

# TrevEchoes

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## Soulforce group makes second visit to Trevecca

BY BAILEY BASHAM  
EDITOR-IN-CHIEF

Trevecca was one of eight southern universities to be visited last week by a group that advocates for the rights of gay students on college campuses.

Administrators, faculty and students gathered to participate in discussions with "equality riders" from Soulforce, a non-profit advocacy organization that supports LGBTQI people from

**"THE CHURCH OF THE NAZARENE BELIEVES THAT EVERY MAN OR WOMAN SHOULD BE TREATED WITH DIGNITY, GRACE AND HOLY LOVE, WHATEVER THEIR SEXUAL ORIENTATION."**

- NAZARENE DENOMINATION SITE

religious and political oppression, according to the group's website.

Soulforce typically invites themselves to campuses they perceive are not fully accepting of LGBTQI students. Trevecca administrators spent several hours in conversation with Soulforce leaders to make sure both groups agreed to the terms of the visit. This is the group's second visit to Trevecca. Soulforce first visited Trevecca in March 2012.



Yaz Nuñez, Soulforce director of programs and communications; Alba Onofrio, spiritual strategist and Steve Harris, associate provost and dean of student development at the Soulforce luncheon. Photo by Griffin Dunn.

"I asked them what they felt would need to happen to make them feel they had a successful visit on our campus and then worked to build a schedule that would accommodate their requests as well as our own," said Steve Harris, associate provost and dean of student development. "[They submitted a list of questions for our administration], and a lot of those questions dealt with religious oppression and spiritual violence."

Before the visit, Trevecca's 35-member student government association voted on whether the organization should come to campus.

"Nobody voted no, but we did have people abstain," said Sarah Hogan, SGA president. "We just felt that there were better ways to have the conversation."

The visit began with a lunch attended by Soulforce representatives, Trevecca administrators and members of the executive committee of SGA.

After lunch, Trevecca hosted a panel discussion. The panel was made up of Dan Boone, university president; Tim Green, professor of theology and university chaplain; Harris and representatives from Soulforce, including Haven Herrin, the organization's executive director.

How to use gender pronouns, the LGBTQI acronym and the Church of the Nazarene's theological position on sexual orientation were a few of the topics discussed.

The denomination's official website states that, "The Church of the Nazarene believes that every man or woman should be treated with dignity, grace and holy love, whatever their sexual orientation."

The current Manual of the Church of the Nazarene, which outlines policy from 2013 to 2017, also states, "We view all forms

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### NEWS

## Trevecca senior to present at national research conference



Senior Jessy Anne Walters.

BY BAILEY BASHAM  
EDITOR-IN-CHIEF

A Trevecca student has been selected to present at the National Conference on Undergraduate Research (NCUR) for the first time ever.

Senior communications studies major Jessy Anne Walters will present at the

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### FEATURES

## Sentayehu Wondemaneh: From Ethiopia to Trevecca

BY BROOKLYN DANCE  
STAFF WRITER

Sentayehu Wondemaneh used to fight with hyenas and hawks for scraps of food dropped by the local Sheraton Hotel in Addis Ababa, Ethiopia.

Now, he regularly eats in the Trevecca cafeteria and spends his time studying business administration.

Wondemaneh, a sophomore at Trevecca, is on campus thanks to a series of events that started with a nurse from Nashville taking a mission trip to his village.

Jennifer Orr, 29-year-old nurse practitioner at Vanderbilt University Medical Center, fulfilled her lifelong dream of going on a mission trip to Africa in 2010 through Visiting Orphans, a Nashville-based organization that sends groups on short-term mission trips to various countries to partner with local organizations.

Orr and her team ended up in the village Korah where Wondemaneh lived after his

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## TREVECCA SENIOR TO PRESENT AT NATIONAL CONFERENCE CONTINUED FROM PAGE 1

**“I HAD TO PUT MYSELF IN A DIFFERENT POSITION AND THINK ‘IF I WAS A GUY WATCHING THIS FILM, WHAT’S BEING SAID TO ME?’”**

-JESSY ANNE WALTERS

conference in Asheville, N.C. at the University of North Carolina. The conference will take place from April 7-9.

Walters’s project, entitled “I’ll Make a Man Out of You: An Analysis of Masculine Gender Roles in Disney Animated Films,” discusses the gendered messages being sent to the young audiences that watch Disney movies.

“I will be presenting on my analysis of masculine gender roles in Disney films where I look at the different messages being sent to young boys and men in general, who watch Disney films,” said Walters. “There’s a lot of focus on what women are being told through these movies, and I wanted to look at what men are being told because [there isn’t much talk of that].”

Part of Trevecca’s Quality Enhancement Plan (QEP) is to encourage undergraduate research at the university. According to a university news release, the QEP is “a focused effort to enhance the student learning experience.” Trevecca conducts its own research symposium each year. but, after beginning her research for a gender communications course taught by Lena Welch, dean of the school of arts and sciences, Walters decided to present her findings to a broader audience.

“I was so surprised that nobody else had done this. There are students who do the symposium every year and conduct plenty of great research, so I don’t know why no one else has been like, ‘Let me get out of the Trevecca bubble with this a little bit,’” said Walters. “Some of the things that kept coming up [in the course] were women’s body image—about how what a lot of women learn from Disney movies is big eyes, big [breasts] and good hair, but I wanted to look at the flip side and see what



Walters will present at the National Conference on Undergraduate Research in April. Photo by TNU Marketing.

are young men learning from Disney movies.”

