Southern Adventist University

Knowledge Exchange

Southern Accent - Student Newspaper

University Archives & Publications

2022

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Southern Adventist University

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September 8, 2021 Collegedale, Tennessee



Vol. 77 Issue 1

On-campus vaccines delayed, Southern offers students free rides to local clinics



Thrifty MedPlus Pharmacy in Ooltewah offers free COVID-19 vaccines. The UHC is giving students free rides to local vaccine clinics. *Monday September 6, 2021.*

Photo courtesy of Xander Ordinola.

Lesieli Heimuli Reporter

On August 3, Vice President for Student Development Dennis Negrón sent an email to Southern Adventist University students concerning university protocol about what to do in regard to COVID-19 symptoms and vaccinations. The email stated Southern originally planned to have two clinics on August 26 and September 16 on campus. But according to an email sent on August 20 from

the University Health Center (UHC), the vaccine clinics have been delayed due to unexpected logistical challenges. The UHC is also offering free transportation for those who plan on going to nearby vaccine sites.

The UHC provided information about other options for students who wish to be vaccinated sooner. According to the health center, individuals wanting to receive vaccinations can call the Hamilton County Health Department (HCHD) hotline at 423-209-8383 for times and

locations. HCHD locations provide free COVID-19 vaccinations with no appointments necessary. Local pharmacies such as Thrifty MedPlus Pharmacy also provide free COVID-19 vaccines, according to their websites. Individuals who have already taken their first dose elsewhere can get their second dose anywhere in Collegedale as long as they have their vaccine card with them, according to an email from the UHC.

According to UHC nurse practitioner Michelle Mix, people wanting the vaccination do not

need insurance.

"You don't need to show an insurance card to get the vaccine," Mix said. "When we are doing a send off test to our lab in Nashville, PathGroup, they require insurance information. It is still no cost to the person being tested."

Mix said the local pharmacy that will work with the UHC to host a vaccine clinic on campus is River City Pharmacy, and it will provide Moderna. Exact dates are still to be determined, according to UHC healthcare workers, but stay tuned.

Student Association Presidential Address

Jhosuet "Josh" Esten Student Association President

Going to college for me was one of the most difficult experiences I ever had to go through. I was in an atmosphere that I was not familiar with; I had no idea what I was doing most of the time, and I didn't have many friends.

There were times when I felt alone, when I knew I was about to fail a test, and moments when I was so sleep deprived that I would fall asleep standing up.

College was not looking the way I had imagined it to be, but all of that changed when I decided to get out of my comfort zone. I began to meet new people, experience new things and create memories that I will cherish forever.

For many of you, your first experience at Southern looks very different than what it was like for me. Things like masking have become part of our daily routine, and making friends seems impossible because of the fear of COVID-19, plus the added feeling that you don't know who you're talking to because of the mask. Even so,

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In-dorm counseling launching soon

Madison Wilcox Reporter

In an effort to meet the increasing demand for counseling on campus, Southern Adventist University's Counseling Services will soon launch in-dorm counseling Mondays through Thursdays from 6 to 9 p.m. According to Counseling Services Coordinator Tiffany Bartell, the program is being funded through COVID-19 relief funding.

The new counseling services will be provided in Talge Hall on Mondays and Wednesdays and in Thatcher Hall on Tuesdays and Thursdays. Though the location alternates between men's and women's dorms, students can schedule an appointment at either location.

According to Bartell, a campus-wide email will be sent to all students once the dorm counseling services launched, and an announcement will be posted on Southern's Counseling and Testing Services' Instagram page. The upcoming announcement will include final details regarding specific locations within the dorms. Students will then be able to call Counseling and Testing Services at 423-236-2782 to schedule a 45-minute appointment. Walk-ins are not accepted.

The idea of in-dorm counseling was sparked by Director of Student Support Services Jim Wampler, Bartell said. After reading about several large universities that embed-

See Counseling on page 2

Engage Worship to upload music on Spotify, Apple Music and other platforms



Engage leads worship at the Sharon SDA Church in Charlotte, North Carolina, in October 2019. Photo courtesy of Ryan Becker.

Lucas Bueno Reporter

Engage Worship, a music-centered ministry run by Enroll-ment Management at Southern Adventist University, will soon begin uploading music to its new Spotify and Apple Music accounts.

Previously known as Engage Ministries, the musical group changed its name earlier this year to more accurately state its mission, according to Ministry Coordinator and Admissions Counselor for Enrollment Management Ryan Becker.

Although it is run by Southern, Engage does not operate to serve Southern's students, according to Becker. Rather, it seeks to minister to young people who do not attend Seventh-day Adventist schools.

Engage is also used as a recruitment tool, as it helps students to hear and learn about the university, Becker said.

Engage's Student Director Austin Bates said high school students are the group's target audience, and they are constantly listening to music, which opens the door for recruitment opportunities.

"There's a big difference between promoting Southern from our social media accounts, something only accessed in people's free time, and putting content on a platform like Spotify that can be consumed during almost every activity and task," he said.

Engage performs worship music for various venues. According to Becker, the group has performed in and out of state, and it makes between 30 to 40 trips a year. Becker said Engage focused on creating music videos for churches to use for their livestream and Zoom programs when the COVID-19 pandemic hit. This experience proved that Engage could record and produce high quality music, according to Becker.

Becker said Engage produced 11 songs last year, and the group is hoping to release all 11 songs by September 17.

Engage typically performs and records covers of popular Christian songs, but each of its student-led teams plans to write its own worship song this year, according to Becker. Though aimed primarily at high school students, the ministry needs university students to help promote the content, Becker said.

"The best way [for students] to support Engage would be to follow us on Spotify and social media and to let [their friends] know about it as well," Becker said. "If they can help us get the word out about this, and if we can make this as successful as possible, it means that we can do even more next year. And it may open a path for us to add additional positions in the future."

Engage's Instagram account is @engageworshipsau, and students can find the group on Spotify, Apple Music, YouTube Music, Deezer, Pandora, Yandex and as a sound on TikTok under the name "Engage Worship."

To find out more about Engage or to apply to get involved, go to southern.edu/engage.

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Josh Esten is the Student Association president for the 2021-2022 academic year. Photo courtesy of Josh Esten.

I want to challenge you to get out of your comfort zone and go! Go make new friends. Go try new things. Go jump off that cliff (into water). Go talk to that let the opportunity pass you by. If this pandemic has taught me anything, it's that life is too short to wait for things to happen. We need to go out and shape our reality.

The American author, William Nolan, once said, "It's better to regret what you did than regret what you didn't do." Don't be afraid of what could happen, but rather be afraid of the regret for what didn't.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7 (NKJV)

I want to let you know that your Student Association team is here to make sure your experience at Southern is the best possible. Whether it's through our weekly events, the new

projects we have going on around campus or by being people you can come talk to,

has taught me anything, it's that life is too short to wait for things to happen. We need to go out and shape our reality. 🤧

we are here for you. So, if you ever do want to talk, or if you'd like to let us know how we can improve our campus, come see us on the third floor of the student center. We are here for you and because of you; don't be shy. Just go. We are praying for you.

Your friend, Josh.

Counseling continued from page 1

ded counselors into their various departments, Wampler wondered if Southern should try something similar. So, he suggested planting counselors within the dorms.

"We've been trying to find creative ways to help students have the services they need," Bartell said.

She said demand for counseling on Southern's campus has been increasing for several years now. But students' schedules don't always line up with available counseling appointments. Often, studies and work during business hours make it difficult to fit in counseling as

"So that's kind of what this [initiative] was born out of, was the desire to provide students with a little more flexibility in scheduling counseling... and then also just providing

more appointments, because we know that's always a need," Bartell said.

According to Bartell, Counseling Services hopes that this new initiative will provide continued support for students as they navigate the difficulties of college life.

"I know many students really work hard to help put themselves through Southern, and they need just as much support, if not more, than everybody else," Bartell said. "We want there to be a chance for everyone to participate."

Looking towards the future, Bartell is optimistic about the

"We are excited to try it out and see how students like it this semester," Bartell said. "... We're hoping that some kind of funding can continue for it in the future."



Loni Romero, Tiffany Bartell and Brandon Grentz sit at the Counseling Services booth during Main Event for SmartStart 2021. Photo courtesy of Tiffany Bartell.

Letter from the Editor: Dedicated to Keeping You Informed



Portrait by Xander Ordinola

Megan Yoshioka Editor-in-Chief

Things are definitely not how we expected them to be this semester. Although we are all eager for life to return to "normal," the COVID-19 virus still runs rampant.

Case numbers continue to rise nationwide and healthworkers are overwhelmed. Our campus has escaped the effects of the pandemic. Within the past few weeks, we've seen a rise in quarantine numbers, changes in masking policy and a temporary move to online Vespers, convocations and other worship events.

With all these changes, the Southern Accent team is dedicated to keeping you informed. We continue to

report relevant news stories on campus and in Collegedale. In an effort to increase Collegedale and Hamilton County coverage, the Accent is increasing its Twitter presence. We are following and retweeting announcements from the City of Collegedale, the Hamilton County Health Department and others.

To keep up with recent journalism trends, the Accent has also been transitioning to a digital first strategy. This means that although we still have print newspapers, we have been moving our content online for the past few years. We will continue to publish news stories on our website, southern-accent.org, before the printed paper is distributed.

Considering the transition, we

are accepting web and social media advertisements this year. Ad inquiries are being addressed by our ad manager, who can be reached at studentadmgr@southern.edu.

In our printed format, you may have noticed some lavout changes. We moved Collegedale News under News to make room for another section. In collaboration with Counseling Services, Accent has added a Mental Health section to address the needs of students on campus.

Our staff consists of over 20 people. We promise to take our responsibility to be a reliable news source seriously, and we are grateful for the opportunity to serve you as your student newspaper. Enjoy the first issue of the 77th volume of the Southern Accent.

Southern Accent

The Accent encourages readers to write articles and voice their opinions. However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information email the editor at myoshioka@southern.edu

For all advertising inquiries, email studentadmgr@southern.edu

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Letter to the editor: UHC provides campus COVID-19 update



The University Health Center is compiling a list of people who are needing a ride to get vaccinated. *Thursday August 26, 2021.* Photo by Nicole Sabot.

UHC Staff

A joint statement from Dr. Richard Moody, Michelle Mix, NP, and Dorinda Harriss, NP submitted to the Accent on Thursday, September 2.

Since the beginning of Smart-Start, the University Health Center (UHC) staff has been working diligently to evaluate, treat and manage COVID-19 patients and their close contacts. Many employees are working up to 70 hours a week to keep up with the high case numbers and need for contact tracing. In addition to COVID-19 related visits, the UHC is also trying to

keep up with non-COVID-19 related concerns of students, employees and dependents. Most days, the nursing staff are double- or triple-booked in order to accommodate the high demand for testing.

At this time, we have COVID-19 vaccine records from approximately one-third of the undergraduate population. We believe there are a number of individuals who have not provided the UHC with their vaccine cards and those individuals are not counted toward that number. However, we are seeing a number of vaccine-breakthrough COVID-19 cases. The good news is that

breakthrough cases in the student population tend to result in mild to moderate symptoms. Unvaccinated students are becoming much sicker than last year. The Delta variant is two to three times as contagious as the previous variants and is causing younger people to have more severe symptoms such as high fever for many days, persistent headache, deep cough and body aches. We are sending many members of our campus community to receive an IV or subcutaneous dose of monoclonal antibodies. These antibodies help the infected person fight the virus and reduce the likelihood of severe symptoms, hospitalization and death. The individual must meet certain criteria to qualify for this treatment.

We encourage the student body to check our daily isolation and quarantine report at southern.edu/safety. Our quarantine rooms in the dorms are right at capacity, and we are seeing an average of three to four new COVID-19 cases a day, some days as high as eight new cases. Many of these infected people have upwards of 30 close contacts between their social and classroom history. Unlike last year, we are unable to do our Low Risk Surveillance Program—only testing classroom contacts and NOT quarantining—because the distancing between classroom seats was removed to accommodate large class sizes. Close contacts who are vaccinated do not need to quarantine unless they have symptoms of illness. However, they still need to test three to five days after the exposure to ensure they have not contracted the illness.

Many of you are asking why the vaccinated exposures do not have to be quarantined since they are still able to contract and spread COVID-19. Overall, vaccinated exposures are still much less likely to develop the illness. We are also testing each of these individuals three to five days after the exposure to ensure they are not developing the virus.

Another common question is why antibodies cannot be used to avoid quarantine. If an exposed person has had a positive COVID-19 test within the 90 days preceding the exposure, they do not have to quarantine or test. However, antibodies showing past exposure to COVID-19 are not a valid method to ensure adequate immunity in the collegiate setting, according to the Tennessee Department of Health and the Hamilton County Health Department.

The UHC staff remains committed to the health and safety of our campus community. We want you all to be aware of what is happening on campus and ask for your help in reducing the spread of COVID-19 on our campus. Please wear a mask, social distance and report symptoms of illness (even very mild symptoms) immediately.

If you are interested in being vaccinated, please call the UHC at 423-236-2713 and a free ride to a local pharmacy will be scheduled for you. All three vaccines are available and free of charge.

The UHC is still planning to host a local pharmacy, River City Pharmacy, that will come to campus and provide Moderna. An exact date is to be determined due to complications with the vaccine supplier. We will provide updates as soon as they become available.

COLLEGEDALE NEWS

DeAngelo Jelks and Greg Vital run for a seat in the District 29 general elections

Alyssa Rivas Reporter

Democrat DeAngelo Jelks is running against Republican Greg Vital for the District 29 Senate seat in the Tennessee House of Representatives. The general election will be held on September 14.

According to a May article by The Tennessean, this election is to attain the seat of Rep. Mike Carter, who died in May of pancreatic cancer.

Cities and other areas within District 29 include Ooltewah, Collegedale, Sale Creek and some parts of Chattanooga.

On July 27, the primaries were held for District 29. Jelks, who ran uncontested in the Democratic primary, won the

primary elections by obtaining 136 votes. Vital, who also ran uncontested, acquired 1,065 votes and secured the Republican nomination.

According to his campaign website, Vital has been a resident of the Ooltewah-Georgetown area for over 50 years. He is a businessman and co-founder of Morning Pointe Senior_Living._His_company has expanded to more than 35 senior care centers within five states.

"Having grown up in the Collegedale-Ooltewah area and as a graduate of Southern Adventist University, I am very familiar with the needs

of our community," Vital said in a statement released to the Accent. As a student at SAU, I was elected to the Collegedale City Commission and served for four years."

According to his statement, Vital graduated from Southern in 2014 after majoring in business administration.

The Tennessean reported on June 19 that Vital ran for the primary election in 2012 but lost in a close race for the Senate seat to Senator Todd Gardenhire. According to his campaign website, Vital supports conserving wildlife and assisting the youth with better education.

"I am running to represent

House District 29 in Nashville to continue the tradition of conservative leadership in our community to carry on the legacy of Joan and Mike Carter and of course to fight for the people who call Hamilton County home," Vital said.

According to Jelks' campaign website, Jelks is a veteran who ranked captain in the U.S. Army Reserve and moved to Chattanooga in 2007. Jelks said he believes Tennesseans deserve a better future for the youth, candid government relations with citizens and a steady

"This special election is very important because it will set the

tone for the 2022 election year across the state," Jelks said in his released statement to the Accent. "This race is about more than winning a seat. Morality and human rights are on the line. Inclusion and transparency in governance are at stake."

Jelks believes that a firm economy leads to improving opportunities, and those opportunities lead to further economic development, as stated by Jelks' campaign website.

"Regardless of which candidate you choose, I hope all of you young people exercise your right to vote," Jelks said.

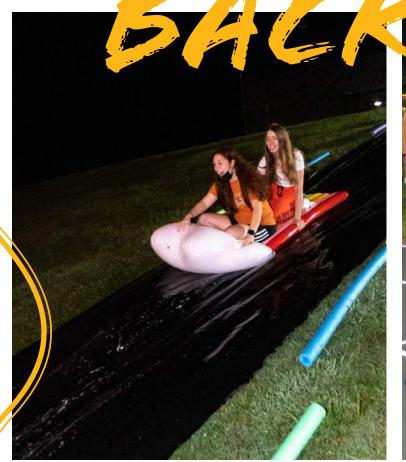


DeAngelo Jelks is the Democrat nominee for the District 29 Senate seat. Photo courtesy of DeAngelo Jelks.



