

FEATURE

Students find a variety of ways to study abroad, 6



ENTERTAINMENT

New band begins first tour with Jimmy Needham and Rush of Fools, 11

TREVECCA NAZARENE UNIVERSITY

TrevEchoes

Student Newspaper

September 2011

Since 1944

Twenty-nine open apartment hours to come Oct. 14

By Katie Schimmelpfennig
Editor-in-Chief

Trevecca students who live in apartments on campus can have members of the opposite sex over 11 more hours a week, starting Oct. 14.

The university's top administrators approved a new policy last week that will move Trevecca closer to policies of other Nazarene schools. The remainder of fall semester will be a trial period for this new policy.

Right now, men and women can visit in the same apartment on Fridays and Saturdays from 5 p.m. to 12 a.m. and on Sundays from 8 p.m. to 12 a.m., with one additional guest pass available each month for each resident, if approved by his or her resident assistant.

Beginning Oct. 14, apartments, which house junior and senior students, will begin a trial phase of the new policy. The new policy is a bi-weekly rotation for visitation of the opposite sex on Mondays and Wednesdays from 6 p.m. to 11 p.m. one week, and then, Tuesdays and Thursdays from 6 p.m. to 11 p.m. the next week. Every week the apartments will be open on Fridays from 6 p.m. to 12 a.m., Saturdays from 6 p.m. to 12 a.m. and Sundays 1 p.m. to 4 p.m. and 8 p.m. to 12 a.m.

Student development will begin a research phase to see if the new policy is best, said Steve Harris, dean of student development. Before expanding the open apartment hours to five days a week, there will be an apartment survey and mandatory meeting.

"This is a trial to see if it's in the best interest for everyone,"

Harris said.

During Christmas break, student development will assess the trial phase and determine what is in the best interest of all students.

Student leaders proposed a new policy after learning about other Nazarene schools' policies. After a lot of work, students made their own proposal.

President Dan Boone said, "We felt like it went through a good process... and wanted to honor the good work that went into it."

Harris said, "I appreciate all the work students put into this."

Each year students elect fellow students to represent them in student government association. Students expect social events, like paint wars, and Moore Maniac t-shirts to wear to basketball games, but SGA is also charged with representing student body concerns to the administration about policies and procedures on campus.

Student leaders said students wanted more hours and created the latest policy in February.

"When I ran [for ASB president], I knew I wanted to work on the open apartment policy during my year of service... It was one of my main goals," said Jalaine Weller Lindsley, 2010-2011 associated student body president.

In order to change this policy, first an ad-hoc committee made a proposal, then SGA approved it, and then it passed the student life council, which is made up of two students and five faculty/administrators.

Finally the president's cabinet, or the university's top administrator, approved it. See OPEN APARTMENTS, page 3

New Policy

Bi-weekly rotation:

Mon & Wed 6p-11p

Tue & Thurs 6p-11p

Every week:

Fri 6p-12a

Sat 6p-12a

Sun 1p-4p & 8p-12a

Current Policy

Fri & Sat 5p-12a

Sun 8p-12a

Source: Steve Harris, dean of student development



Nathan Brenneman and Courtney Gilmore find creative ways to spend time together. (Photo by Dana Franchetti)

What's everyone else doing?

ENC

Monday—Saturday 7 p.m. to 11 p.m.

MNU

Monday, Wednesday, Thursday 5 p.m. to 11 p.m.

Friday—Saturday 5 p.m. to 12 a.m.

MVNU

Sunday—Thursday 6 p.m. to 12 a.m.

Friday and Saturday 6 p.m. to 1:30 a.m.

NNU

Jr. apartments: Seven days a week: 12 p.m. to 12 a.m.

Sr. apartments: Seven days a week: 9 a.m. to 1 a.m.

ONU

Freshman apartments: Thursday 7 p.m. to 11 p.m.

Qualified apartments: Tuesday—Saturday 5 p.m. to 11 p.m.

Sunday 1 p.m. to 6 p.m.

Honors apartments: Tuesday, Thursday, Friday and Saturday 5 p.m. to 11 p.m., Sunday 1 p.m. to 6 p.m.

PLNU

Sunday—Thursday 9 a.m. to 12 a.m.

Friday and Saturday 9 a.m. to 1 a.m.

SNU

Seven days a week: 7 a.m. to 1 a.m.

Source: individual school's student development

Began meetings with committee to make proposal

SGA voted and approved proposal

Student life council required revisions

SGA made required revisions

Student life council proposed, SGA and president's cabinet approved

February

March

April

May

September

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NCAA takes a closer look at TNU

By Tyler Whetstone
Sports Editor

After 18 months of talking, planning, phone calls and meetings, on July 11 the National Collegiate Athletic Association announced that Trevecca had been selected to begin the process of becoming a NCAA DII university.

The NAIA logo on the Moore Gymnasium floor has been sanded off after 43 years.

Trevecca is moving on.

2011-2012 starts Trevecca's book is a "legal pad." Rules exist with the NAIA, and they are enforced. But it was not uncommon for them to be broken by member schools and have lines crossed by their athletes. Eligibility and recruiting rules will now be examined with a magnifying glass. There will not be one line that is not looked at by the NCAA.

The NCAA is the principal you were afraid of in elementary school. It is ruled with an iron fist. The first thing to note about the NCAA is its consistency in making all members follow its rules.

The NCAA DII rulebook is a phone book stocked full with the do's and don'ts of a college athlete and a collegiate program.

In comparison, the NAIA's rule-

In order to comply with the NCAA and its many rules, Trevecca had to hire an entirely new position to the See NCAA DII, page 9

University bookstore is outsourced

By Alex Hall
Contributor

The start of a new school year at Trevecca is also the start for the new bookstore where students now have the option to rent textbooks and charge books to their student accounts.

The new bookstore, which is now owned by Tree of Life, a Christian bookstore based out of Marion, IN, focuses on what students want.

To compete with online retailers, the rental prices of books adjust to Amazon, a popular online book retailer, Brett Blum, bookstore manager said. At the beginning of the semester, ten average prices of books are taken off Amazon and the rental price is set 10 percent below, Blum said.

For junior Lauren Johnson, renting textbooks saved her a lot of time.

"I could have spent the time to look online to find a good deal, but renting textbooks just seemed better," Johnson said.

Sophomore JR Smith rented 11 books from Trevecca's bookstore. Last semester, he bought all his

books online, but after he heard about the book rentals, it looked better because of the option to keep a new book at the used price at the end of the semester, he said.

percent were rentals, he said.

Not all students are on board with the new rental program, however.

Senior Kate-lyn Fennell bought her books online through different retailers.

"It's a lot cheaper to buy online. I use a bunch of different sites," Fennell said.

Not only have book purchasing options changed, but Trevecca clothing has also changed in the bookstore.

Tree of Life has listened to Trevecca students and incorporated more purple clothing than has been available in previous years. The brands also changing. Some of the brands used by the bookstore include Puma, Under Armour and Nike, Blum said.

"We've just tried to modernize the product," Blum said.

Students agree and are happily surprised by the quality and colors of the new clothing.

The appearance of the bookstore is soon to be changing also. Students can expect a new paint job and lounge area, Blum said.



New clothing options in the bookstore (Photo by Kaylee Harrell)

When students return rented books to the bookstore at the end of the semester, they have the option to purchase the book for the used price, Blum said. Rentals can be either new or used books.

"I really like the option to buy back the book at the used price, if I like the book," Smith said.

During the rush period between the week before school starts and two weeks into the semester, students purchased approximately 3,300 books. Sixty

Textbook:
The Heritage of World Civilizations
TNU Bookstore:
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Used: \$77
Used rental: \$51.99

Amazon:
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Best Used: \$18.99 plus shipping

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Campus renovations continue into this semester

By Amy Taylor
Assistant Editor

Over the summer, there were many renovations done to Trevecca's campus, and some of those renovations are still in the completion process.

