December 2021 | Trevecca Nazarene University's Official Student Newspaper Since 1944 | TrevEchoesOnline.com

#### **NEWS**

# New group to create community for marginalized students

Page 2

#### Tutoring Center tips on acing finals and minimizing stress

Page 6

#### FEATURE

## Athletic trainer brings dogs to work to relieve athlete anxiety

Pages 4

#### CONNECT



/TrevEchoesOnline



@TrevEchoes



TrevEchoesOnline.com



TrevEchoes@gmail.com



**TNU Events App** 



Rion Page preforming at the annual Trojan Idol competition

## Sodexo faces unique obstacles in light of Jernigan renovation



Photo provided by Trevecca marketing

BY MACI WEEKS CONTRIBUTOR

Amid campus construction, relocation and labor and product shortages, the university dining company still manages to supply, on average, 1,500 meals per day to the student body.

As students left campus for summer break last May, cranes, hard hats and construction workers began to take over campus. Jernigan Student Center was on the docket for renovation, meaning displacement for its occupants.

While the Students Government Association and game room found their

new homes in Bud Robinson, dining moved across campus to Boone Business Building.

The relocation of the dining hall meant that Sodexo, Trevecca's contracted dining company, would be working out of a mobile kitchen until Jernigan's renovations finished. The kitchen staff is currently cooking out of a trailer behind Boone, and according to Mohammed Hossain, general manager of Sodexo, space is very limited and even lends itself to unique safety concerns.

"When someone opens the oven doors, you cannot walk by the oven due to the very narrow space in this trailer. You may have noticed that we keep the back door to the trailer open and it is causing flies to come into the dining room. However, we have to keep this door open for our employees' safety. Coming in and out with hot food, we must have a clear path so that someone doesn't get burned," Hossain said.

Hossain also said that the trailer limits how much and what kinds of food the team can produce.

Riley Stetler, a Sodexo kitchen employee, says that there are no large freezer spaces. Deliveries have to happen daily as large quantities of perishable foods cannot be stored properly. Some prepping takes place in a classroom in Boone, and there is no dishwasher on site.

CONTINUED PAGE 3

## Page crowned winner of Trojan Idol

BY LINDSEY WHITE CONTRIBUTOR

Rion Page, senior social work major, emerged from Trojan Idol as the recipient of the trophy that marks her as the winner of Trevecca's annual singing competition.

Page made a promise to herself in her freshman year that she would wait to audition for Trojan Idol until she was a senior. Trojan Idol was, to her, a farewell to the school and people she loves.

"I was really excited to engage one last time with all my peers and I love the community that Trojan Idol makes. I feel like it's a much-anticipated event every year," said Page.

Trojan Idol wasn't Page's first singing competition. She auditioned for X-Factor when she was 12 and made it into the top five finalists at 13.

"It felt like getting back on the saddle essentially with doing Trojan Idol, but it was honestly more nerve-wracking because it was around people that I know," said Page.

Amongst the audience sat Rion's mom, Alisa Tharp, who has supported and inspired Rion through the years.

"When I saw her perform, I mean it's just the same old Rion," said Tharp.

Page used to sing at a local kid's karaoke when she was a kid, said Tharp.

"People were always drawn to her whenever she sang. When she was little, kids used to bring up their napkins and have her give them an autograph and when we were at the grocery store people used to recognize her from kids' karaoke," said Tharp.

Her mom taught Rion how to channel her inner emotion which contributes to the way she approaches social work, said Page.

"I came to Trevecca originally for music and I really found that I felt like the Lord was saying he wanted me to steward people's stories well as a songwriter and that's when I found social work. I find that they both fuel each other to make me keep going," said Page.

The Lord's calling on Rion's life was something even the judges mentioned

after she sang at Trojan Idol.

"I watch you sing; I see pure joy. I want to read scripture. 'Consider it pure joy my brothers and sister whenever you face trials of many kinds because you know that the testing of your faith produces perseverance.' I'm so proud of you," said David Diehl, dean of the school of music and worship arts.

