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TREVECCA NAZARENE UNIVERSITY

TrevEchoes

Student Newspaper

November 2010

Since 1944

Trevecca alumna finds birth family halfway around the world

By Katie Schimmelpennig
Staff Writer

Whitney Casey never dreamed she would find her birth parents after accepting a teaching job in her birth country of South Korea.

Casey, a Korean-American, who was born in Korea but has spent the past 23 years in America, moved back to Korea last January for a teaching job.

Casey graduated from Trevecca in 2009. The dreadful job market lead her to South Korea in January 2010 to teach English at Korea Nazarene University.

When she was only six months old, American parents adopted Casey. Her birth was unplanned by her Korean parents, and she was also born with several medical issues. Casey's birth parents felt adoption was the best option for her to live a good life.

But after living with her American family for so long, Casey became content with her life, and thoughts of her birth family never seemed to cross her mind.

Casey's American parents



Whitney Casey with her American parents on their visit to South Korea. (Photo courtesy of Whitney Casey)

"Culturally, personality-wise, emotionally, physically...in EVERY way the two families are crazy different. I have to learn how to balance the two and there has to be give and take on the part of all involved parties."

-From a blog entry posted by Whitney Casey on Oct. 4, 2010

were always very open about the adoption. When Casey was a child they would often buy her Korean things and ask her if she wanted to go back to Korea to search for her Korean parents.

But Casey was comfortable without knowing her birth family. She had no desire to return to Korea and search for them. In a way, Trevecca was responsible for her finding her birth parents, Casey said. She saw an advertisement in The Hub to teach English in Korea. Casey saw it as a good opportunity to travel, see the



Whitney Casey (bottom left), with her birth family at their home in South Korea. (Photo courtesy of Whitney Casey)

world and get paid.

"I just applied. I had sent out I don't know how many applications—what's one more? But they replied really quickly and were like, 'yeah, please come.' I wasn't expecting that and so one thing led to another and I flew here in January," she said.

Even once she was in Korea, finding her birth parents was not a priority. But Casey's American parents were very persistent, constantly encouraging her to contact the adoption agency in Korea that was only two hours away from where she was staying. Eventually Casey contacted the adoption agency only to satisfy her American parents' requests, but did not follow up until her American

parents made a trip to Korea for a visit.

"My mom told me, 'I really think you should do this search because if I was your birth mom, I would want to know all about you,'" Casey said.

Everything lined up perfectly to allow Casey to find her birth family. The adoption agency had extensive files on her, including detailed family trees and documents of Casey's life before adoption. After reading through some of these files, which are very rare, she gave consent to begin the search, with her American parents by her side.

"If they hadn't been there with me at the meeting, I'm not sure what decision I would have made," Casey said. "The way

See CASEY, Page 2

Caf improves health score from 79 to 94

By Abby Petrunak
Staff Writer

Although Trevecca's cafeteria recently received a low health inspection rating of 79, Pioneer staff have worked to improve the state of the cafeteria receiving the current score of 94.

The team has worked together to ensure the cafeteria scores as high as it possibly can and students are properly served, John Hampton, manager of Pioneer Foods, said.

The cafeteria received a 79, a score that is lower than normal. The lowest score the cafeteria has received is a 65; however, the average scores the cafeteria gets are in the 80s and 90s.

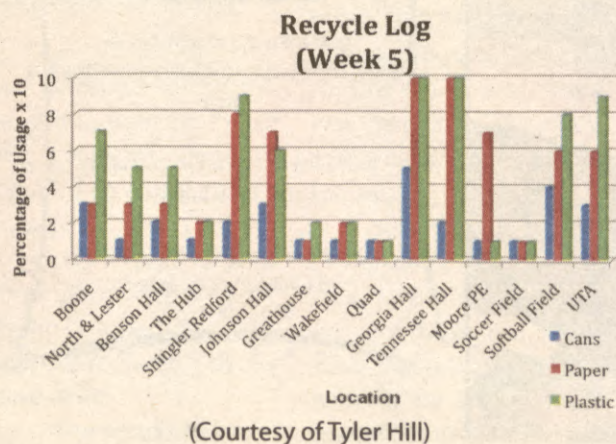
Hampton said they aim to reach at least a 93 or above on health inspections. The health department comes out twice a

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Administration makes effort to improve campus sustainability, recycling



By Katie Schimmelpennig
Staff Writer

Juniors Kayla McMahon and Kylie Westmoreland only have one small bag of trash each week to throw in the dumpster for their clean room checks.

Paper, plastic and cans are all recycled with as little trash as possible.

That's the lifestyle McMahon and Westmoreland chose in an effort to minimize their carbon footprint.

"We love the new bins," McMahon said.

Their efforts were made simpler with the installation of 15 new recycling bins around campus on September 10. This is the first effort by admin-

istration to take efforts of recycling off the shoulders of students and clubs, such as the environmental sustainability association (ESA).

"Everyone wanted recycling, and we need people to use them. The plan to pay for the new bins are with less dumpster pickup," said David Caldwell, executive vice

president for finance and administration.

In his 15 years at Trevecca, Chris Farrell, professor of biology and environment, has seen three good efforts of recycling on campus, all lead by students. He said he's hopeful that this endeavor will last, and he thinks it will.

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CAMPUS NEWS



Fighting the "freshman fifteen"

By Grace Wampler
Contributor

It's 11 p.m. and you are cramming for a test. Your stomach rumbles, and you remember that McDonalds has McDouble cheeseburgers for 99 cents.

Late night fast food runs like this can increase your risk of falling into the trap of the "freshman fifteen."

The first year of college introduces lots of new freedoms for students, including meal selection; students can eat what they want, when they want, and how much they want. Most students are on unlimited meal plans, which means pizza and ice cream are always on hand. Plus, with homework, projects and exams, exercise tends to be at the bottom of students' priority list.

These are good reasons to consider. It is much easier to put on the pounds than it is to lose them. Therefore, this extra weight can follow you into your adult life, which can put you more at risk for heart disease, strokes, type two diabetes, high blood pressure, osteoarthritis and some forms of cancer.

A challenge to try is to make small changes in your daily routine to prevent weight gain. MyPyramid.gov recommends 60 minutes of physical activity on most days to prevent weight gain. It may seem like a lot, but Trevecca offers plenty of opportunities to get active. Some suggestions are to walk to chapel, join an intramural team, do sit-ups during commercials, take the stairs, try yoga, jog with a friend around the track or take advantage of Trevecca's free workout room.

A balance between physical activity and nutrition is the key to a healthy weight. When you eat is also important. Skipping breakfast can cause overeating at lunch.

Also, don't indulge in late night snacks. What you eat makes a big difference in your caloric intake. Simple smart food choices are to replace soda with water or low fat milk, choose whole grains, try a sweet potato instead of fries or have an apple instead of ice cream.

How much you eat may be more than you need, which may be challenging since the cafeteria offers an all-you-can-eat buffet. Simply watch your portions and resist the urge to go back for seconds.

For more information check out MyPyramid.gov.

Casey

Continued from Page 1

everything fell into place up to that point was amazing."

Casey explained that the support from her American parents was the guiding force behind her decision to contact her family, encouraging her to trust that the Lord would guide her through the process.

After a whirl-wind of events, including great cooperation with the adoption agency and acceptance from her birth parents, Casey found herself on a train to Seoul, with intentions of meeting her Korean family for the first time since she was an infant.

The two-hour train ride left Casey feeling nervous, but at peace. She really had no expectations.

Casey first met her birth parents and older brother at the adoption agency, where she was greeted by a translator. She described their first conversations as small talk, exchanging questions like, "What did you study in school? What do you do for a living?" But then, after the translator left and Casey headed home with her new family for the weekend, Casey's quiet and reserved older brother, Seong-bae, surprisingly started speaking to her in English.