Greg Vital is the Republican nominee for the District 29 Senate seat. Photo courtesy of Greg Vital.

SAWEL-COME BALLACIANS





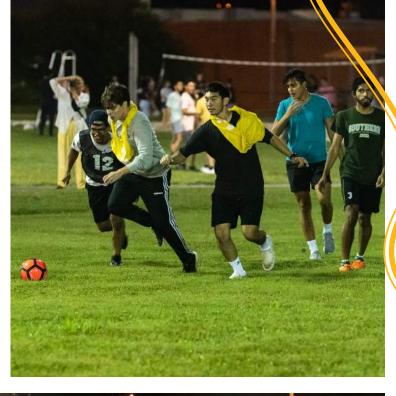




















August 28, 2021. Photos by Xander Ordinola.

MENTAL HEALTH

Student support services: Meet the counseling staff

Brandon Grentz Counselor

Editor's Note: The following articles are written by counseling professionals from Counseling Services in partnership with the Southern Accent.

Southern Adventist University offers counseling services to all currently enrolled students to help with concerns that might interfere with their college experience. We currently have three full-time counselors on staff: Tiffany Bartell, Brandon Grentz and Loni Romero. Our counselors work with many topics such as anxiety, depression, conflict resolution, stress and time management, self-esteem, loss and grief and overall adjustment to college.

Tiffany Bartell is our Counseling Services Coordinator who enjoys connecting with individuals and couples and hearing their stories. Originally from New England, Tiffany enjoys spending time with her husband, two children and their toy poodle, Pumpkin. Reading, running and trying new experiences are a few of her favorite things.

Brandon Grentz is a full-time mental health counselor who enjoys getting to know each student's unique, individual gifts and abilities in order leverage those strengths into holistic wellness. Brandon grew up in the Midwest and appreciates the warmer weather and mild winters of Tennessee. Some of his interests include aviation, playing guitar, the Minnesota Vikings and assistant coaching the Gym Masters.

Loni Romero is a full-time mental health counselor who enjoys working with the students on campus and walking with them on their journeys through college. She enjoys exploring new cuisines when she gets the chance and also enjoys playing ultimate frisbee and volleyball. Loni currently lives in Chattanooga with her husband, three daughters and a Lionhead rabbit who loves to chew on homework assign-

If you'd like to schedule a counseling appointment, feel free to walk up to our office or call 423-236-2782. We are currently located on the third floor of Lynn Wood Hall but will soon be moving to the third floor of the Bietz Center for Student Life. Our move will be accompanied by an announcement from our department.

Healthy minds: A campus-wide mental health initiative

Tiffany Bartell Counseling Services Coordinator

If you are a young adult on a college campus, it will come as no surprise that mental health is a significant concern for college students across the United States. According to a 2021 report by the National Alliance on Mental Illness, one in five U.S. adults report experiencing mental illness each year, and one in 20 report serious mental illness.

At a small university such as ours, it is easier to start putting faces to that number, making mental health a personal experience for each of us. This means that you or those around you might be part of the number of people who are suffering.

In the last few years, there has been an increasing need for counseling and other mental health services on campus. During the strategic planning process last winter, the university sent out surveys to students and employees to better understand the mental health needs on campus. The survey results indicated that mental health, in general, is a significant concern for the entire campus body and that students are particularly concerned about finding life balance, managing stress and coping with anxiety.

Over the next five years, Southern will focus on improving student mental health and well-being and decreasing psychological distress through our Quality Enhancement Plan (QEP). The QEP, entitled Healthy Minds, will begin in the fall of 2022 as a five-year program geared to providing psycho-education, mental health related curriculum enhancements in select courses, quarterly events and additional resources to the campus.

Stay tuned for more details that will include how you can be involved.



Colette Williams visits the mental wellness booth in the Bietz Center for Student Life. Several booths in the Bietz Center were set up to help students improve their mental health. Tuesday, August 31, 2021. Photo by Xander Ordinola.

SPORTS

Southern intramurals: Students and faculty excited for softball season

Patrick Scriven

Sports Editor

The first pitch of softball season at Southern is, in many ways, a symbolic lighting-ofthe-torch, paving the way for an exciting year of intramurals on campus. This year, rain pushed the start date back two days, but softball season eventually kicked off last Wednesday, September 1.

A total of 24 teams are competing across three leagues: Ladies, Men's A and Men's B. The players' age range is as wide as ever, with numerous freshmen sharing the field along with long-time intramural veterans such as biology professor and captain of Old School, Tim Trott.

This season isn't short of fun softball-inspired puns, either — Bunt Cakes and Bat Intentions are certainly among the most clever team names this year.

Students and faculty alike are excited to watch and play softball until the end of the season

on September 23.

Seth Ream is a junior theology student who transferred to Southern this year from the University of Arizona. He recently injured his foot playing basketball, so for at least half of the season, he will be cheering on his team Big Bad Baby Cakes from the dugout.

"I thought I'd be good in a week," Ream said. "But it didn't heal, so now I have to get x-rays ... I just can't wait to get out there and play."

Ream said although he played baseball in high school, he didn't have many opportunities to play organized sports in Arizona.

"I was too busy studying," he said. "Now that I'm here, I'm really excited to get into Southern's intramural system."

Adjunct Professor of Construction Management J. E. Spence has been attending Southern intramural games for 15 years — regular intramural participants on campus would likely recognize his face. For Spence, the start of softball season brings more than an opportunity to play sports.

"The camaraderie that students have ... you can tell that they just love being out there with each other and playing the game," he said. "I know this is college and all, but to see this much enthusiasm from the students is great."

Maddie Chant, a junior psychobiology and pre-dent major playing with Bat Intentions,

echoes Spence's sentiment. "I choose to play softball because it's such a great way to improve mental health and stay active throughout difficult times in the school year," she said. 'What excites me about it is that teammates are so encouraging to one another, and it builds great friendships."

NFL season preview: Stories to follow

Patrick Scriven Sports Editor

For the first time in league history, the NFL is expanding to a 17-game season. But that's not the only reason to get excited about football this fall. Fans are back in stadiums, ageless veteran players are returning for more and a bright rookie draft class is looking to make a strong first impression. With Week 1 of the inaugural season starting tomorrow, here are some things to keep an eye on.

The Tampa Bay Buccaneers are certainly in the running for a chance to repeat as champions. Tom Brady is still somehow one of the best quarterbacks in the league at age 44, and the core group of veterans around him, such as Rob Gronkowski and Antonio Brown, remained in Tampa during the offseason.

The obvious challenger to Tampa's glory, however, is the Kansas City Chiefs, led by quarterback Patrick Mahomes.

The young superstar threw for 4,740 yards last year and racked up 38 touchdowns with only six interceptions. A major part of Mahomes' success: 31-year-old Travis Kelce, arguably the best tight end in the league. If you add to that duo the speed of Tyreek Hill and the coaching wisdom of Andy Reid, then the Chiefs might just be the team to beat.

The offseason saw some big trades and free agent signings that will likely shake things up. The Jared Goff-Matthew Stafford trade got a lot of attention during the offseason. Keep an eye out for a highly anticipated Lions-Rams matchup on October 24.

Don't sleep on some of the most promising rookies either. All eyes are on the number one overall pick, Trevor Lawrence, who is coming off of a record-breaking season at Clemson University. Out west, Trey Lance and Justin Fields also have much to prove after being given the starting spots. Only time will tell which slinger makes the best first impression this year.

The wide receiver class is equally exciting. Heisman Trophy winner DeVonta Smith will likely provide the Eagles with a deep field threat, even if their quarterback situation remains unclear. Other rookies like Jaylen Waddle, Rashod Bateman and Elijah Moore will battle to see who emerges from the talented batch of wide receivers to enter the league.



Softball player swings for his team, the Cleveland Indians. However, the team ultimately lost 9-3 to team Michael Choo. Thursday September 2, 2021. Photo by Xander Ordinola.

OPINION

The United States: Exiting the war in Afghanistan

Democracy on the run: Poorly implemented plan

Braden Knapp *Contributor*

Over the past several weeks, many people have fixed their eyes upon Afghanistan as the United States and the last of the coalition forces have switched gears from providing military and diplomatic support for the Afghan government to a total withdrawal of American influence. This poorly implemented exit plan — set in motion by the White House, Department of Defense and top brass in the U.S. military — has thrown Afghanistan into upheaval.

We cannot forget the shameful reality of the situation. We left U.S. citizens behind in Afghanistan.

By concluding our mission that way, we advertised the weakness of leadership to the world and let the Taliban make a fool of our democracy. The self-imposed August 31 deadline for U.S. forces to leave Afghanistan proved to be an impulsive exit. We should have lengthened our stay to evacuate U.S. citizens and Afghans before concluding our military venture.

But instead, the speed and confusion of the removal process allowed for ISIS-K to attack the Kabul airport, resulting in the death of 13 U.S. service members and over 70 Afghans. In the great rush to exit, millions of dollars in military aircraft, ve-

hicles and equipment were deserted. Now, in the hands of our former enemy, equipment paid for by U.S. taxpayers is aiding the Taliban's efforts to gain control of the country.

This sudden departure is likely to leave a humanitarian crisis in its wake, something the Biden Administration should have factored in before pulling all support. This crisis will be evident not only in Afghanistan, but also in the refugee camps of our unprepared European allies who have accepted tens of thousands of refugees and asylum seekers while the U.S. gets its act together.

We cannot forget the shameful reality of the situation. We left U.S. citizens behind in Afghanistan — a fact Biden is unwilling to admit. His belief in the Taliban's word to allow safe travel for documented citizens has yet to play out, but bartering with the enemy will prove to be futile

Playing by the rules of the Taliban has been a common theme in our departure. For U.S. leadership to fix this fatal mistake, it must prove to the world that the United States will stand its ground in Afghanistan until the aforementioned factors have been addressed.



Early morning shot of the flagpole in Collegedale's Veterans Memorial park. *Sunday, September 5, 2021*. Photo by Xander Ordinola.

A cause for celebration: Undoing the damage

Theodore Rogers *Contributor*

It's a cause for celebration that the United States has finally left Afghanistan. The U.S had no business invading the country and enforcing its ideals and beliefs on them. The endless fighting has led to innumerable deaths on both sides, yet the war continued fruitlessly. Finally, leaving is the first step in undoing the damage done to Afghanistan.

The war reeked of imperialism, a practice we claim to have ended long ago. The U.S. decided it could make better decisions for the people of Afghanistan than their government. We invaded the country, destroyed the disapproved government, took natural resources and instituted a puppet government that mirrored the U.S.

Though the war may have started as retaliation for 9/11, it has continued long past its original purpose. Imperialism ended because of its immorality. A powerful country shouldn't decide how a weaker country should exist. It should not impose values upon people incapable of defending themselves.

The Costs of War project estimates that the war has garnered an estimated 241,000 casualties, including 71,000 civilians, and Brown University estimates the U.S. has spent upwards of \$5.8 trillion. That's a staggering number of deaths for a war that has gone nowhere. Wars cost

both in taxes and lives. It's hard to even comprehend this level of devastation. How many more lives would be sacrificed to shape Afghanistan into how the U.S. wants it? Another 241,000? We should leave now before more lives are lost.

The United States has made little headway against the Taliban over the past 20 years. The Taliban is a formidable enemy: scattered, hidden and effective — a terrorist organization, not a nation. The Afghans are highly decentralized and difficult to control. Even with the incredible amount of money, time and lives that have been spent, the government the U.S. had put in place in Afghanistan did not stand on its own two feet. When the U.S. left, the nation immediately fell to the Taliban, showing that a true victory may never be achievable.

Afghanistan's problems will never be solved by U.S. intervention. A return to imperialism is not the answer to this nation's problems. The staggering number of deaths in this war should convince everyone that a war with so little progress is not worth fighting. Removing U.S. troops from Afghanistan was the only logical next step.

RELIGION

The Spirit: 'An inner force that prompts us to share'

Frank Canizares
Religion Editor

Victoria grew up in Seattle, Washington, cold, wet and mostly cloudy over the course of the year. This past summer, she was able to experience for the first time — warm and sunny weather. Her family decided to spend their vacation in tropical South Florida, located in the Sunshine State. They went all over the place: a couple of weeks at a cousin's house in Fort Lauderdale, a weekend full of fun at the water parks in West Palm and, last but not least, an entire month in beautiful Miami Beach.

"I wish you could have been there with me," she told her classmate and best friend, Ana, on their first day of class. "I spent time with my cousins who I hadn't seen in forever. My brother and I were spent after the water parks in West Palm. It was so much fun!"

Coming back to school after summer vacation can be an interesting but different experience for everyone. Some dread having to get back to studying and the tedious process of learning. For others, it's probably a blessing being able to get back, work on their degrees and feel like they're getting closer to the finish line.

Regardless, one thing is for sure: everyone loves to share and hear from friends about what happened during the break. This could include beautiful places they traveled to on vacation, family members they visited and long-lasting memories they created. Even those like me, who spent the entire break working, find moments of joy to tell. The excitement of sharing a good experience is

inevitable; it just pours out.

The experience is similar to when we live in Christ. Our excitement pours out, and witnessing is the result of being in the Spirit; it is the experience of living in Christ.

When Jesus was in the boat in the middle of the storm, even when He slept, He did not stop bearing witness. His testimony lay in His attitude. Jesus had a totally different approach and reaction to the storm from His disciples. A storm was raging in the middle of the darkness. Heavy rain and water overflowed the boat, which was shaken by hard winds. Lightning provided an intermittent flash which was accompanied by a loud soundtrack of thunder. The disciples, trying to control the situation, were working with everything they had, while Jesus appeared unbothered. Jesus' attitude towards the storm was His testimony. A person who is filled with the Spirit exists in testimony.

Surrendering to Christ is not an affirmation to stand on a pedestal and preach down to the whole world. Testimony has to do with living in the fullness of the Spirit and believing that absolutely no circumstance will deprive us of that fullness. The attestants' efforts come from joy and the motivation to share their experiences with lesus.

When we are in Christ and have the fullness of the Spirit, there is an inner force that prompts us to share, to witness. It is not a requirement to deliberately go out and share our findings just because we feel an obligation to work for Jesus. It is important to understand that we do not just work for Jesus. Rather, we are Jesus' P.R. — His marketing team.



School of Journalism and Communication students enjoy the department welcome back party. *August 23, 2021.* Photo courtesy of the School of Journalism and Communication.

LIFESTYLE

Creativity is more than meets the eye: Finding the right channel

Elise Deschamps Lifestyle Editor

"I'm not the creative type." I didn't think I was either. Until this past year, I always kept myself in a corner when it came to anything creative.

I was told by my family that although I was a talented writer, my skills in math and science were not to be wasted and were a better outlet for my energy. I convinced myself that I wanted to be a doctor or an engineer — careers that didn't necessarily excite me, but that I knew I was capable of doing.

Things changed my senior year of high school when I finally decided that I wanted to do neither of those things. Although I still did not know what I wanted to do with my life, I definitely knew what I didn't want to do.

From here, I could go into how college changed my perspective on my own creativity, and how I recognized that my skills and talents could be used for different life paths. I could talk about how I stepped away from what was expected of me and stepped toward a path more aligned with what I wanted out of life. I could say how much happier I am now that I finally recognize I am a creative person.

However, while these things are true, it wasn't discovering my creativity that changed the way I viewed myself; I was only taking the steps toward finding my purpose.

Creativity is not only for artists, designers, authors, musicians and the like. Creativity is, in fact, found in every field of

work. Whether it is engineering, business or science, creativity is the driving force behind innovation and adaptability. It is the use of imagination, which is a skill that is applicable to every realm of life.