Those words from Diehl brought Page o tears.

"When Dean Diehl started doing that, I felt so much confirmation from the Lord and so much peace because I know that's something that God designed me to do," said Page.

She is grateful to everyone who made Trojan Idol happen and to all the talented contestants, said Page.

"Truly everyone brought their A-game this year and I was amazed by it," said Page.

#### New group hopes to create community for marginalized students

Ohana is a new group on campus for students who might feel they are on the fringes of Trevecca's community.

"International students...come down!" said Sam Stueckle, professor of mathematics and co-founder of Ohana with his wife Sharon. "People from different religious takes--athiest, pagan, Muslim--I don't care, all of those are not in the mainstream of Trevecca. People who are struggling with their gender identity or their sexual identity, people who don't have friends here."

Stuekle said the group happened organically over the course of the semester, as he was in discussion with students and in a discernment process with his pastor at Trevecca Community Church.

"We had been working through this whole idea for the last several years and trying to figure out a way we could love kids here," said Stueckle.

The purpose of Ohana is "to provide a place where people who may not feel a part of the Trevecca culture can feel like they can build a community and be loved," said Stueckle.

The group meets every week in the pavilion near the counseling center on Wednesday nights from 5 p.m. to 7 p.m., or whenever Stueckle and his wife have to go home.

Stueckle said Ohana is not meant to be a Bible study or a small group by a church's definition. He would like there to be some formal time built in for discussion driven by student interest, but for the most part he wants to provide a space for students to build relationships.

"[Ohana] doesn't seem to fit standard categories," said Stueckle. "I can tell you a lot of things it is not, but it is a place to come and feel like you are loved and develop a sense of community."

Savannah Posner, a freshman computer science major who attends the group meetings said it is for those who differ from the Trevecca stereotype.

"[Stueckle] told me he was looking to create a group for people who differed

student looks like," said Posner. "And I agreed with him, I thought that was an amazing idea."

Posner felt drawn to Ohana because she saw a lot of pain on campus.

"I really just wanted to help. I saw a lot of people feeling left out and unloved, and in a place of frustration," said Posner. "This really seemed like a good way to provide something that could actually be beneficial to people."

Stueckle said the name for the group came from the Disney movie "Lilo and Stitch," where the characters define Ohana as family, "and family means no one gets left behind or forgotten."

Stueckle said the more his wife researched the word, the more he felt it fit the vision for the community group.

"My wife looked up a definition for 'Ohana,' because it really is a Hawaiian practice," said Stueckle. "The whole sense of a constructed family, broader than biological family, where people care for each other and are bonded to each other and build each other up."

Posner said the first time she attended an Ohana event, it seemed like a place where students were able to relax, have fun and enjoy other people.

"You are able to get to know other people really well, and to see a lot of really great things about other people," said Posner. "Everyone does seem really comfortable with each other."

Shawna Songer Gaines is the lead pastor of Trevecca Community Church, where Stueckle attends. The Ohana group is affiliated with TCC, meaning it is not associated with the university.

"This allows me to sort of step away from my role as a professor and be in a different sort of relationship with students here," said Stueckle.

Songer Gaines said her church hosted an eight-week discernment group last spring over Zoom for those who "felt like God might be stirring something in them, calling them to something specific, but they didn't know what."

Stueckle was one of these participants.

"Over that time, it just became really clear that Sam and Sharon both were feeling from what the stereotypical Trevecca that God was calling them to something working with students on campus, so it was pretty exciting to walk through that with them," said Songer Gaines.

Songer Gaines was Trevecca's chaplain from Aug. 2016 to Dec. 2019, and said it was hard for her to reach students who felt they had been marginalized by religious groups, but mentorship from people like Stueckle can go a long way in impacting these students' lives.

"When I was chaplain, I knew there was always a group of students I was not going to be the one that they came to with their deep spiritual questions, typically the students that want to come and talk with the chaplain already have a significant faith background and feel really welcome in the church," said Songer Gaines.