Most of the renovations are standard procedural issues.

"It's all pretty much maintenance," said David Caldwell, executive vice president of administration and finance.

The McClurkin building is undergoing some much-needed, major renovations.

The building was built in the '40s by students to pay for part of their tuition. Much of the construction of the building had not been changed since then, and the building was in "desperate need of refurbishing," Phil Slate, superintendant of the project, said.

The bottom floor has been gutted, and the auditorium is being refurbished. A large classroom will replace the stadium seating, Slate said.

There will also be more office space on the third floor, and there will be new restrooms throughout, Slate said.

Instead of having stairs on the inside of the building, there will be an elevator on the north side and a stair tower on the outside of the building on

Renovations continue in Moore Gymnasium (photos by Amy Taylor)



the north and south sides, he said.

Some other major changes have happened on campus. Plant operations has been moved, and the building is now being used for the art and communications department, Caldwell said.

There are two permanent classrooms in the old plant ops building that are being used by the art department. There is also plenty of new video, edit-

Caldwell said he "strongly encourages healthy students to use the steps and leave the elevator for people who really need it."

ing and film equipment for the communications department, and a radio control room has been added as well, Caldwell said.

Also, there is a new lab in the Greathouse Science Building, and an elevator has been added, too, he said.

However, Caldwell said he "strongly encourages healthy students to use the steps and leave the elevator for people who really need it."

The Greathouse roof is also under repair. "It's one of those expensive maintenance things" that have to be done every 20-30 years, Caldwell said.

The windows in Wakefield are being replaced in order to keep humidity, which affects the pianos, under control, he said.

After the radio station moved out of the first floor of Tidwell, the religion department took over that space.

On the fourth floor of the Adams Administration Building, there is now a lounge for the graduate psychology students, Caldwell said.

This year's new \$100 per semester parking fee went toward the renovations of parking lots on campus, he said.

Because of the renovations to the parking lots on campus, about 10 percent more parking spaces are now available, Caldwell said.

There is a

new parking lot behind the Moore Gymnasium, and other parking lots have been renovated, too. The Georgia, Bush, Shingler and Redford parking lots were repaired over the summer, and Johnson

parking lot, behind the Adams building has been enhanced, too, Caldwell said.

Not only was parking expanded, but the landscaping is being redone, too, he said.

In the roundabout behind the Adams building, a 25-foot Red Oak Tree will be planted on Oct. 1 and other trees will be planted there, as well, Caldwell said.

All landscaping should be done by homecoming, he said.

There are also changes to the Moore Gymnasium and the surrounding areas.

New bleachers are available in the gym. The lower level seating from the '60s was replaced by new, more comfortable contoured seats, Caldwell said.

The floor in the gym has been stripped and cleaned behind the bleachers, and the whole floor has been redone, Caldwell said.

There were supposed to be new tennis courts also funded by the new student parking fee, "but that got snagged with permit problems," he said. The problems are "classic government zoning issues."

Administration is hoping to have that figured out by the end of September, Caldwell said.

Administration also wanted to replace the temporary restroom facilities on the sports fields. However, administration is also having permit problems with that.

There have also been changes in the student living quarters. Redford's and Shingler's kitchens have been gutted, and there are new dishwashers, cabinets, ceiling fans and light fixtures, Caldwell said.



In the next month, students can expect the stairwells in Greathouse to be renovated. The tread on the steps is from the '60s, and it can't be cleaned, Caldwell said. It's an expensive endeavor, but it needs to be done.

In January, there should be new outdoor athletic bathrooms for softball and baseball season, Caldwell said.

In that same month, the cadaver lab will be renovated, as well. It will be expanded and renovated, he said.

"I would say that the administration is excited [about all of the renovations]. We know that the changes are appealing to visitors as we hear positive comments. We're on campus year 'round so we find the changes enjoyable too," Caldwell said in an email.

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Higher student enrollment brings challenges and changes

By Katie O'Connell
Staff Writer

The freshman class of 2011-2012 is Trevecca's largest in over 15 years, with 269 students. With more students on campus, administration is assessing infrastructure needs and the students' affects on campus life.

Last year, Trevecca's 350 campaign, referring to the university's goal of reaching 350 freshmen, featured a major push by the Office of Admissions that helped bring up applications and enrollment. Attending the Nazarene Youth Conferences in Louisville, Kentucky this past summer helped enrollment.

"I think the department did really well. When I was at NYC, most schools were reporting they were going to be down. Only a few were going to increase their enrollment," said Holly Whitby, director of admissions.

As a result of these increasing numbers, more students are living on campus. University administration is looking to see how to address the issue of space because students are required to

live on campus until they are 23, unless they are living at home.

Although the number of freshman has increased, the goal of the number of students administration would like to see living on campus has not been met.

The university has an ultimate enrollment goal of 1,200 undergraduates, with 900 living on campus, said Steve Harris, associate provost and dean of student development. As of Sept. 1, 674 students were living on campus.

Soon, Trevecca administration will have to find different ways to meet students' housing needs.

Trevecca currently has 750 beds, and when those are filled, students will probably be moved to the University Terrace Apartments, which currently house faculty, married and graduate students.

In the meantime, though, more students living on campus means there are fewer private rooms and fewer opportunities for students to move rooms.

A positive side effect, however, is that the increased number of freshman means there will be more people attending events, but that also means that the places where students gather like the cafeteria and chapel are more crowded, as

well, said Ronda Lilienthal, associate dean of students for residential life.

Other issues include parking and class sizes. Instead of expanding parking lots, a parking garage will probably be built, although plans are not finalized, Harris said.

And to accommodate the higher enrollment, the average size of a LEAP group increased from 14 people to 16, said Tom Middendorf, associate director of the Center for Leadership, Calling, and Service. Middendorf also had to hire another mentor and seven more peer mentors for the LEAP groups.

Although the large class has just started school, recruitment efforts haven't slowed down. September through December is college fair season, Whitby said. The admissions office is expecting a boost in the next few years from the Nazarene Youth Conference this past summer and from recruitment opportunities at church camps.

For now, university officials will be monitoring numbers and working with the admissions office throughout the year to prepare for next year's students—however many there may be.

"I have a feeling next year's going to be a little different for us," said Lilienthal.

Social media in the spotlight of newest marketing campaign

By Katie O'Connell
Staff Writer

Two students are test-driving a new marketing campaign that they hope will connect current and prospective students to the Trevecca community.

The goal of the campaign is to aggregate photos, videos, blog posts and tweets by participants—or "cast members"—onto one Web site, treveccalive.com, which the marketing department hopes will be up and running by the end of the semester.

With a variety of content covering campus

Dillon Jones

InsideWantsOutBlog.tumblr.com

Trey Hunnicutt

DailyTrey.blogspot.com

Blogs also includes links to their Twitter, Youtube, etc.

events, coming from multiple students, the idea is to give prospective students a personal look at Trevecca, showing them campus life and chronicling events.

Sophomore Dillon Jones and freshman Trey Hunnicutt were both approached by faculty in the marketing department and asked to join based on their experience working in and using social media, they said.

"The cool thing is, being an upperclassman and a peer mentor, and Trey being a freshman from Nebraska—I'm local—it's two entirely different styles. I think that's the goal. Every student's going to have a different perspective, even when covering

the same event," said Jones, who started blogging over the summer.

Previously, Trevecca had partnered with the local FOX 17 channel to produce the "College Experience," a weekly five-minute segment that showed the lives of Trevecca students via videos they shot themselves.

However, the demographic watching the Fox show wasn't current or prospective students.

"Trevecca Live seems to be a better fit," said Trevor Lubiens, marketing coordinator.