There can be just as much creativity in a new corporate busi-

ness plan that is able to rechannel expenses to become more efficient as there is in a new painting that's being featured in an art exhibit. Both the businessman and the artist are creatives in their own right; their creativity is simply being expressed differently. That cre-

ative energy is flowing through different vessels to come up with a new, innovative product.

Have you ever found yourself saying, "I'm just not the creative type?" Good news! You inherently are. Your creativity might not look like what you've been told it is supposed to look like, but that doesn't mean it isn't there.

You might be thinking, "Okay, I get it. I'm creative. Blah blah blah. I still have no idea, where in my life, that 'creativity' is being channeled."

Here are some things that have helped me tap into my creative side:

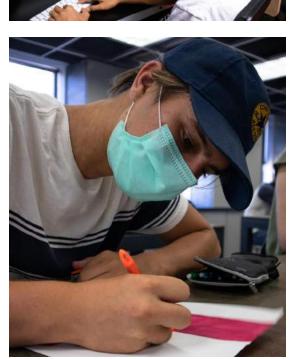
Recognize the situations in which you feel the most confident. Where are you? Who are you with? What are you doing? For me, I feel most innovative when I'm surrounded by people and brainstorming artistic project ideas. The act of planning an event with other people and executing it is incredibly fulfilling.

Recognize that just because you can't paint or draw doesn't mean you aren't artistic at all. Caring about style or interior design are other forms of artistic, creative expression. Even just appreciating these things in the slightest is another hint at your own inner creativity.

Recognize that anytime you are pausing to think and brainstorm, you are practicing a form of creativity! Any new, original idea you come up with for an assignment or a project, anything that you are using your imagination to produce, that's your creativity at work.

It's a new semester, and it's time for you to finally recognize the value of your imagination and your creativity. It's in you. It's in all of us, no matter what degree or career or life plan you are pursuing.





Left: Nick Radivojevic edits in Sound Design class. *Top Right:* Khup Mung, who enjoys writing, completes a page for Screenwriting class. *Bottom Right:* Preston Waters adds finishing touches to his 2D Foundations piece. *Thursday, September 2, 2021.*Photo Illustrations by Nicole Sabot.

#SAUlife

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts!

SOCIAL

Y | Twitter

Karen Guerra @kfcguerra it hurts.

Karen Guerra @kfcguerra
this is solely in regards to having to write an outline for

Bailey DuBose @bay_what

My professor asked how many people were born in the 90's, only me and another person raised our hands

Joel Guerra @j8war

Just heard the first "Piggybacking off of that" of the semester which means the school year is officially in full swing

C Cameron Reel @thereelcameron

I'm so glad the US has a president so that he can be a built-in scape-goat for us to blame all our problems on

Harold Carvajal @theharoldcar

Went out this morning and got chills while driving with the window down.

Autumn is coming

Knowing that students are looking to decorate their rooms for the semester, Kevin is offering a

\$10 Walmart Gift Card!

DM us on Instagram with a photo of where Kevin is hiding!

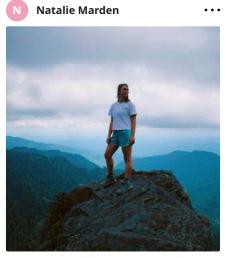


B Benjamin Olivier ···

nbigben_olivier senior citizen

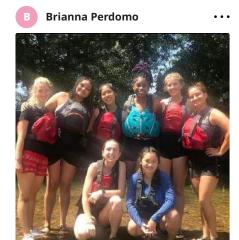


mr._wright1384Immaculate.....



natalie_marden when ur roomie is also ur adventure buddy!





love_briannap Had an awesome time with y'all I would do it all over again



stardustadventure sabbath afternoon adventure (Subject: Jasmine Miller)



lit_nikki Taking adventuring to a whole new level. Literally

CHATTER



12:00 p.m. - 5:00 p.m. Senior Portraits,

8:00 p.m. SA Senate, Bietz Center Testing

Sherrie Norton Room

Room

Weekly Birthdays TODAY |8 David Uta Ashley Runyon Monday | 13 Saturday | 11 Josh Esten Sergio Bonilla Dawsyn Bemis Joanna Ketter Esther Chang Roilan Cabrera Serafina Park **Emely Chavez** Tuesday | 14 Sammie Utz Katie Guild Joshua Cho Thursday | 9 Briana Collins David Johnson Azariah Fierro Megan Marquez Ada Morgan Elizabeth Hernandez Friday | 10 Kendra Pauls **Emily Morgan** Sunday | 12 Silviane Myers Natalie Hutchins Amy Meijias Johnny Cerino Arceo Primero Kate Cruz Richard Ramont Ellen Morris Sharon Lotulung Bernard Softhal Jennifer Perez Del Rio Jared Nelson

Check out our new website! www.southern-accent.org



SA Announcements

Kristopher Thompson

Senior Portraits are being offered on the following dates in the Sherrie Norton Room in the old Student Center:

Tuesday, September 14, 12:00 p.m. - 5:00 p.m.

Wednesday, September 15, 12:00 p.m. - 5:00 p.m.

423 Night Market is taking place on November 13. This is a great opportunity to see entrepreneurs on campus or to be part of it yourself! Start planning what you would like to sell, and more information will be forthcoming. Things to sell: food items, cords, stickers, handmade crafts (no jewelry), plants, baking items, art works,

Space Jam Party will be on Saturday, September 18, in Iles PE Center at 9 p.m. SA Event Passport, once you attend an SA event make sure to come to the SA Office to get your passport stamped! There will be a raffle for those who attend the most events at the end of the year.



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Southern's Master of Business Administration degree helps you acquire the skills you need to be successful in today's workforce—based on the biblical principles of honesty, integrity, and high ethical standards.

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Students with an MBA Accounting emphasis may take the Wiley CPAexcel review courses for six of their 12 elective hours.



Summer soccer

transfers

Religion | 6 A cry that echoes

throughout history

Lifestyle | 7

Embracing the present

September 15, 2021 Collegedale, Tennessee

Southern Accent

Exclusive Q&A with President Shaw



President Ken Shaw welcomes international students to Southern. Photo courtesy of Marketing and University Relations

Amanda Blake News Editor

Southern Adventist University President Ken Shaw's 100th day in the position. On Tuesday, September 7, he sat down with Accent News Editor Amanda Blake for an exclusive interview. Please note: The following dialogue has been edited slightly for length and clarity.

Southern been so far?

It's been delightful. I have

really had the privilege and pleasure of getting to know the administrative staff in a Wednesday, September 8, was very close way. As the faculty came for fall semester, I had a chance to interact with a number of them at a picnic and at several activities on campus. I really enjoyed a special dinner we held for new faculty, where each of them introduced themselves and talked about how God directed them to Southern. I just sat back and thought, "This How has your experience at is God's school. He directed people with their passion and expertise to come to Southern

and teach."

What has been the best part of your experience as presi-

I love having conversations with students and listening to their stories — why they decided to come to Southern, their experiences here, how they appreciate the faculty members, what they're learning and the internships that they're getting. To me, that is the highlight and most important thing.

How did your experience change as more students arrived on campus?

For June and July, it was unusually quiet. But I've been around higher education for a long time, so the summer is typically quiet. I was excited to see the SmartStart start and to have students back on campus. This is what the university is designed to do — to have thousands of students on campus walking the promenade and going to classes. I had the opportunity yesterday to hand out some popcorn up at the student center, and I really enjoyed the interactions with students.

See Q&A on page 2

Campus eateries undergo changes this semester

Lucas Bueno Reporter

Many of Southern Adventist University's campus eateries have undergone recent changes. Most notable is the addition of the new Campus Kitchen 2 (CK2), located in the Bietz Center for Student Life.

With the opening of CK2, KR's Place closed this semester. CK2 Manager Kim Armstrong and her KR's staff subsequently transferred to CK2, where they have been working since the start of this semester.

Some returning students who remember KR's have voiced their opinion about CK2. Junior mass communication major Victoria Mills has stated that CK2 "seems like it has less variety and some of the dishes have been discontinued..."

However, Armstrong said the menu is expanding, albeit at a slow pace due to the eatery having over 40 new student workers.

Currently, CK2 does not use the GET Mobile App, an app that allows students to order their food ahead of time and pick it up when they arrive, as

See EATERIES on page 2

Bietz Center schedules grand opening for early October, provides new game features



Panoramic of Bietz student center. Monday, September 6, 2021. Photo by Xander Ordinola

Cecilia Moreno Reporter Megan Yoshioka

Editor-in-Chief

The Bietz Center for Student Life's grand opening will be held on October 1, according to Facilities Manager for Student Development Joey Tolbert. Tolbert said the event, scheduled for 3:30 p.m., will be open by invitation to the Southern Adventist University Board and all Southern faculty, staff, students and alumni, as well as local media.

The event will include an official ribbon cutting ceremony, and former Southern President

Gordon Bietz will be in attendance, according to Tolbert.

The Bietz Center opened to Southern students last summer during SmartStart and has continued to add new features since its opening. One recent addition is the rock climbing wall, which allows climbers to create their own climbing paths via digital technology. This augmented feature is harness-free and has a 12-inch crash pad at its base.

"We were hoping when creating this element that not just expert climbers will be able to enjoy this, but everyone can," said Becky Djernes, interior

design and real estate coordinator for Financial Administration.

The wall was built inside the Portal, a digital game room located next to the Southern Shoppe, formerly known as the Campus Shop, according to a Weekender announcement sent to the student body.

The Portal includes gaming consoles such as Playstation 5 and Xbox 1. For people interested in older arcade games, there is also a multicade containing over 60 games, including Pac-Man and Donkey Kong Atari, according to Tolbert. The digital game room officially opened on September 9.

The Bietz Center also has a second game room, which has been opened to students for several weeks. This room provides amenities for more traditional games and includes two pool tables, two ping pong tables, one foosball table and one television.

Since opening the center, managers of the facility have faced some challenges. Tolbert said some students have complained about a shortage of vacant study rooms. To resolve the problem, the center has set two-hour limits for study room reservations. After those two hours are up, students must

request an extension every 30 minutes. They can refer to the new website at southern.edu/ studentcenter to reserve a room or find more information regarding the Bietz Center.

Diernes said the construction team wanted to create an atmosphere where students would want to spend their time, take pictures and create memories.

According to Tolbert and Djernes, there were many important people included in the development of the Bietz Center, including Associate Vice

See BIETZ on page 3

Number of LifeGroups doubles this year

Judah Brass *Reporter*

The number of LifeGroups has more than doubled this year compared to last year, according to Office of Ministry and Missions Associate Chaplain Anna Bennett. Bennett said that this year alone, the number of LifeGroups has returned to more than 80. There are seven different categories of LifeGroups, including activity-based, support, Bible study, book-based, disciple-making, topical and women's ministries, according to Bennett.

Each group has strong leaders who focus on the spiritual transformations of every student on campus. Bennett said that similarly to previous years, there are more than 80 Lifegroups this semester. She added that this year, leaders are ambitious to connect with students and implement new ways of connecting with each other "beginning with the end in mind."

The School of Social Work partnered with LifeGroups to form a new interesting group this year titled "Exploring Sexuality." According to the LifeGroup website, this group confronts the dilemma between sexual identity and how it might affect individual beliefs.

Bennett said the biggest reason LifeGroups are so impactful on campus is that there is a sense of desire for student involvement and student leadership. According to Bennett, LifeGroups are not just a place where an individual can dive deeper into the Bible; they offer so much more than that. LifeGroups' goal is spiritual transformation, but that does not mean they are only for the religion majors. LifeGroups are a way to connect with others.

"Everyone wants to belong, and LifeGroups provide belonging," Bennett said.



LifeGroup Ladies, a group for female LifeGroup coaches. Photo courtesy of Anna Bennett

EATERIES continued from page 1

the eatery and its workers are still adjusting to the workload and new environment. Armstrong said she does not want her student workers to be overloaded with too many orders at this time.

When asked about the future of KR's, Armstrong said that is still to be decided. Currently, the plan is for KR's to reopen next semester, but KR's menu is yet to be determined. However, Armstrong has made it known that students should provide ideas and suggestions about what they think KR's should be doing. Students can contact Armstrong at kimearmstrong@southern.edu.

Across the street from campus, students may have noticed a change in the Deli at the Village Market (VM). The Deli has currently stopped serving

"Due to a severe shortage of both Deli student and full-time staff members, we had to make the unfortunate decision to temporarily cancel supper service," said VM Director Jackie Rose. "Once we are able to hire an appropriate number of employees, we will be able to provide supper service again."

The VM's labor shortage has also impacted its ability to provide Deli food for students through the GET Mobile App, Rose said. However, other improvements are coming to the VM

"We are in the process of getting e-commerce up and running," Rose said.

Once the service becomes available, the VM will be able to offer online ordering and curbside pickup for Deli and store items. According to Rose, the VM is also continuing to provide "new and trendy" products in each of its departments, many of which are eligible for students' meal plans.

On Thursday, September 2, the Kayak, a smoothie shop located in the Hulsey Wellness Center, sold smoothies in the Dining Hall during lunch hours. Cheryl Maguire, manager of the Kayak, said the Kayak only sold two kinds of smoothies last Thursday in the Dining Hall, and Thursday was the only day the Kayak was selling in the Dining Hall. They are planning to sell smoothies in the Dining Hall again but have not finalized plans as to how often. Maguire advised students to watch the TV screens on campus for updates.

When asked if the Kayak plans to expand anywhere else on campus, Maguire said, "We



People line up in front of CK2 at lunch time. CK2 is the new campus eatery located in the Bietz Center. *Thursday, September 9, 2021*. Photo by Nicole Sabot

are working on possibly catering smoothies to departments on campus, but this is still in it's planning stages."

The Kayak has not introduced any new food items this semester. But last semester, the shop began producing "Walking Tacos," and the item is still being produced this semester, according to Maguire. She said students may order from the Kayak ahead of time, as the Kayak currently uses the GET Mobile App.

Q&A continued from page 1

How many times have you gone down the slide?

I think — it's hard to count now — probably half a dozen

Where do you live? Is there a Southern White House?

There is not a Southern White House. I'm living in one of the university's rental homes. Several years ago, a donor called the President's Office and said she was interested in donating a house. She was put in touch with our advancement office. And after further checking, they found out this lady didn't have a house to give, but she wanted

to purchase a home and then donate it to the university. Well, I'm now in that rental home, and the university uses part of the proceeds to pay for scholarships for students. I love that story, and I love that part of what I pay in rent every month is going to help students.

What have been your greatest struggles so far?

I don't know that there's been anything out of the ordinary other than we're living in a pandemic. I think that's the biggest challenge we have on the campus because it impacts students and faculty. It impacts all of us.

Have you made any advancements in your goal to forge stronger connections with the local community?

I've had opportunities in the last three months to meet with a lot of the business leaders of downtown Chattanooga. I met with the United Way of Greater Chattanooga president, the Rotary Club of Chattanooga president and the Chattanooga Chamber of Commerce president. I've met with the mayor of Collegedale as well. Today (September 7), I hope to meet the governor. He's going to be in Collegedale. So, I am starting to build these connections, and I know a lot of our faculty were already engaged in the community in some special ways. I want Southern to really be top of mind in the greater Chattanooga area when they start thinking about higher education and specifically Christian

[Shaw met Governor Lee on September 7, as confirmed in a later email to the *Accent*.]

higher education.

Have you made any advancements in your goal to grow the university's endowment?

We're just beginning that process right now. We have a goal to hopefully grow our endowment from what I think is a little over \$60 million right now to \$80 million by 2025.

Do you have any other major goals or plans for Southern?

I think we have the capacity to have more students here on campus, so I would love to start a few initiatives to increase enrollment. I'm working closely with Mr. Merryman, who's our VP for enrollment, and we're just

I thought I'd be a math teacher for the rest of my life, but God has a way of moving us in the direction He wants us to go. >>

finalizing some of those goals now. This school was designed to educate all our students across the Southern Union, so I want to be very intentional about that.

What does it mean to you to be the first alum to serve as president?

