

Fun, easy recipes you can make in the dorm

News
Page 3

OUR VIEW on cost and quality of cafeteria food

Editorial
Page 4

The struggles of a gluten-free diet: Is the cafeteria properly equipped?

Feature
Page 6-7

Misconceptions of the Christmas season: How are Christians called to celebrate the holiday?

Faith
Page 10

TREVECCA NAZARENE UNIVERSITY

TrevEchoes



Student Newspaper

December 2010

Since 1944

New grant helps more students live on campus

By Katie Schimmelpfennig
Staff Writer

To help students have the full "Trevecca Experience" a one-time grant has been created.

"We feel that living on campus is the best way for students to experience Trevecca," said Steve Harris, dean of student development.

The grant, known as the Trevecca Experience Grant, was created in order to fill the 18 female and 40 male beds in campus housing. The grant will cover the cost of the room, \$1,491, and will provide an option for commuter students, who maybe couldn't afford to live on campus in the past.

Remaining scholarship money leftover from this fall 2010 semester will cover the cost of the new grant for spring 2011 semester.

"Typically some money is always left over each semester," said Chuck Seaman, director of financial services.

"A key component of the Trevecca Experience is derived from living on campus and being able to be actively involved in the many campus activities—study groups, campus-sponsored social activities,

See GRANT, Page 2

WHAT'S INSIDE

Campus News.....	2-3
Editorial.....	4
Opinion.....	5
Feature.....	6-7
Sports.....	8-9
Faith.....	10
Entertainment.....	11
Photos of the Month..	12



Andrea Corzine winner of Trojan Idol, front left, with the Trojan Idol band. (Photos by Alyssa Valletta)

From worship leader to idol, Andrea Corzine

By Katie Schimmelpfennig
Staff Writer

Andrea Corzine shocked students after singing Hallelujah by Paramore at the final night of Trojan Idol, paving the way for her to take home the title of the 2010 Trojan Idol.

"I think I surprised myself and everyone else," Corzine said.

Trevecca, being in the heart of Music City, has a history of talented musicians. After the creation and success of the hit television show American Idol in 2002, the event Trojan Idol was created in order to highlight this talent. Now, seven years after its creation in 2003, Trojan Idol has become a staple event in Trevecca social life with the first nights attendance at 450.

Corzine, a junior from Florida, was among these talented musicians. Corzine is a worship arts major with a song writing emphasis. Students are used to her leading worship at chapels and as a member of Refuge, one of Trevecca's music ministry teams.

"I've been so immersed in the worship

side of music at Trevecca. I wasn't sure what the purely entertainment music would look like... If I didn't try I would never know," Corzine said.

Jim Waters, social life director, said he encouraged Corzine to audition for the event.

Waters envisioned a diverse group of contestants. A group of judges chose the top 10. They included: Andrea Corzine, Hamil Rich, JP Sheppard, Emy Mae Smith, Stefanie Wienecke, TJ Adams, Lauren Boyer, Rachel Jeanette, Carlie Jo Moore and Elise Sirois.

Students voted for their favorite contestant with a paper ballot in order to create a more fair competition, different from previous years when students could vote as much as possible by sending in text messages.

At the conclusion of the first night, the top five included Corzine, Rich, Sheppard, Smith and Wienecke. During night two, three more contestants were eliminated, leaving only Corzine and Smith.

"I'm used to rocking out in my room...it was weird for me to sing Paramore on stage. I don't usually sing that stuff. But, I was able to make it my own and I loved it," Corzine said.



New campaign encourages more students on campus

By Katie O'Connell
Contributor

After 10 years of barely reaching 250 incoming freshmen, a push to increase 2011's incoming freshman class has contributed to the highest number of applications in six years.

The Trevecca 350 campaign, referring to the university's goal of 350 freshmen next year, has been in the works since August. According to Steve Pusey, university provost, a goal was

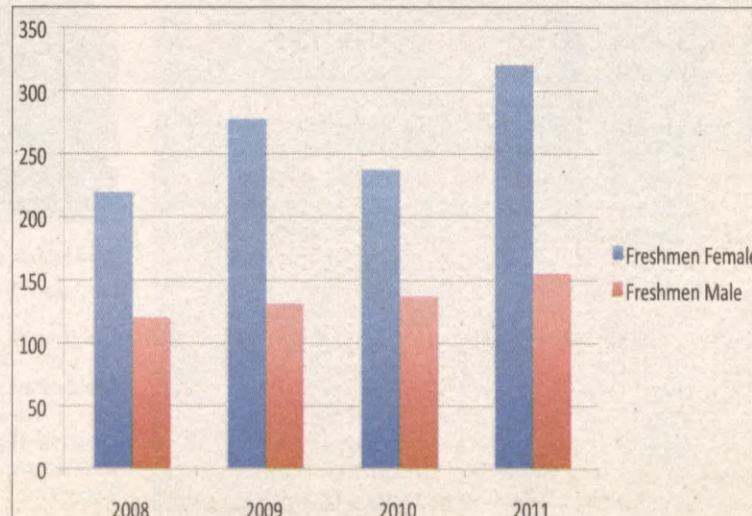
made four years ago to eventually increase Trevecca's enrollment to a maximum of 1,200 traditional undergraduates. Trevecca currently has 975 traditional undergraduates enrolled, up from 965 last year.

Enrollment numbers of incoming freshmen have mainly held steady for the past 10 years, with a low of 213 first-time freshmen in 2002 and a high of 252 in 2004, according to the TNU Fact Book. There are 241 freshmen this year.

The university is using

various ways to increase applications, said Michael Cantrell, director of traditional undergraduate admissions. Online, the university uses software to create a portal where applicants can see where they're at in the application process, and websites like zinch.com and cappex.com help students looking for colleges to connect with them and get more information. Trevecca also wants to be more active in the Southeast Region by attending church events and other events like

See CAMPAIGN, Page 3





Top Left: Trojan Idol's top five contestants awaiting the results of their performances. Top Right: Hamil Rich performing "Cable Car" by The Fray. Bottom Left: Stefanie Wienecke performing "Battlefield" by Jordin Sparks. Bottom Center: Emy Smith performing "Hey Jude" by The Beatles. Bottom Right: TJ Adams performing "The Way You Make Me Feel" by Michael Jackson. (Photos by Alyssa Valletta)



Grant

Continued from Page 1

athletics, additional interactions with faculty and staff, musical presentations and just 'hanging out' with other students," according to the letter sent by Eddie White, director of financial aid, to students in financial need.

This grant mostly targets commuter students with financial needs. But some students already living on campus, who also have a financial need, were granted this scholarship offer as well, Harris said. Five out of the 12 students who have already accepted the grant currently live on campus.

At the end of September, the idea was created. Administration hopes students will be able to stay on campus for future semesters. But even if they can't, at least they could get the full college experience for one semester, Harris said.

The only additional cost for students who commute will be the meal plan of \$2,076.

"This is something we've never done before," Harris said. "Our hope is that it's a positive one."

New marketing director makes debut

By Adam Wadding
Assistant Editor

On November 16, Bari Watson started her first day as Trevecca's new Director of Marketing.

She is only the second Marketing director that the school has had, replacing the first, Tony Stogsdill who resigned in September.

"Prior to joining Trevecca, I spent seven years in university marketing and development," said Watson.

Watson has an extensive work background in the field of marketing that will help Trevecca move forward in their future goals.

She has served as director of marketing and development at the University of West Alabama from 2002-2005, and also as the director of marketing and external affairs at Belmont University from 2005-2009.

Her most recent position was as the director of marketing and development for the General Commission on United Methodist Men, a global ministry within the United



Trevecca's new marketing director, Bari Watson. (Photo by Adam Wadding)

Methodist Church.

"I am especially thrilled that God has prepared me and led me to Trevecca," said Watson. "I

look forward to working with the people and having the opportunity to tell the stories of Trevecca in new ways."

WENO sold to Anchor Broadcasting

By Amy Taylor
Copy Editor

The sale of Trevecca's daytime talk radio station WENO 760 has been finalized.

"It's a valuable asset, but it's not core to the university in 2010," David Caldwell, Trevecca's executive vice president for administration and finance, said.

Anchor Broadcasting bought the station for \$335,000, and the station will be used for urban gospel music, according to the October 29 official press release of John Pierce & Company, LLC, the broker for the deal.

The deal will take effect December 1 when Anchor Broadcasting will take over the station. But the deal won't actually close until mid-December. Until then, Trevecca will lease the station to Anchor Broadcasting.

"They will, in essence, buy our time from us," Caldwell said.

The sale will be fairly easy and close quickly because the buyer is paying cash, meaning there

will be no lender involved, Caldwell said.

Caldwell is keeping an eye out for different ways to use the money earned from the sale of WENO to "benefit the school better," he said.

"By selling it, my belief is that we'll be able to take...that money and use it for other things that will have a greater impact on students," Caldwell said. "I view it as repurposing an asset."

Caldwell compared the sale of WENO to the sale of belongings in a garage sale that have not been used in a long time.

"It really wasn't having a very big impact. I don't think WENO was listened to by very many students," Caldwell said.

Caldwell is optimistic about the change of hands, he said.

"When Trevecca decided to sell after many years of operating WENO as a commercial station for the benefit of our radio broadcast major, we were pleased to work with John Pierce and to sell to Anchor Broadcasting..." Caldwell said in a press release.