After speaking with Welch and applying to NCUR in October, Walters waited three months before hearing she was accepted to present at the conference.

“The subject piqued Jessy Anne’s interest, so she broadened her analysis to include additional films and continued to do more in-depth qualitative analysis,” said Welch in a university news release.

Walters looked at body image, relationship expectations, gender stereotypes and physical and relational status as a part of her research.

“I pulled a random sampling of about a dozen Disney films, from ones as old as Snow White to as new as Frozen,” said Walters. “[While] I watched the films and took notes, I had to put myself in a different position and think ‘If I was a guy watching this film, what’s being said to me?’”

**“TO HAVE SOMETHING LIKE THIS BE THE ENDING OF MY UNDERGRAD CAREER IS REALLY EXCITING, AND I’M REALLY PROUD THAT I GET TO REPRESENT TREVECCA”**

-JESSY ANNE WALTERS

Through her research, Walters found that gendered themes in movies as old as Snow White with Prince Charming were still prevalent today.

“[The messages are] not changing because we have adults who are making these movies, sending the messages they think the kids should hear and then the kids are growing up and [continuing] the cycle,” said Walters. “It’s not that they’re changing they’re messages, they’re just presenting them differently.”

Walters said that for any others considering applying to a research conference, the best thing to do is just take the plunge.

“What’s the worst that could happen? They could say no, but at least you could say you tried,” said Walters. “I didn’t think I was going to get in, but there’s still that chance you will get in. I mean if Disney studies get in, what else will?”

“Jessy Anne’s accomplishment serves as an excellent indicator of growing interest in undergraduate research at Trevecca,” said Welch in a university news release. “It’s not just a big deal for Jessy Anne, but for Trevecca as well.”

Walters will graduate in May with a degree in communication studies. She said that she is proud that her final year at Trevecca will be capped off with recognition of her hard work.

“I worked really hard to get the grades I wanted while I was [at Trevecca], and I studied a lot, so to have something like this be the ending of my undergrad career is really exciting, and I’m really proud that I get to represent Trevecca,” said Walters.



# Athletic department self-reports any NCAA violations

BY BAILEY BASHAM  
EDITOR-AND-CHIEF

The Trevecca athletic department self-reported a secondary NCAA violation after a father of a track team member bought the team Broadway show tickets on a team trip.

It's common for universities to have violations and to self-report them. Trevecca has had 28 violations since 2012.

The secondary violation occurred on Feb. 6 when five members of the indoor track team traveled to New York to compete in the Armory Track Invitational. A father of one of the runners offered to pay for the team to

known possibilities where issues might arise, but came to the conclusion that there was no problem with the parent paying for the team to see a show.

"I reassured him that the decision was not in violation with any of the NCAA regulations," said Elliott. "Our director of compliance was out of pocket, and I didn't have the rulebook in front of me, so I had to make a judgment call. For those three reasons, I told Austin to go ahead and do it. I told him 'If this ends up getting turned around, it is on me. I'm the one who [gave the okay].'"

When the team returned from the meet, Jeff Swink, who has undergone

**"I DIDN'T HAVE THE RULEBOOK IN FRONT OF ME, SO I HAD TO MAKE A JUDGEMENT CALL."**

-MARK ELLIOTT, DIRECTOR OF ATHLETICS

attend a Broadway show, which is a violation of two article 16 awards, benefits and expenses bylaws.

Violations of NCAA regulations are typically self-reported, and with secondary violations, no one is severely punished. Compliance coordinator Larry Knight said Trevecca's record comes out to about seven violations per year.

"In the last reporting period [June-Dec.], there were 12 secondary violations reported by the eight member schools," said Knight. "During the same period, Trevecca reported two."

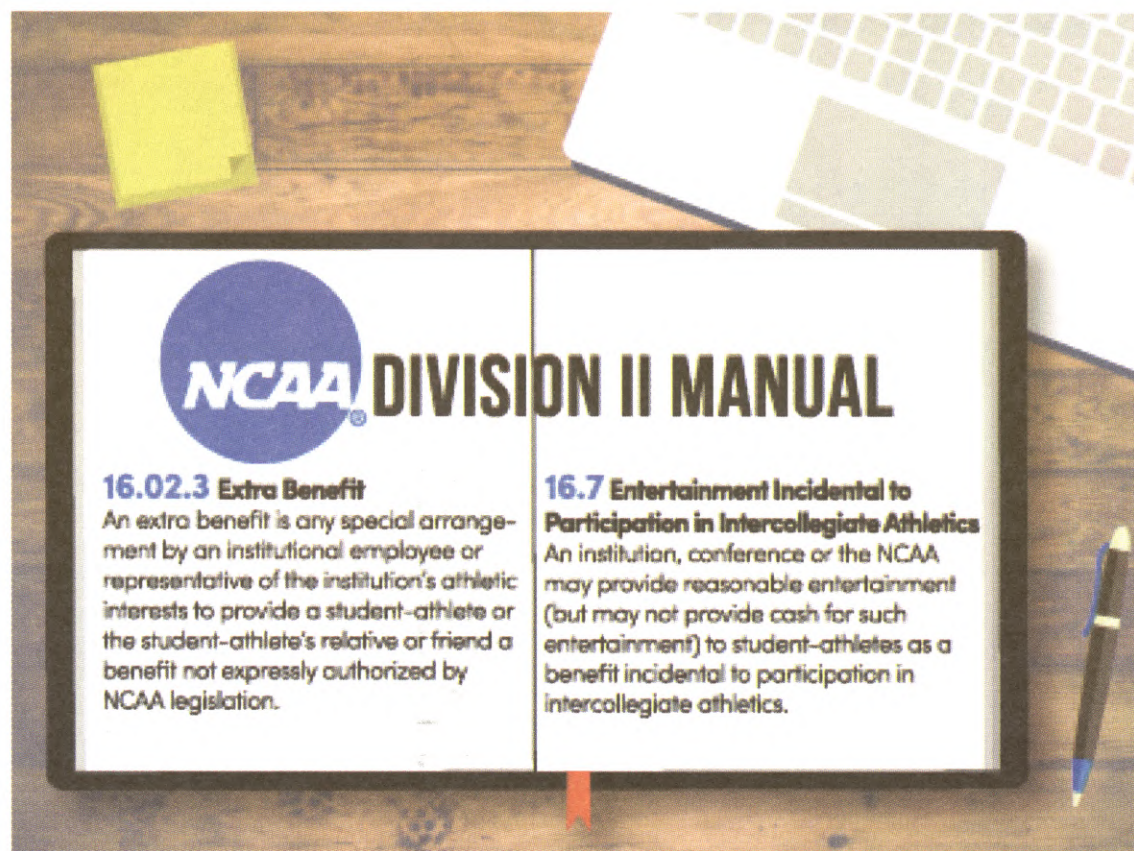
Mark Elliott, director of athletics, said Coach Austin Selby texted and called him multiple times to make sure the move was not in violation with any of the NCAA regulations. Elliott spoke with Selby and ran through all the