I feel really honored. When I was here as a student, I had no idea that I would ever be in a leadership position such as this. I thought I'd be a math teacher for the rest of my life, but God has a way of moving us in the direction He wants us to go.

What are some of your favorite memories that you made as a Southern student?

There are many. I loved being with and dating my now wife. I loved being in the band and touring. I have a lot of great memories. When you're with a team in sports or in music, with your group of people, there's something special about that.

Is there anything else you would like to tell students about you or this upcoming school year?

I hear from students all the time as they're getting ready to graduate, and they're thinking, "I'll never have an experience like this again." That is so true when you leave the beautiful community that we have here at Southern Adventist University. To me, this is a special place because it's not just about academic learning. It's about spiritual learning. It's about emotional learning. You might find a spouse here, and you're generating friends for life. I come back here, and there are still people living in this community that I went to school with. And there's a bond that just sort of brings us together. You guys are building that right now, and you'll have that to rely on throughout your life.



President Ken Shaw meets with students (L-R) Tim Suzuki, Lesieli Savelio and Ayinel Patterson outside of Hackman Hall.
Photo courtesy of Marketing and University Relations

Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at *myoshioka@southern.edu*

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Remembering the life of Erik Lorenz Miller

Lesieli Heimuli Reporter

Southern Adventist University student Erik Lorenz Miller passed away on August 30 at the age of 31. At the time, he was a junior studying computer science.

According to Miller's obituary, he was born in Atlanta, Georgia, to Kent and Cynthia Miller, but grew up in Marietta where he graduated from Pope High School. After leaving secondary school, he served in the U.S. Marines.

Miller was a firm believer in Jesus Christ and had a desire to serve God, according to his mother Cynthia Miller. Because of that, he made the decision to get baptized at the Marietta Seventh-day Adventist Church on April 27, 2019. That decision eventually led him to Southern.

"After the initial tour of the school, he was so excited about attending [Southern]," Cynthia Miller said in an interview with the Accent. "[He] knew it was a good fit for his beliefs and the goals he had set."

Cynthia Miller said that Miller

told her his first year at Southern was the best year of his life. He enjoyed classes and spending time with his friends, and the town of Collegedale was what he was seeking for his future.

One of the friends he met was senior nursing major Soko Paongo. Paongo said she met Miller on a hiking trip with a mutual friend.

"[He] was so outgoing and [loved] trying new things," Paongo said. "I could always count on him to be my adventure buddy."

Cynthia Miller described her son as funny, thoughtful and creative.

"At an early age, he loved to entertain and engage with people," she said. "He dubbed his entertainment routine, 'The Erik Miller Show,' which was inspired by his favorite comedian, Jay Leno."

According to his obituary, he was known at local restaurants and stores in Smyrna, Georgia, because of this.

Cynthia Miller said Miller had a desire to make people happy and comfortable. Originally, Miller started as a pre-dentistry student, but he soon switched his major to computer science after taking a computer class that piqued his interest. Ultimately, this led to his recent job as an IT intern at McKee Foods Corporation in Collegedale. His mother said he "waited with baited breath" because he knew if he got the job, it would help him grow in knowledge and skill.

"Once he began, he told me he loved it," she said. "And this was going to be his forever job."

Cynthia Miller said that she was blessed and honored to have been his mother.

"I miss him so deeply and terribly," she said. "There are no words to describe the loss of your child."

Though Miller passed before he could fulfill his dreams, Cynthia Miller leans on the comfort of knowing that he had faith in Jesus Christ and that she may be able to meet him again.

In closing, she shared one of Miller's favorite Bible verses from Joshua 1:9, "Be strong and courageous; do not be frightened or dismayed, for the Lord

Erik Miller.Photo courtesy of Cynthia Miller

your God is with you wherever you go."

Miller's family held a funeral service for his life at Schubert Funeral Home in Wartburg, Tennessee on September 4. Friends and families paid their

respects, including Southern

President Ken Shaw.

Counseling is available to Southern students through Counseling Services or the Office of Ministry and Missions.

BIETZ continued from page 1

President of Financial Administration Marty Hamilton, Corporate Architect for Architectural Services Fred Turner, Director of Plant Maintenance and Con-

struction Bill Cruttenden and former Architect Assistant for Architectural Services Anna Montague. Annette Ronaszegi joined later to replace Montague when she left for the mission field.

From the beginning, one of the goals was to involve the students in the center's development, according to Djernes. Before the Bietz Center was even set for construction, there were student groups providing input as to what they thought would be a good addition to the project, she said.

According to Djernes, most

of the artwork and carpentry at the Bietz Center are home-made, and the majority of the woodwork was created and finished the people she worked with. The lumber utilized for some of the tables in the upstairs meeting rooms was

reused wood from the construc-

tion site, and the stairs leading up to CK2 were crafted by the design team, Djernes said.

More information about the Bietz Center can be found on its website, southern.edu/studentcenter.

COLLEGEDALENEWS

Tennessee Gov. Bill Lee visits Collegedale Commons

Lesieli Heimuli Reporter

Editor's Note: The Accent went to press before the Tennessee House of Representatives District 29 election was held. Election results will be posted online at southern-accent.org.

Gov. Bill Lee visited Collegedale on September 7 for an event advertised on Greg Vital's campaign Facebook page as "grab a cup of coffee with Bill Lee." Lee, who made his appearance at The Commons, stopped by the city mainly to endorse and encourage his long-time friend Vital in the race for the Tennessee House of Representatives District 29 seat. The official endorsement by Lee occurred eight days before the election.

Vital won the unopposed Republican nomination with 1,065 votes and is running We need to make sure that the person who sits in that seat after Joan is one that will represent your values and the things that are important to you. ??

against the uncontested Democratic candidate DeAngelo Jelks, who won the Democratic primary with 136 votes.

"I am very proud to support this man," Lee said to the audience at the unofficial press conference, noting how proud he was of those who support Vital.

"We're in a very good spot in this state," Lee said. "We're headed in the right direction, and it's because of men like Greg Vital. He will make sure that this district is represented

In his speech, Lee also stated that people are flocking to Tennessee. He said this is due to the high standards the state maintains in personal and religious liberty, safety, security, freedom and opportunity.

Because of men like Vital, Tennessee would remain stable even in these times of difficulty and uncertainty, the governor

Lee told the citizens of District 29 to vote for Vital in the general election — which occurred on Tuesday — to fill the seat previously held by Mike Carter, who passed away on May 15 due to pancreatic cancer. Carter is survived by his wife Joan, who



Gov. Bill Lee endorses Tennessee House of Representatives District 29 candidate Greg Vital in his speech at The Commons. *Tuesday, September 7*. Photo by Alyssa Rivas

has been holding his seat.

Also in attendance was Carter's son, Stephen Carter, who said a few words in support of Vital.

"It was really hard losing my dad," Carter said. "But all he

would have wanted for this district is for it to remain in good hands. ... I know the district will remain in good hands under Greq."

Vital also took the platform. He thanked Lee, citizens of District 29 and the elected officials who supported him. Additionally, he made an appeal, encouraging those in attendance to cast their votes in his favor.

"I am honored to carry the flag of Mike Carter and Joan Carter in District 29 next Tuesday," Vital said.

Toward the end of the conference, Lee spoke in remembrance of Carter.

"Mike Carter was a great man. We need to make sure that the person who sits in that seat after Joan is one that will represent your values and your principles and the things that are important to you," he said.

Lee went on to say that America is not a land of the government, but a land of the people, and that is why Tennessee is the spectacular place that it is.



Gov. Bill Lee shows his support for Vital as Lee prepares to commence his speech. *Tuesday, September 7*. Photo by Alyssa Rivas

News Set Installation



Digital rendering of the School of Journalism and Communication's TV news set. Image courtesy of TVsetdesigns.com



A forklift carries pieces of the new set to the back entrance of Brock Hall. Several smaller pieces were delivered in large boxes that would have been too heavy to carry by hand. *Thursday September 2, 2021*. Photo by Xander Ordinola



Student worker Cameron Reel installs a light panel behind the new set. This panel is designed to bounce the light below it and out toward the news anchors. *Wednesday September 8, 2021.*Photo by Xander Ordinola



Journalism Professor Stephen Ruf installs the RGB light strips while plant services workers, (L-R) Tom Moores and Bob McGrath, finish bolting in the acrylic to the SAU news desk. The lights installed into the acrylic, as well as the ones behind the set, can be set to any color on the RGB spectrum. *Wednesday September 8, 2021*. Photo by Xander Ordinola



Ruf speaks on the phone with a representative from TVsetdesigns.com with questions on how to build the new set. Wednesday September 8, 2021. Photo by Xander Ordinola



(L-R) McGrath, Ruf and Moores read through the instructions before beginning work on the set. There were several pages of instructions with detailed drawings and explanations. *Wednesday September 8, 2021*. Photo by Xander Ordinola



Reel helps Ruf align the lights. These lights were placed behind the set and are meant to light up the panels behind the news anchors. Wednesday September 8, 2021.
Photo by Xander Ordinola

School of Journalism and Communication

MENTAL HEALTH

Counseling Services workers discuss their career choices

Tiffany Bartell

Counseling Services Coordinator

Editor's Note: The following articles are written by counseling professionals from Counseling Services in partnership with the Southern Accent.

One of the most commonly asked questions I am asked is, "What made you want to become a counselor?"

For me, the journey to becoming a counselor was not a straight line. I've always enjoyed connecting with and helping people, so I decided in high school to go into human resources.

In college, when I was almost done with my degree in business, I started working in HR. While I enjoyed it, it did not feel as though I'd found my place in the world. Fast forward, and I went back to school and finished an undergraduate degree in psychology and a master's in counseling. And now I am working on my doctorate.

The reason that I am a counselor is simply that I love people. I'm fortunate enough to have found a job where I can come in each day and do something that I love. That is my story, but everyone has their own. Here are a few reasons why others have decided to enter the mental health field.

Kim Daniel is one of our graduate counseling interns. When asked why she wants to work in mental health, she shared that she worked in different fields and enjoyed them, but something felt missing. Kim

looked back over the work that she enjoyed the most and felt fulfilled by and realized she enjoyed having a job where she was always learning, helping others and connecting with them, as well as being part of bigger change.

"I had a lot of times growing up when my mental health was not a positive situation, and I had a lot of people who didn't understand," Daniel said. "I finally started learning about [mental health] and found people who could have those

conversations with me. I felt understood, and I want to be that for other people."

In the Counseling Services department, we also have graduate social work interns. Beatrice Ngugi grew up in South Africa and shared that, where she lived, mental health was not understood or validated.

"If anyone told you that they were depressed, it was taken flippantly," Ngugi said. It was not until I came to the United States that I felt depressed and homesick. I didn't know what

to do with it, and I wish I had. I know people back home also experience depression, and I want to be part of helping them."

Hadassah Jackson, another one of our social work interns. shared that she chose to go into the mental health field after witnessing how mental health struggles could significantly affect individuals and could even cause physical illness.

"I decided to go into the mental health field because I believe it is just as important as our physical health," Jackson said. "I want to spread awareness that counseling is for everyone."

These are some of the reasons why we chose the mental health field and love to serve the students here at Southern. If you are interested in pursuing a life calling in the field of mental health, we encourage you to not only prioritize your own mental health, but to reach out to some of the programs on campus to see how you can be equipped for a rewarding career in this field.



Exterior of Daniells Hall, the School of Social Work. Sunday, September 12, 2021. Photo by Xander Ordinola

SPORTS

Summer soccer transfers shake up the sports world

Patrick Scriven Sports Editor

It doesn't take being an avid soccer supporter to recognize the names Lionel Messi and Cristiano Ronaldo. For two decades now, the two superstars have see-sawed with the title of best player in the world. They made headlines this summer; but for once, it wasn't because of their soccer skills. It was because they shocked the sports world by moving to dif-

ferent clubs. Messi, Ronaldo and a number of prominent international soccer players will be putting new uniforms over their heads this year after one of the most eventful transfer windows in recent history.

In a remarkable turn of events last summer, Messi parted ways with the club that brought him his fame: FC Barcelona. It is odd for soccer fans to see the 34-year-old Argentinian in anything other than the blue and garnet stripes he has donned for the past 21 years.

Nevertheless, images of Messi subbing for Neymar in a Paris Saint-Germain FC kit flooded the internet last week when he made his debut with the club. Messi will continue to play up front with Kylian Mbappe and Neymar, making PSG's new attacking trio one of the most lethal in the world. Good luck, Ligue 1 defenses.

As for Ronaldo, things are coming back full circle for the Portuguese icon. He has officially returned to Manchester United, the club where it all began. After hearing reports that Ronaldo wanted to leave Juventus — then after learning about Manchester City's vested interest — Man United quickly struck a deal with the 36-yearold. Unsurprisingly, Ronaldo scored two goals in his debut at Old Trafford Stadium last Saturday, helping his team secure the 4-1 victory over Newcastle.

United may have acted impulsively on this one, eager to win back the beloved teenage phenom they once knew. But, in any case, fans old enough to remember Ronaldo's first spell at Manchester now get to see it all over again — this time, he has little left to prove.

Messi and Ronaldo weren't the only ones to make a mark on this summer's historic

transfer window. Raphaël Varane and Jadon Sancho were also sent to Manchester United during the transfer window for \$137 million combined. France's Antoine Griezmann returned to Atletico Madrid for a chance to reunite with his former Barca teammate. Luis Suarez. Romelu Lukaku is now back at Chelsea, where he played from 2011 to 2014.

From a financial viewpoint, the most astonishing transfer last summer was Jack Grealish to Manchester City for a whopping \$130 million. The England international is coming off a strong European Championship performance, but only time will tell if he's worth the money to City.

Soccer is an emotional sport. The most faithful fans will testify to that. The bond many supporters form with their clubs and favorite players is often unbreakable. As hard as it is for some to see players like Messi, Ronaldo, Lukaku and Grealish leave their clubs for new ones, it is that impermanence that gives the sport meaning and life.

Last summer's transfer window was one for the ages. It was also one that reached far beyond the soccer world and touched every sports fan across the globe, generating a wide range of emotions, both good and bad. If there's any reason to start watching soccer this year, the madness that unfolded this summer is reason enough.



(L-R) Cristiano Ronaldo and Lionel Messi - Portugal vs. Argentina. Wednesday February 9, 2011.

Photo by Fanny Schertzer

OPINION

in the right direction

Jamie Henderson Contributor

Once (but no longer) passionately pro-choice, I have many thoughts about the recent heartbeat bill passed in Texas. Though many people believe the law is unconstitutional and unfair, it is no different from any other law. No law condones murder, rape or theft. So why should the state allow the murder of an unborn child?

My thoughts on the heartbeat law and abortion are based on the physical and mental effects of abortion, the resources available for those considering abortion and my Christian faith.

The idea that abortion is about healthcare sets a dangerous precedent. The mental and physical risks of abortion are numerous and too often swept aside. Many post-abortive women who shared their stories reported experiencing mental health problems, substance abuse and suicidal thoughts.

Dianne Wagner, who had two abortions and is now committed to "interceding for the sanctity of human life," said, "The moment of relief after an abortion is deceptive and fleeting." She initially had no doubts about the procedure; afterward, she was caught in a web of selfharm, bulimia, depression and insomnia that threatened both her life and marriage.

According to the Texas Department of Health, some physical risks include an increased chance of miscarriage, infertility, organ damage, in-

fection or death. These issues are covered in the "A Woman's Right to Know" informational material, which is available to any woman in Texas who is considering an abortion. These potentially life-threatening side effects must be taken into account when considering abortion.

Pro-life supporters emphasize abortion alternatives. According to the Guttmacher Institute, a pro-choice research organization, there are over 200 pregnancy resource centers which provide support for struggling parents for free. Let Them Live is an online organization that uses social media to raise money for mothers who see abortion as the only option. It has even used its resources to keep rape victims and their families safe from their abusers.

Finally, multiple instances in the Bible influence my position. God knew us before we were formed in the womb. He created us in His image. His eye is on the sparrow, so why wouldn't He care for the smallest unborn life? If we praise the Lord because we are fearfully and wonderfully made, shouldn't we believe that unborn children are as well?