CAMPUS NEWS

Art program on campus sparks interest in students

By Kaylee Harrell

Contributor

Gretchen Hurley sat in the middle of her college dorm room with an 18x24 canvas. Jars of paint sat around her along with paint brushes and rolls of tape. Her assignment was to create a picture with variations of color or shapes. She chose a cube.

Her roommate laughed hysterically as she leaned over the scattered supplies and the large canvas painting each section she taped off to create a cube. The hardest part of her assignment was fitting it in her car to get it from Trevecca to Belmont.

Hurley was a student at Trevecca when the possibility of feeding her artistic gifts didn't exist. Other Nazarene schools offered opportunities in art that Trevecca did not offer, but she felt a desire to come to Trevecca Nazarene University.

She earned her art minor by taking classes at David Lipscomb and Belmont.

In the fall of 2009, 20 years after Hurley's graduation, the School of the Arts and Sciences at Trevecca began offering a minor in art and art therapy.

Students are now provided with an artistic community within the Trevecca community that never existed before. According to Dr. Lena Welch, dean of arts and sciences, this new founded artistic community is growing every semester.

In addition to this new art minor, a new club has sprung up on Trevecca's campus. The art minor has inspired the founding of the Art Club. The Club meets once a week and currently has 12 members. The members include students, alumni and faculty.

According to Mrs. Betsy Karounos, the art professor on campus, students are given the opportunity to learn something that is not taught in class.

During open studio nights, students, alumni and staff get together to make art. They also enjoy going to

the Art Crawl, which is offered every first Saturday of the month. Different art galleries downtown host a reception and art openings, free transportation is offered between the galleries.

"I think the art club documents that there really are students on campus who enjoy studying art and helps to promote the idea that Trevecca has a growing and thriving art program," Welch said.

In addition to creating art, members have the opportunity to serve the community. They helped paint the sets for Trevecca's most recent play *Singing in the Rain*. Their booth at Trevecca's homecoming was a hit, the students created a booth with face painting, origami, sand art and postcards.

"Even the older kids came up and asked to get their face painted," said Betsy Harris, secretary of the club.

With the club being in its first year, it is still in pending status, meaning that a foundation needs to be laid down for the club to be successful.

"We are in the middle of getting going and trying to stay going, we are trying to build a stable ground for it to last next year," said Daniel Prosser, president of the club.

The club has a number of supporters behind it, including Hurley, who is excited for the art club because it can help students see how their art can help the community.

"The art club broadens your view of art and the expression of art," Hurley said. "I believe there is an artist in all of us, it's just hard to get it out sometimes, and you have to be willing to give it an opportunity to come out."

Hurley recently moved back to Nashville and is looking forward to getting involved with the club. She recently opened a solo show in October; the show can be viewed by anyone in the Waggoner Library on Trevecca's campus.

For upcoming events and more details about the club there is a Facebook page that can be found under A.R.T. Club.

Tasty treats made fresh in the dorm

By Katie O'Connell

Contributor

It's not common, but junior Rachel Meredith recalls her freshman year when girls in her dorm used the microwave to steam vegetables and make instant mashed potatoes for a Thanksgiving dinner. Her contribution, pumpkin dip, was made with ingredients that required refrigeration only.

It's a change from the food normally prepared in dorms, instant noodles and reheated pizza. And it's a good thing to know at this time of year when potlucks and parties abound.

According to Trevecca's website, hot pots, coffee pot, blenders and refrigerators are approved for use in the dorms. Although students cannot own microwaves of their own, they may have a Micro-Fridge or use one of the microwaves provided in the dorms. Between those and the fridges that most students have, it's actually possible to make several recipes, whether for meals or treats to share.

Turning to the Internet yields hundreds of results to search terms like "dorm food recipes," coming up with everything from sweet and sour meatballs, scrambled eggs, quick quesadillas and cheesecake. Here are a few of Trevecca students' favorite dorm food recipes.

• **Oreo balls:** Alisa Inman, a junior, says she's gotten numerous requests for this simple treat.

Ingredients: 18 oz. Oreos, 8 oz. cream cheese, 1 package milk or white chocolate.

Crush the cookies into fine pieces and mix with cream cheese until completely mixed. Form into one-inch balls and let sit one hour. If you prefer, melt the chocolate and drizzle on top.

Total price at the Nolensville Walmart: \$4.92

• **Brown-bag popcorn:** Junior Erin Tillson went online to find food star Alton Brown's recipe and modified it to her liking.

Ingredients: ¼ cup popcorn kernels, 2 tbsp olive oil, popcorn or regular salt, brown paper bag.

Put popcorn and olive oil in the bag and fold it shut. Put in the microwave with paper towels underneath to prevent oil seepage and microwave for two to three minutes, or until there are about five seconds between pops. Watch carefully, it needs more attention than normal microwave popcorn. When done, sprinkle salt and share.

Total price at the Nolensville Walmart: \$4.40

• **Puppy chow:** Georgia Hall chaplain Michelle Bergman suggested this tasty recipe.

Ingredients: 12 oz. chocolate chips, ½ cup peanut butter, ½ cup butter, 2 cups powdered sugar, 6 cups cereal (Corn Chex, Rice Chex, Crispix)

Melt the peanut butter, butter, and chocolate chips together in the microwave. Stir into cereal. Put in paper or plastic bag with powdered sugar and shake until coated.

Total price at Nolensville Walmart: \$7.71

• **Pumpkin dip:** Junior Rachel Meredith made dip like this one from familyoven.com her freshman year for a dorm potluck.

Ingredients: 15 oz. canned pumpkin, 8 oz. soft-cream cheese, 2 tsp. pumpkin pie spice, 2 cups powdered sugar, 4 oz. Cool Whip

Blend pumpkin and cream cheese together until smooth. Add the sugar and pumpkin spice and blend until creamy. Fold in the Cool Whip and refrigerate one hour. Serve with cinnamon graham crackers or ginger snaps.

Total price at Nolensville Walmart: \$8.01

• **Chocolate-covered pretzels:** Vera Pendergraft, a junior, suggested this sweet and simple treat.

Ingredients: 1 lb. chocolate chips, 15 oz. bag of pretzels, 2 tbsp. butter, melted

Pour butter over chocolate chips and microwave for two minutes, then stir until the chocolate is creamy. Dip pretzels in chocolate and place on wax paper. Alternatively, place pretzels on wax paper and drizzle chocolate over. Add sprinkles if desired and cool until hardened.

Total price at Nolensville Walmart: \$6.43

Campaign

Continued from Page 1

Thursday Night Lights, football games and events at local high schools.

There is also more of a focus on recruiting students who are more likely to come based on the churches they're from, their GPA or ACT scores and expected major, Pusey said.

The university is being very cautious, Pusey said when asked about the financial impact the 350 campaign would have if it does not work. Although some programs, such as the MHR program, have had declining enrollment, others have stayed

the same or increased. The university normally budgets based on stable enrollment figures, so the campaign would be a benefit for the budget.

"We'll be pretty safe," Pusey said.

The campaign seems to be working. According to an email sent out by the Office of Admissions, Trevecca has received 485 applications for the 2011-2012 school year as of November 15, up from 382 at the same time last year. Of those, 297 were admitted, up from 222 the year before.

"We're running ahead on applications," Pusey said. "We feel pretty good about those numbers right now."

Free Tutoring and Study Groups

Upper Level of CLCS

For more information contact Donna Gray:
615-248-1376 or
dgray@trevecca.edu



New Leap group builds relationships through outdoors

By Maddie Privott

Staff Writer

The idea behind leap groups is for incoming freshmen to get a sense of community from the very beginning of their college experience.

Upon entering Trevecca, freshmen are placed in groups of about 15, with an adult mentor and a student mentor.

About a year ago, Tom Middendorf, the associate director of the Center for Leadership, Calling, and Service, who oversees all of the leap groups, got an idea for a different kind of leap group.

This year, the idea became a reality as a pilot group was put together as a test run for his idea. It is appropriately named the "Adventure Leap Group." Middendorf looked to the admissions counselors for help in choosing students for the group, based on their interests.

The 15 freshmen and their mentors, Kayleigh Hofer, resident director of Tennessee Hall, and sophomore Katelyn Hayes, have classroom time like every leap group, but what sets them apart is their involvement

in outdoor excursions.

The first of those was a day camp where they participated in a ropes course. Next, they took a weekend camping trip to Savage Gulf State Park, where they said goodbye to their normal amenities to spend the weekend sleeping in tents, cooking meals for each other, hiking and huddling around the fire at night.

About \$4,000 in camping and hiking gear was provided by Trevecca to equip the group for facing the elements.

"This is not for the faint of heart," said Middendorf.

He also said the trip was designed to help students and their mentors to have an experience that applies the ideas discussed in leap groups.

"The hope was for them to reach a more intimate level through depending on each other," he said.

Paige Evans, Tim Scott, and Nicole Wood, all members of the group, said the trip was well worth it.

Evans recalled her favorite memory--a night when they lay on their backs and took in the stars.

"It was one of the best weekends of my life," she said. "We all shared what God is doing in our lives."

Next year Middendorf and



Adventure Leap Group mentors Kayleigh Hofer (L) and Katelyn Hayes (R) prepare their group for a weekend camping trip. (Photo courtesy of Trevecca Marketing)

Hofer plan to have three adventure leap groups. They will be looking for 45 incoming freshmen interested in a chance to join in the adventure.

Middendorf is continuing to think of creative ways for every leap group to reach this level of intimacy in the future.