compliance training with the volleyball team, spoke with one of the runners about how the trip had been and found out that the team had gotten to go to a Broadway play.

"In a conversation with some students, some of which were student-athletes, one student-athlete indicated that a parent had bought tickets for their group to see a Broadway play," said Swink, coordinator of assessment and retention. "This raised a red flag for me, so the next day I reported this to the director of compliance Larry Knight."

Knight said self-reporting is standard procedure for violations.

"I got a call from Jeff Swink, and he told me he thought maybe we had a violation. That's typically how it comes about—somebody recognizes or a



Two violations were reported to the NCAA by the department of athletics. Info provided by the NCAA

coach reports themselves. That's part of this culture of compliance that we have," said Knight.

Once someone makes a donation to the department, they become a booster or a representative of athletic interest. NCAA legislation governing boosters states that as a representative of athletic interest, a person may not provide student-athletes with any sort of extra benefits, awards or gifts.

"The parent had previously donated to the athletic program, and you cannot then do things like pay for something that might give a student-athlete an advantage over another," said Knight. "We don't fault the booster. He did what most fathers would do. He was just being nice. If the coach had thought about it and asked Mr. Elliott or taken it out of his budget, it wouldn't have been a problem."

Elliott said the violation could have been avoided had the money been donated to the school or the athletic department and then allocated in the budget to cover the cost of the show.

Part of the NCAA process requires that

the athletes lose their eligibility status and have to go through reinstatement to be able to continue competing. Elliott said that the NCAA responded to the department's self-correction a day later and sent word that the athletes were reinstated.

"We report [to the NCAA] what institutional action was taken," said Knight. "We originally were going to have the student athletes perform some community service because we didn't want them to have to pay the money back. We thought a better solution, since they weren't at fault, was to [make a donation] to a charity."

A donation was made to the Sierra Club, the nation's largest grassroots environmental organization.

"The more we do this, the more familiar our

coaches become so we make fewer and fewer violations," said Knight. "It's just something that happens and you have to know how to deal with it quickly and fairly. The well-being of the student-athlete is always put first."

Elliott echoed Knight's sentiments.

"I'm certainly not glad that I did that, but we've learned from [our violations], and the conference wants to report to occur because that means we're paying attention. If you have a good compliance officer, and if there's a culture of compliance around your campus and your athletic department, you're going to have violations. The good programs will see, report and correct violations. This is campus has a culture of compliance, and I'm really proud of that. We all should be really proud of that."

**"IT'S JUST SOMETHING THAT HAPPENS, AND YOU HAVE TO KNOW HOW TO DEAL WITH IT QUICKLY AND FAIRLY."**

-LARRY KNIGHT, COMPLIANCE COORDINATOR



## SOULFORCE VISITS TREVECCA FOR SECOND TIME CONTINUED FROM PAGE 1



Nuñez, Onofrio and Harris at the Soulfence luncheon. Photo by Griffin Dunn.

of sexual intimacy that occur outside the covenant of heterosexual marriage as sinful distortions of the holiness and beauty God intended for it. Homosexuality is one means by which human sexuality is perverted. . . We deplore any action or statement that would seem to imply compatibility between Christian morality and the practice of homosexuality."

Though there might be some differences of opinion, the mission of Trevecca and the Church of the Nazarene relates to the LGBTQI community, Boone told the audience at the panel discussion.

"I would say it is a part of our understanding that there is no human that has ever been born that is beyond the redemptive love of God and the grace of God," said Boone. "God has given up on no human being that has ever been born, so we consider ourselves to be in partnership

with God for the redemption of all of his creation."

Alba Onofrio, spiritual strategist for Soulfence, countered saying that the connection with the need for redemption and the LGBTQI community is where the problem for many lies.