Hyunbae Jeon, Casey's younger Korean brother, is often a translator for them as well, when he is not at the university in China where he studies business management, the same degree that Casey received from Trevecca.

After putting her up for adoption, Casey's Korean parents felt ashamed; therefore, they never mentioned Casey to her two Korean brothers.

"I couldn't even believe it because for 22 years I've never heard about the fact that I have a sister," Jeon said, in an email.

But Jeon never would have guessed he actually had a sister—a sister so much like himself.



Whitney Casey with her birth parents at a restaurant in South Korea. (Photo courtesy of Whitney Casey)

"We are very much alike each other, not only physically but also in personality. Even though we both were raised in different families.... And interestingly, we both know sign language," Jeon said.

The family dynamic has also changed for Jeon. He said that his family had become quiet and very reserved once he left to study in China a few years ago. But then, when his new sister, whom Jeon describes as outgoing and cheerful, came into the picture, his family became more energetic.

Casey's two families have communicated through the use of Skype, and have

shown no hard feelings, but only gratitude towards each other.

"I have a new family—my sister's American parents. They seriously welcomed me like one of their family member[s]. I really appreciate them," Jeon said.

Casey spends as much time as possible getting to know her new family. Although she lives two hours away, she has already spent three weekends visiting with them.

Casey said she loves having siblings her own age, especially since her American siblings are much older. She quickly found her place in the family dynamic, bonding with her younger brother whom she can talk to about anything, watching American television shows with her older brother, texting with "appa," her Korean father, and cooking with her "omma," which is Korean for mother.

But Casey's communication is difficult with her new parents. They don't know English, and Casey is still learning Korean. For now, her brothers are translators.

To become fluent in Korean is Casey's number one priority. She will return to America in four short months after her teaching contract expires.

Throughout this process, Casey said it has been very difficult to find a balance between both families.

"There's not any sort of handbook or tutorial on how to go about things like this," she said. "It's tough because you have to be really careful to not hurt anyone."

Student channel provides more movie options

By Katie O'Connell
Staff Writer

Students looking for entertainment options on campus will soon have even more to choose from. TV channel 33, the student channel, is adding more options to better serve students and the campus.

Since August, the university-run channel has scheduled movies and shorts every day, updated its logo and graphics, and changed its name to WTNU TV: The Student Channel. "This is a shift, a change in perspec-

tive," Gary Farmer, assistant professor of communication, said.

However, it's been a long time coming. The channel was started seven years ago as WTNU TV to exclusively feature student productions, Farmer said. But there wasn't enough content to fill a day, and the channel ended up mirroring Trevecca's billboard channel, channel 32.

But for the past three months, two to three movies have been playing on weekdays and Sundays, with five movies playing each Saturday. Starting in November, the channel will be switching

to showing five movies daily during the week. This will allow students who have time commitments like classes or jobs the opportunity to see all the movies they want. The Karate Kid (2010), How to Train Your Dragon, The Dark Knight, and Sense and Sensibility are just a few of the titles the Trevecca community can expect to see in coming weeks.

The channel isn't stopping with increasing its show times. When students return from Christmas break in January, they'll be greeted with the option to turn on closed captioning, which will be especially useful for view-

ers watching in places like the cafeteria.

Farmer also expressed hopes to host panel discussions and broadcast campus events live, as well as student productions.

In addition, the RAs can submit a request if you want a movie for a certain reason or event, Jordan Roberts, Georgia Hall RA, said. They have to be approved or denied by Dean Lillenthal.

"I think this is an exciting time, Farmer said. "The future's looking very bright for Channel 33 right now. Because it is: The Student Channel."

MORE THAN...
Breakfast Sausage
Dinner Brats too!

Wampler's
It's Great Sausage

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

First-time summer marketing teams successful in advertising

By Amy Taylor

Copy Editor

This past summer, Trevecca students and members of the marketing department attended Christian music festivals around the country, successfully building relationships with students and introducing them to Trevecca.

"Our main market for students to come to Trevecca are Christian teens, and this is a great place where Christian teens are concentrated together—at these Christian festivals," Peggy Cooning, vice president for external relations, said.

Between June and September, students and faculty set up booths at 10 different festivals, such as Cornerstone Festival in Illinois, AtlantaFest in Atlanta and Rock the Universe in Orlando, which was the largest and most successful of the festivals.

The purpose of the booths was to introduce students to Trevecca and encourage them to attend, Cooning said. Typically, two female students and two

male students of varying majors were stationed at each booth, answering questions, and building relationships with the students at the festivals.

"I think that the Christian festivals allowed us to authentically show Trevecca as a place that is about relationships," Cooning said.



Senior Chase Birdwell talks to high school students about Trevecca while they fill out informational cards. (Photo courtesy of Trevecca Marketing Department)

In order to build relationships with the teens at the festivals, the Trevecca students at the booths would play Frisbee and other games with them, Cooning said.

Also, because the Trevecca students

are young college students, the teens at the festival were able to relate to them better.

"They just think college kids are cool when they take time to say 'hey,'" Trevor Lubiens, marketing coordinator and organizer of the marketing trips, said.

Many teens at the festivals began to come back to the Trevecca booth, not only because the booth was giving away prizes, one being a year scholarship to Trevecca, but also because word of the booths was spreading, and festival goers were beginning to get to know the Trevecca students, Lubiens said.

"It was fun to be that far away from home and have people who knew about us," Lubiens said.

The total number of students who submitted inquiry cards to the booths was around 5,000, and of those 5,000 cards, about 500 were identified as "VIP contacts"—students who had a sincere interest in Trevecca and were not going to the booths just for the prizes, Cooning said.

The number of students who came to Trevecca this fall as a result of the festivals is still being determined.

Next year, Lubiens is hoping to find

a way for festival-goers to submit their inquiries electronically at the booths, rather than through the cards, to make tracking the students easier, he said.

It was a good starting point for us," Lubiens said.



Seniors Brooke Canon and Zach Sutton throw t-shirts to the crowd at AliveFest in Ohio. (Photo courtesy of Trevecca Marketing Department)

Overall, the trips were a success, Lubiens and Cooning said.

"It has been a wonderful way to introduce Trevecca to a whole new audience," Cooning said.

Recycling

Continued from Page 1

"Students should recycle as much as possible. It's very important," Farell said.

Plant operations is tracking the usage of the recycling, which appears to be consistently increasing.

"Students are really using the recycling bins," said Glen Linthicum, director of plant operations.

Now the students' only responsibility is to recycle. Plant operations will do the rest, Linthicum said.

Tyler Hill, a plant operation employee, really believes in this new endeavor.

"With administration backing and students working together, this has the potential to be successful," Hill said.

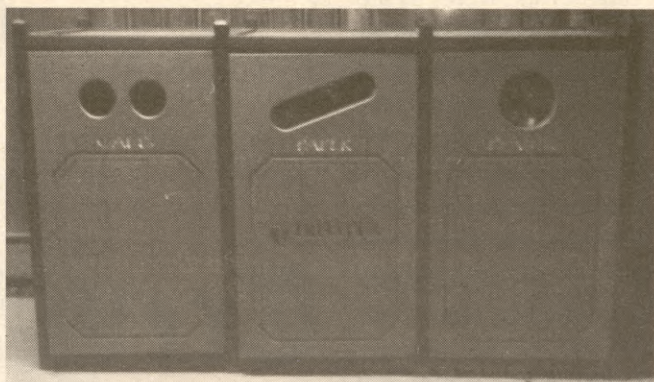
Holly Dodd, ESA

president, said there's still a lot she hopes to see in Trevecca's future, but administration is taking steps in the right direction.

"I'm so thankful. I think the school is really

for administration to recycle paper waste. They are successful as well.