EDITORIAL

Editorial writing is opinion writing, a note from the editors

Throughout time, newspapers have been the driving force behind controversy and public discussion—sometimes that discussion is good, sometimes it's bad. Everyone has an opinion; everyone thinks they are right.

But who is behind this public discourse? Who decides what is printed and what is not?

The editors of course.

Editors have the responsibility of deciding what is and what is not important to the public. It's a big job, and can sometimes be very stressful. Even as student editors, it becomes very difficult to decide what you, as readers, find important—readers are very critical. They have big opinions on certain issues and sometimes cause a fuss. That's ok.

But what about us editors? Can we have opinions too?

Yes we can. They are called editorials and are written as collaboration by the editorial staff and are not to be mistaken for fact and objectivity.

In fact, they are indeed intentionally filled with opinion and subjectivity—we have just as strong opinions as you. Why shouldn't we share them? You don't have to agree—in fact, we want to know if you don't.

In the book titled *Inside Reporting, A Practical Guide to the Craft of Journalism*, author Tim Harrower defines editorials.

"These columns usually run from 300-500 words, commenting on current events, criticizing or praising public officials, en-

dorsing candidates and explaining what issues mean to YOU, the reader. Editorials are usually unsigned, thus appearing to express the opinion of the paper—which means at small publications, the editor or publisher. At larger publications, the editorial board debates topics as a group, then assigns one board member to distill the discussion into an editorial."

In the last issue of *TrevEchoes*, some comments were made by individuals who may not have necessarily understood the criteria for editorial articles, which in turn, could be a representation of the entire student body. Some comments were made directly towards a specific article on PDA.

"I get that the *TrevEchoes*

Editorials are opinion and that those opinions are probably right. However, I would argue that the whining tone, generally ignorant statements, and overall pointlessness featured in the editorials of this week are probably behind the major complaints you have received."

"I thought *TrevEchoes* was a newspaper? The PDA article was immature and biased. If you're going to complain, do it on Facebook like I am, not in the newspaper."

"It's more about writing a 'scathing article' and not taking responsibility and how silly and cowardly that is. Usually, articles are the product of one individual and not a collaboration."

Well, in response to those comments, they were just as

snarky and sarcastic as the original article. Luckily, sarcasm is not the problem. Actually, sarcasm is one of the strongest forms of proving a point. The problem is uninformed individuals complaining about topics they do not fully understand. This is true in many situations. Not just newspaper. But a word to the wise, evaluate and research your thoughts before you publish or say them, and we will do the same.

- EDITORIAL STAFF

Morgan Daniels
Adam Wadding
Amy Taylor
Hayley Knowles

Is There a Santa Claus?

We take pleasure in answering at once and thus prominently the communication below, expressing at the same time our great gratification that its faithful author is numbered among the friends of THE SUN:

"DEAR EDITOR: I am 8 years old.
"Some of my little friends say there is no Santa Claus.
"Papa says: 'If you see it in THE SUN it's so.'
"Please tell me the truth: is there a Santa Claus?"
"VIRGINIA O'HANLON.
"116 WEST NINETY-FIFTH STREET."

VIRGINIA, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, VIRGINIA, whether they be men's or children's, are little. In this great universe of ours man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence/capable of grasping the whole of truth and knowledge.

Yes, VIRGINIA, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus. It would be as dreary as if there were no VIRGINIAS. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You may tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived, could tear apart. Only faith, fancy, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, VIRGINIA, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God! he lives, and he lives forever. A thousand years from now, VIRGINIA, pay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.

Above: One of the most famous editorials, known widely as "Yes Virginia, there is a Santa Claus," was written in 1897 and printed in the *New York Sun* by Francis P. Church, a veteran editorialist. The article has since become the most reprinted editorial in history.

OUR VIEW: Something's gotta give--the caf food is expensive, typically unhealthy and we want change.

Editorial Staff

Could you imagine going out to eat and paying close to \$10 per meal, every day? Well if you are a part of the Trevecca meal plan, you basically are.

The cafeteria meal plan charges us \$4,152 per year, \$2,076 per semester. For students who depend on the cafeteria for breakfast, lunch, and dinner, that's basically equivalent to \$6.52 per meal. If you're only eating lunch and dinner everyday, like most students, that adds up to \$9.52 each meal per day. This of course is based on a 200 or so day school year.

Some people would question, why not stop being on the meal plan and just go out to eat at cheap locations, or even make your own food in your apartment. Well you can't. Trevecca's policy states that you must be on the cafeteria meal plan if you are an on-campus student, even if you live in the apartments where a full kitchen is available.

Being a new freshman, this may not seem like such a bad thing, with unlimited access (kinda) to the cafeteria

food on the weekdays until 7 p.m. But after the first semester of everyone's freshman year, it gets repetitive.

The variety of the cafeteria food has fallen short of many students' expectations. Don't get us wrong, there is variety, but it's the same variety of food every single week—sub sandwiches, greasy pizza, and rotisserie chicken—needless to say, it gets old. Not to mention the fact that fried, greasy, unhealthy foods seem to be a staple in the daily diet options.

As students, we aren't forced to eat in the cafeteria. We can always skip the predictable "shrimp and steak," Wednesdays and go out to eat. The only problem is that the money is still being spent, therefore doubling the price of your meal if you choose to dine off campus.

In more simple words, the prices should be lowered, or the quality of food should be improved and we, as students, have the capabilities of making that change.

Write on the comment cards; attend caf evaluation meetings; email Renee Carrier, the Pioneer Foods service manager, your comments or ideas. Pioneer wants to hear from us, but they can't fix the problem if they don't know what the problems are.

CLCS
Counseling
Center

Make an appointment @
www.trevecca.edu/clcs.counseling/form

Services are free for currently
enrolled students.

Questions? Contact Amanda Daly
adaly@trevecca.edu or
615-248-1653

TrevEchoes
Comments

The *TrevEchoes* is proud to present its brand new format. With a new look, new layout, and higher standards of quality content, we hope you, as the reader, will take pride in your student newspaper.

The *TrevEchoes* serves you. So, log on today and let us know what you think or send us a story idea. We want to hear your comments and/or concerns. Send us an email at trevechoes.comments@gmail.com.

TrevEchoes

EDITOR-IN-CHIEF
Morgan Daniels

ASSISTANT EDITOR
Adam Wadding

DESIGNER EDITOR
Hayley Knowles

COPY EDITOR
Amy Taylor

BUSINESS MANAGER
Jeremy Dixon

STAFF WRITERS
Emily Rowden
Katie Schimmelpennig
Maddie Privott
Todd Osborne
Tyler Whetstone
Abby Petrunak

PHOTOGRAPHERS
Allis Kersten
Alyssa Valletta

COMIC ARTISTS
Trey Blackman
Nathan Curry



TrevEchoes is published by and for the students of Trevecca Nazarene University. The views expressed in *TrevEchoes* are those of the individual contributors and do not necessarily reflect the views of the editors or those of Trevecca Nazarene University. Contributions may be edited for grammar, spelling, content or space consideration. The *TrevEchoes* office is located on the third floor of Jernigan.

Food Review: Urban Flats

By Emily Rowden

Staff Writer



Urban Flats is this month's go to place if you're looking for a new spin on what you and I would consider glorified pizza.

Located in the Gulch, 610 12th Avenue South to be exact, Flats is just as trendy as you would expect it to be. The décor is nice and upon entering, one would expect prices to be

rather high because of it.

However, most flatbreads lie in the \$7-10 range and are well worth it. The atmosphere is warm and inviting because of the large windows that span two sides of the restaurant and is a great place for large groups to go.

My experience at Urban Flats was mixed. I'm torn because I know how many great things I've heard about their food but then I experienced, in short, mediocre food. Perhaps it was just an off day, but I'll tell you about it nonetheless.

The combinations of toppings promised by the menu were original and quite impressive. The foods were fresh, healthy, and in theory, each complemented the other quite nicely.

Some mixtures include: buffalo chicken with mozzarella cheese, sun-

dried tomatoes with pesto and white sauce, and lightly breaded eggplant with oregano and big slices of parmesan. This is what I had and I have to say that after spending more time deciding what I wanted (because I thought they all sounded delicious) than it actually took to cook the meal, I was slightly disappointed with how it was just OK.

Essentially, my take on the food was that the flavor was as flat as the ancient world flatbreads the deceivingly enticing toppings were cooked on.

All that to say, I will undoubtedly go to Urban Flats again. Every restaurant has their off days and frankly, some of their flatbreads and wraps sounded too good for me to not try, despite the bad taste that one has already left in my mouth.

Counseling Corner: Confusion



By Amanda Grieme Daly

Contributor

A recent theme in the counseling center has been an overall sense of confusion. Over the past several weeks, the counseling center has been faced with many questions: What do I do after this break up? How am I perceiving God? What should I do with my life? Is it okay that I don't agree with everything my parents have taught me? Why am I feeling so many different emotions?

With all these questions, I'm feeling an overall sense of unrest on campus that seems to be stemming from confusion.

When I take time to consider this

overall confusion, the main question that comes to my mind is, "What are we supposed to do with this unrest and confusion?"

And then I wonder... do we really have to do anything? Or is part of the process resting and finding solitude? In our Western culture we are very prone to do things in order to fix them; we want to solve problems by being action-oriented and busy.