"There is a need for mentorship, to have older people who have been following Jesus for a long time in [students'] lives to love on them. I think that's the space Sam and Sharon are really meeting.'

Posner has noticed her friend and other students who have gone to Ohana leaving feeling both relieved and excited to have this community available to them.

"I think there are a lot of people who are in a state of anxiety a lot of the time on campus, and I think they are able to let that go when they come," said Posner. "I think that is a beautiful thing about Ohana."

For more information on meeting dates and times, visit Ohana's Instagram page



Sam Stueckle and his wife Sharron at an Ohana get together

#### Campus officials studying the need for more campus lighting

BY DAVID ELVIR AND GRACE BECKNER CONTRIBUTOR AND EDITOR-IN-CHIEF

SGA and Trevecca security are in the process of assessing where more lighting is needed on campus.

Several SGA and faulty members  $received \ reports \ from \ residential \ students$ concerned with how well lit the campus is at night. Students living at the University Terrace Apartments said lights are not always on at night and they sometimes turn off when someone walks by.

"It's not like I don't feel safe because of this, but I must say, it does feel somewhat sketchy at times," said Cesar Marini, an international student living at Trevecca. "Usually if lights turn on and off, it's when someone walks by that they turn on, but here you walk out in the parking lot and they actually go off. It's honestly

The security team was also made aware of the issue and have started working in conjunction with SGA and Student Development.

"We are so thankful for great partnerships on our campus," said Morgan Morris, director of student life. "We believe each of the groups involved in this project brought a unique and helpful perspective to the lighting assessment."

Morris received some of these complaints and started looking into ways to find a solution.

"Trevecca takes safety and security seriously for all students. Lighting is important for safety and security on all college campuses, so we wanted to assess and make note of the lighting on Trevecca's campus," Morris said.

In a meeting SGA members suggested partnering with security to conduct an assessment of the lighting around campus to find the areas where lighting is lacking.

"We took detailed notes of where lights were not functioning properly and additional lighting would be helpful, then reported those notes. We are hopeful these notes will be helpful to our campus moving forward," said Morris.

Morris said the notes from the lighting assessment were submitted to Dean Dykes who passed them on to other

campus administrators.

Greg Dawson, director of security, said he is an advocate for increasing campus lighting, as he has found good lighting to help deter crime.

"As for people feeling safe, I have heard both [sides]. Some people feel very safe walking around campus, while others are not," Dawson said. "Security offers escorts to anyone who does not feel comfortable walking alone or even as a group."

Dawson said every safety concern is heard by the security team and anyone can call to request a security escort at 615-642-3523 if they feel unsafe.

#### Students working to bring Delight ministries back on campus

BY EDEN HARDEN CONTRIBUTOR

Five Trevecca students are working to bring Delight ministires back to campus to create more opportunities for women to build community.

Delight, a national ministry whose mission is to "invite college women into Christ-centered community that fosters vulnerability and transforms stories," existed at Trevecca prior to 2020, but floundered during Covid-19.

Delight ministries originally started at Belmont in Nashville in 2013. It is now on 205 college campuses and includes more than 14,000 women. Trevecca will fully launch a campus chapter in the spring of 2022.

"Delight is different from other ministries for college students because it is just right here on campus, and we as students are able to see the firsthand needs of our peers and be able to meet them by investing in their lives personally and growing authentic friendships, while also growing in our faith," said Camille Kistner, freshman and community director for Delight. "We as Trevecca women are able to do life together each day."

Living in a world of distraction and confusion, Madeigh Reust, the team

director for Delight at Trevecca, shared that she is looking forward to creating unity among women of all walks of life. Reust said she believes there is a lack of genuine community and that there needs to be a place where all women feel welcomed

"We want Delight to become family on this campus and we so desperately want every girl on this campus to be a part of this family," Reust said.