"When we hear the [LGBTQI] community being spoken of in a way that is directly connected with redemption, it instills, at least for me, an immediate resonance that there is something that needs to be redeemed about the orientations [of LGBTQI people]," said Onofrio. "I think that, if I had to go immediately to the point, that is where the rub is. We hear, 'Love the sinner, hate the sin.' Even though the underlying intention might be one of inclusion, the immediate rub is that some part of our fundamental makeup-- that for many of us is part of what we were endowed with by the creator-- is

what is being centered as one of those things that needs to be redeemed."

Boone clarified, and said that he thought within all human beings, regardless of gender or sexuality, is the need for redemption.

"With the understanding that God created all of creation, male and female, there is a sense that there is a diversity of humankind that the LGBTQI movements celebrate, and I think rightfully so," said Boone. "Yet I think at the same time, there is something about me being created as a male that desperately needs redemption. I know as a young student at Trevecca, the desires that I had, if I had simply just celebrated that God had made me that way and given me those desires, I would have commodified women and used them for my own pleasure in every way possible. I think there is a part of what is rooted in the human desire that is quite sinful and does need the redemptive grace of God."

Student perspectives of the Soulfence visit differ. Some are glad the group came to campus.

"I think that the presence of Soulfence was beneficial to our campus," said junior SGA social and alternative media coordinator Keaton Butler. "It allowed opportunity for important conversations and created a space for different perspectives to be expressed."

Other students said there was not much progress made with the discussion of LGBTQI students.

"In some ways, I thought it was a great place to start the conversation, but it didn't

result in very much change of insight or anything," said junior psychology major India Riggs. "They would ask Dan Boone to give his input and his perspective, and after he did so, they would just go right to the next topic, showing that neither side really had the intention of changing."

**"WE HEAR, 'LOVE THE SINNER, HATE THE SIN.' EVEN THOUGH THE UNDERLYING INTENTION MIGHT BE ONE OF INCLUSION, THE IMMEDIATE RUB IS ... BEING CENTERED AS ONE OF THOSE THINGS THAT NEEDS TO BE REDEEMED."**

—ALBA ONOFRIO, SPIRITUAL STRATEGIST

After the Soulfence visit, Boone said listening to each other is important.

"In their group, they probably have as deep of prejudices about our worst side as we have about their worst side-- and we're both wrong," he said. "They're not as bad as we say they are, and we're not as bad as they say we are."

## Local church to host LGBTQI support group

BY BAILEY BASHAM  
EDITOR-IN-CHIEF

A local Nazarene church will offer a support group for LGBTQI students after a Trevecca student expressed a need to the counseling center for a peer support group.

"A student approached me and asked for some kind of support group for people who are learning how to balance identifying as [LGBTQI] and Christian," said Sara Hopkins, director of the counseling center. "We serve [LGBTQI] students on campus, and I think that this is a need on our campus because we don't have a lot of places on campus where students can go and safely talk about that struggle."

Blakemore Church of the Nazarene will host the group. The group will be student-led and will not be an official Trevecca group.

Some Trevecca faculty members who attend the church talked about the possibility of a group with lead pastor Ryan Hansen.

"We had not planned to start a group like this,

but the opportunity came to us as an expressed need," said Hansen. "After prayerfully considering it, the church board and I decided that we were interested in providing a space for LGBTQI students to discuss and explore their experiences and Christian identity in an environment that was hospitable and safe."

There is currently no support group for LGBTQI students on campus. Students have never followed the process of starting a student group on campus, said Dan Boone, university president.

"In my 11 years, we've never had a request come to us [for any support group]," said Boone. "[If a request were to be submitted], it would be judged on the merits of the group itself. As long as it fit within the mission of Trevecca, I'd almost guarantee that it'd be approved. There's no pre-decision on whether we would have that kind of group or not."

Boone said he has no problem with a group like this being started, but he doesn't want

this group to be under the impression that safe spaces for LGBTQI students don't exist on campus.

"Nobody has even asked us to consider any type of support group yet, so I want to make sure that this group is not started as a signal to anyone that we're not interested in students being able to have discussion groups, support groups, book clubs or anything," said Boone.

Boone said that he and Steve Harris, associate provost and dean of student development, have been observing the moves of other Christian universities to see what the best course of action is.

"For the last year, we have been quietly in conversation with two or three other universities. Forums, gatherings, fellowships, support groups, bookclubs-- they've done it a lot of different ways, and we're more than ready to take off with that [at Trevecca]," said Boone.

Hopkins said that she and the counselors

in the center will assist the support group at Blakemore by referring individuals who are dealing with issues regarding their sexual and Christian identity.

Church members at Blakemore who have volunteered to be a part of the group include a social worker, a therapist, a pastor and a member with a degree in counseling.

"We are all nurturing hearts," said Amanda Grieme-Bradley, chair of the social and behavioral sciences department and attendee at Blakemore. "We all respect the Church of the Nazarene, and we want to love her members and [offer the support they need]."

Grieme-Bradley, who attends Blakemore Nazarene but is not an official member, said she will be present at some group meetings but will not facilitate the group as a therapist. Hopkins said she will attend as an ally when possible.

The group will serve as space for students to openly talk about their experiences as LGBTQI individuals who are also dealing with issues

of incorporating that identity into their faith.

"This is a great place to come because no one has this completely figured out, and this is the point of the group. You don't have to come out. You can just come and say, 'I have questions.' You don't have to come and say, 'Hi, this is my name, and this is my sexual orientation.' This isn't a labeling thing," said Grieme-Bradley.

Hopkins said the counseling center is a safe place to talk, but that the support group can offer something the center cannot-- peer support.