Still, Trevecca Live is in a trial phase right now, Jones said.

"We're the guinea pig cast members," Jones said.

The students are getting used to covering events, and once the Web site is live, its success depends upon cast members generating enough content, getting the word out and the Web site receiving enough traffic to make it worthwhile.

The cast members' posts are also being posted on their own accounts and being aggregated through official Trevecca accounts on Facebook and Twitter.

"It definitely will connect to whatever I do, because social media has taken over so many aspects of many careers," said Hunnicutt.

Cast members under contract will receive a tablet with 4G service and a stipend, but those aren't the only benefits.

"It's almost like an internship. They get a chance to practice real world skills, prepare real world content and work with a real marketing agency," said Elizabeth Streight, online marketing coordinator.

Students interested in applying can email Elizabeth Streight at ESTreight@trevecca.edu for an application.

Open apartments

Continued from
page one

trators, must pass the proposal.

The proposed policy was a collaborative effort between SGA, the office of student development, resident directors, resident assistants and resident hall association members, Lindsley said.

Their hope was to have the new policy ready for the 2011-2012 school year, she said.

It took three meetings to "iron out a proposal," before seeking SGA approval and presenting it to the student life council, Lindsley said.

In February, SGA approved the proposed open apartment policy.

However, the student life council required revisions to weekend hours in the proposal in April and sent it back for SGA to work on.

"Our rationale [on sending the proposal back to SGA was] really good," said Johnna Hill, ASB vice-president and member of the student life council. "We're the most conservative school."

In May, SGA made and approved required revisions right before heading home for summer break.

Once students returned to campus, the student life council met again to revisit the open apartment policy proposal. They voted to approve a new one, sending it back to SGA with their desired revisions, on Sept. 9.

On Sept. 12, SGA approved the final proposal.

On Sept. 14 the president's cabinet approved the final proposal.

It all started Lindsley's sophomore year, 2008-2009,

while on SGA, she said.

Members talked about changing the policies after learning that every other Nazarene school had more hours of open visitation. Their first goal was changing the open dorm policy, which they did in the 2009-2010 school year.

"Ideally we wanted to do both, but it was too much. We needed to take small steps forward," Lindsley said.

The proposal offers many reasons for the change, including: to better accommodate athletes who are often traveling on the weekends, to increase the available space for Merge groups and to encourage eating in the cafeteria, because the open hours do not start until 6 p.m.

With the new policy, all previous rules remain. Three people must be in the apartment, blinds must be open, no opposite sexes in the bedrooms and RA's still perform rounds during open hours.

Additional guest passes would be eliminated.

The new policy with 29 hours, compared to 18 each week, is bi-weekly in rotations to allow for some off days and to not interfere with students who have night classes or conflicting work schedules.

Before the policy goes into effect residents must sign a new guest pass policy, to show understanding of the new hours. There will also be a mandatory meeting on Oct. 12. New policies will be posted in each apartment.

Harris was part of the new policy discussions from the start. He is a member of the student life council and the president's cabinet. He said he wants student to be honest in evaluating the new guest pass policy and to treat everyone with the golden rule.

"If students follow the golden rule, hopefully it should work well," Harris said.

So what's next?

Apartment Survey:

Sept. 26 - Oct. 7
Survey Monkey via email

Apartment Mandatory Meeting:

Oct. 12 at 9 p.m.
Boone Convocation Center

New Trial Begins

Oct. 14 - Dec. 4

Apartment Post-Survey:

Nov. 30 - Dec. 14
Survey Monkey via email

During Christmas break, student development will assess the results of the trial to determine a decision on expanding guest pass hours permanently.

Source: Steve Harris, dean of student development

Letter From the Editor



Welcome back to campus. I am so excited and honored to be the Editor-in-Chief of your student newspaper, *TrevEchoes*.

It's so great being back on campus and seeing everyone again. I just returned back to Trevecca after a semester in Washington, D.C. at the Washington Journalism Center, one of the Best Semester programs of the CCCU. It was an amazing experience that I will never forget and I feel it has shaped me into a reporter capable of editing a college paper (I'm very excited about our feature story Katie O'Connell wrote about study off-campus options--check it out. Pages 5&6).

Because of my Best Semester experience I'm determined to make this one even better, after all I keep seeing purple shirts that say, "best year ever." Thanks, student leaders.

This year look for a student newspaper that you are excited to pick up. We will continue with the same format and layout of last year, with news and editorial stories.

But this year, we will open up the opinion page to YOU. So write your letters to the editor (I, too, love getting mail in my mailbox). I want to know what you like and don't like. Also, we have a classified page (turn to the back cover after you finish my letter)! Let campus know you have a sofa for sale or wish your roommate a happy birthday.

I am very proud of my staff who helped make this paper possible. I hope you enjoy reading it as we enjoyed making it.

Sincerely,

Katie Schimmelpfennig
Editor-in-Chief

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Let's talk about... MONEY

In light of the calling Christ has placed on our lives, how are we, as disciples, responding to that call with our income, lifestyle and possessions?

Sunday September 25th 6p TSAC

Panelists to help start the conversation:
Daniel Burt - Optometrist, Castanos Community Member
Efrain Barreiro - Director of Operations of Ethos Polo International
Ed Anthony - Information Technology, Financial Stewardship Professor
Andy Watts - Christian Ethics Professor of Belmont University
Moderator: Brent McMillan - Philosophy and Theology Professor

Free snacks provided! Sponsored by BHA

Don't drive to chapel: It's lame

Editorial Staff

It's Tuesday morning. Chapel starts in ten minutes, and you have to decide upon your mode of transportation.

Like many students on campus, you decide to drive.

It's not uncommon to be walking to and from

chapel and fear for your life. There are cars pulling out of parking spaces, trying to maneuver around the other students who decided to use the legs God gave them and walk to chapel.

If students don't have an internship or workplace where they have to be directly after chapel, why drive? Especially during this time of year! The weather is cool in the morning. Maybe driving to

chapel is understandable in the winter months, but in the fall—really?

Students sit all the time during the school week. Walking to and from chapel and classes are the best times to get some exercise. Not to mention that walking allows you to pass your friends at a slower pace, giving you the chance to talk with them instead of driving past, screaming and honking.

It seems like pure laziness.

This is a small campus; there's no need to drive. Save your gas for drives that actually need to be driven.

Think about it. This is a college—filled with college students, most of who are between the ages of 18-22. If students that young can't walk around campus, then we've got a problem on our hands.

But of course, if you offer us a ride, we'll gladly take it!

In Review: Summer 2011



Todd Osborne

Copy Editor

Summer can be a crazy time, and you may not have had the time you thought you would have to devote yourself to what really matters: the latest CDs, movies, and books. But don't worry, I am here to fill you in on how you should have spent your summer.

Music: Bon Iver, Bon Iver
Somewhere between 2008's critically adored *For Emma, Forever Ago* and the follow-up *Blood Bank EP*, Justin Vernon—the man behind the Bon Iver name—did something that most successful bands are afraid to do. He evolved.

Whether it was his collaboration with Kanye West on his album *My Beautiful Dark Twisted Fantasy*, his work with *Collections of Colonies of Bees* which produced *Unmap* (under the moniker *Volcano Choir*), or any of a number of other side projects (including an album of jazz standards he recorded with his high school jazz band), something must have rubbed off on Vernon, and in his second full-length release under the Bon Iver name, it shows.

Gone is the stripped down instrumentation that made his first release so heartbreaking. Instead, the listener is assaulted by percussive beats, keening horns, and reverberating guitars. Amidst all of the noise, however, Vernon's voice still shines clearly, marking this as an album just as heartfelt and personal as *For Emma*, and just as memorable.

Movie: Super 8

This summer had the usual glut of superhero movies and romantic comedies, but the film that stood out the most to me was *Super 8*, written and directed by J.J. Abrams and produced by Steven Spielberg.

