh ingredients, dining service looks no further than across the lawn to the Grantham Community Garden, a student-initiated, quarter-acre garden located near the Jordan Science Center on campus. Dining services “owns” 2/11 of the garden and receives a variety of fresh vegetables from it throughout the summer.

In addition to reaping the garden’s harvest, dining services will also contribute to providing nutrient-rich soil for the garden’s next growing season. Starting this fall, students will gather suitable scraps from the kitchen, deliver them to a compost pile, and use the resulting soil to grow next year’s garden.

Dining services doesn’t just get local produce from the on-campus garden. Their primary vendors, Feesers out of Harrisburg and Four Seasons Produce, incorporate local fruits and vegetables from area farms that meet specific guidelines related to wholesomeness. “I am absolutely committed to great food, great service, and safe and clean restaurants,” Wirtz says. A part of that is not settling for food that is anything less than wholesome, he adds.



Mark Wirtz, director of dining services

Food is delivered to Messiah College six times a week, and the College maintains seven days’ worth of inventory on hand. The sophistication of the menu-selection and ordering processes prevents the College from having an abundance of leftover, uneaten food each day. However, when there are leftovers, especially at times just before a long student break, the College donates the food to a mission or food bank in the Harrisburg area.

In addition to prepping, cooking, frying, and baking for three eateries, the College also has a robust catering program. From boxed lunches for an afternoon business meeting to an elegant evening meal complete with crême brulee, Messiah caters to approximately 75,000 on-campus guests each year. It is not uncommon for the catering bulletin board in the kitchen to contain dozens of catering set-ups and menu selections for multiple events each day. While Messiah’s catering services are limited to on-campus events, you can see a sampling of some of their work at www.messiah.edu/offices/dining/catering/pictures.html.

We welcome you to visit Messiah’s eateries to leisurely enjoy a cup of coffee before or after attending a Cultural Series performance, concert, or film on campus; to grab a pizza to go for your family for dinner; or to simply stop by for an ice cream sandwich after a day on the Yellow Breeches. Each of Messiah’s three campus restaurants is open to walk-ins from the public (find them on the campus map at www.messiah.edu/visitors/map.html).

- **Lottie Nelson Dining Room**, located on the second floor of the Eisenhower Campus Center, is a standard cafeteria with a broad selection of all-you-can-eat options. Open for breakfast, lunch, and dinner, students can make a salad, sandwich, or waffle; they can choose from pasta, pizza, soup, and any number of Lottie favorites like macaroni and cheese or pecan crusted chicken breasts. A table brims over with sweet desserts and a variety of fresh fruit. Door prices per person range from \$5.60 for the continental breakfast to \$11.15 for dinner.
- The **Falcon Express**, located on the first floor of the Eisenhower Campus Center, is more like a snack shop designed to provide quick, grab-and-go options. There is a seating area for Falcon

guests who wish to study, meet, or conduct business while they eat. The Falcon is typically open from 7:00 a.m. to 3:30 p.m. and offers breakfast and lunch standards like bagels, pizza, soup, burgers and fries, salad, and coffee.

- **The Union Café** is located in the Larsen Student Union and is open only during the academic year. The café features a variety of sandwiches, soups, pastries, coffees and smoothies, pizza, and salads, and is open from 7:30 a.m. to midnight. The seating is cozy and comfortable, and the booths are equipped with outlets so guests can plug in their laptops.

For more information about dining services at Messiah College, including menus and featured specials at each restaurant, visit www.messiah.edu/offices/dining.



To take a behind-the-scenes tour of the main kitchen or to test a few of Messiah’s favorite recipes, visit www.messiah.edu/community.

COMMUNITY connection

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PURPOSE STATEMENT: *Community Connection* exists to help create strong connections between Messiah College and the surrounding community by providing accurate news and information on issues of interest to residents of the Messiah College community.

Any questions or feedback regarding this publication may be directed to Beth L. Lorow, Office of Marketing and Public Relations, Messiah College, Box 3020, Grantham, PA 17027

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More than 40 Messiah students and employees trained to help respond to a disaster

By Rebecca Porterfield '09



More than 40 Messiah College students and employees recently completed a Community Emergency Response Team (CERT) training program so that if a disastrous event overwhelmed the local community's professional response, a team from Messiah would be prepared to assist. From February through April, participants spent a total of 24 hours gaining free, hands-on experience in disaster preparedness, fire suppression, disaster medical operations, light search and rescue, animals in distress, and terrorism awareness. Participants also learned about disaster psychology and discovered helpful techniques to comfort grieving victims.