"I think having that peer support is really paramount as you're moving through emerging adulthood and you're figuring out how you're going to identify yourself in general, how you're going to move around in the world,

**"GOD LOVES YOU, AND WE LOVE YOU, AND WE WANT YOU TO JOURNEY WITH GOD WITH US."**

—RYAN HANSEN, BLAKEMORE LEAD PASTOR



# Track teams aim to compete on national level



Junior Willow Moore and sophomore Caroline Hampton compete at Vanderbilt.

BY ANDREW PRESTON  
STAFF WRITER

The past two seasons, the Trevecca men's and women's track teams both have finished no better than fourth place in the Great Midwest Athletic Conference Championships (G-MAC), something head Coach Austin Selby wants to change.

Winning the championship title in track and field for Trevecca is something that will take time to accomplish. The track teams are relatively new programs at Trevecca, with both the men's and women's teams beginning competition during the 2013-2014 academic school year.

"We cannot [win the championship title], plain and simple. We are not built to win a title. We are still trying to grow and become competitive in the G-MAC," said Selby.

The Trevecca track teams are still relatively small in number. For comparison, in a recent track meet, Cedarville University brought 68 athletes between both teams. Trevecca has 29 total track runners. For Trevecca, it is difficult to keep up with the bigger schools in the conference. Although small in number, Trevecca is able to compete fairly well in the distance events at most track meets.

"We win the [5-kilometer], we win the DMR [distance medley

relay]. We win the [3-kilometer], and we are first or second in the mile. We score a point or two in the sprints and field events, but there are events that, without facilities and the budget to have the tools necessary to practice those events, we'll never win a track championship," said Selby.

This season, Selby is looking for several guys and girls to step up and lead the team.

"Typically, juniors Logan Rodgers and Ben Moroney are our two leaders. They are our fastest guys, but it really depends on the weekend. Both these guys have the potential to do some great things this year," said Selby.

On the women's side, Trevecca graduated Rachel Mudd last season. Mudd was a key leader for the girl's team. This season, it's Caroline Hampton.

"Our leader is definitely Caroline Hampton. She made the national qualification list last year, but she wasn't in the top 20 so she wasn't able to compete at nationals. She is definitely a big leader," said Selby.

The goal for coach Selby as well as the team, is not necessarily to compete well in the G-MAC, although quality finishes would help. The goal is to be able to compete for Trevecca on the national stage.

"We are more focused on the national meet when we go to compete for the G-MAC. For the indoor seasons, only one other school [Cedarville] was able to

take athletes to the national meet, so I think that is pretty special" said Selby.

Trevecca qualified both Rodgers and Hampton last season for nationals. Hampton was unable to attend because she did not finish in the top 20, but Rodgers was able to compete.

"We are taking Logan, and if Logan scores, if he finishes in the top eight [of his event], then we'll score points at the national championship. So we'll actually be on the board. At the end of the day where you rank across the country, even it is with one or two individuals is pretty big to us. We are getting our name out there

when we compete at nationals. Alderson Broaddus, Ursuline and Kentucky Wesleyan are all not taking athletes to the national meet," said Selby.

For the future, Selby wants to grow the program into teams that can not only compete on the national level, but also be highly competitive in the G-MAC conference as well.

"It's a tough pill to swallow to know that odds are we can't win right now, but knowing we can take athletes for a shot at national championships, to have a shot at All-American status, that's doing pretty good," said Selby.



Junior track and field runner Ben Moroney. Photos provided by TNU Trojans.



This story first appeared on  
TrevEchoesOnline.com

## Trojan golf looking for fourth straight conference title

BY ANDREW PRESTON  
STAFF WRITER

For Trevecca men's head golf coach, David Head, winning a fourth consecutive Great Midwest Athletic Conference (G-MAC) championship is the goal for the season.

"We've been successful in the past, and we are hopefully looking to set ourselves up for a fourth championship," said Head.

Head is entering his second full season as the head coach of men's and women's golf at Trevecca.

Last season, the men's golf team won the G-MAC tournament by a single stroke-- something unprecedented in the sport.

"We worked hard all spring, and we did the best we could to prepare. We got out there, and we were behind on the last day, but we ended up making a final push and were able to win just by a shot. In college golf, one shot is extremely close," said Head.

In the G-MAC tournament last spring, the Trojans edged out Alderson Broaddus by the single stroke for a three-round total of 982 (328-332-322).

The Trojans fall golf season was highlighted by freshman Larken Whittemore. Whittemore was a two-time G-MAC player of the month in September and October. Whittemore was the first recruit made by Head. The roster is lead mostly by an experienced bunch of juniors and seniors.

"I couldn't be happier with the success [Whittemore has] had so far and the effort he's putting forth to try and continue to get better. He has set some ambitious goals for the year, and I think he has a great chance of accomplishing what he wants to do. He's a good player, but he's also a good young man," said Head.



Trevecca's men's golf team and head coach David Head at the 2015 fall invitational at Old Hickory Country Club. Photos provided by Trevecca Trojans.

The Trojans won the Trevecca Fall Invitational last October, competing at Old Hickory Country Club, one of four "home" courses the golfers enjoy. That tournament was the last they competed in for the fall semester.

"Anytime you win your home tournament is good. Playing at home always brings the added comfort as well as expectations," said Head. "It was a good win, we beat some good teams. It was a great way to end the fall semester-- a win is a win, and I hope that carries over to this year."

For the spring season, the Trojans will not have the luxury of hosting their own tournament. The closest tournament they will compete in is the Bulldog Invitational at the Windtree Golf Course, in Mt. Juliet. As with all other G-MAC sports, travelling has been a persistent issue for student-athletes.