Once the recycling bins have been paid for with fewer dumpster pick-up, the hope is to donate



These recycling bins, made out of recycled milk bottles, are specifically designed for recycling cans, paper and plastic and are placed in various locations around campus. (Photo by Adam Wadding)

moving in a positive direction," Dodd said.

Some long-term goals are to have a cardboard recycling dumpster and to have trash dumpsters emptied less, Linthicum said.

He said there are also six test-run paper bins

money to organizations like ESA, Linthicum said.

"I'm so excited to see so much support in the recycling efforts," Dodd said. "I don't think students realize the positive effects of recycling even one plastic bottle."

Caf rating

Continued from Page 1

year to inspect the cafeteria, and if there are excessive violations, they are required to come out for a retest.

"The health department came back for a retest on October 21, and the cafeteria received a better score of 94.

The temperatures of

the food are a big factor in scoring, Hampton said.

The deli meat was being kept less than a degree above its designated temperature, and there was also a malfunction with a meat freezer, Hampton said.

Also, there were other violations, such as hand sinks working improperly as a result of a mixing valve that was causing the water to be above the required heat index and not

produce cold water.

All of the violations were fixed almost immediately or within the week, Hampton said, so students shouldn't be worried.

Safety meetings about the Board of Health are also held monthly to discuss the cafeteria and to ensure that staff are safely and properly handling food.

The newness of the caf's renovations also had to do with the low rating,

David Caldwell, executive vice president of finance and administration, said. There had been a few problems with trying to adjust to the new settings.

Caldwell is very confident in Hampton, though.

"You can set directives, but you have to rely on your employees," he said.

He also said that Pioneer works hard to make

sure that service is key in everything they do, and the welfare of the students is top priority.

"I think we have a solid team," he said.

A recent survey was distributed that students were encouraged to fill out and return. This survey covered the basics of service and encouraged students to comment on changes they'd like to see and things that the cafeteria is doing well.

TISL doubles in size; General Assembly this Nov.

By Adam Wadding

Assistant Editor

This November, students across Tennessee will gather for the 41st General Assembly for the Tennessee Student Intercollegiate Legislature (TISL).

TISL is a student-run mock state legislature that meets once a year in Nashville and allows students to experience a political setting and express their opinions on state issues. Students travel from across Tennessee with over sixty colleges in attendance, and students also get the chance to promote bills which are sometimes considered to be passed by the state.

"Some of our ideas have actually become state law," said senior Justin Lambert, lieutenant governor and speaker for the senate.



Trevecca students will be attending the assembly for the third time since TISL was revamped three years ago.

"Last year we had seven people a part of TISL, which is big for a smaller school," said Junior Allison Hoskins, chief of staff.

This year, a total of 15 members now represent Trevecca.

"We have doubled our size from last year," said Lambert.

Lambert, who helped restart Trevecca's association with TISL, is now leading the students

of Trevecca into its third year since he has attended the school. He was elected as the 40th lieutenant governor and speaker for the senate where he appoints and manages the staff of the senate.

Students who are a part of the organization are given the opportunity to experience a political life that may benefit them for future success.

"Some of our alumni have gone on to having a position in politics," said Lambert.

Although not labeled as a club on campus, students meet together weekly to discuss upcoming events revolving around TISL.

On November 18, general assembly kicks off another year for students of Tennessee to come together. During this time, elections for new officers will be held.

Because service is top priority in the caf, the self-service system in the caf has changed for health reasons, Hampton said.

The caf has already made great strides to ensure that scores will continue to stay high, Erin Tillson, an undergraduate and student worker in the cafeteria, said. The staff is being more careful about watching the temperatures of food and working to improve the cafeteria.

EDITORIAL

Public displays of affection, just don't do it

Editorial Staff

As college students enter into the young adult years, the idea of romance and relationships seems to quickly move to the top of the priority list...for some.

With pressures of TWIRP and courtship week, and what seems to be the Christian college curse to have a "ring by spring," students simply feel the need to find that special someone and to find them fast.

That's all well and good, but for many of you lovebirds,

with relationships comes affection, and with affection comes cuddling, hugging and smooching.

At any other fine non-Christian institution, these acts of love and kindness would be very much accepted in the privacy of students' dorms and apartments.

But here at dear ole' TNU, strict open dorm policies are enforced--or shall we call it close dorm policies?

With these policies, residents are constantly looking for places to hang out in private, but

at Trevecca, this concept is easier said than done.

So what does this mean for Trevecca students not caught up in sweet Trevecca romances?

PUBLIC DISPLAYS OF AFFECTION.

Yep, we said it--nasty PDA that seems to follow you everywhere around campus.

You go to the Hub--PDA.

You go to the Cube--PDA.

You go to Abba Java--PDA.

You go to the library to study--PDA.

You go to the pavillion--PDA.

You try to walk out of your dorm--PDA.

Want to watch some light TV in your lobby? PDA.

Want to worship Jesus in chapel? Well, don't sit in the back. Why? PDA.

Softball field dugout? PDA. Commuter parking lot? PDA.

Want to pray or study? Be sure not to go to the McClurkan third floor classrooms. Why you ask? Oh, maybe because of PDA.

Wait, did we just list every common area on campus? Well, we did leave out the McKay me-

dia room, but no one really goes there anyways.

The fact is, PDA is very present on campus, and most of us are tired of it. You may or may not be aware, but those of us not hanging on our significant others also enjoy swinging once in awhile. Could you take a break from the many strategically placed swings around campus? Yes, we know you love your boyfriend, and you just want to show him, but please, please, please have some respect for the rest of us. We're starting to throw up over here.

Once sheltered, always sheltered

Trevecca leaves students no room to breathe

Editorial Staff

Many students who end up at Trevecca have been sheltered for most of their lives, and once they start their first year of school, their sheltered world doesn't really change.

The majority of students at Trevecca are Christians, many of whom grew up in a Nazarene home and community. They have been designated rules and regulations in order to keep them from being exposed to the "outside world." And just when these students are hoping to break out of their sheltered existence, they are given more and maybe the same rules they were given in high school.

In the eyes of the

students who were sheltered all their lives, college can seem to be the perfect place for them to break out of their shell and experience the world, regardless of the rules that are set for them to follow. Perhaps there's nothing wrong with having rules; they are meant to keep people from stepping outside of the designated boundaries. But by setting curfews, dorm policies and consumption rules, some students can begin to feel as if they're not fully trusted. After years of rules that they are faced with in high school, it seems unfair that students are still given the same rules in college, as if to say, "We know you're technically an adult now, but you're still a little lost without our rules."

Let's face it; rules

are basically just guidelines. Giving college students rules is not very effective. Some do follow them; but it's doubtful that the students who follow the rules would "break the rules" even if there were no rules to break. The students who have it in their heart to do what's wrong in Trevecca's eyes are probably not going to be stopped by rules that seem invisible to them.

At home, rules seem more visible. You're in your parents' house, under their jurisdiction. But when students get to Trevecca, it's like having hundreds of siblings, and students can feel a little overshadowed. Their parents aren't there twenty-four seven, asking where they've been and who they've been with. Instead,

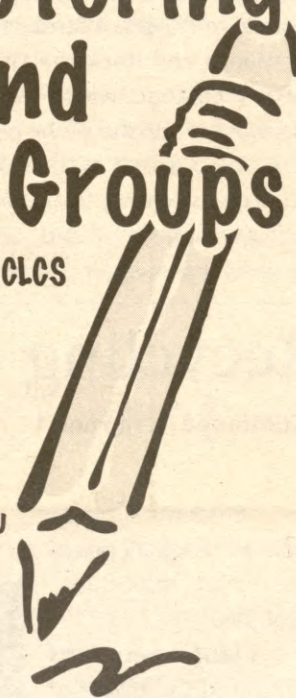
there are faculty members who are not going to question students about their whereabouts every time they see them.