Abortion is a delicate issue with many nuances and arguments. However, the points raised here are important for Christians to consider when formulating an opinion on the heartbeat law.

Texas abortion law: A step Texas abortion law: Supreme Court redefines freedom of choice for women

Alyssa Rivas Contributor

With the recent U.S. Supreme Court 5-4 ruling and the refusal to block the Texas abortion ban, the state's Heartbeat Act was set into motion. This ban, signed into action by Texas Gov. Greg Abbott, prevents abortions for people who are six weeks pregnant. However, according to Medical News Today, a woman is oftentimes unsuspecting of pregnancy at six weeks.

The abortion ban compromises not only those involved in the abortions — from clinic workers to rideshare drivers — but also undermines Roe v. Wade, a historical U.S. Supreme Court case leading to the legalization of abortions nationwide in 1973. As summarized by Cornell School of Law, Roe v. Wade ensured the constitutional right that a woman could undergo an abortion preceding the viability of the fetus, typically 22 to 24 weeks within a pregnancy.

Furthermore, the Texas law allows citizens to sue anvone who assists a woman with her abortion, known as "aids and abets." As stated in an article published by the BBC, the charges are priced as high as \$10,000.

"The Court's order is stunning," Supreme Court Justice Sonia Sotomayor wrote in her dissent, "Presented with an application to enjoin a flagrantly unconstitutional law engineered to prohibit women from exercising their constitutional rights and evade judicial scrutiny. The Court should not be so content to ignore its consti-

but also the sanctity of its precedents and of the rule of law."

Abbott, a staunch pro-life supporter, has contradicted himself and his Catholic religion on multiple occasions.

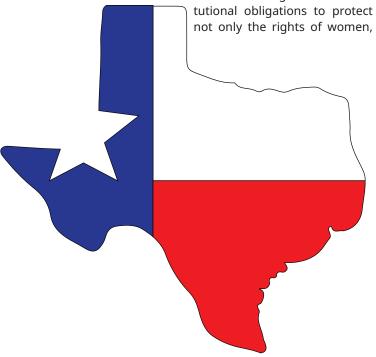
"Our creator endowed us with the right to life, and yet millions of children lose their right to life every year because of abortion," Abbott stated in a video during the signing of the Heartbeat Act.

But, although vehemently opposed to abortion, Abbott does not shy away from the death penalty. As stated in an article published by the Chicago Tribune, he referenced the death penalty as "Texas justice."

Moreover, the Christian belief system, which Abbott bases his values upon, was built on the freedom of choice -- beginning with the biblical choice of Adam and Eve to sin to Cain's ability to choose to murder or spare the life of his brother. These cases are both examples of people's right to act on their own basis of beliefs.

Simply because the Bible is the subject of personal morality does not mean it should be used as the basis for legal arguments - especially with the constitutional legality detailing the separation of church and state.

The Supreme Court's decision regarding the Texas abortion plan compromised constitutional rights for Texas residents, and now there is a greater question as to how other states may follow Texas in banning abortion after six weeks.



RELIGION

A cry that echoes throughout history: How long, Lord?

Graphic illustration by Nickolas Nieves

Frank Canizares Religion Editor

In July 1889, the International Congress was held in Paris with representatives of workers from various European countries. The congress established that labor groups would hold public demonstrations annually on May 1 to demand improve-

ments in their living conditions. Reflecting on my childhood in Cuba, I remember the observance of International Workers' Day. That day, everyone would march together towards "La Plaza de la Revolución," Cuba's sovereignty memorial. The streets were full of workers and their families. I remember on one occasion singing with my friend Rosita as we both sat on our fathers' shoulders and played with our paper flags.

The change brought by the Cuban revolution in 1959 made some leave and others stay. Many believed there was going to be an invasion of Cuba and that Castro would go away. Unfortunately for Cubans, that did not happen. Years of economic struggle, family separation, suppression, hunger, authoritarian power and devastation of a once beautiful island followed.

On May 1, people across Cuba took to the streets. This time, the sentiment behind the march was different from the one I remember from my childhood. It was a cry from the people about their frustrations over food and medicine shortages and record COVID-19 infections while the government blamed U.S. sanctions for stoking the unrest.

In the Bible, God told the prophet Habakkuk to minister to the nation of God and deliver a prophetic message amid Israel's predicament. The king of Israel, Jehoiakim, was

oppressing his kingdom, and the pagan nations around him prospered and were strengthened. Habakkuk began his account with a cry: How long must I cry, Jehovah, without you listening to me?

"How long, Lord, must I call for help, but you do not listen? Or crv out to vou, 'Violence!' but you do not save? Why do you make me look at injustice? Why do you tolerate wrongdoing? Destruction and violence are before me: there is strife. and conflict abounds." Habakkuk 1:2,3 (NIV)

Habakkuk's cry has resonated with believers throughout history. The plea was for justice, for peace, for the healing of his people. His cry was not one of material requests but rather of social and human well-being. It was a sincere prayer for his people. While the people suffered, God seemed to keep silent.

The reason Habakkuk cried out to God was because he knew God's character. God is compassionate, just, abundant in love and, above all things, a faithful God. But why now the silence? Habakkuk's cry is the same cry the Cuban people have had for 62 years: How long, Lord?

In the middle of Habakkuk's story, God breaks the silence and answers him. "See, the enemy is puffed up; his desires are not upright — but the righteous person will live by his faithfulness." Habakkuk 2:4 (NIV)

When in the eye of the storm, during crises or when we do not receive the response we need, we feel that God is absent and does not listen to us. That is why God's response to Habakkuk is important; it is because no matter what we feel, we must know that God hears us. We must be aware of His presence. God is not indifferent to the crv of His children.

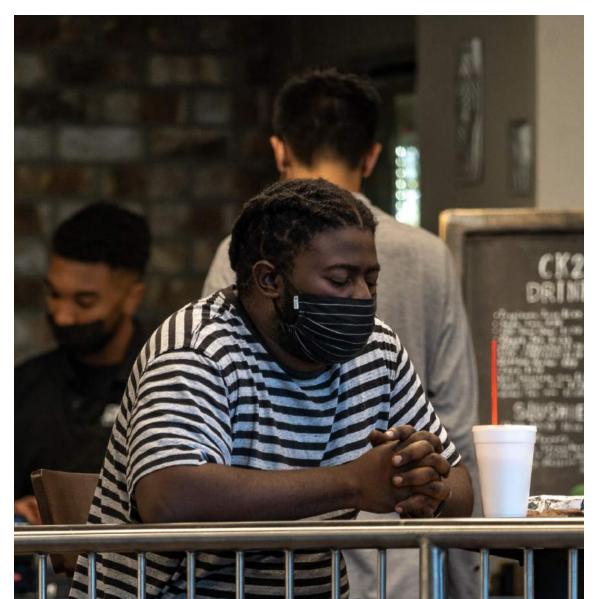
After Habakkuk's cry, God still didn't answer his prayer. However, Habakkuk took a posture of adoration and ended his book saving:

"Though the fig tree does not

bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will reioice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to

tread on the heights." Habakkuk 3:17-19 (NIV)

Believe in God's promises, have faith in His processes and trust in His power. Praise the Lord in the eve of the storm, for He loves you. He is aware and cares about your plight, and most importantly, He is in control.



Othello Thomas prays in the CK2 dining room. Monday September 13, 2021. Photo illustration by Xander Ordinola

LIFESTYLE

Embracing the present: How to stop romanticizing your past and move forward with grace

Elise Deschamps Lifestyle Editor / Columnist

There is one major habit I've had a real hard time kicking since coming to college. On those nights when I feel less than capable or anxious about school, I find myself in bed and in the archives.

I dig up old pictures of "happier" or "more confident" times — times when my body looked different, when old friendships were still in full swing and when life was simply "better." It is a habit that I know is actively unproductive and discredits much of what I have done to get where I am now.

However, it's not just a habit; it's a belief that whatever life I had before was more beautiful or more worth living than the life I have right now.

I love to romanticize how "confident" I was in high school. I was always at coffee shops in search of a conversation with a stranger. I would go to the beach alone and watch the sunrise as I journaled and meditated. Although those things were indeed beautiful and fun, my motivation wasn't purely to suck the most out of life. I fed off of the feeling of being recognized by people who knew me, or better yet, of me in public. I did things that made me feel "different" or unique.

While this made for some fun stories and experiences, ultimately the high was short lived. Living that lifestyle, then sharing it on social media and being praised for it, fueled my

ego and gave me a level of externally validated self-assurance that I now look back on with slight envy. And the funny part is, I know how unhappy and insecure that girl was during those cafe conversations and beach mornings.

However, I still can't blame my past self for this; I didn't have the experience to recognize that it was my lack of selfworth and respect that fueled this behavior.

Something changed when I went to college. I felt that "confidence" wavering in the same way that major life changes will often make you question everything you thought you had figured out. Friendships grew and tapered off, new expectations and responsibilities piled up, and relationships I never thought I would have developed.

Two years and a pandemic later, I found myself floundering. I had gone through heartbreak, transitioned out of my childhood home, experienced the sudden shift to financial independence and changed majors for the second time. During a time of such turmoil, it was easy to look in the mirror and mourn the person I used to be.

...What I can say with full confidence is that I am grateful for the things in my life I've gone through. They have changed me; but more importantly, they have refined me. They were difficult, but they were necessary.

It wasn't until the summer after my second year of college that I finally stopped and recognized how much had changed since high school. I was standing in my living room, and my best friend of six years was sitting on the couch and looking at me.

"Elise, I don't think you've ever been as genuinely confident as you are right now," she said.

It didn't make sense to me.

How could she say that when she knew exactly how insecure I was at the time? But then I realized she was right. For a long time, my sense of confidence was based on how accepted I was by the people around me. On the other hand, my friend could see a change in me that I couldn't. The experiences I once blamed for "making me less confident" actually just shaped the motives behind my actions.

I'm not going to say that a part of me still doesn't miss the past version of myself who thought so highly of herself, because I would be lying. I'm not going to say that I've fully come to terms with my life at this very moment because that also wouldn't be truthful.

However, what I can say with full confidence is that I am grateful for the things in my life I've gone through. They have changed me; but more importantly, they have refined me. They were difficult, but they were necessary.

Even if your journey looks different than mine and your present circumstances are easier for you to embrace than your past, there is something to be said about comparing yourself to any other version of you. We've always been doing the best with what we've been given. There is room for grace for your past self who didn't know any better, just as there is grace for you right now.



Elise Deschamps. Photo courtesy of Elise Deschamps

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts!

SOCIAL



Lila Odhiambo @ineedaprivatead

Bailey DuBose @bay what

Rence Arroyo @notrence

Master's degree I think it's only fair

plz don't

#SAUlife

Evelyn Martinez i think someone just tried to hack me — if i lose this acc i lose all my joy



evelynn.mz Stuck btw millennial and gen z #identitycrisis

🎯 | Instagram



britney.dixon_ right on!

Samuel Kumendong @samm_ek

If you ever skip a Whitney Houston song in the car, let me out, I'll walk

Can I request SAU to play Homecoming as I walk down the aisle with my

ĹŢ

Austin Bates @sandwoodstreets

I am tOO POOR to like the smell of clutch and burnt rubber as much as I do

Elise Deschamps @hippyleez

today someone asked if I was still at my college and honestly... .. no. i'm not. if you see me in class, no you don't



tallguy2001 Can't stop my smile!

Kamea Zarate



judyornelas Mini photoshoot in my living room as I internally cry biochem

Brianna Perdomo

Congratulations @bayleavesokay, you found Kevin last week! Your prize is waiting for you in the Student Development office.

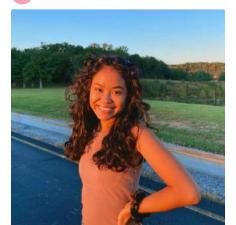


Kevin knows students need a good meal before a long study session, so he is offering a

> \$10 Chick-fil-A **Gift Card!**

DM us on Instagram with a photo of where Kevin is hiding!

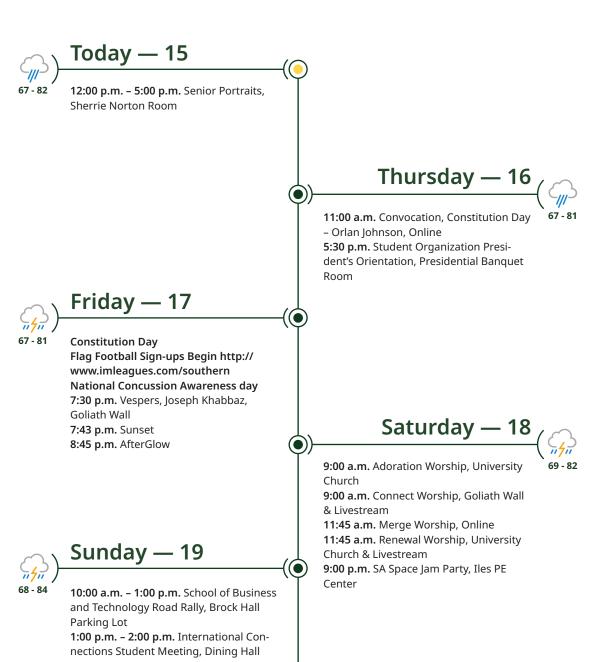


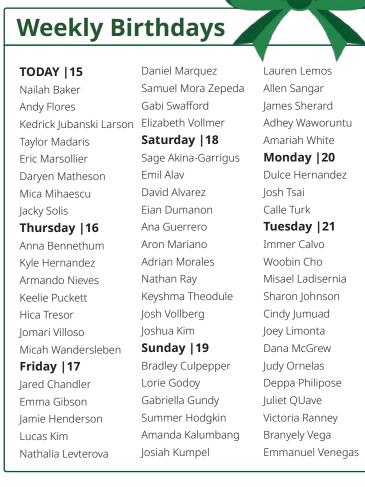


k.meaa me: i look like i have ant antlers!!! Allyson: mmm i think you mean antennas brether

love_briannap never give up on your dreams. Do your best in the present and your future will reflect —BRIANNA PERDOMO

CHATTER





Check out our new website! www.southern-accent.org



BSN DEGREE TO DNP

Monday — 20

8:00 p.m. Fall Week of Prayer, David

Asscherick

Skip the master's!

Become an advanced practice nurse and earn a doctor of nursing practice at the same time.

The BSN to DNP program mentors bachelor's degree-level graduates as they gain necessary RN experience through an advanced nursing practice emphasis of their choice.

Options include:

Tuesday — 21

Asscherick

8:00 p.m. Fall Week of Prayer, David

- DNP/MBA
- Lifestyle Medicine
- Nurse Educator
- Nurse Practitioner

(emphases include Acute Care—Adult/Gerontology, Primary Care—Adult/Gerontology, Family, and Psychiatric Mental Health)

Call or visit online to find out how to get started.





Home field advantage is back: College football

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Toxic productivity: Our obsession with working

September 22, 2021 Collegedale, Tennessee



Vol. 77 Issue 3

Freshman class largest in 10 years despite low application numbers



Renita Moore teaches her nursing Southern Connection class in Lynnwood Hall Chapel. This year, there have been higher enrollment numbers than in previous years. Wednesday, September 1, 2021. (Photo by: Xander Ordinola)

Madison Wilcox

<u>Reporter</u>

According to Vice President for Enrollment Management Jason Merryman, freshmen enrollment for the Fall 2021 semester is the largest it has been since 2011 at 571 students. Transfer students add an additional 129 students, making a total of exactly 700 new students on Southern Adventist University's campus this fall

As far as reasons behind increased enrollment, Merryman cited intentional action from his staff despite difficulties stemming from COVID-19. The team focused on advertising both the affordability

and value of Southern's education. They spent "long days and nights," according to Merryman, sometimes even up to 10 or 11 p.m., communicating with prospective students and their families, often through Zoom or telephone calls.

"We worked really hard," Merryman said. "I'm really proud of my team. And on top of working really hard, I prayed literally every day that God would put us in front of as many families that were interested in hearing about Southern and just us doing the best we could to share what Southern is about and why they should be here.