I often talk with my clients about the importance of just being. We are human beings, not human doings, yet we are always active and always doing! I must clarify that this is something that's hard for me, too. It's so challenging to find solitude and take time to rest. We naturally shy away from quiet. I think some of this stems from a fear of what we might actually hear if we take the time to listen. In solitude, we can increase self-awareness, find a sense of peace, and gain insight into our unrest and confusion.

Solitude doesn't have to look like sitting in the quiet... it can include journaling, taking a walk, or drinking a warm drink on your couch. My hope is that you (and I) will find some sense of solitude and peace during this season of confusion and unrest.

A transparent government: SGA semester report



At the beginning of this fall semester, I presented you with the five main goals Student Government developed for the 2010-2011 school year in hopes

of better serving the student body during our term of service. These five guiding initiatives included 1) being a transparent student government association, 2) encouraging school pride, 3) promoting holistic campus life, 4) conducting more efficient administration, and 5) interacting as the Body of Christ. Since then, and throughout this fall semester, SGA has been driven and directed by these five initiatives, always hoping to serve you to the best of our ability.

Thus far, in pursuit of being a transparent student government, SGA has revamped our This Week at TNU email, posted office hours for our ASB officers and class presidents, published our calendar, utilized the TNU

channels, and informed the student body that our general meetings are open to the public. Furthermore, future presidential reports, the publication of our actions and decisions, and a Town Hall meeting are all in the works.

In hopes of encouraging school pride, this semester SGA reinstated the operation of a Homecoming committee in order to better the quality of the student Homecoming experience; sponsored games for volleyball, men and women's soccer, and men and women's basketball; and teamed up with CLCS to put on a freshmen pep rally. Also, SGA is currently working on increasing our involvement with the bookstore, Inside Trevecca Days, and TNT @ TNU.

In order to promote a holistic campus life, SGA has promoted the free counseling center in CLCS and looked into participation in the creation of chapel schedules. Currently, we are working on developing our first educational forum, partnering with clubs in order to support their health on campus, and considering a special party for the end of the semester. We are also in the beginning stages of reviewing some current campus policies as well as our constitution.

In attempt to conduct more efficient administration, SGA developed a strategic plan for the year. In addition, we have provided a means for students to pay for events/shirts/SLAP cards via credit or debit card, we are creat-

ing a contact database for future SGAs, we are working on a Guide to Homecoming to be used by future Homecoming committees, and we are in the process of making the SGA booth more appealing and more helpful.

Finally, SGA has put a strong emphasis on interacting as the Body of Christ - with each other and with our fellow students. We are doing our best to lead with a heart of service - in everything we do.

Please know that we exist for you! So if you have any comments, questions, or ideas, please do not hesitate to share them with us.

-Jalaine Weller Lindsley
Student Body President

Attitudes and the weather: Can music change attitudes?

By Emily Rowden

Staff Writer

I think at this point in the year it's safe to say that I'm confused and fed up with the current state of Tennessee's weather patterns. In fact, I'm considering hibernating—and in effect, graduating a year behind my class—just to avoid the imminent cold weather.

As the weather continually ricochets from purely blissful to biting cold, so do my emotions. These last few days of sunshine and cool breeze simply shed light on the fact that on this day, in one month, I'll be wearing triple the clothing and triple the frown; thus, I can't even fully enjoy them!

Granted, I understand that some people truly do enjoy cold weather. God bless 'em. So for those of you who do, simply interchange what I say about the cold with your least favorite season and reread this when that time comes around.

Regardless of your favorite season, your mood can quickly be altered by the external forces of nature in the same way the internal whispers in our heart can quickly be altered by music.

Take note (ha!) of the effect that music has on who we are every single day. We run to loud, fast music. We praise to worshipful music. We cry to music that holds meaning in our lives, that takes power as it pumps through our veins. We send sweet musical ballads to those we love; or, in some not so loving cases, we listen to screamer music.

On so many levels, music has the power to change our attitudes in an instant and then, once it penetrates past all surface level barriers, it reaches our core to beautifully shape our character.

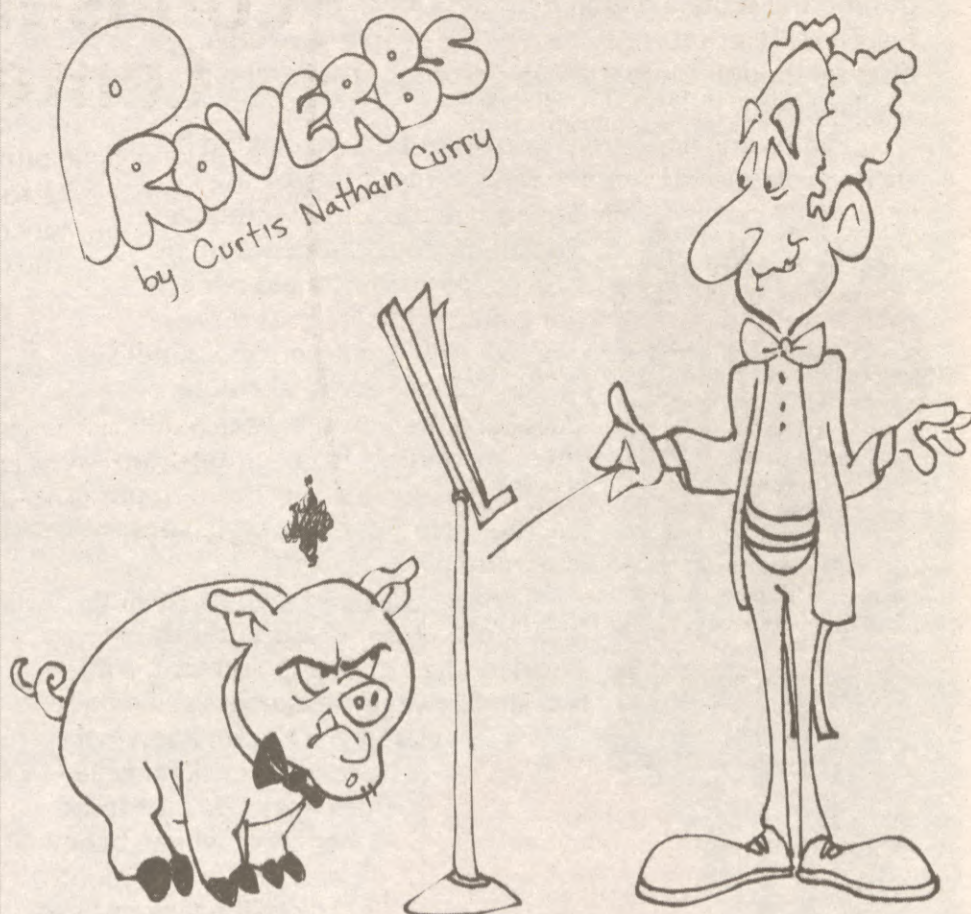
Music is like the weather. Some days we love a song like we love the sunshine—it's our absolute favorite and we listen to it until our roommate sneakily deletes it

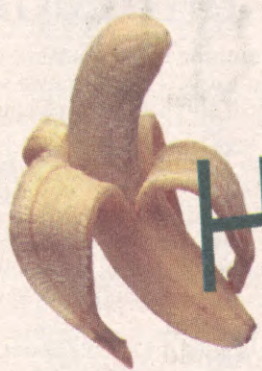
from our ipod. But some days are drearier with clouds overhead and rain blasting us from all sides. It's on those days that we have to choose to listen to that happy song, to raise our own spirits.

Those songs are our favorite in one season of life because their words speak truth to us, or make us laugh, or help us vent. And in every other season, these truths can still ring true.

So if there's a song that helps you get through whatever season of life it is that brings you down, listen to it. Rock on all day long, knowing that you are choosing to control your attitude and not the other way around.

Because that's just what it is: a mindset, a choice. You can choose everyday to shrivel up because your favorite flower has, or you can be like the sweet potatoes, who are sweetest in the colder months, but who let life's music carry them through all other seasons in an equally sweet fashion.





HEALTHY LIVING: BEING GLUTEN

By Jordan Taylor

Contributor

WHAT'S THE PROBLEM?

Six Trevecca students have learned to fully embrace alternative eating. During the 12 o'clock lunch chaos, they easily dodge the sandwich line and pick up a piece of rotisserie chicken. Then a small salad, maybe a cup of soup and perhaps some jasmine rice are added to their tray. No need for croutons, crackers or rolls. These six students have learned to say, "Hold the bread, please."

A growing number of undergrads here at Trevecca are discovering their gluten intolerance and are now embodying a new style of eating in the caf.

Heather Halstead was diagnosed with gluten intolerance her freshman year. Passed through the DNA, this disease usually presents itself in the mid-20s according to the National Institute of Health (NIH), explaining why a growing number of Treveccans are being diagnosed.

Gluten intolerance, also called celiac disease, occurs when a person cannot absorb nutrients while ingesting the protein gluten found in wheat, barley, and rye. The NIH reports one in every 133 people have celiac disease, though more than 95 percent of them remain undiagnosed.

Symptoms differ from person to person, making it tricky to diagnose. Common indications of the disease include extreme drowsiness, irregular digestion, acne, infrequent menstrual cycles, arthritis and depression, though the list goes on.

The only treatment possible for this disease is the absolute removal of gluten protein from a diet. While abstaining from gluten, the symptoms subside and the person can then live normally, well, somewhat normally.

When Halstead began feeling sick more and more frequently, she decided to make an appointment. With two aunts, two uncles, and a sister diagnosed, her doctor knew Halstead was at risk for celiac disease. Doc ordered her off of wheat, barley and rye for one month to see if her symptoms subsided. And they did.