Implementing rules is not going to stop students from doing what they want to do, but it is something that sets Christian schools apart from secular schools. At least having rules says that Trevecca does care for their students and wants to see them safe and healthy, serving God in everything they do. However, students don't always seem it that way; many see it as a suffocating way to be reminded that they're still children who need someone looking over their shoulder all the time, and it's just for that reason that many students break the rules in the first place.

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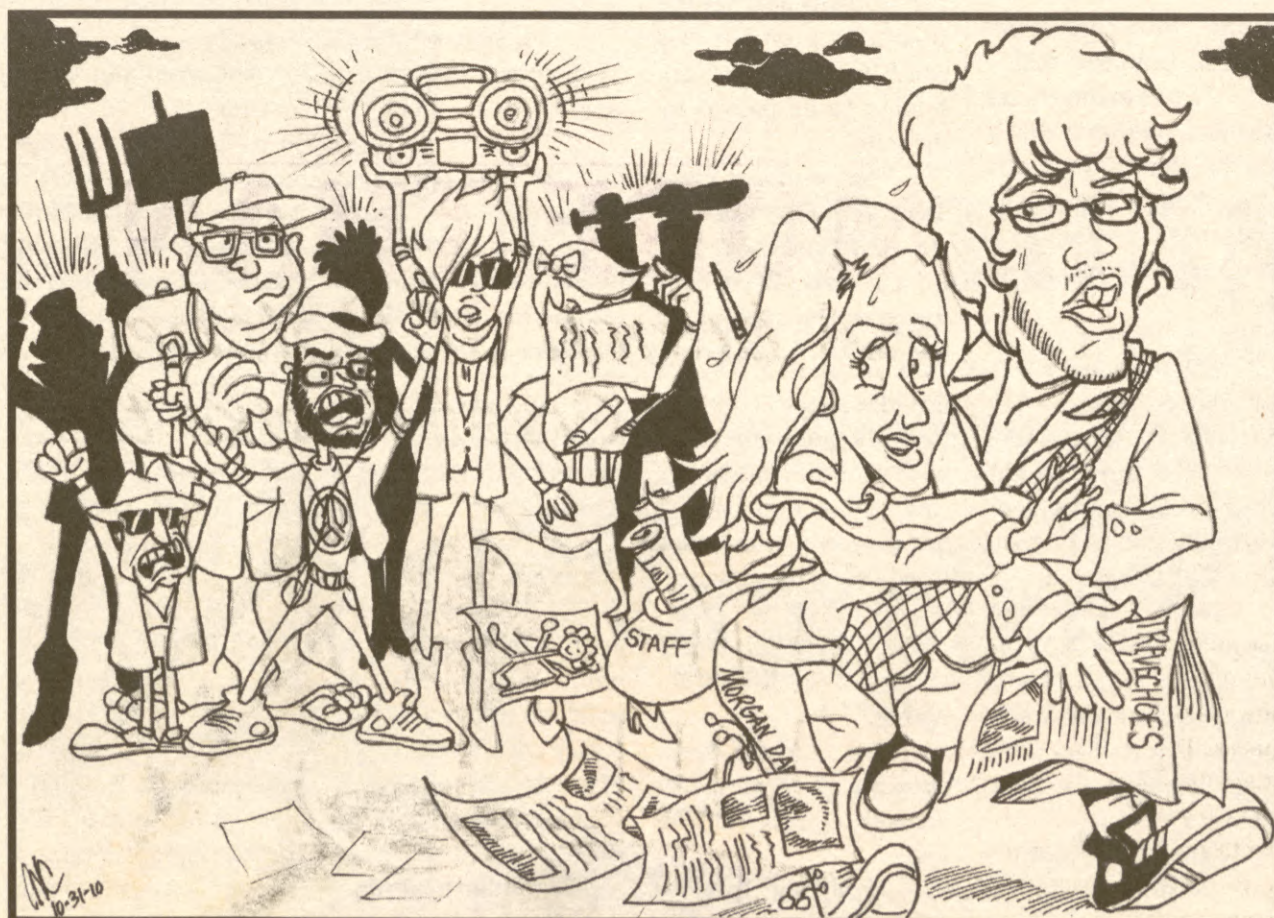
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Album Review: Sufjan Stevens

By Todd Osborne
Staff Writer

If you've read any reviews for Sufjan Stevens's album *The Age of Adz* (pronounced ah-dz), then you've probably already heard several things about it: the major musical departure, the inspiration and artwork by schizophrenic artist Royal Roberts, not to mention the fact that it is Stevens's first "real" album since the masterful *Illinois* album came out in 2005. In this review, I am not going to talk about any of that, really, as I want to highlight the things in this album that point to the work Stevens has already done, rather than look at his new album as

an anomalous collection of songs.

The first track might make you think that Stevens is up to his old tricks, but from the moment the second track "Too Much" starts, you will realize that this album is a whole new ball game, filled with industrial beats, boops, and loops, but still possessing the same whispery vocals that have drawn people to his music in the past. At nearly seven minutes long, this track proves to be the rule, not the exception, with most songs clocking in at five minutes long or over, including the epic album closer "Impossible Soul" which boasts a running time of over 25 minutes.

The track does not stop from beginning to end and is comprised of five different sections, an ap-



parent hold-over from Stevens's last work, the orchestral *BQE*.

The lyrics of the

album, though not as historically or Biblically oriented as previous efforts, still hold onto the same

principles as his other works (and with a track called "Vesuvius" and many references to God,

obviously some of his past work lingers). Although this is not another "states" album, he takes the lyrical techniques he perfected in songs like "John Wayne Gacy, Jr." and "Romulus" and makes something new. Rather than speaking of personal subjects in the context of other people's histories, Stevens speaks frankly and honestly about his hopes and struggles, comparing himself to the titular volcano in "Vesuvius," even going so far as to sing about himself in the third person: "Sufjan, the panic inside / follow the flame / or fall on the floor." It is this kind of openness that pervades *Adz* and shows what can happen when an extraordinary

lyricist points the pen directly at himself, with no gimmicks or mechanisms to get between.

The *Age of Adz* is different. It doesn't seem to fit into Stevens's already impressive catalogue of music, but it works. It is creative, imaginative and full of the kind of passion and life that have made Stevens such a power in the world of music. In the end, it is unlike any Sufjan Stevens album that has ever been heard before. And that, my friends, is a good thing.

Rating: 3.5 out of 4 stars!

Buy the whole album, but if you can't afford it buy "Impossible Soul," "Vesuvius" or "I Walked."

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.

Food Review: Pied Piper Creamery

By Emily Rowden
Staff Writer



I'm assuming the majority of you Nashvillians frequent Baja Burrito at least two times a week. There's no doubt in any true Treveccan's mind that if we had a resident restaurant mascot, it would be Baja and would immediately don a delicious looking burrito. Or maybe chips and queso.

All that to say, I'm not going to repeat to you how great their food is when you already know. Instead, I'm going to tell you about the perfect

after-Baja treat: Pied Piper Creamery.

The original Pied Piper, owned by Jenny Piper, opened in East Nashville in 2008. Luckily for our location, a second creamery recently opened in Berry Hill at 2816 Bransford Ave—right down the road from Baja.

What makes Pied Piper Creamery unique when compared to other ice cream shops is the originality of the flavors and the fact that Piper experiments with popular treats, adds her own personal touch, and then transforms them into frozen treats. In the case of every single ice cream, Piper doesn't skimp on inventiveness or character and—almost more importantly—each ice cream's name.

Some flavors include: Cop Stop (coffee ice

cream with assorted donut pieces), Eh What's Up Doc? (Carrot Cake), and Lady Goo-Goo (chocolate with chopped Goo-Goo clusters, marshmallows, and pecans).