"We travel in a van or mini-bus, and a lot of times when we travel it is a six, seven or eight-hour drive, so when you are cooped up in a van for that length of

time and you get off the van and have to go play golf, it is really tough. It impacts us, but every other team is doing the same thing, in a perfect world we are able to travel a day ahead of time," said Head.

The Trojans will travel as far as Ohio, Mississippi and Arkansas for competitions this season, with Batavia, Ohio being the closest at 291 miles, four and a half hours, away. The G-MAC championships will be held at Liberty Township, north of Cincinnati.

"I have all good kids. They're committed to being Christian, student-athletes-- in that order. Golf is extremely important to us, but so is being good Christians and good students. I take that very seriously," said Head.



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TrevEchoesOnline.com



# Editorial: Avoiding the spring semester slump

BY THE EDITORIAL BOARD

With the weather starting to warm up and the beginning of summer break getting closer and closer, it's really easy to fall into a slump. Sometimes falling into that slump means it gets really easy to put off your most important assignments until the last minute. Obviously, that's a scary thought-- especially with finals approaching so quickly. We decided to come up with a list of tips we hope might be helpful during this last full month of school leading into finals week.

For starters, clean up your study space. It can be hard to work most days anyway, but it's even more difficult to be productive in a space that is as cluttered as your to-do list is long. Tidy up your desk, pick your clothes up off the floor, make your bed-- whatever you need to do to make your study space less messy. If you still can't focus, try going to the library

to study or take a blanket to the quad. You might even see a dog out in the quad while you work. That's a win-win.

Plan, plan, plan. And then plan some more. Make a big list of everything you have to do. That way you'll have everything in one place, right in front of you. Split that big list into smaller, more manageable portions. You can split the list up by what you want to accomplish each week or narrow it down into the tasks you need to get finished every day. Then get started.

Be realistic about the plans you make. Are you really going to sit down and study for five hours straight? If the answer is yes, then congratulations. If the answer is no, then join the club. Just try to do as much work as you can when you are feeling motivated and good.

Give up social media. At

least for an hour or two. It is possible, we promise. And without the distractions of checking Instagram, Twitter and Facebook all the time, you might actually get some work done.

Don't beat yourself up if you get distracted. It's really easy to get distracted when doing homework. Almost everything else can seem more interesting. If your mind wanders, write down what you started thinking about. Once you are finished studying or doing homework, you can go back to that thought and think about it all you want.

Don't spend all your time at your desk. Burnout is real. And during finals week and the weeks leading up to it, it can be difficult to avoid. Take breaks when you're working, watch those shows on Netflix you keep thinking about, take a nap if you're tired and spend some time outside in the sun. There's no reason to deprive yourself of

the fun things just because you have a long to-do list. Put "do something fun every day" on your to-do list if you have to. Just remember to practice self-care.

That being said, take advantage of the dogs in the library. There's no better self-care than seeing a dog. No statistic necessary.

Remember the big picture. Put this one finals week into perspective by remembering why you are at Trevecca. Yes, writing four papers at once is hard. Yes, reading book after book and trying to keep everything straight is hard. Yes, balancing all that work with time to actually take care of yourself is hard. But it is possible. We are all experiencing the same stresses during finals and the weeks leading up to it, but we will also all be experiencing the same successes by having made it through another semester. You can do it. We all can.

## Sleepyti.me



Calculates when you need to fall asleep and to wake up. This site can help you get the rest you need to be as productive as possible.

## Slader.com



This site will allow you to view the solutions to your textbook questions for free.

## StayFocusd extension



This google extension increases productivity by limiting the amount of time spent on any site that you might find yourself wasting time on.

## Quizlet.com



for making flashcards, practice quizzes and tests. This site is helpful for memorization. Quizlet is also available to download from the app store.

## Mendeley.com



This site is helpful if you need help organizing, keeping track of ideas and making citations for papers. Mendeley is also available to download from the app store.

## Column: Professional habits in communication



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Good professional habits in the workplace take practice. There is no better time to start than while you are a student. If you plan to intern, you will be working in a professional setting, so these skills will be additionally important. Here are some common areas of communication where people can often lack the right professional tone.

### Emails

It is easy to be casual in email because it is related to texting, which is super casual. Keep your audience in mind. You will want to email professors, faculty and staff with a different tone than what you use for friends or family. Include a short subject line, a "Dear or hi

[person's name]," a short note and sign your name. Do not use text language or emojis. Use correct punctuation. I can't tell you how many emails I have received from students that start like this: "um yeah so i want to ask about a job on campus whats available?" Also, respond to emails. Even if you don't want to, or don't know what to say, saying something is worse than no response.

### Phone calls

We live in a time where personal phone calls have mostly been replaced with texting, but when you are at work, phone calls still exist and so does phone etiquette. Even if you are uncomfortable talking on the phone, you will need to sound pleasant, speak clearly and use correct grammar. Remember, you are potentially the first contact with a customer, and you represent the company.

### Cell phone use

We have all gotten used to having our phones out all the time, even in class, at work and spending time with friends. The biggest complaint I get from supervisors of interns is that the intern will be on their phone in one on one meetings with their supervisor. This is extremely rude and shows the supervisor that they do not have the intern's attention. Even worse, it shows that the intern doesn't care enough about the conversation with the supervisor to put the phone away.