Starring a cast of mostly unknown actors, the film is able to suck you into its world and make you believe everything that is

happening on screen, even as you see a train exploding and train-cars tumbling end over end as the film's heroes dodge the blasts.

Billed as a sci-fi/action hybrid, the film is at its best when it focuses on its characters, which it does remarkably well. More than just a popcorn flick, this movie will leave your jaw on the floor.

Books: The Hunger Games trilogy

I finally got a chance to read this trilogy over the summer, and it is just as intense and thrilling as it is tragic and poignant. Suzanne Collins effortlessly places you in the world of the characters, and doesn't let you leave until she is done with you.

Set in a post-apocalyptic version of the United States, the trilogy tells the story of Katniss Everdeen, who must fight in the Hunger Games—a televised version of ancient Roman gladiatorial combat where a boy and a girl from each of twelve districts must fight each other to the death until only one is left. The stories are gut-wrenching and moving, and with a film version hitting theaters next spring, they are a must-read for anyone who loves to say—"Yes, but have you read the book?"

TrevEchoes Comments

The *TrevEchoes* is proud of its look, layout and 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.



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Ditch the diet and enjoy cafeteria food without gaining weight

By Thea Porter
Contributor

Let's face it. Since the cafeteria at Trevecca offers a limited amount of healthful food choices and a lot of unhealthy, fattening foods like pizza, chicken fried steak, and a smorgasbord of desserts, it is very tempting to try to diet to avoid unwanted weight gain. Don't be dismayed, there is hope. Even with the limited amounts of healthful foods available you can still choose meals that are delicious and low in fat as well as enjoy desserts without gaining weight or going on a diet.

Why not go on a diet? Diets do not work because they are unrealistic and especially hard when you are surrounded by an unlimited amount of cafeteria foods that are fattening. Learning to eat

and enjoy the nutritious foods that are available will not only help to decrease weight gain, but it will also increase the capacity to have more vitality, better moods, and increased energy. Increased energy from eating healthful foods is especially helpful when studying for exams.

The best choice of foods available in the cafeteria are super foods. WebMD describes super foods as, "foods powerful enough to help you lower your cholesterol, reduce your risk of heart disease and cancer, and, for an added bonus, put you in a better mood." Mollie Katzen, a member of the Harvard School of Public Health Nutrition Roundtable and a renowned cookbook author also advocates a healthy food lifestyle by eating lots of superfoods, as well as whole grains, fresh fruits, vegetables, and healthful proteins. These foods are

loaded with fiber and important nutrients that your body needs.

Super foods include all kinds of beans, blueberries, broccoli, oats, oranges, pumpkin, salmon, soy, spinach, black or green tea, tomatoes, turkey, walnuts, and yogurt. Whole grains include brown rice, whole wheat breads, and whole grain cereal. Healthful proteins are eggs, chicken, lean meats, and fish.

Enjoying these foods often makes it much easier to avoid the fatty foods in the cafeteria that lack the necessary nutrients your body needs. Filling up on nutritious foods that are also high in fiber and drinking lots of water allows you to splurge now and then. Desserts in the cafeteria do not have to be off limits when enjoyed in moderation. Saying good-bye to dieting once and for all makes life a lot sweeter.

In Deborah Kesten's book, *The Healing Se-*

crets of Food, eating meals should not only be a means to take care of the body, but a way to nourish the spirit. She discusses the importance of enjoying meals with family and friends instead of eating alone to avoid empty calories that also contribute to feelings of emptiness. Enjoying and sharing healthy meals in the cafeteria together with friends who support each other in making healthful choices not only nourishes the spirit, but makes it easier to choose foods that nourish the body as well.

Changing the diet mindset into a mindset of eating wholesome, healthful meals on a regular basis in the cafeteria will not only help to avoid unwanted weight gain, but will foster a life-long healthier lifestyle when you graduate from Trevecca.

For more information check out: www.molliekatzen.com, www.webmd.com and www.songcitychef.com

Write to us

To submit a letter to the editor:

Online

Email to trevechoes@gmail.com

Mail

TNU Box 304

Guidelines

Include your full name and phone number for verification purposes. Phone numbers will not be printed. Letters must be fewer than 200 words long.

Tell us what you thought of the latest issue, and maybe you'll see your name in the next *TrevEchoes*.

Letter from the ASB Chaplain

So believe it or not, we are closing in on the one month mark of this new school year. Many of us have reconnected with friends we haven't seen in months, moved into what will be our new homes for the year, and are settling down for the next step in our educational journey. And yet only a month in, many of us find ourselves struggling to find our niche, scrambling to get a grip on our class workload, and wondering what in the world we are supposed to do with our lives.

In the world we live in we are constantly under pressure to perform. We have demands straining us from all angles, and we are constantly making deadlines and meeting goals. Busyness is the norm, and anything different is considered laziness. Sabbath and rest are foreign concepts, and the same is true for us. Even though we live on a Christian campus we wouldn't know Sabbath if it hit us in the face. We bury ourselves so deep in the quicksand of life that we are neck deep before we know what to do. And that's just it. There is nothing we can do.

The gospel calls us to participate in a different story. Jesus says, "Whoever wants to save his life will lose it, but whoever loses his life for my sake will save it." We are called not to be consumed in worldly things, but instead to surrender our lives over to Jesus. The life we are to live is outlined perfectly in the prophetic book of Micah chapter 6.

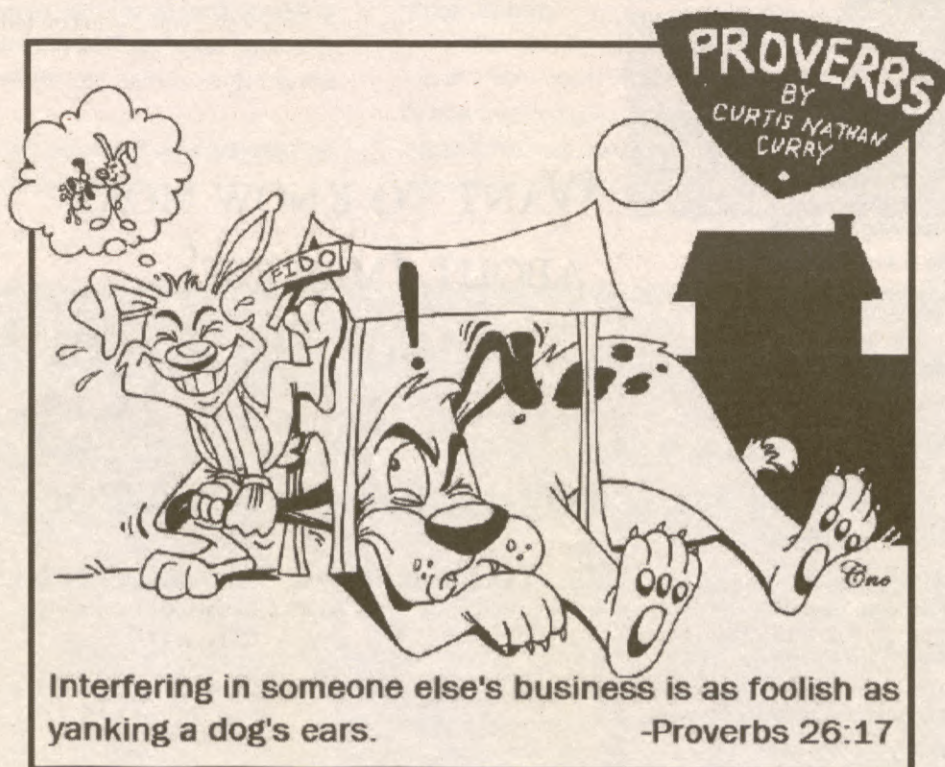
Verse 8 says, "He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly, to love mercy, and to walk humbly with your God."

