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Student leaders making plans to celebrate Black History Month



Representatives from Walden participating in the Spring Club Rush

BY SOL AYALA AND DIANA LEYVA
CONTRIBUTORS

February is Black History Month and Trevecca students have planned several events to encourage awareness and education. Many of the events will be hosted by student clubs including: Walden, Diversity Council, the Social Justice Club, History Club, the Pre-Law Society and SGA. The organizations and clubs are coming together to sponsor this year's theme "Black Health and Wellness." Selah Torralba, president of the Diversity Council, said the country would not be

what it is without the contributions of the Black community.

"I want the Black community to feel taken care of and invested in," she said. The history club and pre-law society will be celebrating Black History Month with a movie night on Feb. 11 at 6 p.m. in the Quick lecture hall of Waggoner Library. There will be a screening of "Just Mercy" as well as theater-style refreshments; pizza, soda and popcorn.

"I think this movie is a great opportunity for people to learn about something that they may not know about. I hope that people can see that the racial inequalities that occurred in the 1980s are still present today and that changes still need

to happen," said Chloe Lahmon, co-president of the history club.

To kick off Black History Month Walden has planned on Feb. 18 a Worship Night, in the Jackson building's Zelma Auditorium. Invitations to students from Belmont, Tennessee State University and Lipscomb have been sent to participate in the event.

"Students of Walden were trying to get [the other schools] so we could have some type of interaction and diversity on both the showcase and the worship night," said Iris Gordon, adjunct faculty for the Center for Social Justice.

Another movie night is being planned for Feb. 23. The movie has not yet been selected due to copyright protocols. The event is being organized by Walden and the social justice club. After the movie, a panel discussion is planned with two groups in Greathouse 101. Snacks will be provided.

On Feb. 26, Walden and SGA will be hosting a talent showcase. The showcase will be an opportunity for Black students to show their creativity through dance, poetry, and other art forms. Students from Belmont and Lipscomb will be coming to campus to present their talents.

For more information on how to be part of the showcase contact Maci Weeks, SGA social life director, via email at MLWeeks@trevecca.edu.

"The goal is to celebrate and honor the black community on campus," Torralba said. "There are so many ways to honor the black community."

To finalize the month, More events and information regarding Black History Month will be later announced by SGA and Walden.

Trevecca counseling center able to support LGBTQ+ students on campus

BY CLAUDIA VILLEDA
CONTRIBUTOR

Last October, a chapel service with an openly gay speaker created controversy on campus, leading to a discussion among students on how LGBTQ+ students are welcomed on campus.

Several students who identify as LGBTQ+ took to social media to express their concerns about not feeling safe or welcomed. Amidst the discourse that took place, the counseling center was one of the first places LGBTQ+ students were directed to go for support.

"We are here for everyone. We are a resource and support for you no matter where you are in life currently. Our hope



The Trevecca Counseling Center, located behind Georgia Hall

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Trevecca faculty feeling impact of pandemic fatigue spring semester

BY GRACE BECKNER
EDITOR-IN-CHIEF

For the past 10 years Dr. Amanda Grieme Bradley, associate professor of psychology and chair of the social and behavioral sciences department, got her joy as a professor and person from the relationships she was able to build at Trevecca.

But over the past two years this joy has been depleted.

She says there are layers to the factors impacting her as a professor navigating a world of Covid-19.

"I get so much joy out of relationships with students and time in the classroom, teaching has always been very relational and very reciprocal for me," Grieme Bradley said. "Now I'm not having coffee with students, I'm not chatting with them in the Caf. Class discussions are different because people are uncomfortable talking with a mask on, we are all getting countless emails about attendance, and having to do extra work. Some of those things take away from the beautiful work that we do."

Grieme Bradley said some Covid-era teaching conditions—such as new attendance policies, remote instruction via Blackboard and teaching while wearing a mask—have been "soul-sucking" for her.

"When we teach through Blackboard or Zoom and no one has a camera on, I have no idea if anyone is listening. Or then we end [the class] and five people are still logged in, so I'm like, 'Oh, okay cool, you're not really here,'" said Grieme Bradley. "And that's just a weird thing I wouldn't normally know about a student...It's hard not to take that personally as a human."

The CDC reported 27 percent of teachers were experiencing depressive symptoms, with 37 percent reporting symptoms consistent with anxiety.

Allison Buzard, social work professor and program director, said she has been able to build up "pandemic stamina" over the past two years.

"In some ways a lot of the new normalcy has been established, which has been really helpful, but I almost forget what it's like to teach not in the middle of a pandemic anymore," said Buzard. "I only had, I think it was a year and a half of teaching in higher education pre-pandemic, so I have actually been pandemic-teaching longer than not."

As pandemic-related circumstances changed semester to semester, Buzard said there was a forced creativity and innovation pushing her to ask herself, "How can I make this work the best we can make it work?"

But even in the midst of trying to make class sessions on Zoom—or spaced out in a classroom with masks on—engaging, Buzard said she still felt as though she was letting someone down.

"Either folks on Zoom or folks in the room, so I think that was a shift for me, of trying to figure that out," she said.