In the wake of September 11, Hurricane Katrina, and many devastating natural disasters, communities across the country were seeking ways to improve emergency response. The Federal Emergency Management Agency (FEMA) Preparedness Division developed several programs to train volunteers to provide critical support by giving immediate assistance to victims before emergency responders arrive on the scene. The CERT program in particular focuses on training community organizations, neighborhoods, and work places for emergency response.

The training was led by Michele Parsons, emergency management trainer for the Cumberland County Department of Public Safety, and a team of Messiah staff, including Charles Seitz, assistant professor of social work; Debra Loop, assistant professor of nursing; and Skip Benson, supervisor of safety training.

Messiah will offer CERT training again in the fall with enrollment priority given to senior students in the nursing and social work programs. College employees will then have opportunity to fill any additional vacancies.

Participants not only learned in the classroom, but they exercised their skills in various field exercises. In one scenario, participants were told that a tornado had devastated their community. Looking for mock victims in a nearby field, they conducted injury assessments, worked to determine the level of immediate care needed, and assisted victims with newly learned first-aid techniques.

Benson, an employee of Messiah College's department of safety, emphasizes the benefit of having students and employees trained to assist in an emergency response. "We want to give students a broad understanding of safety skills, so they can assume leadership and help others around them if a disaster ever strikes," he said.

Messiah College as a community resource

Messiah College strives to be a good neighbor through purposeful communication, resource sharing, and community service. We seek to provide educational and cultural opportunities not only to our campus community, but to our extended local community as well. The College is committed to listen, understand, and respond to community concerns and interests. As friends and family in central Pennsylvania, we warmly welcome you to get acquainted with Messiah College. Visit, learn, and experience all our campus has to offer!

CPR/AED Training

Each semester, the Department of Safety makes cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) training/certification available to local community members. Beginner and refresher level classes are offered by certified instructors. A nominal fee is charged for the class, and pre-registration is required. For more information, check the Department of Safety's training website at www.messiah.edu/offices/safety/training.html.

Messiah College Cultural Series

The Messiah College Cultural Series has a distinguished tradition of bringing world-class performers to Central Pennsylvania. This season we are pleased to bring you a "Celebration of Strings" featuring world-class fiddler April Verch and 2008 Grammy-Award winner Turtle Island Quartet, as well as an award-winning jazz and tango ensemble and much more. Reserve your ticket or season subscription by calling (717) 691-6036 to order by VISA/ Mastercard, or by visiting www.messiah.edu/culturalseries.

Lost Films

Lost Films is the on-campus film society sponsored by Messiah's Student Activities Board. If you missed the latest Indiana Jones flick, or maybe you're a big fan of Disney Pixar's Wall-E, we hope you will consider joining us this fall. Films are shown in Parmer Cinema, located in Boyer Hall, which seats 129 and features state of the art acoustics and projection. For a full schedule of movies and showtimes, please visit the Lost Films website at www.messiah.edu/offices/student_affairs/student_programs/lost_films/.

Fitness Center (Indoor Track)

Located on the second floor of the Sollenberger Sports Center (above Hitchcock Arena), the Messiah College Fitness Center offers an indoor running/walking track, stair climbers, elliptical machines, treadmills, and much more. The Fitness Center opens its doors to the community, Monday through Friday from 6 a.m. to 8 a.m. during the academic year. Sign-in at the door is required and proof of identity may be required.

Coach inspires students to gauge success by more than clocks and tape measures



When Dale Fogelsanger '87 was a student at Messiah College, he never imagined that he would one day return and be colleagues with both his academic mentor and admired track coach. But, 14 years ago, the Hanover native pursued an opportunity that changed his life: he returned to his alma mater and began to teach in the biological sciences department and lead the College's highly successful cross country and track and field programs.

Track and field as well as cross country athletes compete primarily against the clock and tape measure, a practice that Fogelsanger himself excelled at while a Messiah student. Just last year he watched his 20-year-old school record in the 400 meter be bested, but, he points out, "These sports are about so much more than time and numbers; they're about the friendships and relationships." Considering that the

Fogelsanger family often hosts upwards of 70 students at their Dillsburg home at one time and keeps in touch with dozens of alums, it seems he has excelled at the relationship part as well.