KidPower needs male mentors to commit to one hour a week of mentoring a Napier elementary student. A friend of mine and others named Misho, a 17 year old boy who lives in Bulgaria, has to have 2 brain surgeries over the next few weeks and does not have the money to pay for it. The religion office is taking donations this week. Someone in your dorm or apartment is hurting, and needs to talk and pray with someone. God calls us to love what is good, and to walk humbly with him. How are we going to respond?

It is my honor to be your chaplain this year. It is so humbling for me to be in a position where I have a front row seat to watch God's Spirit at work throughout our campus and community. If you need anything, or just need to talk to someone, know that I will try to be there for you the best that I can.

Grace and Peace,

Daniel Smith
Associated Student Body Chaplain



STUDY ABROAD PROGRAMS GIVE STUDENTS

By Katie O'Connell

Staff Writer

Most American students know what it will be like when they return to college. But for some students, a new semester of college means packing for a different part of the world, with a very different culture.

Across the United States, students leave their friends, culture and sometimes language behind to live and study in another country.

Studying abroad is an increasingly popular option among college students. According to the Institute of International Education, which conducts a yearly poll,

more than 260,000 American students studied abroad in 2008/2009, the most recent year for which data is available. This number is compared with the less than 150,000 ten years earlier in 1998/1999.

Although Trevecca doesn't have an office or personnel dedicated to study abroad opportunities, that doesn't mean students are out of luck. Peggy Carpenter, director of the Center for Leadership, Calling and Service, said Trevecca students have many options.

Trevecca is a member institution of the Council for Christian Colleges & Universities, which offers students a program called Best Semester. This program is "the portal

for the off-campus study programs," according to Best Semester's Web site.

Because Trevecca already works with Best Semester programs and the programs are already designed, Best Semester is often the most convenient way for students to study abroad.

But the program is not always easy.

It was a challenge, Senior Julie Bird said.

Bird studied in Uganda and Rwanda through Best Semester for a semester of her sophomore year. Because African culture is more conservative, Bird had to wear skirts or newly-permitted slacks while on campus.

Also, the Best Semester page for the Uganda program mentions frequent power outages and lack of indoor plumbing in some homes.

Overcoming these obstacles is all a part of the journey, though.

Bird didn't know the language, Luganda, before arriving, she said, but her friends and host family helped.

"It was a bonding thing," Bird said.

Julie Bird in Uganda during her fall 2009 semester (Photos by Julie Bird)



Daniel Smith with his Baba in Bulgaria (Photo by Daniel Smith)

"It's not the same as going and spending a semester somewhere, but it is going and learning in a cross-cultural setting," said sponsor Kathy Mowry.

Along with the Best Semester program, Trevecca also offers mission study abroad options.

The first trip was in the summer of 2010. It was a three-week trip spent traveling around parts of Eastern Europe and a week of classes with Eastern European students.

Senior Daniel Smith was part of that first trip, traveling through parts of Romania, Bulgaria, Macedonia and Kosovo.

"It was really eye-opening to how Europe operates" with a different culture in each country, Smith said. "Europe—especially Eastern Europe—was a whole new ballgame for me."

The mission study abroad trips are different in that students do not have to spend a semester away from their own college.

"It's not the same as going and spending a semester somewhere, but it is going and learning in a cross-cultural setting," said sponsor Kathy Mowry, associate professor of mission and Christian education.

The next mission study abroad trip will be in the summer of 2012. The application deadline is October 15. The tentative schedule includes Auschwitz, Croatia, Albania, Serbia and Kosovo, and the trip will be focused on ethnic cleansing, Mowry said.

An equal number of Trevecca and Eastern European students are admitted to the program, she said.

Studying alongside students from other countries brings new perspectives that the American students might not have seen otherwise, Smith said.

"[The Eastern European students] added a lot to the table as far as social justice goes because they had lived with

Julie Bird
Major: Religion
Program: Best Semester
Location: Uganda/Rwanda
Challenges: Viewed as wealthy because of skin color. There's so much sponsorship, children on the street will ask if you will sponsor them.

WANT TO KNOW MORE ABOUT IMMERSE?
CONTACT DR. KATHY MOWRY IN THE RELIGION DEPARTMENT FOR MORE INFORMATION.
KMOWRY@TREVECCA.EDU

OPPORTUNITIES FOR INTERNATIONAL LEARNING

oppression," Smith said.

Even if Trevecca administration doesn't have a study abroad program set up with a foreign college, details can still be worked out.

Junior Samantha McDonald spent the second half of her sophomore year in Büdingen, Germany at European Nazarene College after attending an informational session during her freshman year.

The campus is now closed, and although Trevecca didn't have a formal study abroad program to the college, McDonald was able to work out a schedule and took classes that counted for some requirements, like a foreign language class.

Travelers have to be wary,

though, if they're looking to be completely immersed in another culture and language. European Nazarene College's Büdingen campus was English-language based, a benefit for students who don't speak German, but this also made German difficult to learn, McDonald said.

"I feel like I didn't take advantage of [living where German was spoken] so much. We were spoiled by speaking English," McDonald said.

But whether or not the country speaks English, the trip is well-worth the effort, she said.

"It's a learning experience. I would recommend everybody do it,"

SAMANTHA McDONALD
MAJOR: SOCIAL WORK
PROGRAM: INDEPENDENT
LOCATION: GERMANY
WOULD YOU DO IT AGAIN? I'D DEFINITELY DO IT AGAIN, BUT ALSO LOOK INTO ENGLAND. I FEEL IN A SENSE I MIGHT BENEFIT MORE FROM IT BECAUSE THEY SPEAK ENGLISH SO I COULD GO OUT AND SPEAK TO THEM.



WANT TO KNOW MORE ABOUT STUDY ABROAD?

CONTACT PEGGY CARPENTER IN THE CLCS FOR MORE INFORMATION.

PCARPENTER@TREVECCA.EDU

Sam McDonald (second from the left) in Germany during Spring 2011 (Photo by Sam McDonald)

McDonald said.

Carpenter said, for students who want to study abroad, they need to start working it out as soon as possible.

"One problem is that they don't plan ahead early enough," Carpenter said.

Another problem students run into is finances. Trevecca money and grants can't be used to finance a study abroad program, although federal money can be, Carpenter said.

When working out her trip to Germany, McDonald was able to use the Tennessee Hope Scholarship to cover some costs, because the scholarship still considered her to be enrolled at Trevecca.

For mission study abroad, Smith was able to raise the entire cost of the trip by fundraising, he said.

Also, students can search for scholarships and grants online.

It can take a lot of work and coordination, but studying abroad has its rewards.

"You'll come back a changed person, emotionally, the way you think and operate, and how you view the world and God," Smith said.

Carpenter said, studying abroad can also have an effect on post-graduation life.

"It looks very good on a resume. It can only enhance it because you've had real world experience," Carpenter said.

Trevecca students can also go through other accredited program providers, such as the University Studies Abroad Consortium (USAC), the Council on International Educational Exchange (CIEE) or universities that offer their own programs to outside students, like Temple University.

Web sites like studyabroad.com and even Google allow students to search for programs that fit what they are looking for. However, programs are subject to Trevecca's approval and students must meet with their advisor and the registrar.



Trevecca students in Razgrad, Bulgaria in July 2011 (Photo by Tim Green)

Daniel Smith

Major: Religion

Program: Mission Study Abroad

Location: Romania, Bulgaria, Macedonia, Kosovo

Culture Shock: In Kosovo, we got off the bus and had to walk through a militarized zone—with tanks and men with machine guns—on our way to the hostel.