"I just stopped getting sick," Halstead said. "Ironically, that's when my real trouble began."

"I just stopped getting sick. Ironically, that's when my real trouble began."

-Heather Halstead



FAST FACTS

- ✓ Gluten is the protein found in wheat, barley, and rye.
- ✓ The National Institute of Health estimates that 1 in 133 people have celiac disease, though more than 95 percent remain undiagnosed.
- ✓ Common symptoms of gluten intolerance include fatigue, brain fog, depression, irregular digestion, acne, and anemia.
- ✓ The only treatment is to abstain from gluten.
- ✓ There are an estimated six students at Trevecca with celiac disease.
- ✓ An average week's menu at the Pioneer Cafeteria is 72 percent gluten-free.
- ✓ Of the gluten free options, 22 of them are unhealthy, period, and three are complex carbohydrates.
- ✓ Pioneer is considering purchasing April's Bakery for the gluten free options.

IS THE CAFETERIA PROPERLY EQUIPPED?

On an average week, Trevecca's catering service, Pioneer Catering, serves 72 rotated menu items for lunch and dinner, excluding the continual food bars.

According to a recent week's menu, nearly 50 percent of these entrees are gluten free, giving the wheat-free community roughly 36 different options to choose from. However, the vegetable entrees make up 22 of these 36 options. This provides them throughout the week with eight opportunities to grab some meat and three chances for complex carbohydrates.

With a mandatory meal plan in effect, some of the gluten free students find it difficult to eat a

balanced diet.

"I am definitely not getting my money's worth," Halstead said.

Trevecca requires nearly all residents to purchase the unlimited meal plan from Pioneer, costing \$4,035. This plan is available throughout the nine months that school is in session, roughly 100 days each semester. Students can eat whenever they want and as often as they'd like or they can attempt to purchase the 10 Meal plan for \$3,148 available to 10 percent of the residential population. This plan provides each student with 10 meals per week.

The majority of Pioneer's food is purchased from Sysco, a national food

distributor. Renee Carrier, the service manager for Pioneer, said she feels compelled to provide those with gluten intolerance with more options.

"You guys are paying for a meal plan; it's not fair – it's not your fault that you can't eat gluten," Carrier said.

"The gluten free options are unhealthy. Period. They are either not there, stale or hard to reach."

- Heather Halstead

Pioneer has obtained certain gluten free products such as cereals, breads and crackers from Sysco for the estimated six Treveccan students diagnosed with the disease. But these options aren't necessarily a good alternative for Halstead.

"The gluten free options are unhealthy. Period," Halstead said. "They are either not there, stale or hard

FEATURE

GLUTEN-FREE IN A GLUTEN-FILLED WORLD

SO WHAT NOW?

Although the complaints of the gluten-free minority may seem to fall on deaf ears, administration has taken notice of this growing concern.

"There are students where the greater good of the broader community doesn't necessarily meet their individual needs. This is always a challenge," said Steve Harris, dean of student development.

The costs of the Trevecca meal plans are much higher than the prices of a larger institution because of the school's small student body number. For example, at Belmont University their 10 meal plan costs \$1,425 a year and the 20 meal plan, the largest, costs \$2,015, nearly half of what Pioneer charges.

This fall, there are 669 residential students according to Trevecca's Student Development Health Profile. Harris said when the numbers increase, there could be a fourth meal plan op-

tion; the seven meal plan. This plan would provide students seven meals per week.

"We've just got to reach and increase our numbers to make it financially viable," Harris said.

In response to the complaints on the current gluten-free products, Pioneer has looked to Aunt April's Bakery, a local Nashville company. April Graves, owner of Aunt April's Bakery, will meet with Pioneer to showcase her gluten-free products and discuss the possibility of Pioneer purchasing from her. Graves said she wants to work with Pioneer's budget to help bring better quality items to the Trevecca six.

"If this option is cost competitive, then it's something we could look more at," Carrier said.

FACTS:

wheat, rye, and barley.

th reports one in every 133 people
ore than 95 percent of them remain

ntolerance include extreme drowsi-
arthritis and depression.

a from gluten.

lents at Trevecca diagnosed with ce-

cafeteria is roughly 50 percent glu-

the 36 are vegetables. Eight are meat
drates.

sing gluten free products from Aunt
e community at Trevecca.

PPED FOR SPECIAL DIETARY NEEDS?

er, to reach."

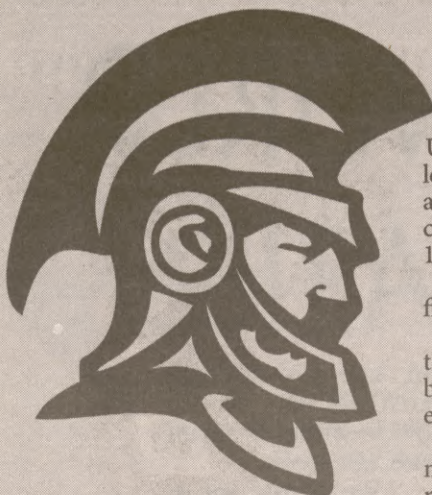
She said the unlimited meal plan is hardly beneficial for those eating gluten free, so she purchased the 10 meal plan. As an upperclassman, Halstead can now cook her missed meals in her newly acquired Redford apartment.

Halstead's kitchen is similar to any mother's pantry; a large amount of food crammed into a small amount of space. Macaroni and cheese, chips and salsa and freshly baked cookies spill aromas through the cubicle-sized apartment, all gluten free aromas of course.

"I'm probably buying about \$30 worth of food a week because of the caf's lack of options," Halstead said.



SPORTS



By Tyler Whetstone
Staff Writer

Fans are used to seeing the Lady Trojan's basketball record unbalanced, with many more wins than losses.

This year however, with a 2-5 record as of Dec. 1, the Lady Trojans have experienced the worst start in Van Atta's Trojan career, not to mention the worst overall start since 1997.

This season is the first time they've lost homecoming in the last 14 years as well.

The Lady Trojans lost back-to-back-to-back to Georgetown

Women's basketball season off to a slow start

College, Point Loma Nazarene University, and Westmont College the first time under Van Atta, and the first time they have lost consecutive games by more than 15 points.

However, there really are fingers to be pointed. Honest.

The Lady Trojans cut short their summer practice schedule by three weeks, waiting on Trevecca's DII ruling.

Only five upperclassmen returned. Only one senior returned—K.C. Van Atta.

Their first semester schedule is one of the toughest in the nation. Of their 11 first semester games, six are either ranked in the NAIA top 25 or were at least placed in the top 40. Two of them are DII schools.

But these excuses don't help the Lady Trojans advance. Especially when the TranSouth is the toughest conference in all of NAIA with five teams either in the top 25 or consideration for the top 25, including back-to-back national champion, Union University.

The Lady Trojans will begin TranSouth Conference play Jan. 6.

"If [we] don't grow up now, [we] won't grow up anywhere," said Van Atta, referring to the toughness of the TranSouth Conference.

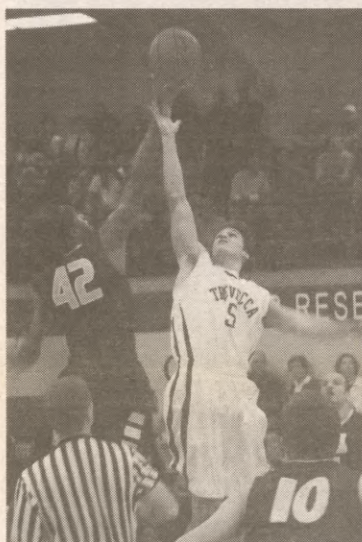
The women have to win on the road. They won't play at the Moore Gymnasium again this semester.

"We have to go into [the game] knowing we don't have home court advantage," said London Elie, sophomore.

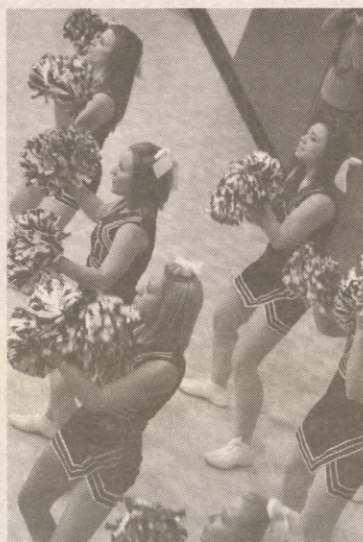
Simply enough, as of Dec. 1, the Lady Trojans have four games before conference play begins.

Under Van Atta, the Lady Trojans are 58-22 in TranSouth play, and will need early wins to offset the first half of the season.

Right: London Elie competes for the first possession of the game against MVNU. (Photo courtesy of Trevecca Athletic Department.)



Above Left: Junior Keith Morris attempts to win the tip off at the homecoming game against Michigan-Dearborn. Above Right: Cheerleaders cheering at the homecoming game. Below: Trojan fans await free throw shots at the homecoming game. (Photo courtesy of Trevecca Marketing Department)



Living the American dream

By Stephen Williams
Staff Writer

The 6-foot-8-inch sophomore, John Nayardo, also known around campus as "JP," has come 8,104 miles since first learning how to play basketball five years ago.

Born in Nairobi, Kenya, Nayardo played his first competitive basketball game when he was 16 in high school and since then has wanted to play for a college in America.

"I immediately fell in love with the game," he said.