The former group fizzled out due to "poor planning" and "non-intentional leadership," Reust said. The team now includes women from various states, social groups, grades, and majors. They

have been meeting on a weekly basis to build a structure that will spiritually and mentally strengthen the group, Reust said

"When Delight is fully up and running, we'll have weekly meetings throughout the semester where we get to hang out and grow in relationships with others and with Christ. Along with these weekly meetings, we'll have one to two events each month to just have fun with each other outside of those meetings," said Reject





NEWS

#### Sodexo faces unique obstacles in light of Jernigan renovation

CONTINUED FROM COVER

The temporary equipment Sodexo does have access to has needed many more repairs than the typical equipment. With nationwide worker shortages, repair companies typically cannot respond to Sodexo's repair requests in a timely fashion. Hossain said the staff has had to get creative to consistently feed the campus community.

In a chapel announcement last month, President Dan Boone reported that the renovations of the kitchen in Jernigan should be complete by January. Hossain said the team is most looking forward to a new kitchen with all new equipment, which will allow Sodexo to expand its options for the student body.

Stetler mentioned one advantage to the relocation has been that there is much more seating for students in Boone than Jernigan previously had. With the renovation completed, Jernigan should offer seating much more comparable to

"We are very excited to be in Jernigan soon with new concepts of food options. We will have the proper area and equipment to cook allergen free options. We will have a grill station, where burgers and fries are available all day, every day," said Hossain. "Additionally, we will have a stone fire oven for the pizza station where we will have pizza and pasta offerings." Hossain added he feels blessed that the campus is full of students who care for each other and understand the obstacles the dining staff have faced this semester.

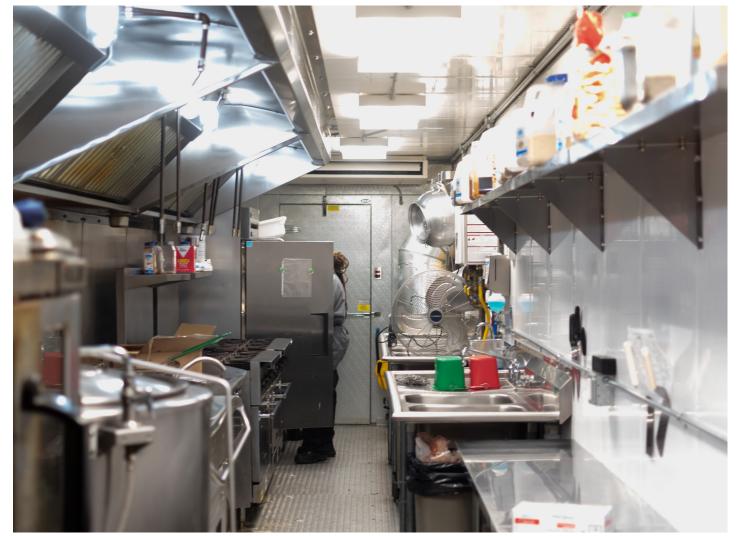


Photo provided by Trevecca marketing

### Sodexo faces unique obstacles in light of Jernigan renovation

CONTINUED FROM COVER



Photo provided by Taylor Milam

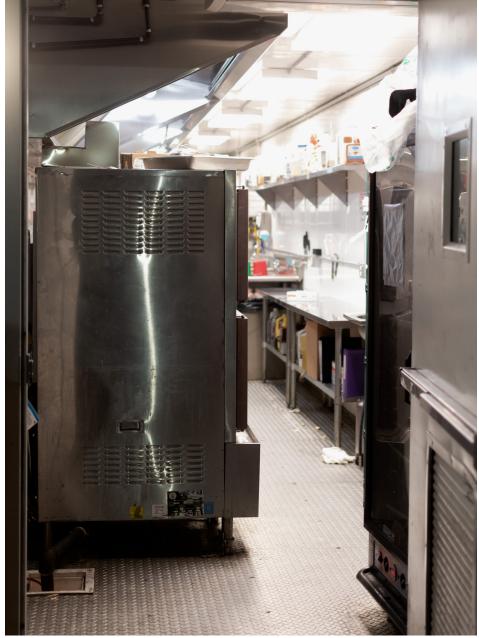


Photo provided by Taylor Milam



Photo provided by Taylor Milam



Photo provided by Taylor Milam

#### New faculty member joins Trevecca team to promote listening and reconciliation

BY MIRIAM RIXON CONTRIBUTOR

Providing diversity training for students, assisting campus leaders in creating diversity initiatives and serving as an advisor on diversity issues to faculty, staff and students will be some of Terrance Schofield's responsibilities.