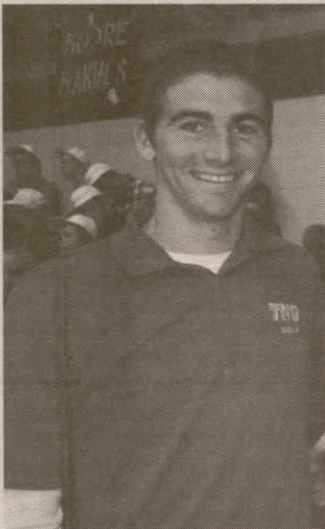


Getting to know an athlete: Hayden Coffman

By Tyler Comer
Staff Writer

Hayden Coffman, senior goalkeeper and recently named captain of the Trevecca men's soccer team, has played a significant role for the Trojans team since his freshman year, never playing in less than 14 games.

Coffman was named TransSouth Defensive Player of the Week twice his freshman year. He was named First Team All TransSouth last year. Hayden plans to attend a scouting camp for 100 of the nation's top players, but only showcasing eight goalkeepers, later this year. Numerous Major League Soccer and foreign scouts will be attending this December.



Q: Who's your biggest athletic role model?

A: Sam Bradford, because he's a Christian and he sets a good example for all Christian athletes.

Q: Do you have any pregame superstitions?

A: I wouldn't really call them superstitions, but I always set my water bottle in the same spot, and the extra balls are always placed on the same side of the goal. I also always wear my "I am Second" wristband.

Q: What's on your pregame playlist?

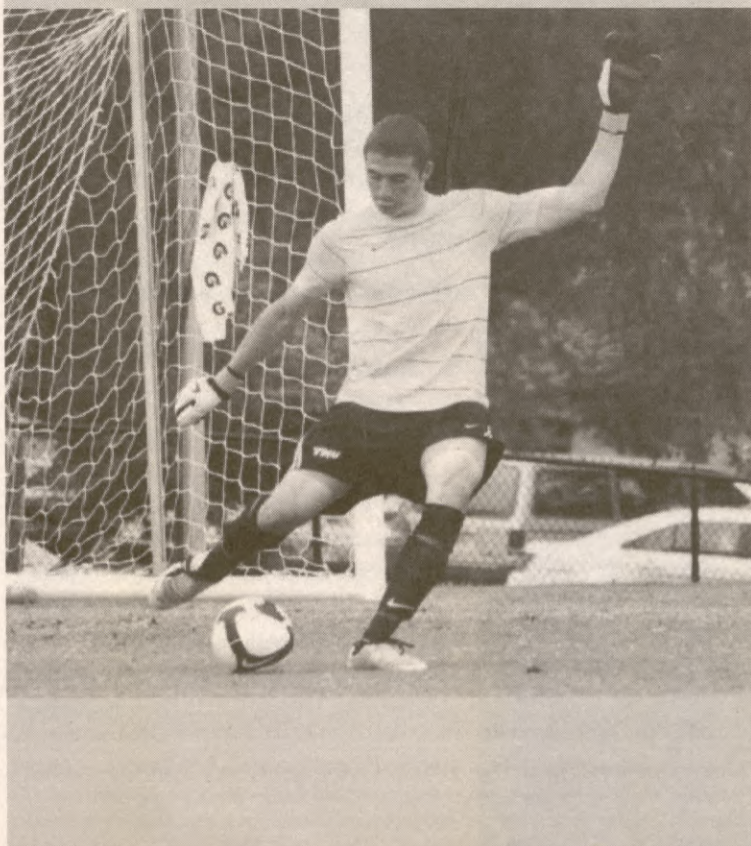
A: I used to listen to rap music before the games, but lately I've been listening to things by Hillsong, Passion and Gungor.

Q: What has your time here at TNU meant to you?

A: It's been a huge blessing. Coming in as a freshman, I was coming strictly for soccer, and that has completely changed.

Q: Finish this sentence. The team this year is...?

A: Motivated. We want to change our team history. We've had a few bad years in a row, and we want that to change.



A strong season to come for men's soccer

By Tyler Whetstone
Sports Editor

Senior goalkeeper Hayden Coffman was the best goalkeeper in the TransSouth a year ago. He stopped goals left and right, and finished the year with a 0.757 save percentage.

However, Trevecca's Trojan soccer team gave him only 17 goals to work with in 16 games.

Last year's Trojan team finished 5-10-1, (1-6) in large part because of their struggles to find the back of the net.

Head coach Danny Leavy enters his third year in control of the Trojan soccer team, and he sees a team that is ready to look past last year's record and begin anew, he said.

Leavy will be able to do

that in large part because of the recruiting class he brought in this year, only his second full recruiting class.

"We've strengthened pretty well. Our freshman and sophomore classes are strong. I mean it's a really good group," Leavy said.

Add to that group a few juniors, who have played two years, and seven seniors, which ties the baseball team with the most seniors of any Trojan athletic team.

"More seniors equals more experience, meaning better composure [on the field]," Francisco "Cisco" Maciel, said.

In order to direct his team in what should be their final year playing a TransSouth schedule (depending on the NCAA process), Leavy has given his team three main goals, Leavy said. One is pointed at the defense.

Leavy wants the goals against cut in half from a year ago. Last year it was 34, he said.

Leavy wants to break the university's win record which stands at 10, he said. If the Trojans were to make that goal, they would most likely be allowed to compete in the NCCAA postseason, which Trevecca is required to have a .500 record or better in order to compete.

As of September 19, the Trojan's record was (3-2-1).

Finally, Leavy wants to win the Mid-East regional tournament in the NCCAA. That win would advance the Trojans to the NCCAA national tournament, he said.

"This year's team is definitely improved from last year's team. So the expectations are pretty high. They definitely have the potential to do something this year," Leavy said.



Darragh Bugter challenges Lipscomb (courtesy of Darragh Bugter)



Women's soccer continues to score (courtesy of Kate Worley)

Women's soccer coach: "the best team we have ever had"

By Tyler Whetstone
Sports Editor

In comparing 2010's version of Lady Trojan soccer with this year's, one thing sticks out. Wins.

A Year ago, head coach Brett Armstrong's Lady Trojans lost all but four games, winning only one TransSouth match. This year, they have won three of their first seven with two ties.

Ask them. This year is different.

Last year's team was young. They were loaded with underclassmen. Sixteen of the 22 women on the team were either freshmen or sophomores.

The team had to learn on the fly, and it amounted to a 4-11-2, (1-4-1) season.

This year's team plans to return 80 percent of the minutes played a year ago, Armstrong said. This equates to familiar players playing side by side, but Armstrong knows this does not always result in wins.

"We're still a little wide-eyed, and some of that [comes

from] being young and some of that comes from not having a long tradition of success," Armstrong said.

That's a tradition that Armstrong is looking to change, especially with the Trojan athletic program gearing itself for NCAA DII, he said.

Because of the transition, Armstrong and other coaches have scheduled games that are more challenging than normal. This way, DII level of competition will not come as much of a surprise, he said.

"It is an ambitious schedule, but if the girls can keep a positive mentality, I think it could be a really key year for us in terms of growth and the beginnings of some real success," Armstrong said.

"Real success" is most easily measured in wins. In order to win, the Lady Trojans must score, he said.

Last year's Lady Trojans scored only 23 goals in their 17 games, or 1.3 goals a game. Meaning, normal goalkeeper Neirea Ahmespahic had to be

nearly perfect in order for the Trojans to win.

The insistence, however, is that this year will be different.

"This is the best team we have ever had. We have 24 girls who can play instead of 10," Heather Halstead, senior, said. "Now we're expecting eight or nine people to score and not just the two forwards."

One of the goals for the Lady Trojans is to make it to Kissimmee, Florida, site of the NCCAA national tournament for women's soccer, she said.

If the Lady Trojans can continue the type of play that warrants postseason play, then it is just one more step in the right direction.