Starting to practice professional behaviors now will only help you in the future. Start small: put your phone away in a meeting or conversation with a friend. This will get you more the habit of being present and giving your attention to what is in front of you-- a trait that will make you stand out as an employee.

# TrevEchoes



(l-r) Design Editor Cydney-Nichole Marsh, Online Editor Olivia Kelley, Editor-in-Chief Bailey Basham and Copy Editor Jessy Anne Walters. Not pictured: Photographer Griffin Dunn.

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# Track team does its best with no track

BY ANDREW PRESTON  
STAFF WRITER

Trevecca's 4-year-old track and field program is making progress even though there is no track at the university.

The 29 student-athletes who make up the two track teams travel around Nashville to practice on available tracks when other teams aren't using them, do their workouts on campus and generally don't complain, said Austin Selby men and women's cross country and track and field coach.

"We compete on the track, so it makes sense to practice on a track, but that is a

**"THEY ARE HERE TO  
COMPETE AND NOT  
JUST COMPLAIN  
ABOUT WHAT  
THINGS LOOK LIKE  
ON THE SURFACE"**

-AUSTIN SELBY, HEAD TRACK COACH

luxury we just don't have at this time," said Selby. "We don't use that as an excuse, ever. We don't really think about it, we joke about it as a team, but it is never an excuse for underperforming. We still find ways to get done what needs to be done with what we have."

In 2012, Trevecca launched a men's and women's track team as a way to build the number of sports teams on campus.

In order for the athletic department at Trevecca to continue the process of becoming a NCAA Div. II school, they needed



Track and field runners do not have a track to practice on at Trevecca. Pictured above is the indoor track at Vanderbilt University, where the student-athletes competed in August. Photo provided by Trevecca Trojans.

more sports teams.

During the 2011-2012 academic school year, Trevecca had nine intercollegiate sports. The following year Trevecca added cross country teams to meet the NCAA requirements.

A former coach suggested adding the spring sport of track and field so cross country runners wouldn't finish their season then have to wait nearly a full year for next season to begin.

The coach argued he could get better cross country athletes if they knew Trevecca had a track program waiting for them in the spring.

"The goal for adding our track program was for the track experience to supplement the cross country experience so we could raise both programs," said Trevecca Athletic Director Mark Elliott.

To deal with the lack of a track, the team gets creative.

Members can frequently be found running around campus.

"Running around the campus is not necessarily a good fix. It's not something that we like. Our campus is not flat. Obviously, our campus is far from that," said Shelby. "The surface is not exactly accommodating to avoiding injuries. It's tough. I mean it's really tough."

The teams also use a track about a mile from campus at Tennessee Preparatory School.

In the past, if that track has been unavailable, the team has used Vanderbilt University's outdoor track facility. They have been to Brentwood High School and Brentwood Academy to use those tracks as well. The teams occasionally go to Centennial Park to run.

"It's hard, but my runners always find a way to get done what they need to get done," said Selby.

Not having a track does affect Selby's ability to recruit.

"We have lost recruits--especially with the sprinters. Over the course of a year we probably have 20 to 30 per gender athletes interested in TNU," he said. "They come for a visit and after being very upfront and honest with them about our facilities, it is amazing how many of them we don't hear back from."

Plans for the future do not include the addition of a track on campus.

"We currently do not have any plans for a track as we don't have the physical space," said David Caldwell, executive vice president for finance and administration.

There's no doubt in Selby's mind that the athletes he does have on campus want to be at Trevecca.

"It makes us gritty. It shows that everyone involved wants it. They are here to compete and not just complain about what things look like on the surface, but they are going to do what it takes to be competitive," he said. "Ultimately, those are the athletes we want."



The Trojan track and field runners at competed on Vanderbilt University's indoor track in August. There are currently no plans for the addition of a track on campus at Trevecca. Photo provided by Trevecca Trojans.



## SENTAYEHU WONDEMANEH CONTINUED FROM PAGE 1



Wondemaneh and Orr in Addis Ababa, Ethiopia. Photo provided by Jennifer Orr.

mother left him there when he was 4-years-old. Their main task was to prepare the children there with the basic skills they needed to be able to attend a boarding school.

"These kids of all ages had never made a bed, used a toilet or had any type of formal education to prepare them for life at a boarding school," Orr said.

Since Project 61, the name of the initiative Orr was part of, was so new, few of the kids had sponsors, yet they were all prepared for boarding school just in case. Orr knew she wanted to sponsor one of the kids and asked the leader of the group to choose a child to match her with. Orr matched with Wondemaneh, and the two officially met on Orr's next trip to Ethiopia six months later.

Orr slowly got to know Wondemaneh and his mother, and over the next four years, she continued going back to visit every six months, staying for a month or two.

"Somewhere along the way, we became family," Orr said.

Wondemaneh was unlike the rest of the kids his age,

Orr said. He worked hard in boarding school. Often, he woke up early to read the English dictionary and Bible for a few hours before school.

"She [Orr] bought me a New Oxford dictionary," Wondemaneh said. "I used to read that and memorize it every day and she would come over and help teach me."

Wondemaneh graduated from the boarding school first in his class. He was also awarded the witness award for his Christian character, Orr said.

Both Wondemaneh and Orr said they heard the Lord's voice saying that Wondemaneh would come to the United States to further his education.

At the time, the two were both unsure how it would ever work out.

"I was confident that the Lord would open up doors and provide along the way. And he did. God opened every door and made a way when neither of us thought it was possible," she said.

Orr was looking for a college in Nashville and assumed Belmont would be the best fit. However, Orr's mom referred her to a family friend, a Trevecca admissions counselor.