But, first he wants to get to know the campus community.

Schofield, who was hired over the summer to fill the newly established role of associate provost for mission excellence and reconciliation, is spending time better understanding the campus community and its needs around diversity.

Schofield went on what he calls his "listening tour" as he first stepped into his new role.

This looked like speaking to students, faculty and other organizations at Trevecca, which has so far included Walden, Futuro, the Diversity Council and has attended various events on campus to connect with people.

"If you ask me what I'm doing," said Schofield. "I am building relationships."

He has an open-door policy from 8 a.m. to 11 a.m. and encourages people to stop by for a chat and have a cup of hot chocolate.

Tom Middendorf, provost and senior vice president, has been helping Schofield meet new people and get integrated in the community.

"Dr. Schofield has many strengths," said Middendorf. "One he is grounded in his faith. He understands the mission of our institution which I think is really important. But two, he is a relational person. His personality is one that lights up a room."

Schofield has worked in a private psychology practice as a resident psychologist in the state of Virginia doing psychological evaluations, as well as an adjunct instructor and professor at Regent University, Maryville College and Northeast State Community College. He has written three books and is the co-author of a journal centering on intimate partner violence among African American individuals. He has also served as senior pastor of several multicultural churches, including some Nazarene churches.

Schofield plans to use his experience in psychology and his time teaching to achieve his goal of gaining a better understanding of the people and community at Trevecca.

"My grandmother told me to have a small mouth and big ears," said Schofield. "You can't do this work by yourself. You've got to join hands with people to do it."

One of his first tangible programs will be a more robust Black History Month on campus.

"One of the biggest things that he's been advocating for and planning for is Black History Month coming up in February," said Selah Torralba, diversity council president and director of inclusion and belonging.



Photo provided by Trevecca Marketing

**NEWS** 

### New resources on campus for first generation students

BY MEAGHAN LARKINS CONTRIBUTOR

Josiah Martin never really considered college. The freshman from New Mexico is from a family where no one else went to college. So, when God told him to come to Trevecca, he said it was a difficult transition.

"There is pride that comes with it, but it is very difficult and disorienting. It makes you feel like a pioneer treading new water," Martin said.

Martin is one of the approximate 603 first generation students on campus this year. Around 60 percent of Trevecca's freshmen this year are first generation students, which is defined as neither parent nor legal guardian has completed a bachelor's degree.

As a response to the need on campus to support these students, several new resources are available.

Alex Webster and Fatima Vargas, Trevecca students, have started a club for first-generation students as a direct response to the challenges they faced when they got to campus.

Some of the challenges Webster said he's faced since he got to college include not knowing what to expect or who to talk to about questions or issues.

Because he's had several people give

him good advice when he needed it, he thought a club would be helpful so students can share resources and information.

Vargas, is a first-generation student who commutes from home.

"I feel very happy just to know that I'm kind of the first one to go to college. My family motivates me. I come every day. I stay happy and motivated," said Vargas. Even though she started out at a community college, her first day at Trevecca was overwhelming. Her advice for something new at freshman orientation would be to provide a person to answer any questions, or even someone to vent with and provide emotional support.

"Seeing my family even when I felt like giving up and that God has given me the strength to continue, those are my biggest motivations in life," said Vargas. Mark Bowles, director of academic services, is aware of the challenges these students can face and recently launched the Generations Mentor Program. It pairs new first-generation students with a one-on-one peer mentor, who is also a first-generation student.