He soon realized he was good enough to potentially play college basketball because of the encouraging words from his friends, the love he experienced from his parents, and the patience that his coaches had while making him the best he could be.

A former high school teammate Antony Odour, who was already attending Trevecca, began to talk to Sam Harris, Trevecca men's basketball coach, about Nayardo. After hearing about the positive attributes that Nayardo could possibly bring to the Trojan team, Harris made a trip to Kenya to watch him play.

Harris was nothing but impressed.

"My first impressions of him were outstanding. He was

such a phenomenal person on and off the court, and his work ethic was impressive," Harris said.

Though it was hard to temporarily leave his family back home and bond with a new family here, Nyadaro said he loves Trevecca.

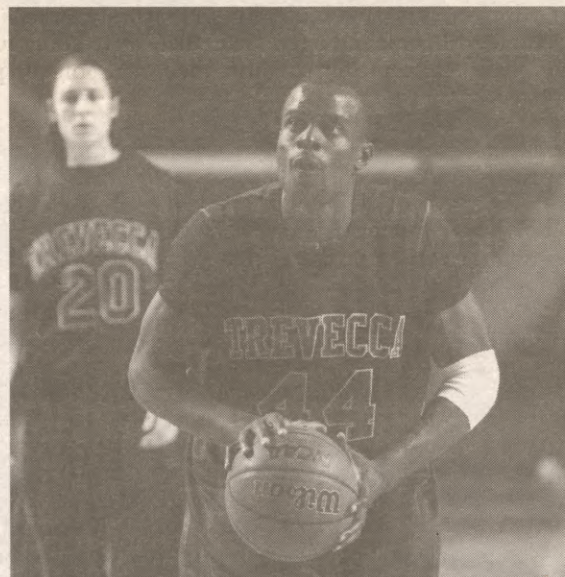
"Being the strong Christian that I am, I feel as though I belong here and that I am always welcome," said Nyadaro.

JP said he tries to be a good role model on and off the court. He is majoring in social services and plans on being a social worker to work with and help homeless children, the reason he feels he was called to Trevecca.

"JP has a standout attitude, he is constantly trying his hardest and giving it all he's got on the court," Odour said.

Nyadaro said his biggest

motivation for being at Trevecca was the support he received from family and friends. He said he finds strength through them no matter what struggles he is going through.



Sophomore John Nayardo prepares to shoot a free throw at Lipscomb University. (Photo courtesy of Trevecca Athletic Department)

"Though I am already unbelievably blessed I will continue to strive for my dreams and reach new accomplishments," Nayardo said. "Everyday is another opportunity to prove myself."

Men's basketball shoots for success in and out of Moore gymnasium

By Tyler Whetstone
Staff Writer

For the past three years, or as long as lone senior Jeremy Dixon has been playing at Trevecca, Moore Gymnasium has been a sanctuary of sorts. The Trojans have won an impressive 69% of the games played inside Moore Gymnasium since 2007-2008.

So it shouldn't be surprising that the Trojans tipped off the season in strong fashion beginning the season at home, a perfect 2-0, narrowly defeating Michigan Dearborn

75-74 for homecoming, and defeating College of the Cumberland in the Robert Garrett Classic. The middle game was later ruled an exhibition against Cincinnati Christian College.

However, after the Robert Garrett Classic, the Trojans began the longest road trip of the year with their next six games away from the Moore Gymnasium, and eight of their last nine before the semester break.

The problem with road trips is the Trojans haven't fared as well away from the purple and the

white of the Moore Gymnasium, winning just 47 percent away from Trevecca in that same time period.

As of Dec. 1, the Trojans have dropped their first four games on the trip by a combined 61 points to No. 17 Campbellsville University, Lindsey Wilson, No. 2 Southern Nazarene University, and Mid-America Nazarene University.

"If we can be a couple of games over .500 (more wins than losses) at the end of the first semester, we'll be in good shape," Sam Harris, head coach, said.

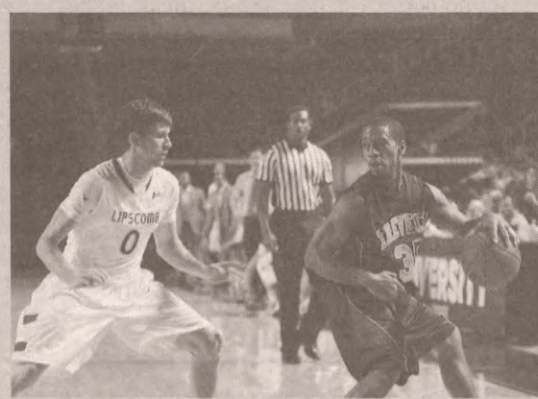
In order for the Tro-

jans to make that a reality, they will have to win three of their next five games. One of the remaining games before the semester break will be against No. 12, Lee University, Dec. 30, and the Trojans will have only one game back home.

With the tall task before them, the Trojan players don't appear worried.

"We just got to come ready to play every game," Keith Morris, junior said.

"Every" game includes away games, something Trevecca will have to figure out in order to make this worth remembering.



Senior Camden Jordan (R) dribbling against Lipscomb University. (Photo courtesy of Trevecca Athletic Department)

SPORTS

Getting to know an athlete: Mic France

By Tyler Whetstone

Staff Writer

Michael France, or just Mic as he is best known, is a junior from Shelbyville, TN and the leading returning scorer on the Trojans Men's basketball team. France is also the only Trojan on the Preseason All-Conference team, and was also named the Preseason Player of the Year. He met Head Coach Sam Harris four years ago at a high school all-star game and credits him for the opportunity to play at Trevecca.

"Coach Harris gave me the opportunity, so I decided to come," France said.

Who is Mic France?

Q: Who is your favorite super hero?

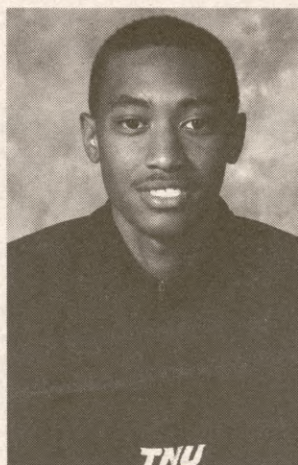
A: The Hulk. He was a nice person, but people took advantage of him and he became a big green giant.

Q: What is your favorite cereal?

A: Cinnamon Toast Crunch.

Q: Who is your favorite professional athlete?

A: LeBron James. I like the way he approaches [the] game. He still works hard and is a team player.



Pregame...

Q: Do you feel like you have to be "the scorer" for you guys to succeed?

A: I don't necessarily. I just think everybody follows my example. If I come out aggressive, then we're going to be aggressive. If I come out sluggish, then we're going to play sluggish.

Q: Would you rather be TranSouth Player of the Year or be TranSouth champions?

A: Trevecca Trojans winning the TranSouth Conference hands down. To me, the individual awards don't mean anything without a championship.



Junior Michael France in action. (Photo by Greg Ruff)

Q: What do you listen to before a game?

A: I like to listen to old school music like The Temptations, Marvin Gaye, R. Kelly, and Al Green.

In game...

Q: Would you rather play in front of a rowdy home crowd or a shushed away crowd (because of how you've played)?

A: I like to have a rowdy home crowd. Like opening night, the crowd we had was amazing.

Q: Gatorade or Powerade?

A: Gatorade. I just like the taste better.

Q: Would you rather have Coach Harris yell at you when you play or bring you over and be calm?

A: I respond better when he yells at me. It makes me frustrated, but at the same time he's telling me the right thing to do, and I'll focus on that.

Q: Would you rather have the game winning shot or pass?

A: It depends. If it comes down to it, I'll take the last shot.

Q: What is more pressure for you, an open shot or a free throw?

A: The open shot. You just think it's the easiest thing, and so you just throw it up there...but that's not always the case.

Q: What would you rather have, a fast break or an open three?

A: A fast break so I can enthuse the crowd with a nice dunk.

Postgame...

Q: And after the game...?

A: [I] just thank God that I'm still healthy and [for] no injuries.

Trevecca athletes, exceptional in the classroom

By Tyler Whetstone

Staff Writer

The Trevecca Trojan 2010 fall sports came up short of becoming TranSouth Conference champions, but individually represented Trevecca and Trojan athletics both on the field and in the classroom.

The Trojan athletes who were placed on the TranSouth Scholar-Athlete list had to maintain a minimum grade point average of 3.0 and be enrolled for at least a year before they were considered. They are listed below:

MEN'S CROSS COUNTRY

Mark Hewitt
Frank Wheeler
Alex Hodge

WOMEN'S CROSS COUNTRY

Anne Marie Kengne
Christina Childs
Emily Smith
Devon Eby

MEN'S SOCCER

Javier Delgado
Debran Rexhepi
Darragh Bugter
Benjamin Bussell
Jordan Enix
Joshua Forth
Chet Hemenway
Zachary Trobaugh

WOMEN'S SOCCER

Taylor Beaulieu
Jessica Porter
Lindsey Robinson
Kayla VanEs
Kate Worley
Megan Arnett
Aubree Thomas
Linsey Robinson

VOLLEYBALL

Brooke Cannon
Haley Wiggins
Julie Dimick

The NAIA also acknowledges student athletes who have a cumulative grade point average of 3.50 or better and have been enrolled for at least one year.