My personal favorite is half a scoop of the Chai Curious (spiced chai tea) and half a scoop of The Nutellin (chocolate with a swirl of...you guessed it, Nutella). All of this can be yours for the price of \$3.

In the Berry Hill location, inside seating is minimal to nonexistent. If you're willing to sit outside, though, there are picnic tables and patio chairs available, first come first serve.

What about the cold weather, though? Well, in my opinion, it's never too cold for ice cream. Check out Pied Piper Creamery Monday-Saturday, 12-6pm and Sunday, 1-5.

Counseling Corner: Masks



By Amanda Grieme Daly
Contributor

Halloween is the time of masks. Little kids love to dress up as characters, and at times adults do as well. There is something quite magical about dressing up as someone else, slipping into character and being in a different role for a night. But now that Halloween is over, I wonder, do we also do this throughout the year?

Living in authenticity is truly a difficult task. I think sometimes we like to hide behind masks in order to keep people from seeing who we really are. Some of the masks that seem to be quite common are the mask of perfection, the mask of relationship, and the mask of cheers and smiles.

The mask of perfection is a tricky one because within our community we like to see people do well. Earning good grades, having it all together, attending church, volunteering, excelling in an extra-curricular activity, and having great friends: who wouldn't want that? These

all seem like good things unless there is a high demand for perfection and no room for grace. Leaving the mask of perfection behind would allow us room to be authentic and real... and sharing our struggles with those we love.

At first glimpse, relationship may not seem to be a mask. The way that I've seen relationship as a mask is when we rush from relationship to relationship and find our identities in being someone's significant other. This type of mask wearing can lead to early marriages or quick engagements. Although marriage and relationship are both beautiful things, being single and relishing in the beauty of who God created you to be (as an individual) can be quite fulfilling.

And finally we have the mask of cheers and smiles. This is a mask that I'm personally fond of because it is so comfortable to hide behind. Typically people who wear this mask do not like others to know when they are struggling with something. They feel called to love others and don't always prioritize receiving love from those who are close to them. The challenge is to leave this mask in the dust and pursue authentic relationships that include all emotions throughout the ups and downs of life.

These are just three quick examples of common masks I've seen. I challenge you to consider what mask you wear on a daily basis. Once you've identified this mask, consider taking it off when you are around those you trust and love. Let the authentic journey begin!

MORE THAN...
A bunch of Boloney
Great Franks too!



HOMEcoming



1969

*Left: Teresa Johnson Hodge,
graduating class of 1970
Trevecca's first homecoming
queen*

1974

In 1969, Trevecca experienced its very first Homecoming, embarking on a tradition that would bring home Trevecca alumni for years to come.

Amongst this new tradition was also the acknowledgement of one exceptional young lady that exemplified Christian qualities among the student body.

Teresa Johnson Hodge, who was also senior class president at the time, was voted as Trevecca's very first Homecoming queen.

Hodge, who now sits on Trevecca's Board of Trustees, graduated with a bachelor's degree in education. She has since dedicated her life to the education field.

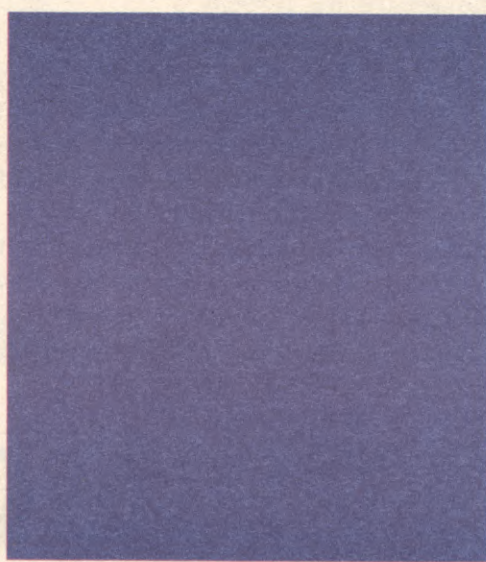


Kings and Queens throughout the decades

This year's homecoming theme is "Once Upon a Time." Once upon a time, Trevecca had many homecoming kings and queens. Here are just a few.

*Above: Vickie Wonders Foltz,
graduating class of 1975*

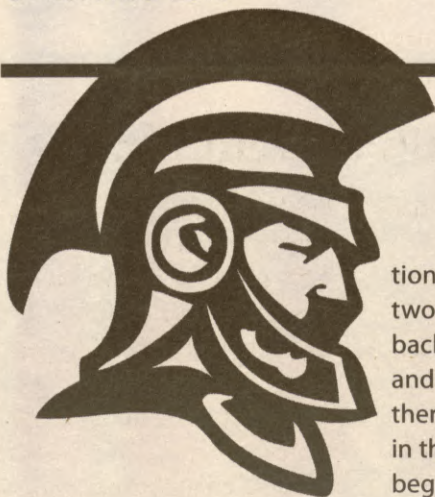
1979



*Above: Becky Rowan Waynick,
graduating class of 1980*

*Left: Jeanna Skinner Brightwell,
graduating class of 1985*

1984



Women's basketball team shoots for success, strength in height

By Tyler Whetstone
Staff Writer

Head Coach Gary Van Atta is a perfect five for five. In each of Van Atta's first five years, the Lady Trojan basketball team has earned an entrance into the NAIA national tournament.

In each of the last 11 years, the Lady Trojans have managed to reach the tournament. This consistency goes hand in hand with 20 win seasons.

Van Atta said he could not remember the last time this record was not met.

Three years removed from a runner-up finish in the NAIA national tournament, Van Atta and the Lady Trojans look to make this year number 12 in a row.

The Lady Trojans return nine players to a team that finished 22-11 last year and was ousted in the NAIA Round of 16. They are ranked No. 14 in the na-

tion to begin the year, behind two TranSouth teams, back-to-back national champion Union and Freed-Hardeman. In total, there are four TranSouth teams in the NAIA Preseason Top 25 to begin the year.

The TranSouth Conference has consistently been the toughest conference in the NAIA. For the past six years, the TranSouth has either won the national championship or finished second.

"We know we have to bring it every night. Every single night is going to be one of the toughest teams all year," K.C. Van Atta, senior said.

In order for the Lady Trojans to make it 12 in a row, they must take advantage of strengths and move past their weaknesses.

K.C. Van Atta, a previous NAIA All-American Honorable

Mention, is the lone senior on a team that dresses out just five upperclassmen. The Lady Trojans will have to rely on the experience of K.C. and her more experienced teammates to accomplish all that Coach Van Atta

by tournament time we need to be battle tested."

The Lady Trojans may be young, but they do have height. Height gives teams a presence on the offensive and defensive end of the court. It wins re

Division I national championship the last two years and have racked up a record of 78 straight wins. They have five women listed as 6-foot or taller on their 2010-2011 roster.

The Lady Trojans have seven.

"We're going to be intimidating," Coach Van Atta said.

When the extra inches aren't enough, Coach Van Atta can rely on fresh legs.

"[We will have] success by our numbers and depth. We can go deep into our bench and not lose quality and performance on the floor," said Van Atta.

This becomes important at the end of the game.

Last season the Lady Trojans dropped five games by less than seven points. Five games better is the difference from a tie in second (where they finished) to an out right second place spot.

"We have the chance for it to be a special year and we haven't even played our first game yet," Coach Van Atta said.

The Lady Trojans first game is homecoming weekend, November 6 against Mount Vernon Nazarene University.