Grieme Bradley said the volume of emails she has received concerning attendance has been "astounding," especially due to missed classes because of students impacted by Covid-19 and quarantine.

"It just feels really nitpicky. It's

like, 'Well you only watched half of the video, so I'm not going to mark you as present.' The attendance deal of going back and checking, and did people watch [the lecture video], and modifying attendance is just quite burdensome," said Grieme Bradley. "I understand that we have to do what we have to do, and that this is just a necessary evil right now."

Buzard describes the attendance issue as "a puzzle no one wants to put together, but we have to."

She realizes no institution has it all figured out when it comes to accounting for attendance of students impacted by Covid and quarantine requirements. But with the extra burdens professors are having to take on, trying to figure it out eats up valuable time.

"While it is a brain puzzle that is still a little difficult for me to solve, there is a part of me that has tremendous compassion for everyone involved. From the faculty, to the clinic, to the disability office, they are all overwhelmed, they are all taking on this additional responsibility," said Buzard. "I think there is just an additional burden on us to figure this out, and yes, I'm tired."

A survey by the RAND American Teacher Panel found that many pandemic-era teaching conditions were linked to "job-related stress, depressive symptoms, and burnout."

Tom Middendorf, university provost and senior vice president, has seen the fatigue present among faculty members on campus and can tell people want closure as they cope with the idea that Covid isn't "going away."

"I know that it takes a toll when you are so hopeful that there is going to be an end, but there is an ongoing part of it," said Middendorf. "So change fatigue, this constant state of having to adjust to the virus in some way, it does take a psychological toll on people in general." Within her department Buzard said she has committed to holding space for her colleagues, which can be something as simple as stepping into the hallway to discuss ways to better connect with students.

"Just this week out in the hallway we all popped out with our masks on, and we are like, 'Does anyone have a good system for how we are tracking attendance right now? I don't want to complain about it, I just want to know, does anyone have a system that's working for them?' And at the time, no one did," said Buzard. "Then two days later, one of my colleagues was like, 'Hey, I just started this new thing, it's working really well, I just wanted to share this with you.'"

Middendorf said he realizes community, fellowship and communal celebration gives energy to faculty and staff. The problem is these life-giving practices have become a danger.

"If we aren't careful and we put a lot of people in the same room together, inevitably somebody is going to be contagious," said Middendorf. "The last thing we want to do is get a lot of folks sick, and I've felt like one of the key factors [during the pandemic] is protecting the most vulnerable on our campus, and our faculty really do represent that demographic."

Middendorf said the administration has

tried to focus on the simple things that can boost morale, although he has not been able to do as much as he would like.

"There are things that we have done, but I think the things that make the most impact is the community. That's probably what people crave the most, and what continuously gives people the passion for what they do at Trevecca," Middendorf said.

The World Health Organization defines pandemic fatigue as "feeling demotivated about following recommended behaviors to protect ourselves and others from the virus."

Grieme Bradley said the pandemic has brought about unique challenges socially, with both students and professors experiencing a shared burden of burnout.

"Now, I'm living through a pandemic, you're living through a pandemic, we have a shared hopelessness, we have a shared burnout. I am actively experiencing the same thing you are, and that just makes it very complex and different."

As chair of the social and behavioral sciences department Grieme Bradley should be leading and supporting the other faculty members in her department, but she said it is hard to do when she is experiencing the same burnout they are feeling as well.

"It kind of feels like we are all treading water, and the effort it would take to support one another feels big," said Grieme Bradley. "I don't mean to sound so hopeless, but it is a hard space right now."

Buzard was also struck by the uncommon situation where students and professors encounter similar trauma in a disordered world at the same time.

"That is not necessarily normal, that an entire community—faculty, staff, students, everybody—is going through it at the same time," said Buzard. "So we are dealing with our own exhaustion around it, and thinking about our own families and how they are coping with this or if they are sick, and we are also coming together in a learning community."



Professor Buzard takes time out of class to remind students how to be counted as present if they are quarantined



Professor Buzard takes time out of class to remind students how to be counted as present if they are quarantined

NEWS

Trevecca set to hold second Giving Day fundraising event



Students posed at the 1st annual 2021 Giving Day Event

BY BROOKE REESE
CONTRIBUTOR

Trevecca's second annual Giving Day is set to take place Tuesday, March 15.

The 24-hour campaign offers donors the chance to support academic programs, scholarships, athletics and facilities. Some of the main projects looking to be funded this year include

a theater in Jernigan with a video wall where students can watch games, renovations and additions to athletic facilities and academic scholarships.

Last year, the inaugural event's initial goal was to engage 500 donors and raise \$250,000. The event ended with over 1,200 donors and a collective of \$1.2 million.

"I think that one thing last year, I think

the world, the Trevecca community at large needed a little bit of hope, and I think we've got a glimpse of that on Trevecca's Giving Day." said Christy Grant, engagement officer of operations and gift stewardship. "It was like, 'Wow, we were so excited to come together around something that we all believe in.' And I think that that can only continue to grow as more and more people get it, get inspired by the day and participate."

This year's goal is 1,500 donors and \$1.5 million.