The program tries to host two events

a month-a social event and a training

Students who come from families with no college experience face challenges such as no or very little support at home with financial aid, scheduling classes, or knowledge of living in a dorm, said Rowles

"We are providing support based on relationships," he said.

Many of the first-generation students have been lonely and overwhelmed with being on a college campus away from family, said Joshua Smith, assistant professor of economics, was also a first-generation student.

"Starting college is like a fire hydrant, or drinking from a fire hose," said Smith. Many times, studetns must find their way, but encouragement from others and building relationships go a long way to support these students, Smith said.

"There may be a knowledge and experience gap when they first start, but if they continue their college career, it can be so rewarding, and they can help other first-generation students in the future," he said.

### **Tutoring Center tips on acing finals and minimizing stress**



Photo provided by Trevecca marketing

#### BY MADELINE BROWN CONTRIBUTOR

The end of the semester can be one of the most stressful times of year for many students.

Classes are wrapping up and finals are approaching, but for students who are feeling behind or a need a little help, there are still options.

Trevecca offers many resources to help during these few weeks filled with worries and anxiety.

Mark Bowles, director of academic services, shared a few tips to ace finals and minimize stress.

"Actively engage in reading and studying, eliminate multitasking, and take control of your calendar" are Bowles' top strategies for studying. The most beneficial way to actively engage is to create a study guide, such as a quizlet, or make the material personal by linking it to things that you have experienced, he

'becoming the teacher' and speaking out loud to yourself or to others is a great way to help soak up the information. However, multitasking is a trap. Bowles adds that being on a phone or jumping around different tabs makes it hard to focus.

Turn off your phone or set app limits to avoid falling back to your phone. Bowles noted that creating a schedule for study times by "taking control of your calendar" is extremely helpful to keeping organized and on task to avoid falling behind.

One key resource on campus is the tutoring center.

"Everything one needs to connect with Photo provided by Trevecca Marketing

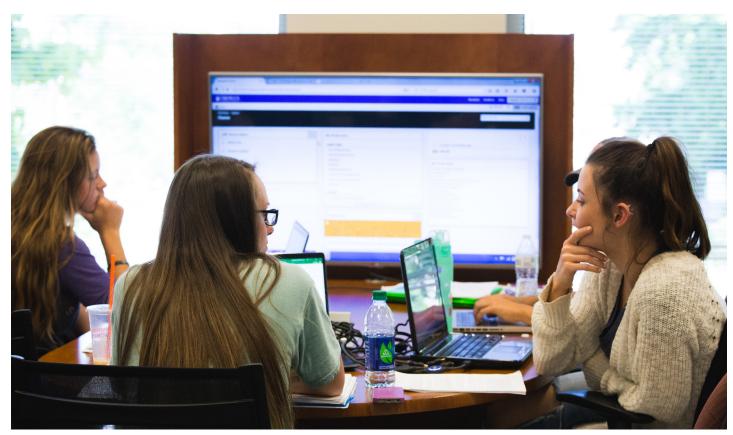
the tutoring program (including online request forms) is accessible through TNU4U," he said. Go to the 'My Bookmarks' section, click on 'Tutoring Services and Academic Coaching' under 'CAMPUS LINKS'. On the academic services website scroll down (or use the bulleted links at the beginning of the website) to 'subject area content helprequest a one-on-one tutor' and click on the 'SUBMIT A TUTOR REQUEST' button. Students need to complete that form and submit it.

"My goal is to connect students with tutors within 48 hours," said Bowles. Study rooms are also available for reservations, but those get booked fast, so check the Waggoner Library website often. Look under the services section on the Waggoner Library homepage and click 'Book a Study Room'.

Procrastination is tempting, so staying organized and focused is important.

"Most of my stress comes from procrastinating, so dealing effectively with that is my best self-care/de-stress plan," he said. A TED Talk by Mel Robbins offers tips on how to overcome

**CONTINUED PAGE 7** 



#### **Tutoring Center tips on acing finals and minimizing stress**

CONTINUED FROM PAGE 6

procrastination, Bowles shared.