"That's really it," he added. "Just a combination of hard

work and just putting God at the center of our conversations and our day."

Looking back on the previous year, Merryman said he stands "in amazement at how we got here." The previous year, he and his team faced "a very scary thing" as they watched applications come in for the Fall 2021 semester. They received a total of only 1,900 applications, in contrast to the typical 2,300 applications received yearly.

"This is where God comes in again," Merryman said. "Despite having the lowest total applications that we've received in years, we have the largest class that we've ever had in ten years. So, again, I

go back to keeping God in the middle of that, working really hard and just being passionate about what we do and believing in Southern."

Several freshmen responded to an *Accent* Instagram story about why they chose Southern

"I chose Southern over a couple of other Adventist schools because of its beautiful location and campus," freshman business administration major Kareena Hansen said. "I also really liked the connections I had developed with the professors, even just from visiting the campus!"

According to biology pre-den-

See ENROLLMENT on page 2

Students express interest in booster shots

Megan Yoshioka *Editor-in-Chief*

The University Health Center (UHC) announced in an email sent to the student body last Thursday that Southern Adventist University will host an on-campus COVID-19 vaccine event this Friday. The Moderna vaccine will be offered to any unvaccinated individual, according to the email. Fully vaccinated individuals who wish to receive a booster dose must contact the UHC to check their eligibility.

A second email sent by the UHC last Friday stated that a number of people had expressed interest in receiving a booster dose. As of Monday, September 20, the FDA deems individuals with compromised immune systems or those age 65 and older eligible to receive a booster shot.

Social work graduate student Jasmine Townsend is one of those individuals. She said she is eligible to receive the booster shot and plans to get it at the vaccine event this Friday.

"The reason I am getting a booster shot is because I provide direct services to people experiencing homelessness," Townsend stated in an interview

See SHOTS on page 2

COVID-19 grants and relief pay benefit students

Amanda Blake News Editor

Within the past couple of weeks, many students at Southern Adventist University received two emails regarding financial assistance.

The first email, sent by Student Finance, said Southern had begun the process of passing out the second round of emergency grants provided by the Higher Education Emergency Relief Fund (HEERF) III program. Students can receive the grants directly or apply them to their student accounts, according to the email.

The second email, sent by Student Employment Coordinator for Human Resources Allison Maitland, informed student employees that they could receive pay for missed work hours if they were quarantined or isolated this school year.

According to Senior Vice President for Financial Administration Tom Verrill, Southern received approximately \$6.7 million in HEERF III funding at the end of May. The government required that 50% be given directly to students.

During the summer, approximately 20% of this student portion, \$670,000, was distributed as emergency grants. Approximately 40%, \$1.35 million, is being distributed in the same way this semester, as explained in the aforementioned email sent by Student Finance. Ver-

rill said the remaining 40% will be distributed as emergency grants next semester.

"We believe that many students will continue to be impacted by the pandemic throughout the 2021-22 academic year," director of Student Finance Paula Walters stated in an email to the *Accent*. "And, having this resource available in multiple disbursements will be beneficial to students."

According to Associate Vice President of Financial Administration Doug Frood, students received similar grants in the past two school years from the first two HEERF programs, and all three programs have been extremely beneficial.

"I can see several ramifications going on in our data that tells me students have been significantly using this money on their accounts to put themselves in a better position," Frood said. "That's been exciting because, coming from an accounts receivable standpoint from what students owe, we're probably in about as good a position as we've ever been."

According to Frood, students can expect to receive their grants this week if they filled out the form attached in the email sent by Student Finance. If students do not fill out the form, Southern will redistribute the allocations to other students.

See GRANTS on page 2

Campus churches adjust COVID-19 protocols



Welcome sign for Collegedale Seventh-day Adventist Church. *Thursday, September 16, 2021.* (Photo by: Xander Ordinola)

Cassidy Connolly Reporter

The Collegedale Church of Seventh-day Adventists has been doing its best to protect students who attend Sabbath worship services on campus, according to two pastors who lead heavily attended church programs.

Both Pastor David Ferguson, senior pastor of the Collegedale Church, and Pastor Reginald Horton, the spiritual leader of Merge and the Collegedale Church's collegiate pastor, said they have been working with the leaders of Southern Adventist University to give students the most out of their worship experience amid the COVID-19 pandemic.

According to Ferguson, the Collegedale Church has a board of about 30 individuals, including but not limited to church staff, Southern chaplains and others involved in the commu-

nity. Also on the board is head deacon and one of the medical advisors to the community, Dr. Richard Moody.

Ferguson said board members work together with the university to establish what protocols would be best for the church in regards to protecting the students not only of Southern, but also of the elementary, middle and high schools in the surrounding area.

surrounding area.

Last year, the Collegedale Church closely followed the lead of the university by requiring masks, social distancing and health screenings. According to Ferguson, this year, after very close conversations with Southern President Ken Shaw, the church is not in the exact same place as the university as far as COVID-19 protocols but always attempts to do what is best for the students in terms of safety.

As of right now, the Collegedale Church is not offering in-person Vespers. Ferguson

said the student body present for Vespers would not fit because the church has roped off every other pew for social distancing. However, according to the Collegedale Church bulletin for the week, church services are still taking place in-person at 9 a.m. and 11:45 a.m. every Sabbath morning. Masks are strongly recommended but not required at these services

required at these services.

"At our services, we say,
"Wherever you are in this conversation, would you please
consider wearing one?" Ferguson said in an interview with
the *Accent*. "However, this is a
judgement-free zone. There is
no place for bullying, condemnation or unkindness. It may
be expressly because of how
we treat others in the midst
of this that a person decides
if God is even real or not. This
is the time to love each other,

See CHURCHES on page 3

ENROLLMENT continued from page 1

tistry major Helen Gordon, she chose Southern because it seemed well-rounded and had "a little bit of everything."

"I also felt that it would help me on my path spiritually," Gordon said. "God has been good to all of us, and this school these first few weeks [has] proved just that."

In addition to enrollment, retention rates are also looking good, according to administrators. Senior Vice President for Academic Administration Bob Young reported that "retention of first-year students to the second year has increased by about 12 percentage points in the last fifteen years to approximately 80%."

Retention in sophomore and junior years has also improved.

"Overall retention of students from the second to the third year and from the third year to the fourth year was higher this fall than at any time in the past 17 years at 71.5% and 64.5%, respectively," Young said.

According to Young, retention has increased as a result of changes in admission standards, the addition of mentors

for first-semester freshmen, the addition of the Southern Connections class, amendments in how student scholarships work and amendments in general education.

Rising enrollment numbers has also led to the expansion of Southern Village to include parts of the upper stateside apartments, according to Interim Vice President for Student Development Lisa Hall. Students are now occupying the Kentucky and Mississippi apartments, which were originally used for guest housing.

According to Vice President Marketing and University Relations Ingrid Skantz, COVID-19 has also contributed to the decision to expand Southern Village and temporarily close guest lodging.

"Guest lodging is only temporarily closed to provide students with housing while a number of quarantine rooms are needed in the residence halls for students who have been exposed to COVID," Skantz said. "[The Tennessee building] is being used as an isolation space for students who have tested positive for COVID-19."

Skantz encouraged visitors to find lodging in local Ooltewah hotels.



(Photo by: Xander Ordinola)

GRANTScontinued from page 1

Frood added that the amount each student receives is determined by the government's calculation of their financial need based on their Free Application for Federal Student Aid forms. He said students will receive the same amount next semester; however, if a student's financial need increases, they should speak to a Student Finance counselor to see if they are eligible for more. Students will again have the choice next semester to receive grants directly or apply them to their student accounts, and they should receive grants within the first month.

Verrill said the 50% of the HEERF III funding not going to students has been used to cover COVID-19-related expenses from the last few years, such as costs for testing and extra University Health Center personnel, as well as revenues lost due to COVID-19. According to Walters, the COVID-19 relief pay for quarantined and isolated student employees also comes from this portion.

Maitland's email said students must be actively employed at Southern and miss scheduled work hours while in quarantine or isolated to qualify for this pay. Students also need to communicate with their work supervisors to initiate the process. Maitland added in the email that relief pay can be issued retroactively if students request to be paid no later than December 18.

In an email to the Accent, Maitland said relief pay for student employees was offered last school year and given to approximately 205 students. As of September 17, 16 students were set up to receive relief pay for this school year, according to Maitland.

Southern plans campus construction projects



McKee library entrance. Friday, September 17, 2021. (Photo by: Xander Ordinola)

Lucas Bueno Reporter

There are several construction plans currently in the works for the campus of Southern Adventist University, according to Associate Vice President of Financial Administration Marty Hamilton. One of those projects will take place at McKee Library.

"Our next project is replacing the front entrance to the McKee Library," Hamilton said. "Those drawings are in process, and we expect to have them ready to submit to the State of Tennessee by November.

"It will update the entrance and entry into the building," he added. "The second floor of the entrance will add more square footage for seating and studying space. Some seating will occur in the entry on the first floor as well."

Hamilton said digital renderings of the projects are not ready to be shared publicly yet, but reconstruction of the library's front entrance is scheduled to begin in January 2022. Hamilton further explained some of the complications and logistics that the construction will face.

"We have to create a tempo-

rary entrance on the north end of the building toward Hackman Hall," Hamilton said. "One of the challenges is how to demolish the current entrance while keeping students safe on the promenade."

When asked why the university is pursuing the library construction project, Hamilton said, "We have received donor

66 We are working on our long range goals with the president and formulating a vision for the use of spaces on campus."

funding to update and improve the McKee Library for student use. The new entrance will not require any funding from the university's budget. The McKee Library is a highly-used facility and important to our students and their academic work."

In addition to the front of the McKee Library, the landscaping near Talge Hall will also gain some improvements in the near future. According to Hamilton, these improvements "will involve a new retaining wall, removing old railroad ties and replacing an old sidewalk on the west side of Talge Hall.

Hamilton stated, "We are also working on how best to use the old student center here in Wright Hall. Those plans are also being worked out with our new president. We do have a plan coming together to repurpose all of the vacated office space that resulted with opening the new Bietz Student Center for Student Life."

The Campus Shop also moved to the Bietz Center. where it has been renamed "The Southern Shoppe." It was formerly located between the Village Market and the Adventist Book Center, across the street from the main grounds of campus.

"There are no plans yet for the old campus shop," Hamilton said concerning the vacant location. "We are working on our long-range goals with the president and formulating a vision for the use of spaces on campus. It could be leased out to a commercial tenant."

SHOTS

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with the Accent. "The population I serve does not have the same ability to isolate or self-quarantine from others. Getting a booster shot decreases the likelihood they would acquire COVID-19 from me. Being vaccinated prevents an interruption of life-sustaining services to my clients as well."

Townsend additionally stated that receiving a booster shot and experiencing the symptoms first-hand would help her relieve the anxieties of her

the immune response I had: tiredness, headache and fever," she said. "This helps my clients to make an informed decision about getting vaccinated or choosing to get a booster shot."

Senior nursing major Samuel Kumendong stated in an interview with the Accent that he is planning on receiving a booster shot this Friday as well.

"It's for my safety," Kumendong said. "I want to keep the risks of getting extremely sick to an all-time low so I don't fall behind in my classes, especially since I'm going to the ICU for clinicals this semester. It'd be in the best interest for me and my patients."

Kumendong said he is not eligible to receive a booster shot as of Sunday, September 19. However, the Friday email from the UHC stated that healthcare workers may soon be eligible once the CDC approves them.

Junior mathematics major Collin Kilmer stated in an interview with the Accent that he is not planning on getting a booster shot this Friday because he is currently not eligible to receive one. However, he would want to get one if he becomes eligible in the future.

"The immunity against breakthrough [infections] seems to begin to weaken after about eight months," Kilmer said. "I'd

still be totally protected from getting dangerously sick. The data shows that the effectiveness against serious infections doesn't come down over time like it does for mild infections. ... If I were to get a booster shot, it would further reduce the risk of getting a breakthrough case and therefore also reduce my risk of spreading it to others, especially those who aren't vaccinated at all."

Junior chemistry major Kevin Gonzalez said he is not planning on getting a booster shot this Friday either.

"I'm not planning on receiving a COVID-19 booster shot

"I can talk specifically about **"I want to keep** the risks of getting extremely sick to an alltime low so I don't fall behind on my classes, especially since I'm going to the ICU for clinicals this semester.It'd be in the best interest for me and my patients. ""

> because I've already been fully vaccinated and haven't contracted the virus since it started." Gonzalez stated in an interview with the Accent. "In the future, if things do get out of hand again, I will consider taking a booster shot."

Gonzalez additionally stated that he would consider receiving a booster shot if it was required for work.

Fully vaccinated individuals interested in receiving a booster shot can call the UHC at 423-236-2713 to find out if they are eligible. The UHC can also be contacted through email at UHC@southern.edu for other health-related questions.

Southern Accent

The Accent encourages readers to write articles and voice their opinions. However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

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Cilfford Goldstein brings years of Adventist writing experience to Southern students

Judah Brass Reporter

Former Liberty Magazine editor Clifford Goldstein is instructing a creative writing course this semester at Southern Adventist University. Goldstein, who currently serves as editor of the adult Sabbath School Bible Study Guide, said he has been writing and publishing for the Adventist church since the early '80s. He has published 25 books, written a column for the Adventist Review for 25 years and has been editing the adult Sabbath School quarterly for 20 years.

"I just do a lot of writing," Goldstein said. "... I have a lot of experience."

Goldstein loves writing and talking about writing, so he thought it would be interesting to teach a class, he said. He wanted a course with serious writing students, he explained further, and he enjoys interacting with students and helping them improve their writing skills.

"You can't teach anybody how to write," Goldstein said. "What you can do is help them find their own voice, and you can teach them some of the mechanics, some of the principles. And then, they take it, and they'll run with it."

A student in his class, junior mass communication major Madison Reinschmidt, described his class as "unique, engaging, entertaining, insightful and inspiring."

According to Reinschmidt, Goldstein's class focuses on



Professor Cifford Goldstein teaches his creative writing class. Thursday, September 16, 2021. (Photo by: Xander Ordinola)

prudence and editing with great precision that fall under the ethical guidelines of journalism and research.

Although he is teaching a course, Goldstein continues to edit the Sabbath School quarterly. His first opportunity to be an editor came shortly after he joined the church.

"I got hired in 1983," Goldstein said. "I had only been in the church for three years. I came from a Jewish background, but I had an amazing conversion experience. And, it just turned out that they needed people.

"They had a little publication to reach Jewish people, and they had an old, old man who

was like 84," he continued. "And he wanted to retire, and they needed somebody to do it. They

The nature of something like writing ... it's an art, it's a craft.🤧

didn't really have a budget, but they had heard about me. So they hired me in 1983. I didn't do this for the money, but they gave me a stipend."

Goldstein said his advice to young writers is to recognize that every writer and artist struggles no matter how much experience he or she has.

"The nature of something like writing ... it's an art, it's a craft," Goldstein said. "Writing is using your judgment. Take chances. Don't be afraid to fail. Don't be afraid to make mistakes. But push yourself, push yourself, push yourself. And you never waste your time writing. Even if you never publish it, even if you take it and throw it in the garbage can, or delete it... it's never a waste."

He added, "I wanted to title [the writing course] 'Blood, Sweat and Tears' because sometimes it takes blood, sweat and tears to do it."

CHURCHES continued from page 1

even the person who is doing the opposite of you."

The Merge worship service is another Sabbath worship service on campus that has been greatly affected by the recent COVID-19 protocols. Usually, Merge meets in Lynn Wood Hall at 10:30 a.m. and at 12:30 p.m. However, it was moved online two weeks ago.

"To my knowledge, the cabinet of the university is where we get our protocols from, with the overall purpose being to make sure the university doesn't have to shut down because of the virus spreading," Horton said.