"This will be possible only with the help of our whole community coming together and encouraging one another to participate," said Peggy Cooning, vice president of university engagement.

Cooning's team is in the process of recruiting alumni, employees and students to be advocates by posting on social media and asking their personal networks to participate, she said.

Aside from donating, being an advocate for the day is one of the biggest ways for students to participate, said Cooning.

"We're hoping to launch the giving data site very soon. And there will be a link to become an advocate," said Cooning. "We're not asking for students to give a lot of money. We just want them to hold up their hand and say, 'Yeah, we're a part of this. We know that when

everybody comes together, things can happen,'" she said.

There will also be an event for students to attend to celebrate the day together, with games, snacks, and speakers. Sophomore Lilly Poe attended the event last year and said she learned about how fundraising contributes to students' experiences on campus.

"I think going to school you don't always realize how much goes behind what you get to live every day. So learning about this, the things that people have contributed and are continuing to contribute so that I can be here and have the opportunities that I get to have is really cool," she said.

Grant said her favorite part of Giving Day is seeing the stories of how Trevecca is changing lives.

"It's really watching all the posts on social media, watching people engage and talk about or share their own personal stories about how Trevecca impacted their lives. Because that's what comes out of the woodwork here," she said. "It's not just for trying to raise all this money. But what really comes to light are the stories that Trevecca helped change the trajectory of someone's life and or health and a scholarship made the difference for them to be able to earn their degree."

NEWS

Trevecca counseling center able to support LGBTQ+ students on campus

CONTINUED FROM THE COVER

is to be a true haven where students can process life – where they have been, where they are now, and where they are hoping to go/be in the future," said Miller Folk, interim director of counseling center, in an e-mail.

REAP (Religious Exemption Accountability Project), a youth leadership empowerment organization who promotes equality for LGBTQ+ students, conducted a 2021 survey with about 3,000 students who attend Christian colleges with anti-LGBTQ+ policies. REAP found that "more than 1 in 10 students self-identify as a sexual minority." They also found that sexual minority students are more likely to experience depression and anxiety compared to a heterosexual student.

Most of the Christian colleges and universities where students were surveyed are part of the CCCU (Council for Christian Colleges & Universities), which Trevecca is a member of.

According to Folk the counseling center does not track how many LGBTQ+ students they treat. The Trevecca counseling center follows the guidelines of the American Counseling Association and Marriage and Family Association, meaning they take an individualized approach with each patient.

"LGBTQIA+ folks do not all come in with the same 'issues,' there are themes that we see but again those themes are different depending on the person and life they have experienced," said Folk. "We at the center do not have a cookie cutter approach when interacting with those that enter our doors. We tend to see that there are a lot of layers to what makes us feel other or unwelcomed, and we explore those different elements during our sessions together."

Folk and the counseling center found students coming into their session bringing up the chapel service and their concerns about it unprompted.

"I was really proud that that was a posture...like a home or a place that we've already created where students and clients can come in and bring those parts, even without being prompted," said Folk.

Folk and Jonathon Roy, assistant director of counseling center, said the counseling center is already a safe space for students.

"I would just check in with my [counselors] and be like, 'Hey, you might be hearing this,' and some of them are like, 'Oh, yeah, I've already started to hear this.' We were able to kind of get a heart and pulse of like, 'Okay, this is where students are feeling and it's hard right now.' Some were curious and talked it through, and others didn't need that

prompting, they just came in and were like, 'I need to talk about this,' said Roy.

The counseling center prioritizes meeting students where they are. Folk recognizes that LGBTQ+ students have different "filters" impacting their lives compared to heterosexual students.

A first step is identifying the filters that are impacting their life.

"How do they impact our life? How are these stressors, internal and external, showing up and impacting? How do we want to navigate and work with them? Is it something that we can work around or is it something we have to learn to work with? It's just kind of unique to each student," said Folk.

The counseling center does see themes of anxiety and depression in the LGBTQ+ students they work with.

"We're hoping to give each student the tools that they need to work with what's in front of them," said Folk.

Since the chapel service discussions, the counseling center continues to function similarly as before. An LGBTQ+ student follows the same process as all other students.

"In the first initial sessions the counselor gathers the student's background history and what they are hoping to accomplish in their counseling work. Through that process the counselor and student will together create goals

for counseling to be used to inform how their time/work is spent throughout the therapeutic relationship," said Folk.

There are no support groups exclusively for LGBTQ+ students, but Folk says the counseling center is working on creating more groups to serve more students.

Ohana is a new group started by a local church for students who feel like outsiders in the Trevecca community. Ohana is affiliated with Trevecca Community Church and not associated with the counseling center.

"Sometimes we do refer out to outside organizations that are local that can provide support in ways that the center is just not structured to be able to do," said Roy.

The counseling center offers walk-in hours Monday through Friday at 3 p.m. Appointment can be scheduled at www.tnu4u.trevecca.edu.

"We care to know their stories and to meet them where they are, regardless of how they feel about it, or how they believe others feel about it. We want to be here to meet them right where they are. That is our hope, that is our heart to provide unconditional acceptance," said Folk.