"We have soft pretzel and ice cream nights at our house," explains Fogelsanger while telling stories about having students in his family's swimming pool, on their trampoline, in their backyard, and inside watching track meet videos. Fogelsanger and his wife, Denise, have three daughters: Andrea, 13; Ashley, 11; and Amber, 7. The Fogelsanger girls faithfully attend cross country and track and field meets and know the athletes well. And, since he doesn't have time to do much running himself these days, Fogelsanger relaxes by tending to his vegetable garden and spending time with his family.


His oldest daughter, Andrea, even accompanied the team on their annual spring break trip this past March, an experience they both cite as life-changing. In 2007 and 2008 team members traveled to an impoverished area of Mexico and helped build homes and distribute food. In 2006, they went to Mississippi twice for Hurricane Katrina relief work. "The service projects over spring break are great for creating unity among the team as well as putting a great perspective on athletic successes and disappointments," Fogelsanger said.

Messiah's cross country and track and field programs have had plenty to celebrate over the years, including many conference team championships, regional athlete and

coach awards, and individual national championships. In November 2007, Fogelsanger and a group of cross country runners traveled to New York City to see Messiah College alumnus Brian Sell run a 2:11 marathon and qualify for the Olympics. "That was one of my top three athletic highlights ever," Fogelsanger said about the experience. Then, in June of 2008, Fogelsanger traveled to Eugene, Oregon, to watch alumnus Chris Boyles '01 complete in the decathlon for a spot on the Olympic team. Boyles, unfortunately, was plagued by a lingering ankle injury and unable to complete the competition.

Fogelsanger builds his teams and encourages his athletes around three principles: being Christ-centered, team-enriched, and self-motivated. He manages his budgets prudently so that every student who wants to participate can. "It's especially rewarding to see students attempt track for the first time when they get to college," he says.

Fogelsanger delights in seeing his athletes succeed — whether by earning a trip to the Olympics or by improving their personal best from season to season. Ultimately, he says "I just want to see students graduate from college, keep running and maintain a healthy sense of exercise, nutrition, and balance as they care for the temple God has given them."

 Read what some current and former students coached by Dale Fogelsanger have to say about the man they call "Coach Foge," at www.messiah.edu/community.

COMMUNITY CALENDAR

AUGUST 28
New and transfer students arrive

AUGUST 30–31
Returning students arrive

SEPTEMBER 2
Classes begin

SEPTEMBER 26–28
Family Weekend

OCTOBER 9–12
Fall Recess

OCTOBER 18
Homecoming 2008

NOVEMBER 26–30
Thanksgiving Recess

DECEMBER 19–JANUARY 6
Winter Recess

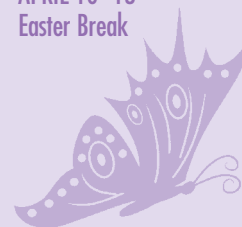
JANUARY 7
J-Term begins

JANUARY 28–FEBRUARY 1
J-Term Recess

FEBRUARY 2
Spring semester begins

MARCH 14–22
Spring Break

APRIL 10–13
Easter Break



Growing old gracefully

Local alumni couple stays active at home and abroad

By Rebecca Buckham '05



For Richard “Dick” ’65 and Jane (Heisey) ’50 Long, being married for 58 years means that the couple has seen a good share of changes. Currently residing in one of the cottages at Messiah Village, where Dick serves as part-time chaplain, the Longs met while students at Messiah College.

“Our graduation years make me sound a lot older than Dick,” laughs Jane, who explains the chronology of the Longs’ education at Messiah. After both graduated from the junior college in 1950, Dick returned to receive a degree once Messiah College was accredited as a four-year institution. While Dick finished his A.B. in religion at Messiah in 1965, Jane took classes at Lock Haven University and graduated with an education degree three years later.

Much has changed since the Longs attended Messiah College over half a

century ago. Dick recalls his 100-mile commute from Clinton County, Pa., to Grantham while completing his religion degree. “That was before we had all of the nice roads that we have now,” says Dick. “It wasn’t as easy as just hopping on Interstate 80 and down Route 15,” he says. Jane adds, “That was also before gas was four dollars a gallon!” Despite rising gas prices, the Longs agree that they live in a great location. “If we want city activity, it’s no problem at all to go into Harrisburg,” says Dick, “and if you want rural flavor you can go out to a farm and pick your own strawberries.”