Merge is expected to return to in-person worship on October 2. As far as COVID-19 protocols go for the Merge in-person worship service, masks are required. However, there are currently no roped-off pews or social distancing protocols in

"I think we should have worship looked at differently than an academic class setting, in my opinion," Horton said. "In the cafe, everyone is sitting together with no masks, but Merge worship was put online. So, it does hurt my heart because I know Merge is where a lot of students come and get spiritually filled. With that being said, I am a rule follower, so whatever the university says is what we are going to do."

Horton asked that students keep praying for God to work upon all the hearts on campus to have faith in Him and begin the process of reestablishing spiritual function within the community at large.

COLLEGEDALE NEWS

Collegedale Mayor Katie Lamb reflects on nearly 50 years of living in the city

SIC Summer Journalism Campers

Collegedale Mayor Katie Lamb shared her story on June 14 with a group of summer journalism campers during a "mock press conference" organized by the School of Journalism and Communication (SIC) at Southern Adventist University. The event, held via Zoom, took place as part of an annual three-day program that exposes high school students to journalism practices and techniques in a hands-on environment.

After serving as a nursing professor and administrator at Southern Adventist University for 33 years, Katie Lamb wondered how she could further help the community. So, in 2009, she decided to run for a Collegedale commission seat, which in turn led to her position as the city's first female mayor.

Now, Lamb — Collegedale mayor since 2014 — leads the fastest-growing city in the greater Chattanooga area, according to recently released U.S. Census statistics.

"I enjoyed living in Collegedale, and it's a great place to raise a family," she said while reflecting on her initial decision to run for office. "And so I thought, 'Well, if I can contribute in some way, that's what I will do."

The City's Religious Roots

Lamb said she grew up in the hilly countryside of Keene, Texas, where her parents instilled in her a passion for community service. In 1972, she moved from Denver, Colorado, to Collegedale with her young family so her husband, Ed, could work as a social work professor at Southern. Over the years, Lamb also worked at the university, serving in various capacities, including as a



Collegedale Mayor Katie Lamb. (Photo courtesy of Katie Lamb)

nursing professor, dean of the School of Nursing, associate vice president for academics and dean of graduate studies.

I enjoyed living in Collegedale, and it's a great place to raise a family. 🤧

Reflecting on her initial move to the area, Lamb said Collegedale was a different place when she relocated here nearly 50 years ago. She said the city originally founded as the location of Southern (then Southern Junior College) — was officially incorporated in 1969 to accommodate Seventh-day Adventist residents negatively affected by Sunday Blue Laws in Hamilton

"Blue Laws are where you could not have any stores open

or you could not buy or sell anything on Sunday," she explained. Lamb said Collegedale consisted mainly of Adventist residents at the time, and most businesses closed on Saturdays in observance of the Sabbath. Being closed two days of the week infringed on some business owners' ability to make a living. Once the city incorporated, residents (who at the time were mostly Adventists) set their own policies and regulations and were able to open their stores on Sundays, the mayor said.

Today, the city's Adventist to non-Adventist ratio is reversed, according to Lamb. She estimates there are about 85% non-Adventist to about 15% or less Adventist residents now living in the city.

A Rapidly Changing Com-

Throughout her nearly 50 years in Collegedale, Lamb said she witnessed many changes, one being the growth of the city. Since 1969, the population has almost doubled from about 6,000 to 11,000 residents and is still growing, Lamb said.

According to the recently released U.S Census statistics, Collegedale is the fastest growing city in the Chattanooga area, boasting an increase of more than three times the statewide growth of Tennessee in the past ten years.

Lamb said the proliferation of multi-family units has caused some consternation among long-time residents.

City officials wanted to keep apartments from "exploding everywhere," she explained, so the commission developed a land-use plan for the area.

"Our land-use plan has really helped us a lot in determining the percentage of property what will be utilized for apartments, for commercial and for single residents," she said. "And that has been very helpful in ... organizing the city to make it more family friendly."

Through upcoming projects and present ones such as the Greenway, park facilities and other recreational areas, Lamb said she hopes to cultivate an inclusive, secure and pleasant community, as mentioned in her biography on the city's

Another way Lamb plans to effect change is through listening to citizens.

"... We have to look at what all of the citizens of our town would like in developing our policies and regulations, much more now than we did when the city was first organized," Lamb said.

When asked what was the hardest part of the job, she said, "... You can't please everyone. ... I've learned that when people say, 'Will you promise me that you won't vote for this?' I can't make those promises because what may not be good for them may be what is needed by someone else. So, I have to look at those issues very, very carefully."

Planning for the Future

Now, Lamb said she looks for ways to improve the quality of life for her constituents. One service she would like to improve and expand is the Collegedale Public Library.

… I've learned that when people say, 'Will you promise me that you won't vote for this?' I can't make those promises because what may not be good for them may be what is needed by someone else."

"It is one of the busiest city libraries for its size in the state of Tennessee," she said. "... People said you don't need the library because everyone is going to start reading books online. Well, that did not happen in Collegedale. That library is busy all the time."

Lamb expects the city to grow exponentially over the next five years, and she hopes there will be new development in the Four Corners area where several vacant commercial buildings now exist. She said city commissioners have already started working on creating a five-year plan.

"It will be a busy time," she said. "... We're going to try our best to come up with a really good strategic plan that will guide us in our growth over the next five to 20 years."

The journalism campers who contributed to this article are Sedona Farguharson, Grace Federspiel, Warren Jefferson, Maria Moraes, Aleson Moralde and

Ed Johnson Memorial Dedication

Ed Johnson was an African American man who was lynched on the Walnut Street Bridge in Chattanooga in 1906. Despite significant efforts by his lawyers, Noah Parden and Styles Hutchins, to save his life, Johnson was sentenced to death based on allegations that he raped Nevada Taylor, a white woman. Many reports and witnesses claimed his innocence, and the United States Supreme Court issued a stay of execution. However, soon after the sentencing, a white mob broke into the prison, abducted Johnson and took him to the Walnut Street bridge, where they hung and shot him.



After the dedication ceremony, those who were able marched across the Walnut Street Bridge. The front contained most of the speakers from the dedication; however, earlier the crowd was led by the Chattanooga Choral Society for the Preservation of African American Song which sang up to the midway point of the bridge. *Sunday, September 19, 2021*. (Photo by: Xander Ordinola)



Jerome Meadows and three students of Howard High School pose with the statue of Ed Johnson. All four of them helped unveil the statues for the crowd. *Sunday, September 19, 2021*. (Photo by: Xander Ordinola)



Jerome Meadows, artist of the Ed Johnson memorial statue, shakes hands with the very statue he created. There were two other statues unveiled that honored the efforts of Noah Parden and Styles Hutchins, Johnson's attorneys. *Sunday, September 19, 2021*. (Photo by: Xander Ordinola)



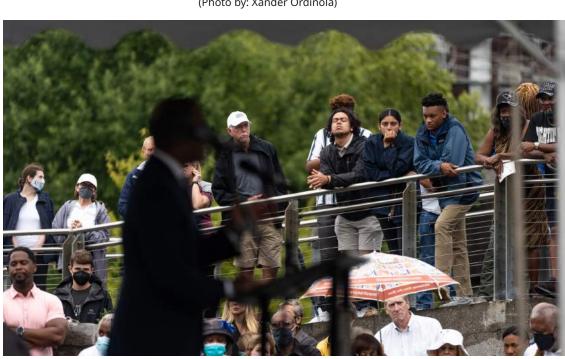
The crowd applauds at the speakers' remarks. Mayor of Chattanooga Tim Kelly (second from left) also spoke and gave a formal apology to Ed Johnson on behalf of the city of Chattanooga. *Sunday, September 19, 2021.* (Photo by: Xander Ordinola)



Speaker Donivan Brown opens the Ed Johnson Memorial Dedication. It was the fourth and final day of events leading up to the unveiling of the Ed Johnson statues. *Sunday, September 19, 2021.* (Photo by: Xander Ordinola)



Members of the crowd stand up and cheer at the end of each speaker's turn. *Sunday, September 19, 2021.* (Photo by: Xander Ordinola)



Onlookers listen as Eddie Glaude, Jr. presents his keynote address. Glaude is professor and department chair of African American Studies at Princeton University. *Sunday, September 19, 2021.* (Photo by: Xander Ordinola)

MENTAL HEALTH

Sleepy? Listen to your body by working smarter, not harder

Brandon Grentz Counselor

Editor's Note: The following

articles are written by counseling professionals from Counseling Services in partnership with the Southern Accent.

One of the most important areas of life that affects mental health is sleep. It can affect our mood and our ability to cope effectively, as well as our emotional, mental and physical health.

The CDC notes that approximately 32% of those aged 18 to 24 are getting the recommended seven to nine hours of sleep time. We've heard people say that sleep is important, but how does it impact your mental health?

Studies show that sleep helps to lower the stress hormone cortisol, increase immune health and protect us against mental illness. Improvement in cognitive functioning is another benefit that provides better memory retrieval, improved potential for decision making and better tolerance to stress.

If you've ever tried to handle stressful events when you were tired, you've probably noticed how quickly the stress affected you due to your decreased tolerance. Think of your tired brain as a glass of water that is already mostly full. If the water represents stress, adding only a little bit more will cause it to overflow.

Sleep helps reduce stress levels and cortisol, like draining water out of the glass to allow more capacity for added stress. If you push off sleep in order to finish things, you will actually become fatigued and less able to handle stress.

If sleep is so important, why don't college students get sleep? There can be many challenges to getting enough sleep, especially in college where it can seem difficult to fit seven to nine hours of sleep per night. Anxiety or depression can make it difficult

to "turn off your thoughts" in some cases. Certain medications can have side effects that make it difficult to sleep or make you drowsy during the day. And, if you nap during the day, it may be harder to sleep at night.

Caffeine, alcohol and drug usage can also affect sleep due to the stimulant nature of certain drinks or substances. There are also sleep disorders that can make it difficult to either fall asleep, stay asleep

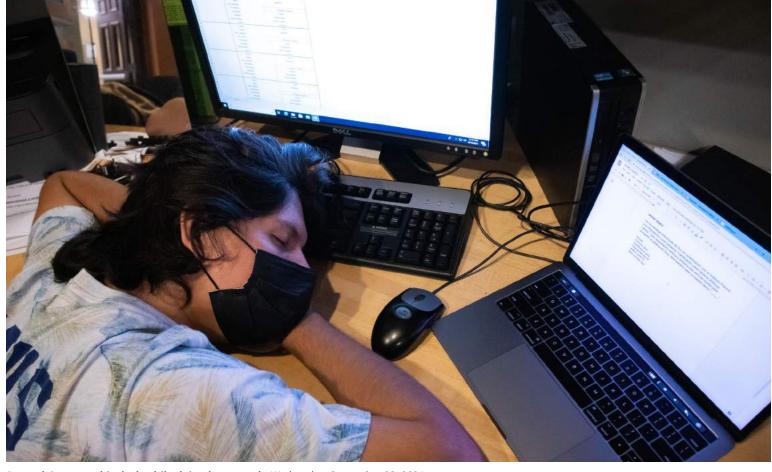
or get quality sleep.

So, you ask, what can I do to get better sleep? The best thing you can do is to establish a sleep routine. Giving your body a nightly routine creates associations with bedtime activities so your brain knows when it's time to sleep.

Avoid watching TV or reading in bed during the day, as your body may associate your bed with activities done during the day and make it harder to

sleep there at night. Stimulants should be reduced or limited to earlier times of the day, and make sure to get good exercise at least a few hours before bedtime.

Facilitate a comfortable environment and do restful activities before bed to wind down into sleep. Listen to your body if it is telling you it is tired and make sure that this school year you are working smarter, not harder.



Samuel Guerra at his desk while doing homework. Wednesday, September 22, 2021. (Photo illustration by: Nicole Sabot)

SPORTS

Home field advantage is back: College football 2021

Davy Ondrejka

College football is back in full swing. This means stadiums filled with over a hundred thousand fans are back, making this year considerably different than the previous.

With last year's COVID-19 restrictions, many underdogs were able to travel on the road and come away with some big wins. This year, it won't be so easy; home field advantage is back as stadiums are once again back to full capacity. Even with all that support from the fans, it is the talent that makes teams win or lose.

Unfortunately, much of the great talent from last year especially from the quarterback position — has moved on to the NFL. Last year's topranked teams such as Clemson, Ohio State and Alabama, though losing great QB's, are still ranked in the top five. So, there is still plenty of good football to watch. There is no way to know for sure, but we have an idea who some of the next stars will be.

D.J. Uiagalelei showed us glimpses of brilliance last year for Clemson. Spencer Rattler showcased even more for Oklahoma. North Carolina's Sam Howell posted video-game numbers at times, and he likely will again. All three will be among the most popular wagers to win the Heisman Trophy, with Rattler and Uiagalelei two of the chalks to win the award.

Love them or hate them, Alabama seems to always bring in views, but will they be good again this year? Probably, though this year things might be more complicated than usual. In four years, Alabama has lost just four games. And, despite being dealt lofty point spreads every week, the Crimson Tide has still covered 30 of 55 games in that time. We all know how good Head Coach Nick Saban is, but there are still reasons to question just how dominant Alabama will be.

Alabama lost seven offensive starters last year. Those losses include quarterback Mac Iones, Heisman winner DaVonta Smith, wide receiver Jaylen Waddle, record-setting running back Najee Harris and meaningful pieces on an offensive line that made it the best in America.

Alabama's defense, however, should once again be a strength. While it also lost pieces to the draft, a youthful group should be much improved. Last year, this unit was up and down by Alabama's ridiculous historical standards. While the offense will likely still be what Alabama's driving force is in this post-Lane Kiffin world, an improved defense could go a long way.

Although it looks as if Alabama still will have what it takes, there is plenty of room for other teams to make a name for themselves and begin their own dynasty. Top five games you won't want to miss.

- 1. Alabama at Texas A&M on October 9
- 2. Oklahoma vs. Texas on October 9
- 3. Notre Dame vs. Wisconsin on September 25
- 4. Florida at LSU on October 16
- 5. USC at Notre Dame on October 23



Alabama Crimson Tide line up on defense against the Arkansas Razorbacks at the midfield of Bryant–Denny Stadium in Tuscaloosa, Alabama. Saturday 24 September 2011. (Photo by: Matthew Tosh)

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OPINION

President Biden's COVID-19 action plan

Vaccine mandates: Both tenable and constitutional, here's why

Collin Kilmer
Contributor

The Biden Administration announced new COVID-19 measures on September 9 that will require many Americans to be vaccinated or tested weekly for COVID-19. These directives are reasonable and absolutely necessary. According to the CDC, the refusal of millions of Americans to be vaccinated is substantially increasing COVID-19 cases, hospitalizations and deaths. The pandemic has already endured for a year and a half, severely damaging the economy and killing over 650,000 Americans. Bold action is essential, and President Biden is stepping up to the plate.

Until recently, the federal government and most state governments have encouraged Americans to get vaccinated through information campaigns and incentives. However, as shown from the decrease in vaccination rates reported by the CDC, these efforts have been unsuccessful. As a result, the Biden Administration is implementing further steps to fight COVID-19.

The first and likely most controversial part of the plan is an Occupational Safety and Health Administration emergency temporary standard that will require businesses with 100 or more employees to require their workers to be tested weekly or vaccinated against COVID-19, as written in Biden's COVID-19 Action Plan. Additionally, the plan states all federal employees, contractors and most healthcare workers employed at facilities receiving Medicare or Medicaid reimbursement will confront vaccine requirements.

The constitutionality of these

initiatives is rather clear. In the 1905 Supreme Court case Jacobson v. Massachusetts, Henning Jacobson sued the state of Massachusetts over the vaccine requirement that he believed violated his personal liberties. The Court, however, ruled that the law was constitutional and that Henning would have to pay the penalty imposed.

In a speech delivered on September 9, Biden stated, "My message to unvaccinated Americans is this: What more is there to wait for? ... We've been patient, but our patience is wearing thin. And your refusal has cost all of us."