"I think that what we've established the last few years has given us a good foundation to build on, and we want to look at this as our opportunity to take that next step forward," said Armstrong.

That next step is eventually the NCCAA. For now, it's finishing above .500 and having a chance to play for an NCCAA title.

NCAA DII

Continued from page one

athletic department. Larry Knight will be in charge of making sure Trevecca crosses its t's and dots its i's as the compliance coordinator.

Where we Stand

What's important to understand, though, is this: acceptance into the NCAA is a process, a complicated one.

"Right now they've basically looked at us and said, 'The prom's coming. You're pretty. You're a date we might consider, but you have to prove yourself.' We've done an awful lot to prove that we're worthy of consideration...but we haven't been asked to the prom yet," said newly hired athletic director Mark Elliott.

One thing Trevecca still must do to be "prom" worthy is to be accepted into a NCAA DII conference. Being linked to a conference tells the NCAA that Trevecca has been accepted and will have a schedule and teams to play.

There is a three-year process to be accepted into the NCAA. Trevecca is still in year one. The NCAA labels years

one and two as the candidacy phase.

For 2011-2012 athletic schedules will remain unchanged. Teams will play their normal TranSouth schedule, with their normal opponents.

In year two of candidacy phase Trevecca will have hopefully been accepted into a NCAA DII conference. If and when that happens, Trevecca will play 2012-2013 in their new NCAA DII conference, against new opponents.

There are issues with candidacy phase however.

The NAIA ruled last year that if a university attempted to join the NCAA in two consecutive years then they would no longer be allowed to compete in postseason play.

Similarly, the TranSouth ruled that schools looking to play elsewhere would not be allowed to play for a conference championship. They could play the games, but they would not count.

In the second candidacy phase, Trevecca will play their NCAA schedule, but will again not be allowed to participate in postseason play.

Finally, Trevecca will be in their third and final year of provisional play. They will then be allowed to play in the NCAA DII's postseason and they will be

"in the door."

After these steps, Trevecca will then be ready for her "prom."

To combat the postseason bans placed on Trevecca for at least the next two years, Steve Harris, associate provost and dean of student development, and his staff have applied for and been accepted into the NCCAA, the National Christian College Athletic Association.

The NCCAA is comprised only of Christian universities across the country. They hold a national tournament for all of their sports, and any member school can play in the postseason.

Members include NAIA and NCAA DII and DIII schools.

This is attractive for schools like Trevecca who are caught between the NAIA and the NCAA and who have no other option for postseason.

The university will make the decision on whether or not teams will go play in the NCCAA postseason.

For Trevecca's teams, Elliott will not consider sending a team to regionals unless they have a .500 record or better. The team expenses and travel will be paid for by the university, so Elliott wants to send teams worthy of the investment.



Senior Joey Brewer practices his swing. (courtesy of Joey Brewer)

Lady's Golf looks familiar

By Tyler Whetstone

Sports Editor

The Lady Trojans golf team will look similar to their competition this year. No one from last year's team graduated, there are no transfers and the Lady Trojans are the only team on campus to not have any freshmen.

Because of this, it would be easy to say that the results will be the same as a year ago.

But that wouldn't be fair.

It could be argued that they will have the most experienced team on campus. Because of the lack of youth and inexperience, everyone on the roster has been there before.

"It isn't favorable not to have any new players for competitive purposes and building the program. However, our team will have some experience in tournament play with returning players," Ashley Scism, senior, said.

The Lady Trojans will have the same opportunity as the men in that they will be traveling to Panama City Beach, Florida to compete in the NCCAA national tournament Oct. 24-25.

Their first tournament is the Don Bishop Invitational Sept. 19 and 20.

Men's Golf: Bradley set a Trevecca record

By Tyler Whetstone

Sports Editor

Senior golfer Joey Bradley set a Trevecca record on Sep. 13 at Wasito Winds Fall Kickoff Invitational, shooting a final round 66 on the par 72 course.

The previous Trevecca record was a 69 held by former Trojan David Saldana and Bradley himself.

However, even with Bradley's sixth overall finish out of the 75 competitors, the Trojans

still finished last in a tournament mixed with 12 teams from the NCAA DI and DII.

The Trojans will compete in only one NAIA tournament this year—their own. Every other one will be against the NCAA DI, DII and DIII schools.

This does two things. One: it prepares the Trojans for competition they will have to become accustomed to regardless because of Trevecca's acceptance to the NCAA. Two: it gives the four seniors the best possible competition as they play their final year, Coach Robbie Wilson,

said.

It will be a tight schedule for Wilson and his golfers as they compete in three more tournaments before they travel to sunny Panama City Beach, Florida for the NCCAA national tournament Oct. 24-26.

It will be an adjustment for the Trojan golfers, having their biggest tournament of the year coming in the fall instead of the spring, but this doesn't worry Wilson, he said.

"I think it's [fair]. I think it is because the guys have been playing all summer," Wilson said.



Senior Ashley Scism focuses on putting (courtesy of Ashley Scism)

Volleyball raising the bar

By Tyler Comer

Staff Writer

The Trevecca lady's volleyball team is on a mission this year to raise the bar, but not just in their play like some may assume by the quote on the backs of their shirts.

They are raising the bar physically, mentally, morally, socially, academically and any way that will contribute to the team's success, said head coach Jane Crowley, who is beginning her fourth season at Trevecca.

The Lady Trojans are off to an 8-7 start as of Sept. 19.

"I didn't know what to expect this season, but I'm pleasantly pleased at this point and time," Crowley said.



Hayley Wiggins and Persephonie Devereaux at the first home Volleyball game. (courtesy of Haley Wiggins)

The team raised the bar to this point, and for every position player lost or replaced they are now stronger, she said.

Trevecca has a young team with nine of their 12 players being freshmen and sophomores. However, Crowley said, maturity has not been an issue at all.

Although a young team, the Lady Trojans do not lack in leadership. The team is lead by its two senior captains Haley White and Halley Wiggins.

"They have been loyal, faithful and committed since day one," Crowley said of the seniors.

The goal she envisioned is to have at least a .500 record and a 20 plus win season in order to make the NCCAA tournament, said Crowley.

Trojan Home Games

Women's Soccer:

September 23	6:00 p.m.	vs. Tennessee Wesleyan
October 15	12:30 p.m.	vs. Lyon College
18	5:00 p.m.	vs. Cumberland Univ.
21	5:00 p.m.	vs. Freed-Hardeman

Men's Soccers:

September 27	3:30 p.m.	vs. Mid-Continent
October 15	2:30 p.m.	vs. Lyon College
18	7:00 p.m.	vs. Cumberland University
21	7:00 p.m.	vs. Freed-Hardeman

Volleyball:

October 4	6:00 p.m.	vs. Martin Methodist
20	6:00 p.m.	vs. Freed-Hardeman
21	6:00 p.m.	vs. Brescia University
25	6:00 p.m.	vs. Bethel University
27	6:00 p.m.	vs. Union University
29	1:00 p.m.	vs. Lyon College

For more information on the Trojan's away games and results visit TNU Trojans online at www.tnutrojans.com

Ministry options in the Trevecca Community

By Todd Osborne

Copy Editor

Who? Big Brothers, Big Sisters

What? A one-on-one mentoring program with students from Napier Elementary and Cameron Middle School.

How do I get involved? They are currently looking for yearlong commitments from any interested freshmen, sophomores or juniors. Contact Nicole Hill for more information: Nicole.hill@mentorakid.org, 615-329-9191 ext. 205, or visit www.mentorakid.org.

Who? Harvest Hands

What? A community development program that has programs including sports leagues, after-school programs, mentoring and micro businesses.