Baseball and softball teams ranked No. 1 in GMAC preseason poll



Photo courtesy of Trevecca athletics

BY DAVID WILSON
CONTRIBUTOR

Trevecca Nazarene University's Women's Softball team has been tabbed as the preseason favorite to repeat as champions of the Great Midwest Conference.

The Trojans, led by Coach Ben Tyree, return to the diamond in 2022 coming off a successful 2021 season.

Last year, Tyree's Trojans finished with a record of 27-14 (14-4 in conference play). The Trojans would ultimately reach the Division II Midwest Regional Tournament, where they were defeated by rival Ohio Dominican.

Trevecca enters the 2022 campaign with several voids to fill in its' starting lineup. Only two starters return from last year's regular season championship team.

Tyree will look to replace All-Conference pitcher Raygn Hall, All-American shortstop MaKray Odom, and several other senior leaders.

Hall appeared in 26 games last season and accounted for 132 innings pitched. She finished her career with 52 wins, 283 strikeouts, and a 3.14 ERA.

Odom started every game for the Trojans last year and finished with a team leading .467 batting average and 63 hits. Odom graduated with a career .484 batting average, along with 384 hits, and 192 runs. "You don't replace MaKray. She was a once in a lifetime player. Someone we will probably never get again. Teammate, Christian-scholar athlete, and she was number one in her class when she graduated. You [recruit] 12-15 girls a year and you're lucky to get one who is that talented. We got lucky with MaKray," said Tyree.

Senior outfielder Lenna Robinson and junior third baseman Carly Sperlich

are the lone returning starters from last year's potent offense. Both women were named to the GMAC All-Conference team last year.

Robinson, the only returning senior, hit .382 and recorded 47 hits last season.

Sperlich, the thumper in the middle of the order, led the team in both HR (9) and RBI (36).

Robinson enters the spring as the unquestioned leader of a talented, yet inexperienced roster.

"I am in a good position. I can't say I wasn't nervous at first, but I am surrounded by an incredible coaching staff, and a great junior class. I hope to be someone who leads by example and someone who can be a great listener," said Robinson.

For the last few years, Tyree has viewed Robinson as someone ready to lead her teammates.

"She has kind of been in MaKray's shadow ever since she has been here. MaKray was probably one of her best friends. [Lenna] has done a good job being a leader and will be anchoring centerfield for us. She will be our spokesman in the outfield," said Tyree.

Carly Sperlich hopes to replicate a strong 2021 campaign in which she led the team in numerous offensive categories.

"I have a lot of experience, but at the same time, I am trying to not put too much pressure on myself. I love playing third base and being at the hot corner. At the plate I am an aggressive hitter. I do consider myself one of the power hitters. I think this team will bring a lot of power to the lineup," said Sperlich.

Tyree points toward junior infielder Alyssa Triner, sophomore infielder Malone Thrift, and transfer catcher Kendall Andrews as potential pieces to

fit around the returning Robinson and Sperlich.

Triner played in 25 games last season. She recorded a .328 batting average and slugged to a .851 OPS.

Thrift gained valuable experience last year as a freshman, playing in 34 games. She ended her season with a .342 batting average and three homeruns.

Both women were named to the GMAC All-Conference team.

Andrews transferred to Trevecca this fall from Division I UT-Chattanooga. She will provide much needed experience to a young catching core.

"Kendall Andrews has stepped in and will be leading us behind the plate. She has a big stick and a big arm. We are excited to see what she can do for us," said Tyree.

This year's team is a very competitive group. With the lack of starting experience, Tyree expects multiple freshmen to compete for playing time early in the year.

"They all have a chance to play. It is pretty wide open for us. Last season we were pretty much two deep at every position. So, some younger guys were able to play a lot. We have a couple freshmen who will come in and supplement those returners on our pitching staff. We also have some transfers who will help our team a lot," said Tyree.

Despite losing senior Ragyn Hall to graduation, the Trojans return juniors Alex Behnke and Hannah Caffey to their pitching staff.

Behnke made 20 appearances last season, posting an 11-3 record with a 3.46 ERA. Caffey made 17 appearances out of the bullpen last year, posting a 3.71 ERA.

"I have learned a lot since my freshman year. I still get that nervous excitement

every time I step onto the field. For me, I now know how to pitch to hitters in our conference. I feel like I am more ready and know what the coaches expect of me," said Behnke.

Freshmen Ashlan Sensing and Rylee Veron are also expected to step in and provide depth to the Trojan pitching staff.

"We are going to have a four-man staff this year. Our two freshmen coming in are going to get as many innings as those others. All four of them are going to have to take the ball and run with it. I built a schedule around that. We have a tough schedule both regionally and nationally," said Tyree.

A competitive schedule featuring some of the top programs in the country will be a challenge for this unproven Trojan team.

"We understand that we are going to see everybody's best. Whether that be their best pitchers or hitters. We have a target on our back after being picked to finish first. But we are excited about the opportunity," said Behnke.

Being ranked number one in the preseason GMAC has caused a lot of excitement on campus. The returning upperclassmen are ready to prove that they have can build on last year's success. "Being picked number one shows that even the other coaches in conference recognize the talent we have [in our locker room]. We are a very deep team. We really have what it takes. It was definitely a nice compliment, but it makes us want to work harder," said Robinson.