The Longs are seasoned travelers who have ventured well beyond the city life of Harrisburg and its surrounding farming communities. They can share stories of their trips to a wide variety of destinations, including Alaska, Israel, Nova Scotia, Bermuda, and French Guiana.

Between travels, and when Dick’s not fulfilling chaplain duties at Messiah Village—including visitation, occasional preaching, and leading Bible studies—the Longs enjoy volunteering together. From 7 a.m. to 10 a.m. on Monday mornings, the two can be found serving hot cappuccinos in the coffee shop at Messiah Village. “Either of us could do it alone,” Jane says, “but we enjoy working together.”

The Longs are also involved in their local community. As a retired elementary school teacher, Jane enjoys reading to young

children at the Children’s Family Center, a neighborhood daycare program held on the campus of Messiah Village. “They love the Clifford books,” she says. Dick recalls, “I never had Clifford . . . my first-grade reader was Dick and Jane.” The Longs also like to laugh together—when Dick was in first grade, he never imagined that he would one day marry his own Jane.

For the Longs, the best thing about living at Messiah Village is the contentment of being at a safe place. “If and when we need further care because of our physical condition, it’s here,” says Dick. They also enjoy the community, and are members of the Messiah Village Brethren in Christ Church, which meets Sunday mornings in the chapel at Messiah Village. The Longs would like to see a greater number of older adults from the surrounding neighborhoods attend their church, which is an organized congregation through the Brethren in Christ Susquehanna Conference.

Things never stop changing. Dick recently began using a computer to send and receive e-mail at work. Besides learning how to navigate new technology, Dick says that he looks forward to whatever opportunities for further service may come his way. Together, the Longs would like to continue enjoying the contentment of aging in a supportive community. “To grow old gracefully,” says Jane, “that’s our goal.”

Messiah prepares to celebrate its Centennial

During the 2009–2010 academic year, Messiah College will celebrate 100 years of educating students and preparing them for “lives of leadership, service, and reconciliation.” The Centennial theme —“Shared Faith. Bold Vision. Enduring Promise.”— reflects the College’s desire to celebrate this milestone by honoring our rich heritage, recognizing the blessings of the present, and looking ahead to a promising future.

Many events are being planned to involve the entire Messiah College community — students, parents, employees, alumni, donors, community members — in celebrating this achievement. Starting in September, you can check www.messiah.edu/centennial for the latest information.



FALL 2008/WINTER 2009
COMMUNITY *connection*

Neighbor to Neighbor



By the time this issue of Community Connection arrives in your mailbox, the start of a new academic year will soon begin at Messiah College. Over the summer, my family and I moved into the new president's residence, Orchard Hill, located at the main entrance to the College on Lisburn Road. We are grateful for this beautiful new facility, provided by the

College's trustees, which will provide warm and welcoming spaces for entertaining college and community guests.

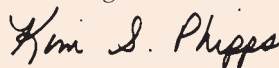
Hospitality is an important value in the Messiah College community, and one area of campus that models this particularly well is our office of Dining Services. Whether preparing daily menus for students or catering to presidential candidates at last spring's Compassion Forum, the Dining Services team excels at creating delicious food to be enjoyed by the Messiah College community. It is no small task to provide meals for thousands of students, employees, and campus guests on a daily basis, and I think you will enjoy this issue's behind-the-scenes look at the College's dining services operations. I encourage you to enjoy a family-friendly meal or a simple cup of coffee at any of the College's eateries when you come

to campus for a soccer game, concert, film, lecture, art exhibit, or theatre performance this fall.

The practice of hospitality is also deeply rooted in the lives of Messiah College's educators. It's not unusual for Dale Fogelsanger, coach of the College's cross country and indoor/outdoor track and field teams, and his family to welcome all of his team's 70 track athletes to their home at one time! And, you'll also enjoy reading about how alumni Richard and Jane Long extend gracious hospitality through their service at Messiah Village where Richard serves as chaplain.

We invite you and your family to be active participants in the life of the Messiah College community and to take advantage of the rich resources our campus has to offer! We look forward to sharing Messiah College hospitality with you!

Warm regards,



Kim S. Phipps
President