How do I get involved? They are currently in need of coaches (flag football season is coming up) and mentors. Contact Abby Butler for more information: abby@harvesthandscdc.com, harvesthandscdc.com, 615-259-9900, or visit www.harvesthandscdc.com.

Who? KidPower

What? An after school program with Napier Elementary second and third graders that includes math and reading tutoring but focuses on building relationships and loving the children of Napier.

How do I get involved? There are mentoring opportunities available. Contact Hayley Hill for more information: hayleyhill@gmail.com.

Who? Rocketown

What? A non-profit youth services facility that has many outreach ministries, including its Sixth Avenue skate park and all-ages music venue, as well as a diverse collection of after-school programs.

How do I get involved? With so many different programs, there are many ways to get involved. If you have a special skill, Rocketown can use you. Contact Rocketown at www.rocktown.com or call 615-843-4001.

Who? Room in the Inn

What? A comprehensive facility for the homeless of Nashville to get help.

How do I get involved? If you are interested in serving alongside the homeless of Nashville, contact Hilary Barnett: Hilary.barnett@room-intheinn.org or call 615-291-9791.

Who? Trevecca Towers

What? A retirement community that operates on Trevecca's campus.

How do I get involved? Planned work days, game nights or simply hanging out with our elders are just a few ways to get involved at the Trevecca Towers. For more information, contact Erin Lennon: ttelennon@comcast.net or call 615-425-2640.

Trevecca students experience God in Eastern Europe

By Todd Osborne

Copy Editor

This summer 19 Trevecca students spent their break a little differently than most.

Through the Immerse program sponsored by the Millard Reed School of Religion and under the direction of Dr. Kathy Mowry, associate professor of mission and Christian education, three teams of five students and graduates were

sent to various cities in Bulgaria, and one team of four was sent to Sighisoara, Romania to spend their summer experiencing missions firsthand.

The three-month program, which saw most of the students in a foreign country from May 15 until Aug. 11, was Mowry's dream, she said.

The program was started so that missions and compassionate ministries minors could experi-

ence a longer period of time in another culture than what other programs offer, learning about the culture and trying to master the language, Mowry said.

For senior religion major, Dana Franchetti, the trip was an exciting opportunity to show love and grace to a people desperate to receive it, Franchetti said.

Whether in Sofia, the capital of



Dana Franchetti kissing Patricia (By Dana Franchetti)

Bulgaria and a bustling city, or in the small rural village of Stubel, Franchetti came across people who simply needed someone to care about them, she said. Working mostly with children and high school students, she was able to build relationships and really invest in the people that she met.

"Just living life somewhere and letting that be your ministry" is the kind of relationship-driven ministry that defines the Immerse program as a whole, Franchetti said.

Although this was the first year of the Immerse program, it will not be the last, Mowry said.

"It will continue. It is something we have to have to have a credible missions program," she said.

Applications for next year's Immerse program are online now on the Spiritual Life section of Trevecca's Web site under "Mission Trips." Those applications are due on Oct. 15.



Dana Franchetti dancing in Bulgaria Summer 2011 (Photo by Dana Franchetti)

Abba Java: More than just a cup of coffee



Shelbe Gibson

Contributor

With classes in full swing many students are beginning to rely on caffeine to make it through their classes. Abba Java, the coffee shop located in the CLCS building, is under new management this year and has a new mission.

"The major change this year is that Abba Java is no longer privately owned. It is owned by Trevecca. The slogan, though, is still the same—Coffee with a Cause. We have a new 'cause,' however," said Ryan Jolley, the store's manager.

Before this year, the store would donate all proceeds to a single orphanage in Zambia.

"It just wasn't viable given the flow of the business," Jolley said.

Now, Abba Java has three aspects of mission work. Locally, Abba Java is bringing in high school students who are either blind or legally blind from the Metro-Nashville Public Schools and training them in the coffee shop.

"They will gain job skills that they normally wouldn't have the means to learn. We are preparing them to be able to have the courage to apply at other coffee shops, like Starbucks," Jolley said. "They'd have the needed skills to work there. They could even get a job with insurance and benefits. It's a big deal for someone with a dis-

ability to have their own insurance."

Abba Java has also partnered with Trevecca Around the Globe, a short-term missions program. The money will be added to other fundraising efforts conducted by students going on these trips.

"Internationally, we are helping out with TAG and donating 50 cents every time someone buys the TAG drink," Jolley said.

Jolley's improvements don't stop there. Previously, there was one full-time worker and two part-time workers who had no relation to Trevecca, he said. This year, all workers are Trevecca students.

"I want the shop to be student-led and to have students invested in the idea," Jolley said.

To generate more business, Abba Java plans to hold special events in upcoming weeks and months. They plan to have coffee tastings, and students will even be voting to name new drinks.

"I want to hold cup design contests, as well," said Jolley. "Students will buy a cup for a dollar and get to paint it, decorate it, whatever they want. The entries will be displayed, and winners will receive prizes."



Katie Scott steaming milk at Abba Java (Photos By Kaylee Harrell)

Students have mixed emotions about the new Abba Java.

"I like their coffee. It's convenient and good," senior Ashley Keese, said.

Some still prefer Starbucks, a popular coffeehouse chain, other students said.

A new, convenient plus is that flex dollars can now be used at Abba Java. All a student needs to do is bring his or her student ID, Jolley said.

"We don't want to just focus on what we get or how much we produce. It's about what we can give away and do to transform the community and those around us," Jolley said.

Sitting down for some advice from The Advice

By Caitlin Porter

Staff Writer

The South Carolina-based band The Advice is on their first tour and stopped at Trevecca's Welcome Week to play a show.

The Advice recently signed with In-Pop Records and released their first EP. They are expecting to release a full-length album soon.

As second-generation musicians, the band members always felt the pressure to continue down the musical path of their parents.

"If we didn't learn how to play something, we would have been the redheaded stepchild, so we did learn how to play something," Jared, lead guitarist, said.

Lead guitarist Jared and lead singer Matt are brothers who went to high school with bassist Jeff and started the band in 2003.

"I heard them playing in the garage, so I came out with my guitar and was like 'let's start a band guys!'" Jared said.

Keeping the band in the family, keys player Aaron's father and Jared's father played together in a rock n roll band in the '70s.

"The first time I'd even ever met Aaron was when his dad dropped him off. My dad said, 'you're going to put Aaron in your band,' and his dad was like, 'you're joining

their band,'" Jared said.

The band had a hard time keeping all of the band members stable, though.

"We were going through drummers left and right," Jared said.

Sanchez and Jared said that finding the right band member was one of the hardest parts of becoming who they are as a band today. They worked hard to make sure the band was composed of the right people.

They finally came up with a method for finding stable band members. First they look at the potential band member's walk with God. Then they consider how compatible the new member will be with the band,

and what their musical abilities or "their chops" are like, he said.

Sanchez, the band's roadie who helped load the trailer at different venues, fit that description, and in 2007, he joined the band as a drummer, Jared said.

"He's a man after God's own heart, and we got along with him," he said.

The band members are most passionate about God's love and keeping God the main priority, and that is what drives their music. Because they were all raised as pastors' kids, the band members learned about God's love from a young age.

"We all grew up in the church. We didn't have a choice," Jared, said.

The band bases their songs' messages on Scripture and basic biblical principles. Their single "Forever Changed" is an example of this.

"It's just a simple message, you know? When God comes into your heart, you're what? You're forever changed," Sanchez said.

The Advice has come a long way since forming their band. They were told "no" many times, but they didn't give up, Jared said.

"Just don't quit. That's really the thing. Just push, push, push. You get told 'no' a lot, you get your feelings hurt, but if it's what you know God has called you to do, and you know he's put that drive and that burning inside of you, you just keep driving, keep going," Jared said.



The Advice lead singer, Jared performing during Welcome Week Concert (photo by Maia Zaycova)

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