Trevecca opens their season at Alabama-Huntsville on February 11th. Conference play begins on March 18th as the Trojans will host Kentucky Wesleyan.

SPORTS

TNU's track and field team breaks three school records in New York meet

BY DAVID WILSON
CONTRIBUTOR

Trevecca Nazarene University's Men's Track and Field team opened their season in prolific fashion, breaking three school records and earning first place in three other events.

The Trojans, led by seventh-year head coach Austin Selby, competed in the MLK Collegiate Relays and TCNJ Indoor Invitational on January 14 and 15 at The Armory in New York, NY.

The 2021-2022 season is now the sixth consecutive year that the Men's and Women's Track and Field teams have competed in the prestigious event.

Selby, the 2014-15 GMAC Coach of the Year, valued the competition and publicity that his team would receive by participating in the event.

"[It] is a really high-level event. For us, for not having a facility on campus, it is a big recruiting tool. We like to provide [our athletes] with a good opportunity to compete and for them to grow as young adults which will give them more tools for the future," said Selby.

With the event being held in New York, Selby's team had to adhere to strict COVID-19 guidelines. Coaches and athletes were required to show proof of vaccination and sometimes ID to enter public buildings. Despite these challenges, the team remained focused on the task at hand.

On January 14, the Trojans began their stellar run in New York by winning the

Men's Distance Medley Relay. Jordan Halliday, Lucas Baggott, Hamzah Abo-Hashema, and Ben Carr smoked the competition with a time of 10:54:75.

Later that day, Dylan Brannen finished in first place in both the Shot Put (12.73m) and Weight Throw (15.76m) competitions. Brannen, a senior from Bushnell, FL, initially wanted to pursue a career as a soccer player in college. "Prior to joining our team Dylan had never competed in Track and Field. He's coachable, works extremely hard, and works great with our new throwers," said Selby.

Brannen's journey throughout his college career has been a rollercoaster ride. As an underclassman, Brannen participated in several events that he called "humbling." Five years later, Brannen uses those moments as motivation to continue refining his game.

"My mindset in New York was just to beat my personal record. That was important to me. With each throw I saw an improvement. On my fourth throw I told myself, you already have hit your goal, just hit it as hard as you can. I wanted to finish strong. And as I was sitting there preparing to get into the ring, I heard all my teammates yelling and supporting me. Then I just remember telling myself, it's time," said Brannen.

The encouragement Brannen received while he competed in New York is a testament to the overall great relationships that both the Men's and Women's Track and Field have built with each other.

"We have a great group of men and

women. They are very encouraging to each other. They reach out to one another and welcome in new freshmen and transfers. They understand that we are trying to build a program and they are committed to do that," said Selby.

On January 15, Brannen would be joined in the Trevecca record books by fellow teammates Braidon Miller, Pablo Martin, and Andre Argenal.

Miller, a graduate transfer from King University, is also the son of former 1992 Olympic Games Trial Participant and current assistant coach Braidy Miller.

"[My dad] is a realist. He doesn't sugar coat anything. He sets the example for hard work and expects nothing but hard work. His background of throwing is unreal, and [he] has multiple ways of showing one thing we need to improve on," said Miller.

Like his father, Braidon Miller has been a successful Track and Field competitor throughout his entire collegiate career. Miller has broken several indoor and outdoor records.

At the Armory, Miller competed in the Shot Put at the HBCU Showcase event. Although failing to reach his goal of winning the event, Miller came away with something historic. With a distance of 14.45m, Miller set a new school record in the Shot Put.

"I think it's an accomplishment for sure [and] I know I can do better. Being in the history books at Trevecca is a great feeling considering that this is the best team I've competed with. Also, it's great due to the family culture of the team,"

said Miller.

Unlike his teammate Braidon Miller, Pablo Martin has had little experience competing in Track and Field. Martin, who is in his first year at Trevecca, is a native of Madrid, Spain.

Growing up, Martin spent most of his time playing soccer. His talents eventually earned him a scholarship to Belmont University. Martin transferred to Trevecca in the fall semester to start a new chapter in his life.

In New York, Martin would compete in the Men's 60m Dash. Martin's inexperience showed as he approached the starter's block. "I didn't even know how to start off the blocks, I have never raced before in my life," said Martin.

Despite this mental hurdle, Martin was eager to compete and finish with his best possible time. He would do just that. Martin sprinted to a time of 7.29 seconds, placing in second place for the event and breaking the school record.

Martin oozes talent, ability, and potential, something his teammates noticed right away. "Pablo has the ability to be great. He is just now getting to learn Track and Field techniques. That is scary for the competition. He has the ability to break a lot of records here at Trevecca," said Brannen.