Orr explains how God opened the first door, as she was put in contact with Rebecca Merrick, the international student advisor.

Merrick explained to Orr what would need to happen for Wondemaneh to come to Trevecca. She told Orr that she would do everything possible to get him in if he could meet the minimum requirements for admission.

"Jennifer spent a lot of time prayerfully trying to find a good place for Sentayehu," said Merrick.

"Trevecca's just that kind of place ... a good Christian place to mold the soul and mind."

Wondemaneh began the essays for his application, and Orr took another trip during his summer break to help him prepare for the biggest challenge-- the ACT. They studied together for five weeks, sometimes eight hours a day.

Wondemaneh took the ACT twice. Orr booked another flight to Ethiopia before receiving the score of the second attempt, with a feeling it would all work out. The day before her departure, she got the scores back and realized she would be able to tell Wondemaneh he would be going to Trevecca as soon as she arrived.

"He as an unbelievable story," said Merrick. "For him being able to work hard and be motivated and let that push him to succeed on the ACT-- it's hard for international students, and he did it."

Wondemaneh does not qualify for financial aid or in-

state tuition since he is not a citizen. Trevecca helped them find scholarships, and Orr's mom and friends and sister have all been contributing and raising money to fund his tuition.

"When you look at our salaries combined on paper, we shouldn't really be able to pay his tuition without making some big changes in lifestyle, but God is faithful and we haven't been in want for anything," Orr said.

Wondemaneh has done his part to keep his costs down.

"Sentayehu is very frugal too and has only spent \$7.50 since he moved here almost 2 years ago," said Orr.

"I am still amazed that God allowed me to be a part of Sentayehu's remarkable story and that he is here studying at Trevecca," Orr said.

Wondemaneh credits Orr with his future being brighter than he imagined it could be.

"She's changing my life," Wondemaneh said.



Wondemaneh and Orr on at Trevecca for a campus visit. Photo provided by Jennifer Orr.

## Volleyball coach wins conference title for first time in school history

BY ANDREW PRESTON & BRITNI CARMACK  
STAFF WRITERS

Jayne Crowley sits in her office in the Moore building while members of the team return equipment and uniforms from a successful 2015 season.

Crowley has been a coach at Trevecca for the past eight seasons and has coached at nearly every level of the sport. But this fall was the first time in her career she coached a college team that won a conference title.

The Lady Trojan volleyball team finished the 2015 season with a 20-12 record and a G-MAC title.

"The journey was long and hard, but to have the dream team accomplish this for the first time in school history is an unbelievable feat," said Crowley.

Before coming to Trevecca, Crowley won three state championship games at Chaparral High School in Scottsdale, Ariz., where she worked for 11 years in the Scottsdale Unified School District. She says that this conference win is a different feeling now that she is older.

"For me personally, in my past career you know, I won three state championships. I thought this is the epitome. What else is there? [When I was younger], I think it was more about me and my success. Now it's great that we accomplished that as a team-- as a family," said Crowley.

Crowley said that she is more proud of her kid's leadership abilities and the culture of the

family than she was about the G-MAC championship.

"We established a mission, which was three-fold. We were going to embrace the toughest competition so we could be competitive in our conference. We were going to be united as a family with Jesus Christ as our center point. We were going to develop ourselves in a holistic approach. In other words, we were going to develop emotionally, physically, and spiritually," said Crowley. "I am so proud of the team for having the grit to stick with it and make history in the process."

Upon establishing their mission, Crowley's dream was for her team to invest in the goals. She wanted it to define their season and help them in their tough times. This season Crowley took a couple of different approaches to lead her team. Crowley encouraged every athlete on the team to set individual goals. However, Crowley also set goals for herself as a coach.

"My goal as coach was to be have a positive approach in everything that we did, be consistent in my demeanor and respond to situations, not react. These were goals that I needed to work on and goals that kind of helped me in the doctoral program," said Crowley, a student in Trevecca's leadership and professional practice doctorate program.

The second approach that Crowley took was setting up individual practices with the assistant coach. Her idea behind the practices was for



Jayne Crowley, head volleyball coach, coaches her team at a match. Photo provided by the Trevecca Trojans.

them to be once a week with each position.

"I think that it benefited [the team]," said first-year assistant coach, John Radzimanowski. "We had a young team and a lot of freshmen expected to take on big roles."

A lot of what has made her a better coach and leader has been her doctoral program, said Crowley.

The team read a book called "Mindset."

"My freshman year I came in, and if I made a mistake, I would really take it to heart," said said junior exercise science major Katelyn Atkinson. "It would really affect me, and then I read

that book, and it started making me think I did this, but I can still keep a... positive attitude about it. Every chapter, we would talk about it, and she would give me her opinion. I would take that and use it in the game or practice and in life really."

Crowley said her doctoral program has helped her to become a better leader and mentor.

"I've picked up a lot by listening to her. She has taught me to be a better leader as well," said Radzimanowski.

In 2013, Crowley said she was at the lowest point in her life after losing both of her parents. She said it was a struggle to stay

positive for her team.

"God has a way of preparing you for the worst of the worst. As much as I would never want to go back to that experience, that helped me realize who I have to depend on. My sole source of making it in life is who I believe in, Jesus Christ," said Crowley.

Crowley will graduate from her doctoral program in the spring.

"It is just the icing on the cake to be graduating on May 7, 2016 with my doctoral degree in leadership," said Crowley. "My parents would be so very proud, but more importantly proud of how far my faith has come."