MEN'S CROSS COUNTRY

Mark Hewitt
Frank Wheeler

WOMEN'S CROSS COUNTRY

Christina Childs

VOLLEYBALL

Brooke Cannon

Finally, the TranSouth acknowledges individual athletes who played at the highest level all year and award them with the TranSouth All-Conference Team award, first and second team.

MEN'S SOCCER

First Team - Hayden Coffman
Second Team - Benji Bussell

WOMEN'S SOCCER

Second Team - Kate Worley

VOLLEYBALL

First Team - Cassidy Watkins
Second Team - Brooke Cannon
Honorable Mention - Kristen Johnson



Junior Frank Wheeler. (Photo courtesy of Trevecca Athletic Department)



Senior Brooke Cannon. (Photo courtesy of Trevecca Athletic Department)



Senior Mark Hewitt. (Photo courtesy of Trevecca Athletic Department)

Trojan Basketball Home Games

Men's Basketball:

December			
11	4:00pm	vs. Fisk University	
January			
8	4:00pm	vs. Blue Mountain	
13	8:00pm	vs. Bethel University	
20	8:00pm	vs. Lyon College	
27	8:00pm	vs. Union University	
February			
3	8:00pm	vs. Mid-Continent	
12	4:00pm	vs. Cumberland Univ.	
17	8:00pm	vs. Freed-Hardeman	
26	4:00pm	vs. Martin Methodist	

Women's Basketball:

January			
8	2:00pm	vs. Blue Mountain	
13	6:00pm	vs. Bethel University	
20	6:00pm	vs. Lyon College	
27	6:00pm	vs. Union University	
February			
3	6:00pm	vs. Mid-Continent	
12	2:00pm	vs. Cumberland Univ.	
17	6:00pm	vs. Freed-Hardeman	
26	2:00pm	vs. Martin Methodist	

FAITH

Who cares about Advent anyway?

By Heather Daugherty
Contributor

It's that time of year again. It began right around Halloween as I watched Facebook statuses, one after the other update with people talking about hanging up Christmas lights and decorating their Christmas trees. Last night, I was on my way to church and we passed by a house that was all lit up with red and green lights all ready to celebrate Christmas.

I find this whole phenomenon a little unnerving. I think that when we rush into (and out of) the Christmas season, we do ourselves a disservice. You see, we live in a society that isn't interested in waiting. Instead, it's all about having what we want, when we want it, and that's usually now. During this time on the calendar, the Christian calendar invites us to observe two different seasons, seasons that I believe teach us something about what it

means to live in this world as Christians.

First, we are invited to celebrate the season of Advent. In Advent, we are reminded that as Christians we are a people who are waiting. Yes, we remember that Jesus was born in a manger in Bethlehem, but more than that, we remember that Christ is coming again, and we are called to be ready, to keep watch, to be prepared whenever that might happen.

We are reminded that while we live in a world where there are many living in poverty, where children die of dreadful diseases, where horrible injustices happen to people every day, this is not the end of the story. We live in anticipation. We live in the hope that Christ is coming again and things will not be this way forever. Advent asks us to remember to wait, to remember to hope, to remember that this world does not have the final word, but Christ will be victorious over sin and death.

The second season that we are invited to celebrate is the season of Christmas. You see, Christmas isn't meant to be something that has all kinds of build up, and then is finished in a flurry of gift wrap, Christmas cookies and piles of presents. Christmas has traditionally been celebrated for 12 days, from Dec. 25 through Jan. 6. Those 12 days give Christians the opportunity to celebrate redemption. To celebrate what God has done for us in the person of Jesus Christ. Certainly that takes more than just one day a year.

So, why shouldn't Christians put up their Christmas trees on Nov. 1? I believe that it is because as we observe the church calendar with Christians around the world and saints through the ages, we are being reminded of whom we are as the people of God. We are reminded of the story that we have inherited and the hope that we cling to, the best is yet to come.

Students to 'immerse' themselves in Eastern Europe

By Katie Schimmelpfennig
Staff Writer

Trevecca's first long term mission trips—Immerse—will begin this summer.

Students were split up into five teams and will travel to Eastern Europe for 12 weeks. Last summer, 17 students and faculty traveled to some of the same locations. This year 21 students will travel to Romania, Bulgaria and Albania.

Several students went to Eastern Europe last summer. They mainly just saw—had their hearts broken—but could not really serve," said Kathy Mowry, associate professor of mission and Christian education.

The five teams will fly to Sofia, Bulgaria on May 15 and return August

longer than what they've ever done before and students will experience all stages of culture shock," Mowry said.

In order to prepare for the summer there are several training sessions organized to ensure the teams are ready. A spiritual preparations retreat will be held at Trevecca two days before they fly to Sofia, Bulgaria. Once arriving, another training session will take place.

Nine out of 21 students are receiving internship credits for their major at TNU, Mowry said.

Each team has either four or five students. The locations are all in Eastern Europe and the English language is very limited in these countries.

At the different locations, teams will build rela-

tion or music.

The trip will cost each student \$3,200. The teams are in the beginning stages of fundraising.

Where are they going?

Sighisoara, Romania

The team will work beside a compassionate ministry organization called, Veritas. They will help with planning social activities and camps, which may include an English camp to help Romanians learn English.

Sofia, Bulgaria

Students will help with outreach at a new church plant by preparing meals for people without work, teaching English at a high school and organizing youth camps. Students will also build relationships with orphan graduates.

Razgrad, Bulgaria

This team will divide their time at two different churches. The first is at a new church plant where they will create friendships through English classes and summer kid's programs. The second will help Nazarenes form a church in a coastal city.

Vidrare, Bulgaria

At this location, students will serve in several Roma villages. The team will organize a vacation Bible school and build relationships with English classes and sports.

Gorre, Albania

The team will focus on outreach in a non-Christian culture. They will help at a small kindergarten in this town by teaching English and sports.



Lauren Boyer serving in a Roma village near Vidrare, Bulgaria last summer. (Photo courtesy of Mallory Carden)

3. Unless the individual wishes to embark on an optional trip to Croatia for debriefing with other Trevecca graduates, then they will return on August 11.

"This is something

tionships with people of all generations. Time will be focused on helping people learn English. Students will organize kids' camps and help wherever needed; they could organize sports,



Angel Tree

Begins after Thanksgiving break
Sign up in Jernigan Lobby
deadline is December 7th
50 children need gifts
budget \$15 - \$20



Terrace Apartment couple raises child with CDD

By Dave Gajda
Contributor



The Pruitt family celebrated Halloween trick-or-treating around their pastor's neighborhood. Nate and Sabrina walked their princess-dressed daughter Gabriella to the houses while their infant son Robbie rode on his mother's back with a pumpkin hat on his head. They walked up to a house where the owner asked Gabriella if she could say trick or treat.

"Um, we're working on hi," Sabrina said.

Nate, a Trevecca alum and his wife Sabrina, a current Trevecca student, live a life far different than

most of the student body. Their family lives in Terrace apartments, and unlike most students, they

with others and be understood again.

Nate, who graduated last spring from Trevecca's religion department, works for the YMCA as a site coordinator for before and after school care at Glengarry Elementary. Sabrina, nine months after giving birth to her infant son Robbie is now going to school full-time at Trevecca, studying special needs education.

"I kind of always said I guess I'd go back and finish something, but I was never really serious about it," Sabrina said.

She wants to potentially get her masters and do speech therapy. But the specialized degree she wants is not for her. She hopes to become qualified to home-school her daughter; they have had to adjust their lives around her.

Gabriella is a 3-year-old with CDD, a rare condition on the autistic spectrum. She has lost the mental ability to perform many of the tasks she was able to perform at age 2, including speech, physical tasks and many forms of non-verbal communication. Unlike autism, which typically reveals itself before the age of two, CDD doesn't show signs until after 2 years.

"We went to have her

checked out, and the doctor was literally like, 'No autism for you, little girl,'" Sabrina said.

CDD, like autism, is a neurological disorder; the difference between the two is that CDD actually reverses speech and social skills, life skills, fine motor skills, and even causes some muscle mass regression. The disorder is extremely rare. So rare that Vanderbilt University specialists deny its existence. Out of the one percent of children on the autistic spectrum, only one out of every 50,000 children has CDD. That means for every 5 million children, there is only one Gabriella.

Part of her condition is that she receives mental stimulus differently. Things such as jumping off the couch may hurt her, but since she can block out the pain, she may decide that the adrenaline rush is worth it.

Other stimulation, such as a haircut, tipping her head back, or seeing a band-aid on her skin will scare her into a panic. Danger, on the other hand, doesn't register with her. Even if something hurts, there's no guarantee that she won't do it again.

It isn't that Gabriella

is looking for pain, but that she needs a different kind of stimulation to balance herself. Her favorite activity is to sit in a chair and be spun around, and she has a special weighted vest that she wears specifically to calm her down.

"We've had to completely lock her out of the kitchen because she doesn't understand 'hot.' She would touch a hot stove; she would turn the sink water completely on hot and stick her hand under it," Sabrina said.

"There's no teaching her to not do something, not because it doesn't compute, but because it can't compete with all the sensory information," Nate said.

With the help of donations and financial adjustments in their budget, Gabriella is currently enrolled at the Brown Center, a non-profit special needs school founded as a way to help children with autism-related disorders.

As rare and serious as Gabriella's case is, the Pruitts are torn two directions about their son, wondering whether or not he could have a form of autism or other disorder.

"I worry, Nate doesn't," Sabrina said.