The 2010 Lady Trojans scrimmage in preparation for their upcoming season. (Photo by Alyssa Valletta)

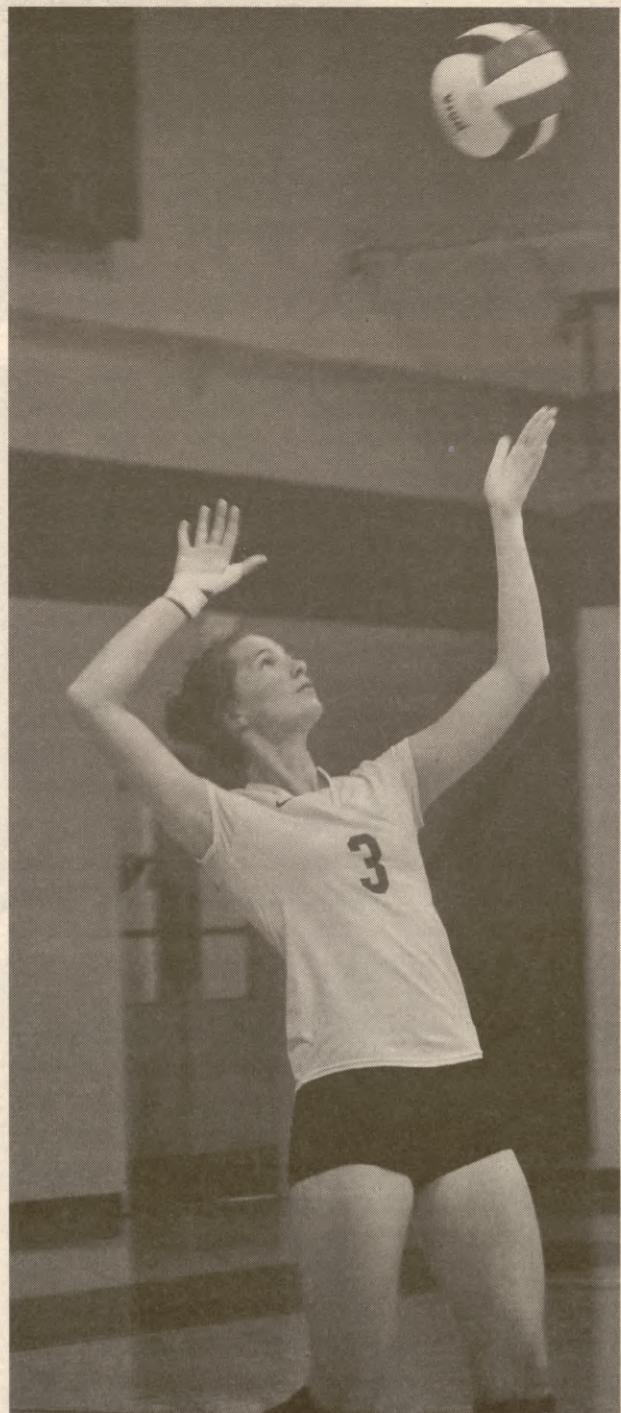
has set in front of them.

"That's the question, can they grow up quick? If they can, we have a good chance to surprise some people," Coach Van Atta said. "To be successful we have to grow up quickly. By that, I mean not wins and losses, but

bounding battles, and frees up open shooters on offense.

Just how big are the Lady Trojans?

Consider this. The Lady Huskies of the University of Connecticut have won the NCAA



Junior Halley Wiggins serves the ball during a volleyball match in Moore Gym. The Lady Trojan's will play in the TranSouth Conference Tournament starting Nov. 8. (Photo by Alyssa Valletta)



Freshman Mackenzie Cox (L) and senior Aubree Thomas (Center) defend against a Martin Methodist player. The Lady Trojan's ended the season with a record of 4-11-2. (Photo by Alyssa Valletta)



Senior Phillip Walker (R) goes airborne attempting to score a goal against Martin Methodist. The Trojans finished the season 5-10-1. (Courtesy of Trevecca Athletic Department)

Get to know an athlete

By Tyler Whetstone
Staff Writer

Chelsey Taylor, redshirted junior from Baxter, TN, begins her fourth year playing for the Lady Trojans basketball team. Taylor is an education major with plans to pursue a career with high school students and coach high school girls' basketball.

Like everyone on the Lady Trojans basketball team, her goals this year are to make it to the national tournament and to go home as national champions, but she knows not everything is about winning and losing.

"Obviously, the goal is to win the national championship, but [by] playing basketball in college, I've made friendships I'll always have," she said.



Q: If I'm not playing basketball, I'm probably...?

A: Usually watching some sort of sport or musical. Me and my roommate love Glee.

Q: Favorite pregame meal?

A: I don't like anything too heavy, [so] grilled cheese before a game.

Q: Favorite sport other than basketball?

A: I played volleyball in high school. It was a fun outlet.

Q: Gatorade or Powerade?

A: Powerade, I think it has better flavors.

Q: Athlete you admire?

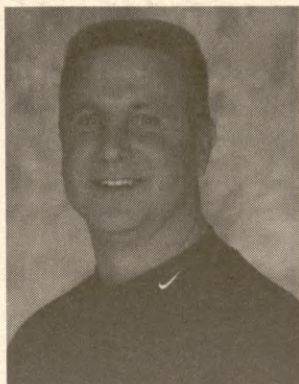
A: Emily Christian. She was four years older than me. [She played at] my high school, then Tennessee Tech, then overseas [to play basketball]. I was always compared to her as a child.

SPORTS

Coaches Corner

By Tyler Whetstone
Staff Writer

Women's basketball head coach Gary Van Atta is beginning his fifth season at the helm. Coach Sam Harris is entering his 18th season leading the Trojan men's basketball program, in which he was voted the 2005 TranSouth Coach of the Year. Harris graduated from Olivet Nazarene University where he started for the men's basketball team for three and half years.



Q: What's more exciting, playing or coaching?
A: I enjoy both phases. I enjoy the competition on the court. [As players] we have control of the outcome. [As coaches] the games are just the final product of what we've been practicing all week.

Q: How do you incorporate your faith into coaching?
A: I hope they see a consistency. What we're trying to communicate is this Christian faith is not just something to do on Sundays—that it's a lifestyle.

Q: Would you rather have 10 conference championships or one national title?
A: I'd say 10 conference championships. I'd rather establish consistency. Consistency can one day lead you to winning the national title.

Q: What has been your proudest moment?
A: For me, it's been the players that have left and seeing them involved in churches and having families. Those are the moments I enjoy most. It's rewarding.

Q: Who is your favorite coach of all time?
A: Wooden obviously. [But my favorite] is someone who puts his players ahead of his agenda. His team has the mindset that they can't let [their] teammates fail. [He] gets more out of [his] players than they thought they could.

TREVECCA HOME GAME SCHEDULE

MEN'S BASKETBALL:

November			
6	5pm	Michigan-Dearborn	MOORE GYM
12	8pm	Cincinnati Christian University	MOORE GYM
13	6pm	University of the Cumberlands	MOORE GYM

December			
11	4pm	Fisk University	MOORE GYM

WOMEN'S BASKETBALL:

November			
6	7pm	Mount Vernon Nazarene University	MOORE GYM
12	6pm	TBA	MOORE GYM
13	4pm	Avila University	MOORE GYM

Trevecca men's basketball team soon to begin season

By Tyler Whetstone
Staff Writer

Last season brought in one of the largest recruiting classes in years for Trojan basketball coach Sam Harris. Nine freshmen were named on the Trojans roster, and Harris played them throughout the year, ready or not.

"They were thrown in the fire early," Harris said of his now sophomore class.

Harris still has a young team this year, but can lean on the fact that he has 11 returning players, many of whom received sufficient amounts of playing time last year when the Trojans played their way to a 21-10 record.

One person not coming back, however, is graduated sharpshooter Matthew Elliot. Elliot led the Trojans in points per game a year ago and was named NAIA Honorable Mention All-American. He finished his career 20th on the all-time scoring list with 1,263 points.