Other self care tips are eating well and staying hydrated. Making sure to take breaks if studying for long hours or for several days.

The best study tip was "finding a friend to teach the information to," said Madison

Hatcher, a junior entrepreneurship major.

"I find that when you can teach it, it shows an understanding of the material overall and helps retain information," said Hatcher. She added that "reviewing directly before bed, right when you wake up, and right before the test" has been helpful to her.

Bowles said the best way to move the material from short-term memory to long-term is to engage and personalize the material.

"Find multiple ways to process it. Talking aloud, rewriting notes, working in study groups and hearing other students

as they process concepts. Give your mind scheduled breaks and stick to the schedule, especially the part about getting back to work when the break is

#### Offical finals schedule announced

Time	Test Time	Time	Test Time	Time	Test Time
Classes Meet	Tues. Dec. 14	Classes Meet	Wed. Dec. 15	Classes Meet	Thurs. Dec. 16
9:00-9:50 MWF	8:00-9:50	8:00-8:50 MWF	8:00-9:50	8:00-9:15 TR	8:00-9:50
10:45-12:00 TR	10:00-11:50	12:10-1:25 TR	10:00-11:50	11:00-11:50 MWF	10:00-11:50
12:00-12:50 MWF	12:00-1:50	1:00-1:50 MWF	12:00-1:50	1:35-2:50 TR	12:00-1:50
2:00-2:50 MWF	2:00-3:50	10:00-10:50 MWF	2:00-3:50	All classes starting at 3:00 TR	2:00-3:50
All classes starting at 4:00 MWF	4:00-5:50	All classes starting at 3:00 MWF	4:00-5:50	All classes starting at 4:00 or 4:25 TR	4:00-5:50
All classes starting at 6:00 or later TR	6:00-7:50	All classes starting at 5:00 or later M	4:00-5:50		

FEATURE

#### Athletic trainer brings dogs to work to relieve athlete anxiety



Austin Krause's dog Murray pictured with Trevecca athlete Alex Clouthier

BY KATIE TATE CONTRIBUTOR

When Austin Krause first became head athletic trainer at Trevecca Nazarene University he noticed the anxiety some athletes felt when they entered the training room for treatment.

That is when he had an idea that involved two furry, four legged friends.

"There's the anxiety of, 'Well if I go in [the training room] they're going to take me out, and I want to compete,'" said Krause. "And so the idea is that there's this dog that doesn't judge you, just wants to love, just wants to have fun, so you can come in here and that kind of takes some of that anxiety out."

Krause pitched the idea of bringing his two boxers, Banks and Murray, to Athletic Director Mark Elliot. He explained this is something he had wanted to do, not just because he loves having his dogs around, but because the research behind therapy dogs is solid.

"The University of North Carolina baseball has a therapy dog that has actually shown really promising results with some of their long-term rehabs," said Krause. "Elliot agreed. He seems to love the idea."

Both Banks and Murray are trained by Krause. His main focus is helping them understand the idea of saying "Hi" to people. The dogs are not professionally trained therapy dogs but do offer emotional support for the athletes.

"We never had the dogs [during] the past few years, so I really have noticed a difference with them this year," said Cassi Peck, another athletic trainer at Trevecca. "The athletes love it when either one is here."

Peck expressed a huge love for the dogs, and a large appreciation for them especially during testing for Covid-19. The dogs create a more enjoyable atmosphere for morning testing in her eyes and have also served as a huge stress reliever for her personally.

The athletes are also big fans.

"I have to do physical therapy on my ankle every day, and I absolutely love having the dogs there," said Morgan McMurray, a volleyball player at Trevecca. "I always walk in with a negative attitude, I guess, because I hate going every day, but the second the dogs come in with their little sweatshirts and sweatpants on, it just makes my day 100 percent better."

## Trevecca celebrates annual Christmas tree lighting



Photo provided by Trevecca marketing



Photo provided by Trevecca Marketing



Photo provided by Trevecca marketing



Photo provided by Trevecca marketing



Photo provided by Trevecca marketing