Although Gabriella

currently is not where an average 3-year-old would be, the family sees every sign of improvement as a milestone, showing how far their daughter has come, and each one showing her potential for what more she can achieve. Their daughter may be special needs, their life may be hectic, but they have the same dreams for Gabriella that any parents do for their children. They want Gabriella to grow up, get married and have the chance to do whatever she wants to do with her life.

"My daughter talks to me now. She looks me in the eyes. She says 'I love you' again!" Sabrina wrote on her blog. "She is growing before my very eyes, into such an amazing person."

While raising Gabriella may be stressful, the couple keeps going through sheer determination and tries to get out alone when they can.

"Sometimes they just need to get out. It's not about getting away, just about spending time on their relationship, which can be difficult under the constrictions they have," Alyse Gibson, a Junior at Trevecca who baby-sits the kids free of charge, said.

Nashville Spotlight

By Emily Rowden

Staff Writer

As November begins and the weather tempts us with change, a very obvious trend for activities becomes prominent: staying inside. There are at least a million concerts going on this month (Needtobreathe, November 18th), as well as the brief hints of Christmas celebrations to come (Opryland's Country Christmas, the Rockettes). With all this in mind, let's take a look at a few of the opportunities you have to celebrate this warring weather season, some inside and some outside.

Art After Hours

Some galleries that will be participating include Cumberland Gallery (Green Hills), Gallery One (Belle Meade Galleria), LeQuire Gallery (Charlotte Avenue/Green Hills), Local Color (on Broadway), Midtown Gallery (on Broadway), Zeitgeist (Hillsboro Village)

When: Every first Thursday of the month from 5-8 p.m.

Price: Free Admission

58th Annual Nashville Christmas Parade

Where: The parade starts at LP Field crossing the Woodland Street Bridge, west down 2nd Avenue and marching down Broadway.

When: Friday, December 3 at 7 p.m.

Price: Free Admission

Shakespeare Allowed!

This month's play to be read out loud: King Lear

When: December 4 and every first Saturday of the month from 1-4 p.m.

Price: Free Admission

Opryland's Christmas Light Display

Nearly 2 million Christmas lights draw visitors from near and far to see this annual spectacular site. This is an annual tradition among locals and always a favorite.

When: All month long

Price: Free Admission



Penny-pinching your way through college

Living frugally while still having fun.

By Alyssa Valletta

Staff Writer

Here are some ways to live a little better, but frugally too! Believe me, I won't share anything that's not worth your precious cash.

Thrifting: You might already be an expert on this...if not, thank me later. Today's featured thrift store is ThriftSmart, located at 4890 Nolensville Pike, only a few miles from TNU. Bring your i.d. for 50 percent off everything, every Friday. You'll find some great items, such as clothing, dishes, books... and who knows, maybe a costume for Thrift Store Prom Night? While you save money and get some good stuff for yourself, you'll be helping others, too. ThriftSmart gives 100 percent of profits to four area charities/projects.

Head to www.gothriftingnashville.com for a full calendar of all other discount days and in-

formation on how to donate items or volunteer there.

Ice Skating: With hot chocolate season upon us, you might be in the mood to go ice skating. No "experience"? The Centennial Sportsplex ice rink is the perfect place to start. Pricing: \$7, and unless you just happen to own skates, you'll need to rent some for \$2. Bring socks, gloves, a friend to help you up when you fall flat on your face (it happens to the best of us), and your i.d. for \$1 off the total price. The Sportsplex is located at 222 25th Ave. N., right across from Centennial Park.

Head to www.nashville.gov/sportsplex for public skating session times and all pricing information.

Music: Check out Amazon's mp3 downloads section for some good deals on downloads. There's a section of 100 albums for \$5, updated each month. There's also a daily deal, generally an album at

\$3.99. A lot of the regular albums, including new music, are available for \$7.99 and under. You can search by price, so you don't go over your budget. They are only mp3 downloads, so they can't be used for all purposes, but usually you only need music for your computer or iPod anyway, right? Works for me. And don't forget you can always get good deals on CDs, movies, and books (including textbooks) on Amazon, too.

Movie: Finally, an idea for something cheap that's on campus. This should be obvious, but instead of going to the movie theater and spending a ridiculous amount on your evening, just chill on campus with a RedBox movie, or TNU's movie channel and spend quality, less expensive time with your favorite people. Snacks are always cheaper at the grocery store/dollar store, although you might just come across a friend who already has a good stash...



Gaylord Opry Land Hotel at Christmas time. (Photo courtesy of The Gaylord Opry Land Hotel)

In review: Todd's 2010 favorite tunes

By Todd Osborne

Staff Writer

It's that time of year again. No, I don't mean time to buy your Christmas presents early. It's (almost) the end of the year, and that means it is time for everyone's "Best of" lists for 2010. And the same goes for me too, but I'm going to do it a little differently. I have compiled a playlist of ten songs that rocked my world this year. Some of these songs might be considered the best song on their album, and some might just be the one I liked best. Either way, this is totally subjective: feel free to disagree (or not!).

Song: Run

Artist: Vampire Weekend (from the album Contra)

Noted, and sometimes criticized, for using more keyboards on this album, the guys of Vampire Weekend were not afraid to change up their sound, and it is to their advantage on songs like "Run," where the rhythmic, gentle synth of the chorus and bridge gives Ezra Koenig's voice more room to grow and inhabit the minds of the listener, where this melody will certainly be stuck for days.

Song: O.N.E.

Artist: Yeasayer (from the album Odd Blood)

This track from the Brooklyn-based band is full of the things that make

their album Odd Blood great: catchy melodies, thick beats, and enough synth to start a rave. The song goes through ups and downs, hitting hard in the beginning, then cooling off a little before the chorus. The song ends in a nice moment of counterpoint that brings the whole song together.

Song: Camera Talk

Artist: Local Natives (from the album Gorilla Manor)

Songs like "Airplanes" will make you buy Gorilla Manor, but it's songs like "Camera Talk" that will keep you coming back to the album again and again. In-your-face percussion, fuzzy guitars, and dual-voiced harmonies—plus a good mix of keys—throughout make this song a pleasure to listen to over and over.

Song: Winter Winds

Artist: Mumford & Sons (from the album Sigh No More)

Mumford & Sons took the world by storm this year, and this song, with its enthusiastic intro, complete with banjo, mandolin, and plenty of horns, sets the stage for a great song. The melody throughout is simple enough to sing along with almost immediately and Marcus Mumford's voice is infused with the kind of passion that most bands are unable to achieve.

Song: Brand New Shoes

Artist: She & Him (from the album Volume Two)

Zooey Deschanel and M. Ward

made another great album with Volume Two, and this song, while not as upbeat and happy as the rest of the album, is nevertheless a stellar song. Deschanel's voice is plaintive and M. Ward's skills are just as apparent on acoustic guitar as electric. The simplicity of the song is its greatest asset; all this band needs is an instrument and Deschanel's silky smooth voice.

Song: Tightrope

Artist: Janelle Monae (from the album The ArchAndroid: Suites II and III)

If you haven't already heard this song from Monae's brilliant The ArchAndroid: Suites II and III, do yourself a favor and listen to it immediately. Monae's vocals shine on this track, which refuses to be put into one genre, with a mixture of funk, R & B, and hip hop.

Song: Queen of Lower Chelsea

Artist: The Gaslight Anthem (from the album American Slang)

This song from The Gaslight Anthem's incredible American Slang is nearly flawless from beginning to end. From the guitar hook to the barbershop quartet-like quality of the background vocals of the chorus to Brian Fallon's impassioned cries at the end, this song will grab you by the collar and it won't let go.

Song: Alex

Artist: Punch Brothers (from the album Antifogmatic)

This song from the Punch Brothers' second album is lovely; it starts with a laid back mandolin lick played just under-

neath Chris Thile's soothing voice. Then, the rest of the band comes in to give this bittersweet song some punch before the song floats away on Thile's falsetto.

Song: When I'm With You

Artist: Best Coast (from the album Crazy For You)

If you find yourself missing summer over the next couple months, just put this song on and you will find yourself magically transported back to July. This song perfectly captures the feeling of summer love. Bethany Cosentino's voice listlessly sings the chorus before the beat picks up and the song never looks back, racing through muddily distorted guitars and chunky solos.

Song: Impossible Soul

Artist: Sufjan Stevens (from the album The Age of Adz)

This magnum opus (clocking in at over 25 minutes) serves as a compilation of all that Sufjan has accomplished over his career, cooked up and ready to serve in one (rather lengthy) song. It has the heavy synth used in the rest of the album, but the road from the beginning to the end takes many twists and turns before ending with just an acoustic guitar (or two) and Sufjan's voice, broken down and honest, inviting you to take another listen when the song is over—just make sure you've planned enough time into your day.

PHOTOS OF THE MONTH



Top Left: Trojan fans support their team during the homecoming game against Michigan-Dearborn. Top Right: Troy Trevecca is joined by the Cheerleaders on a fire truck during the homecoming parade Below: Kanani Myers throws candy to the crowd from the sophomore class's Wonderland themed, winning float. (Photos courtesy of Trevecca Marketing Department)



Left: Men's basketball player Kevin Ohen, freshman, dunks for Trevecca basketball fans during Trojan Madness. (Photo courtesy of Trevecca Marketing Department) Right: Homecoming king and queen, Benji Bussel and Emily Rowden, during the homecoming game. (Photo by Kaleena Vaughn.) Below: The 2010 homecoming court at coronation. (Photo by Allis Kersten)