However, last year didn't end the way Harris and the Trojans drew it up. While they were often overlooked in the TranSouth Conference because of their inexperience, they finished the season only a few wins

shy of qualifying for the national tournament.

This year finds the Trojans in a similar spot to start the season.

The Trojans have two seniors, Jeremy Dixon and Camden Jordan, and four juniors. The remaining 14 roster spots are filled with underclassmen.

"It's not necessarily the other players seeing me as [one of] the oldest, but it's more of me having experience that I can pass down to our underclassmen," Dixon said.

They're led by a strong scorer. Last year it was Elliot, this year it's Mike France, junior. France has been placed on the short list for the TranSouth Player of the Year for his 17.1 points per game last year, second on the team only to Elliot.

Fortunately for France, he won't be the only scorer. The Trojans also return four of the five players to average double figures for the year, and 79.3 percent of the total points scored last year were scored by returning players.

They are undersized. The Trojans were out-rebounded by an average of 3.7 rebounds per game, rebounds that could've been turned into easy points in the 6 games they

lost by fewer than 11 points. The Trojans return two 6-foot 8-inch post players--JP Nyadaro and Pascal Permis, sophomores, both of whom now have a year under their belts.

"Rebounding is the most important thing in basketball. Second chance opportunities [on defense] really killed us last year," Nyadaro said.

They also can't afford to be injured. The young bench can only be stretched so far.

"Staying healthy is key. We're deep enough [on the bench] to cover one or two games [with injuries], but not seven," Harris said.

The Trojans open the season with two NCAA Division I schools in Tennessee State and Libscomb, both away, before they return to Moore Gymnasium for Homecoming and Michigan-Dearborn University November 6.

They will also host the Trevecca Classic Tournament November 12 and 13 and will only have one more home game this semester with Fisk University on December 11.

Junior Joey Bradley swings his way into top ranks

By Tyler Whetstone
Staff Writer

Great athletes take hold of the moments they are given. They are able to hone in to what most would call "the zone." For basketball players, it's the ability to zone out the crowd noise at the free throw line. For baseball players, it's zoning in on the pitch with runners on.

For junior golfer Joey Bradley, it's much simpler than that.

"Just make it," he said of his winning par putt in a playoff in the North Alabama Fall Invitational October 11 and 12. "[You] don't want to think about anything else."

Bradley, 21 from Centerville, TN, rarely does. It's golf, and nothing but. More than 300 days a year, Bradley is out swinging his clubs.

The faithful practice pays off for the sports management major. As of October 16, Bradley was leading all collegian golfers in par five scoring average. Not just NAIA, but the entire country.

It did not start so easily for Bradley, however. He was cut from his sixth grade golf team. By eighth grade, he dedicated himself to golf and he took off from there.

"[Starting in] eighth

grade I was really serious about golf, I literally [practiced] every day," Bradley said.

Bradley thankfully credits his father, John, for the success he has been able to have in college.

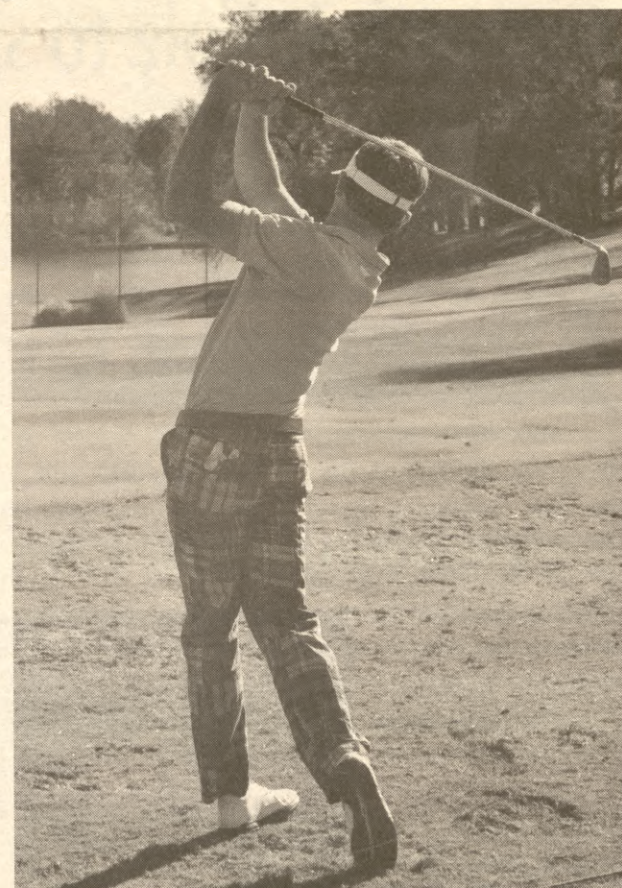
"I never had to push him. He has pushed himself for the last seven or eight years to make himself a better golfer," John Bradley said.

Because of Bradley's success, his goals have been set on playing professional golf. The fact that this dream is in the cards for the future is great, Bradley said, but there is plenty of golf still left to be played.

In the meantime, Bradley faces a crisis of sorts. He, like all junior athletes, is facing the reality of Trevecca's attempt at becoming an NCAA Division II school. Division II isn't a bad idea in itself, except for the fine print.

Trevecca is currently in the process of appealing an NAIA ruling that would ban all sports from postseason play next year. If waived, the NCAA has a one to two year ban for all entry schools on postseason play.

Either way, baring a drastic turn of events, Bradley and all other junior athletes will not be able to



Joey Bradley practicing his swing. (Photo by Alyssa Valletta)

display their skills and talents at the national level.

Simply put: If Bradley wants to show what he has at the national level, and to scouts and sponsors, he must do it this year. Next year is not guaranteed.

"The fact that this could be my last year [of postseason play]...it's extreme motivation," Bradley said.

This places all the pressure on Bradley and the other seven golfers to

make this year the very best.

"It's something we all want to do, [to go to the national tournament]. This is the best chance the school's ever had," Bradley said.

Until the spring, when the TranSouth will have their tournament and Bradley's fate will be decided, it's still just one putt at a time. He doesn't want to think about anything else.

RELIGION

Croatia team moving forward, adjusting and learning everyday

By Dana Franchetti
Contributor

The team of students who left for Croatia at the end of the summer has been there for almost two months now. Since their arrival, the team has been shown "amazing hospitality" by the people they have met while getting settled in and learning how to navigate the city.

The last several weeks, the team has been in a constant state of learning—learning how to live

in a new city and a new country, as well as learning a new culture and a new language. Learning how to be a learner is a challenge that complicates the simplest tasks from shopping for groceries to ordering food at a restaurant.

The team has also been making connections with the area's local churches, nonprofits and other ministries to find out what is already being done and why. They are building friendships in the community and getting involved in various ways. Jerry Ro-

masco, now the only man on the team, has joined an ultimate Frisbee team and the women are teaching English at a nonprofit organization called Women's Room, which is a safe house for abused women.

In order to make life a little bit easier the team has started taking language classes at a nearby church. "Learning the language is a slow and difficult process but we are learning a little bit everyday," Hope Brock said.

Recently, one of the team members made

the decision that he needed to return home. Michael Hendricks returned to the United States on Tuesday October 26.

"I want to assure everyone that everything is okay, nothing bad happened to initiate this decision...Leaving the country of Croatia, the team, and the amazing people of this country was one of the most difficult decisions I've ever made in my life. Again, I thank all of you for your prayers and support, and will now join with you as we continue our sup-

port for the Croatia team," Hendricks said in a post on the Team's blog.

But the rest of the team seems to be adjusting well and are taking Hendricks's absence as a lesson of their own.

"In the midst of all these lessons, some of which just started this past week, we also learned one of the most invaluable things to all of us: the gift of each other. Throughout all this learning we've obviously had success, failed miserably, laughed and even cried. And all of

that would be really overwhelming if it wasn't for the reality of togetherness. In the midst of knowing our need for God, we didn't fully recognize our need for each other, our community," Emily Humble said.