Expectations are high for Martin, especially after competing so well in his first career race. However, the pressure does not seem to faze him one bit. In fact,

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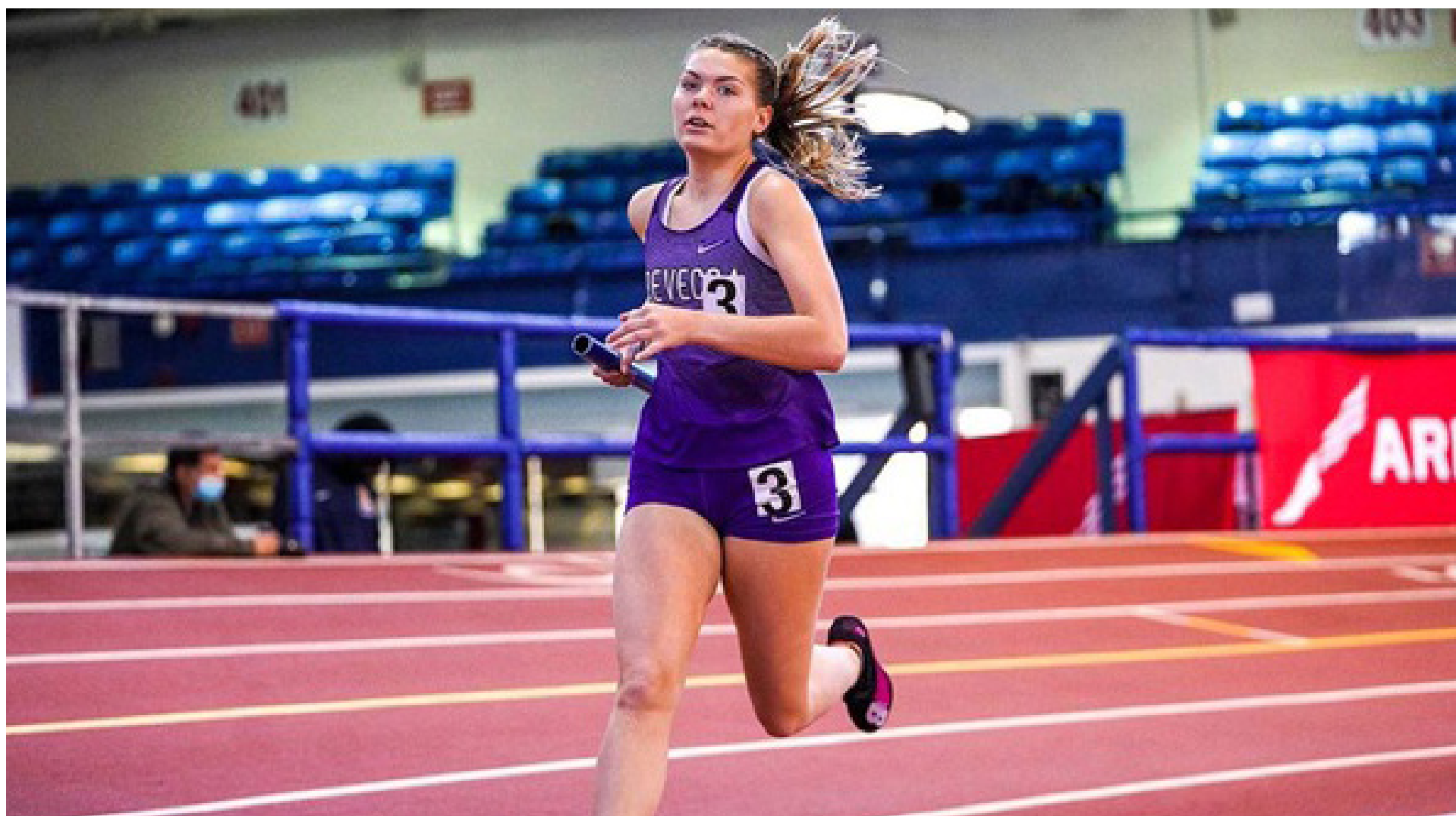


Photo courtesy of Trevecca athletics

SPORTS

TNU's track and field team break three school records in New York meet

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he welcomes the challenge to be great. "I value Dylan's comments. I welcome that challenge and take it as motivation moving forward. I love my team. They welcomed me with open arms. We motivate each other and have healthy competition. I want to win, not only for myself, but for them," said Martin.

Andre Argenal, yet another Trojan who has played soccer in the past, is a junior from Honduras. Argenal's journey to Trevecca was unconventional to say the least. Argenal never visited campus before his first day as a student.

"I remember a recruiter coming to my school back home and pitching the idea of attending college at Trevecca. The environment they described seemed awesome. So, I decided to come to school here," said Argenal.

As a member of the Track and Field team, Argenal has battled several injuries throughout his career. Those injuries have sidelined Argenal for most of the events he has hoped to compete in.

At The Armory, Argenal competed in the 500m Dash to open his 2022 spring season. The 500m Dash would showcase some of the most talented runners in America. Featured in the race were

several members of Division I schools from the likes of Harvard, Columbia, and Fordham.

Argenal went on to claim a great reward for all the trials he has experienced. Although placing 16th for the event, Argenal broke the school record with a time of 1:12:64.

"It was great. I was so happy. I have been wanting that for so long. It has been a long time since I have had that opportunity, especially after being injured last year. It was a good start to the season and hopefully I can build upon it heading into conference," said Argenal.

The Trevecca Men's Track and Field team now have their eyes set on steadily improving before the GMAC Conference Tournament in May.