The team will continue to get involved in various ways throughout the city as originally planned, and as they do so they will continue to learn what it looks like to be the church in Croatia and what it looks like to build community where they are.



Emily Humble (L) and Hope Brock (R) at Plitvicka Jezera National Park in Croatia. (Courtesy of Croatia team)



Brittany Argabright in the city. (Courtesy of Croatia team)



Jerry Romasco at Plitvicka Jezera National Park. (Courtesy of Croatia team)

Author Eric Volz to speak on campus Nov. 9

By Katie Schimmelpfennig
Staff Writer

Eric Volz was falsely convicted of rape and murder by the Nicaragua government in 2007.

"I was kidnapped by the Nicaragua government," Volz said.

Volz will be speaking in Benson Auditorium on Tuesday, Nov. 9 at 3 p.m. He will share his story by shining a light on the potential danger of living abroad and the realization that people can be falsely convicted of crimes.

Nicaragua was a com-

munist country in the eighties; however, in 2005—when Volz moved there—it was a very peaceful nation and American friendly. But in 2006, the former communist leader was elected as president and he changed the national policies.

Nicaraguan government illegally put Volz in jail for a maximum sentencing of 30 years, even with 10 witnesses and no physical evidence linking him to the crime scene.

His story gained international news media atten-

tion.

With the continuous work of people in the United States and his mom, Volz was freed and returned to America after a year in prison.

Nicaragua is still illegally trying to arrest him again.

During his time in the Nicaragua jail, when he faced the reality of life, he asked himself: what happens when he dies? Volz then began attending a Bible study organized by a fellow prisoner.

Volz wrote a book after his experience titled *Gingo Nightmare: A Young American*

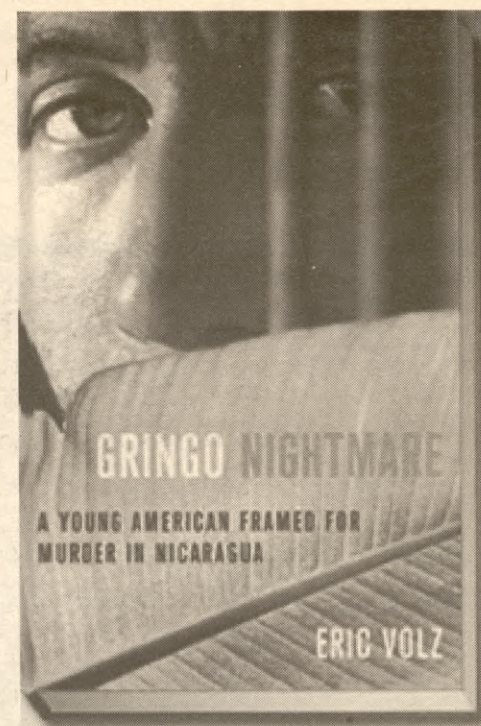
Framed for Murder in Nicaragua.

"I learned what was important in life," Volz said, and he will not be returning to Nicaragua.

All students are encouraged to attend, and it's open to anyone.

"I really hope people come, I've had him speak in classes before. He's young and people can relate; he is just wonderful," said Laurie Woods, director of criminal justice program.

For more information, go to friendsofericvolz.com.



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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 18), 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 conflicting weather season, some inside and some outside.

Hillsboro Village Art Walk

Check out stores like All Fired Up, Provence, and A Thousand Faces to see this month's art. Stores will indicate if they are participating by placing a balloon outside. Snacks and drinks often provided.

Where: Hillsboro Village

When: First Thursday of every month (November 4)

Price: Free Admission

Nashville Farmer's Market

Where: 900 Rosa Parks Blvd - across from Bicentennial Mall

When: Open everyday, 8 a.m. - 5 p.m.

Price: Free Admission. Fruits, vegetables, breads and other goods appropriately priced.

Big Turkey Book Sale

Where: Yeoman's in the Fork at 4216 Old Hillsboro Rd. Franklin, TN

When: November 20 from 10 a.m. - 4 p.m.

Price: Prices ranging from \$1 to \$5 per book

Birth of Impressionism

Where: Frist Center for the Visual Arts

When: Now to January 23

Where: Centennial Park Event Shelter

Price: \$15 tickets including admission into the Chihuly exhibit. Free on College Night



'Singin' in the Rain' premieres

By Abby Petrunak
Staff Writer

The lights. The Cameras. The fabulous song and dance. "Singin' in the Rain" at Trevecca promises to delight anyone and everyone.

Based on the famous movie with the same title, Trevecca's



fall production of "Singin' in the Rain" is filled with everything that delighted audiences for years from the movie. There are stunning tap dances, fabulous songs, and lots of humor to keep the play moving at a rapid and smooth pace.

The story of "Singin' in the Rain" is about the famous silent film stars named Don Lockmond and Lina Lamont, fresh from their movie that re-

ly premiered. Don Lockmond accidentally meets Miss Kathy Seldon, a young actress who happens to be quite beautiful. When the arrival of talking motion pictures arrives, it threatens Lamont and Lockmond's careers... until a brilliant idea: make the most recent show into a talking picture! And not just any talking picture... a musical. There's just one small problem...Lina Lamont's voice.

Full of romance, dances, and comedy, you'll want to be sure to see "Singin' in the Rain." Show times are Oct. 28-30 at 7 p.m., and Nov. 4 at 7 p.m., Nov. 5 at 9 p.m., and Nov. 6 at 3 p.m. and 7 p.m.

MORE THAN... Pork Bar-B-Que Outrageous Chicken too!



Cadillac Sky headlines at Trevecca; lead singer says goodbye

By Hayley Knowles
Design Editor

Cadillac Sky recently headlined a performance at Trevecca, one of their last shows with their lead singer Bryan Simpson.

Alongside them were The Fleamarketters and The Vespers, who opened the concert that was held in the Quad.

Simpson put the band together after meeting Matt Menefee (banjo, piano, drums) and through divine intervention ran into everyone else at the perfect time.

"God had a huge hand in putting us together," said Simpson.

The band's name was created by Simpson while the group was throwing out ideas about what to call themselves.

"I was driving through

Amarillo and came across a place called Cadillac Ranch, and there were cars in a line that looked as if they had fallen face forward from the sky. I guess it was

O'Bryan, Ricky Skaggs and Bob Dylan, the band describes themselves as falling into a mixed genre of music.

"I guess sort of like folk



Cadillac Sky participating in a night of folk music on Trevecca's quad. (Photos by Allis Kersten)

supposed to be art? But I just thought to myself, Cadillac sky," said Simpson.

Inspired by artists like Tim

music meets rock with blue grass sensibilities," said Simpson. "I just pray that it's interesting."



in the process of transitioning between lead singers, as Simpson felt his life was heading in a separate direction.

"I want to be more mobile in my faith" said Simpson. "My future plans are to inspire people to know Jesus." Simpson believes that music is still in his future, despite making the decision to leave the band.

Levi Lowry will be taking over

as the band's new lead singer, as they continue on in an unpredictable direction staying "song centric."

Simpson has appreciated the opportunity to play for his fans and for the musical levity.

"I was surprised of the love and affection," said Simpson.

Their favorite song to play, "Trapped Under the Ice," off their new album, *Letters in the Deep*, was the opening song they performed in the Quad.

Despite the work and dedication put into the band by Simpson, they are currently

ADVERTISEMENTS



Above: The Vespers, who opened for Cadillac Sky, played in the quad for a night time concert. (Photo by Alyssa Valletta)

Below: Students dance and sing in this years fall musical, "Singin' in the Rain." (Photo by Allis Kersten)



Below: Point of Grace performing in chapel. (Photo by Alyssa Valletta)



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