With a talented male roster, Coach Selby's team has aspirations of scoring points and producing finalists for the conference tournament.

"We compete in the hardest Track and Field conference in all of Division II. Our main goal is to compete well and potentially make it to the finals of the conference tournament," said Brannen.

The Trevecca Women's Track and Field team also competed at The Armory.

Selby's roster is composed of several young, inexperienced women. However, Selby came away excited by their performance in New York.

"I thought they competed well. They were not in awe of the moment and their surroundings. That is a tough building to compete in. So many great events occur at The Armory year-round. I am excited to see their progress moving forward," said Selby.

Emmy Mattingly, a freshman from Madison, AL, was one of the many women tasked with running in their first college event. Over the last year Mattingly has battled a leg injury, which forced her to spend seven weeks in a walking boot. Despite that setback, she was eager to compete in New York.

Mattingly's weekend featured races in both the 4x800m Relay and the Mile. Mattingly, alongside Hanah Sims, Jessica Bishop, and Ashley Polk finished in second place in the 4x800m Relay. In the Mile, Mattingly placed 24th.

Although noting a little disappointment, Mattingly is thankful for the opportunity to compete at Trevecca.

"It definitely wasn't my best performance. It was a humbling experience for me, but it's something to start at. The atmosphere was amazing. Running in the 800 was something that we did not have a lot of experience in. But I'm proud of the effort that Hanah, Jessica, Ashley, and I showed," said Mattingly.

As the season continues, Mattingly hopes that the entire women's roster can build upon their experiences at The Armory.

"We are really close friends outside of our competitions. Our women are super supportive of each other and provide a great atmosphere. Hopefully we can continue to improve and get stronger as an entire women's team," said Mattingly.

Hanah Sims, a junior college transfer from Arizona, is another example of an athlete switching over to Track and Field from a different sport. For the last two years, Sims played basketball at Arizona Western. Sims is accompanied by her sister, Molly, on the women's roster.

Sims entered The Armory with little experience in competitive racing. She had not run competitively since her days in high school.

Sims would compete in several events, including the 4x800m Relay, High Jump, Shot Put, Long Jump, and 60m Dash. A packed schedule for the first-year Trojan.

"After not competing for two years in track and mainly focusing on basketball, I was a little nervous about how I would compete in New York. I tried to not put so much pressure on myself because it was the first meet. It was the first look at what I need to improve on and what I am ok at right now. That's what I will take away from the event," said Sims.

Sims is optimistic about the outlook of the entire women's team as they move forward in their season. Both Mattingly and Sims credit that belief to a great support system among players and coaches.

"The one thing that comforted me while running was my teammates and Coach Selby. They really tried to cheer me on. Selby was great, he gave me specific little details to focus on. He's a great coach. He was at every event that we competed in. Selby remained confident and was excited to continue to work with me moving forward," said Sims.

Trevecca Men's and Women's Track and Field teams will continue their season with upcoming events at The Ashland Alumni Open (February 4-5) and Great Midwest Indoor Championships (February 25-26).



Photo courtesy of Trevecca athletics



Photo courtesy of Trevecca athletics

NEWS

Jernigan Student Center in final stages before opening to students

BY KATIE TATE AND GRACE BECKNER
CONTRIBUTOR AND EDITOR-IN-CHIEF

Students could come back from spring break to a newly remodeled cafeteria. After more than six months of eating in Boone, the Jernigan renovation could be finished by mid-March.

“The target date is when we come back from spring break, March 14 I believe is our target,” said Chuck Seaman, director of financial services at Trevecca.

Campus officials said they know students are weary of the current eating spaces on campus and are planning an open house to give students a preview of what’s coming.

Jessica Dykes, associate vice president and dean of student development, said tours of both the Jernigan and Greathouse buildings will be scheduled starting Thursday, Feb. 10 from 3 p.m. to 6 p.m..

“There will be sign up slots sent out to campus with a total of 90 openings for tours Thursday,” Dykes said. “Be on the lookout for campus news.”

Some of the dining options on campus will remain in place while more options and variety will be available in Jernigan.

In 2021, the university began a remodeling project of the current cafeteria that will increase seating capacity by 62 percent and add nearly 2,600 new square feet.

Seaman stated that there would be no plans to implement other “grab and go” options on campus. The coffee shops in the library and the Bud Robinson building will remain the quick choice for students in a rush. He also said that a change to the menu at the sub hub in the Boone Building would possibly be made to the students’ liking. Seaman emphasized the importance of healthy food options for students and staff not only in the Caf, but in the new Jernigan Dining Hall.

“I know especially with the new Jernigan being built we will have more food options available, especially throughout the evening so when athletes get done with practicing and everything...even commuters swinging by downstairs at the cafeteria on the bottom floor of Jernigan, there will be spots for people to go and grab food,” said Hunter Elliot, student body president at Trevecca.

Elliot said he is hoping the dining hall will be open later to be more convenient. There will be a healthy station in the dining hall for students to have access to during dining hours.

“I’m excited about it. I’ve seen the pictures and everything, and if you swing by there in front of Jernigan, it looks really nice. I just visited a campus that looked a lot like that and the food was really good, so I have high hopes,” he said.

The Boone Building will go back to being the convocation center as it was before and host events on campus.



Photo courtesy of Trevecca marketing



Photo courtesy of Trevecca marketing

NEWS

Morgan Morris finishes first year as new director of student life



Photo provided by Trevecca marketing

BY ABIGAIL ALLEN
CONTRIBUTOR

Morgan Morris is about to wrap up her first year at Trevecca Nazarene University in a position within the center for student developments that is just as new to the university as she is. Originally the dean of community life took on the responsibilities of both dean and director. Now that Morris has

stepped into this new position, she has assumed the responsibilities of director. Before starting her new role as the director of student life, Morris could never have imagined the community she would become a part of at Trevecca. “My college experience was incredibly formative for me, and I wanted to be a part of that work in the lives of students,” said Morris. Morris developed her passion for students at John Brown University, where she earned a degree in Early Childhood Education. From there, she went on to graduate school at Taylor University, where she completed a degree in Higher Education and Student Development. Morris made it her goal to create meaningful and memorable learning opportunities outside of the classroom for Trevecca students. Her passion lies with people, especially college students, as well as with challenge and support for the people she works with. “During my own college experience, I was so thankful for faculty and staff who came alongside me in my best moments and in difficult moments. I wanted to

offer that to other students,” said Morris. The role was taken over by Morris in April 2021. Since then, Morris has worked with the Student Government Association to plan major campus events, assist clubs and organizations, and support intramural programming on campus. “Morgan has helped SGA plan better and be more intentional about the things that we do as we serve our student body,” said Benjamin Magana, a senior majoring in business community development. Among those who work most closely with Morris is Laney Yancey, graduate assistant for student life. Trevecca prides itself on being a relational campus, and Morgan fits into that culture really well, said Yancey. “She has put so much more structure into the role. I mean, it is a brand-new role; no one else has had it before,” said Yancey. Since filling the director of student life position, Morris has worked closely with students and has allowed them the freedom to be creative in their work, while also motivating them in their college journey. “I try to listen to the polls on campus and

address student questions and concerns in the best possible way,” said Morris. Magana worked with Morris throughout the summer before the current school year to prepare and train for leadership during the upcoming semesters. “Without her role, it would be really difficult to do lots of things,” said Magana. Magana said he is thankful for Morris for her motivation to students, and her contribution to activities during the school year. Morris has kept herself busy with upcoming student affairs that are to be revealed within the next few months. “Without a doubt, my students and colleagues have been my favorite part of my job. We have some incredible students at Trevecca, and I have enjoyed working with many of them this year,” said Morris.

NEWS

Students feel the impact of isolation and quarantine early in the spring semester

BY ALAYNA SIMONS
CONTRIBUTOR

After traveling with her track team to New York City over winter break, freshman Samantha Rosencrants found out she would have to quarantine during the first full week of classes because of exposure to someone with Covid. “There was a lot of stress, anxiety, and a loss of motivation. I had to really push myself to run on my own and keep practicing while being off campus during quarantine,” said Rosencrants. “As an athlete, I have a strict schedule. I go to class, then to practice, and then I eat at certain times with other teammates. You get into a routine. But then quarantine happens and suddenly you just don’t have a routine.” Rosencrants isn’t the only student on campus juggling the stress of quarantine and missing classes right off the bat as the semester started. So far this semester the clinic is reporting 451 cases of Covid-19 exposure, with “165 instances of those involving unvaccinated individuals that were asked to

quarantine,” said Samantha Craighead, university physician assistant. According to the university website, around 51 students are currently quarantined. The stress of missing out on classes and activities can build for students, and prioritizing their mental health is key, said Mary Singleton, an intern at the counseling center on campus. “There is an anxiety that comes with not knowing what to expect next,” she said. Faculty have also noticed the stress students are under, and are trying to find ways to keep up with them and connect when students have to be out of class. In the first few weeks of the semester, Tim Gaines, associate professor of religion, said he is regularly missing 10-15 students out of around 50 in a class. That has meant some students have just

started attending his classes in person. “For me, one of the reasons I’m teaching at Trevecca is to build relationships with the people I’m teaching. So it’s a hard road getting to know students not only since Covid began, but specifically since this semester began,” said Gaines. But as far as communication goes, most professors have set up a more formal and repetitive email to respond and handle the several emails they receive daily, filled with updates from the clinic and administration, and the concerns from students. “It’s been a classroom management struggle, a learning experience. But it’s one of those things we all have to adjust to,” said Gaines. Those at the counseling center urge students to stay connected to professors and friends and to find ways to take care of their mental health. “Taking care of your mental

health is all about intentionality. Some of the most helpful things are the simplest of things to help your mental health daily,” said Singleton. The counseling center provides group therapy for many struggles and needs. Group therapy sessions are in the works and will be marketed and available for students for this new year, including groups that specifically address anxiety. “Simply be intentional about your breathing, how much you exercise, eat, relax, and sleep. Stabilizing your mental health and taking care of yourself spiritually, physically, and mentally, can stabilize your fear of not knowing what’s next,” said Singleton.