The pandemic has real effects in our community. Although 54.3% of the population in Hamilton County has received at least one vaccine dose as of September 13, there are more people hospitalized for COVID-19 in Hamilton County right now than at any other time in the pandemic, according to the CDC. The CDC COVID-19 tracker indicates more unvaccinated people are contracting COVID-19 and proportionally more are hospitalized.

The difficulties I have personally faced because of COVID-19 have been relatively minor and inconvenient. But, unfortunately, millions of Americans have lost their jobs, and far too many have lost a loved one. There is an urgent need for a change of direction, and the steps taken by the Biden Administration to control the pandemic are imperative. The alternative is allowing pain and suffering to continue in a worsening pandemic that we have the ability to improve.



Doctor or nurse filling a syringe with COVID-19 vaccine. *Tuesday, September 1, 2020.* (Photo by: Marco Verch)

Vaccine mandates: A jab in the arm of freedom

Braden Knapp Contributor

President Biden's newly updated COVID-19 action plan is a step too far in undermining the personal freedoms that the United States Constitution affords Americans. The White House's six-prong strategy will now be relying heavily on one main area: vaccinating unvaccinated people. According to Our World in Data, 54.7% of Americans are fully vaccinated against COVID-19 as of September 16, 2021. The rate of vaccinations received in the U.S. has drastically decreased in the past few months. From August 16 to September 16, 2021, there was only a 3.3% increase in fully vaccinated people in the U.S., according to statistics from Our World in Data.

Vaccinated or unvaccinated, Americans have now had months of access to vaccines, so we can clearly agree that those who do not want to be vaccinated wish to remain that way. Biden's COVID-19 vaccine mandate strategy, applying to all federal workers and businesses that have over 100 employees on their staff, solely targets citizens who have taken a stance against the vaccine or are skeptical of its effectiveness and side effects. Requiring private businesses to enact such policies is dicey, to say the least, and a mandate of this scale on the private sector will be met with major pushbacks.

Besides the logical reasoning against why vaccine mandates should not be implemented, we can also see the indecisiveness of the government's stance on such mandates. When asked by reporters on July 23 about the

idea of vaccine mandates by the federal government, White House Press Secretary Jen Psaki stated, "That's not the role of the federal government; that is the role that institutions, private-sector entities and others may take."

If American companies and citizens concede to this overreach by Biden, we can be sure to expect that the government will keep methodically snatching up more and more of our personal freedoms.

Sadly, this reasoning has since been thrown out the window. The new mandates will affect about 100 million Americans, which is nothing short of a near-nationwide order from the federal government.

This decision brings into question what liberties and freedoms the government affords us in modern day.

If American companies and citizens concede to this overreach by Biden, we can be sure to expect that the government will keep methodically snatching up more and more of our personal freedoms. Building on the comments of Psaki, the government has no proper reasoning for meddling with vaccination mandates. The best strategy the White House can take is to let our personal liberties prevail and leave the option of vaccination in the hands of each individual citizen.

RELIGION

How's your Christianity: As advertised or out of stock?

Frank Canizares
Religion Editor

Madison has been suffering from acute asthmatic bronchitis since she was 5 years old. Now a teenager, she still struggles to breathe. Her father, who is always researching new medications and experimental treatments to handle her disease, read about Stiolto Respimat, an inhalation spray that dispenses

a soft, easily breathable mist. He found some stores that stated the product was in stock on their websites. He drove to the first location; but when he got there, the attendant told him they were out of stock. He had jotted down the names of a few more stores in case he ran into this type of situation. He then headed to the second location where he got the same response, and the third, and the fourth. When he got to the last location that he found online, he got the same answer.

Annoyed, he told the attendant that the store's website stated that it had the spray in stock. The attendant replied saying the store forgot to up-

date the website. Madison's father sat in his car frustrated because he knew his daughter was not going to be able to sleep that night.

It is so frustrating to be told that something is available, but when you go to get it, it is not there. That must be how non-Christians sometimes feel about Christians. We say we are kind; we say we are loving; we say we accept everyone as they are; we say we have what is needed. But when non-Christians tell us what they desperately need, we are out of stock.

As Christians, we might be living a fake reality — the reality of being out of stock in our Christianity. The Holy Spirit might call us to do something, but our growth is so slow that we miss someone's desperation for something that we are supposed to have. Because we were not prepared in our spirit, that person came looking and left wanting.

On occasions, we give the wrong impression; or perhaps

we have the wrong definition of what Christianity is. Christianity is not about perfection — that is a state we will never achieve in this life. Christianity is about making ourselves available to serve others by being Christ's hands and feet.

When Jesus walked this earth, He did not utilize the high priests who knew the Word by heart and considered themselves to be perfect in the religion they had created and practiced. Instead, Jesus looked for and used those who were deemed imperfect sinners by society and religion because they were willing to follow Him.

We are all sinners. The only thing we can do is get up and follow Christ; and while doing so, love everyone by dying to ourselves daily. Now that's Christianity — not an exclusive club of human saints. Paul expressed this in his epistle to the Galatians.

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself

for me." Galatians 2:20 (NIV) How is your Christianity — as advertised, or out of stock?



Toilet rolls aisle in Waitrose, King's Cross. *Monday, March 16, 2020.* (Photo by: Duncan Cumming)

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LIFESTYLE

Toxic productivity: Our obsession with working

Elise Deschamps Lifestyle Editor / Columnist



It's kind of ironic that I'm writing an article on the balance between productivity and enjoying life, because as this is being written, I am at my friend's house with my face behind my laptop.

I am being productive instead of spending time with friends because I procrastinated on an article. The larger part of me knows this isn't the end of the world, and that in the future, I'll try not to make the same mistake. But a small, unforgiving, inner voice isn't so understanding. This voice is telling me that I'm too lazy. It says that I spend too much time relaxing or going out with friends.

And, although it is true that I could've managed my time better and finished this article on time, what isn't true is what that inner voice is telling me. The truth is that putting off one assignment doesn't automatically make me lazy. The truth is that relaxing, going out with friends and enjoying life are just as important to me as finishing assignments and getting work done.

Don't get me wrong; getting things done and working hard are both vital to setting your future self up for success.

However, enjoying your life as it is, right now, is vital to living a fulfilling life.

Toxic productivity attaches our self-worth to our productivity levels. It's the energy that validates the phrase, "The grind never stops." Hate to break it to you, but if the grind doesn't eventually stop, things like your sleep schedule, exercise and hobbies start

to be neglected in the name of productivity. When these things are neglected, burn out is essentially inevitable.

The sneaky thing about toxic productivity is that it hides behind the facade of just being incredibly hard-working or good at taking initiative. Therefore, it's not always easy to recognize when you've fallen victim. A medically reviewed article on

thehealthy.com gives insight on how toxic productivity may be impacting your life. Here are some ways to tell whether or not you are affected by it:

1. You still feel anxious or antsy after you've finished everything you need to do.

2. You can't do things without a "purpose," like go for a walk, paint for fun, or anything else with "no point."

3. Success doesn't give you a feeling of satisfaction or accomplishment.

4. Your standards for yourself are so high that you find yourself holding the people around you and even strangers up to the same standard.

And whether you are in a toxic relationship with work or not, here are some ways to detoxify or avoid falling victim all together.

Do nothing. Literally force yourself to set aside time to do nothing. Stare at the clouds. Go for a walk. Journal or meditate. Do something with no "point" in mind.

Recognize the emotions that you might be covering up with productivity. Often, people throw themselves into work or school as a coping mechanism for other things going on in their lives. If this is the case, it is important to process those emotions properly and seek help if needed.

Write down a list of your values and priorities in life (not your goals). What is actually important to you, and are your actions lining up with the values you wrote down?

It's time for us to recognize the damaging effects of hustle culture and take the necessary steps to take care of ourselves. The habits surrounding work that we develop now lays the foundation for our future selves. Remember to work hard, but not to the point where you can hardly work.



Evelyn Martinez completes homework assignments. *Wednesday, September 22, 2021.* (Photo illustration by: Nicole Sabot)

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts!

SOCIAL



#SAUlife

Milé Pinero @milepinero

Not me leaving class in the middle of the day to have a mental breakdown..... how's your Monday going?

Cameron Reel @anATMmachine

If a vacuum sucks, it's because it doesn't

R Rence Arroyo @notrence

Nothing causes me physical discomfort quite like my snap memories from freshman year

Samuel Kumendong @samm_ek

i can't believe in a couple months i'm supposed to graduate and officially begin adulthood. like slow down i'm still 5

Karen Guerra @kfcguerra

somehow i know so much and nothing at all

V Li V E

A Aubri Dancek @aubs_dancek

Why is getting off a plane so dysfunctional?

Congratulations @joseph_htoo, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need some refreshments after a long study session, so he is offering a

\$10 Starbucks Gift Card!

DM us on Instagram with a photo of where Kevin is hiding!



Anna Bennethum



anna.bennethum You would not believe your eyes if ten million soap suds caused severe vision impairment.



j88war On da way to fix ur house #bob-

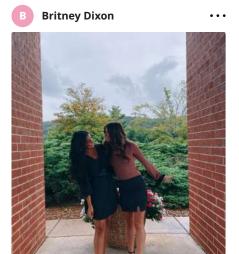
Lora Foaker



loraforaker7 Great day with new friends and cool rocks.







britney.dixon_ blessing on blessings



erla_trevedan we are the raccoons



jessshuston "Don't go chasing waterfalls." Well maybe a few... and never alone.

CHATTER



Weekly Birthdays TODAY |22 Saturday | 25 Anna Belle Stephens Monday |27 Katherine Chaves Garrett Barnes Gabriel Castro Lexi Gillard Elisabet Espinoza Nathan Dickerhoff Mathew Hallam Vera Macarova Kathleen Djami **Brittany Howard** Julianna Magan Andrew Retz **Emily Freeman** Yolanda Inniss Thursday |23 Esteban Grajales Nicole Robertson Deborah Kim Hayden Rigby Wonderful Tinungki Mariddy Sanchez Sunday | 26 Tuesday | 28 Gabby Alvarez Friday |24 Mikael Almario Brendan Gay Marie Anne Fernandez Charlynneth Dizon Stephanie Hale Kensley Mace Patricia Griggith Claudine Morana Chidi Onyeije Alyssa Kim Lamont Taylor Ruth Perez Leilani Lee

SA Announcements

Avner Shryer

Katelynn Webster

423 Night Market is taking place on November 13. If you are interested in participating as a vendor, contact Josh Esten, SA President. Things to sell: pre-packaged food items, cards, stickers, handmade crafts (no jewelry), plants, baking items, art works, photos, etc...

Hannah Moravetz

Anne Park

SA Event Passport, Make sure to bring your SA Passports to the SA Events to get them stamped. If you have 8 out of the 9 stamps you will be entered into a drawing at the end of the year!

SA Smile Initiative is next Wendesday, September 29 from noon to 1:30 p.m. in front of the Bietz Center. Come and enjoy the tropical breezes.

Check out our new website! www.southern-accent.org





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Fog is champ: All Night

Softball finals postponed

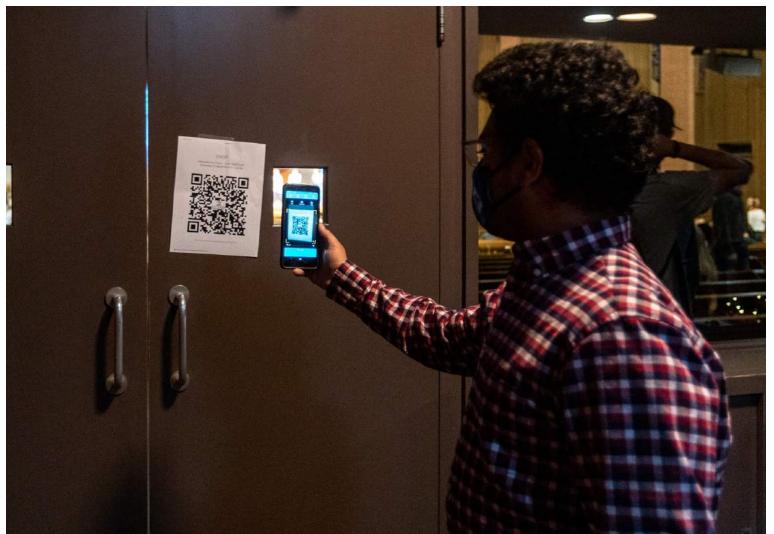
Using discomfort to your advantage

September 29, 2021 Collegedale, Tennessee



Vol. 77

Administration clarifies confusion over enrichment credit requirements; some students express frustration



Gamaliel Reyes scans a QR code during the week of prayer. In previous years, credits were given via tickets, but due to COVID-19 and a transfer to livestreaming, credits are now done by a QR code at the beginning and end of credit-worthy events. *Wednesday, September 22, 2021*. (Photo by: Xander Ordinola)

Lucas Bueno Reporter

The Fall 2021 semester at Southern Adventist University began with confusion regarding enrichment and cultural credits.

Due to a contradiction between the Residence Life page and the page on Southern's website, many students have been confused about the amount of credits they need to earn during a semester. However, this issue was finally addressed and fixed, as noted in an email to students sent on September 21 by Teri Reutebuch, administrative assistant for Student Development.

The email explained that while Southern's website and a previous email from August 23 contained the correct information concerning credits, the Residence Life page was incorrect, as it had not been updated since the Winter 2021 semester.

During the 2020-2021 school year, credits were reduced due to COVID-19 restrictions, as the university did not want students to feel pressured to attend events during a pandemic.

In the September 21 email, Reutebuch wrote, "... The system has been updated, and your residence life and the requirements listed on the website should be in sync. If you are seeing that this is not the case, please let us know immediately and we will look into it."

Some students expressed that they think it is unfair of the university to require the full amount of credits when the error remained unfixed for so long.

"I don't think it is fair," junior mass communication major Victoria Mills said. "I think they

Shultz stated that there are over 13 credits offered per week, not including LifeGroup meetings.

need to eliminate credits for one more semester until they can get it totally figured out, especially since they charge at the end if someone hasn't gotten all they should.

"The email sent at the beginning of the year said that credits would be back to normal without any numbers," she continued. "People starting this year and last year didn't know what 'normal' meant, so when they 'fixed' it, the number was [much] more than most people were expecting."

In an email sent to the *Accent*, Kari Shultz, director of student life and activities, said Reutebuch's August 23 email included a link to where students could find information about enrichment credit requirements. She said credit numbers also were

See CREDITS on page 2

First Lady Ann Shaw distributes over 4,000 cookies

Lesieli Heimuli Reporter

Ann Shaw, the wife of Southern Adventist University President Ken Shaw, distributed over 4,000 chocolate chip, vegan snickerdoodle and gluten-free oatmeal cookies during the first month of school.

Cookies were delivered during SmartStart, Mental Health Day and other campus-wide activities.

When questioned about how she organized the cookie distribution project, Shaw said she asked several people if they knew of someone who shared her passion for connecting with students. Counseling Services Coordinator Tiffany Bartell was one of the people mentioned.

Bartell, who subsequently helped with the project, said students were surprised and delighted when they received the unexpected homemade cookies from the president's wife.

"Mrs. Shaw was a delight to work with," Bartell said. "And it was so amazing to see how many students who came to the table had already met her [and] that she remembered their names."

Bartell said the gesture was a wonderful way to start the new school year as well as the couple's time at Southern.

"Their heart for students and desire to connect personally with the campus has been apparent since their arrival," Bartell said of the Shaws. "We are so happy they are here."

In addition to students, Shaw also distributed cookies to employees, and she believes it is something God wants her

"Faculty and staff pour themselves out into the students," she said. "And when you pour

See SHAW on page 2

Adventist Peace Fellowship to offer volunteer opportunities

Cassidy Connolly Reporter

Southern's Adventist Peace Fellowship (APF) chapter will hold its first volunteer event on October 1 in association with Bridge Refugee Services, a nonprofit organization that supports refugees in East Tennessee.

According to Isabella Eklund, APF president and junior social work major, the APF chapter has forged the slogan "Strictly Humanitarian" to represent what the club stands for, due to feedback from students who were hesitant to join.

"APF is a non-partisan group," Eklund said. "We want to take the politics out of caring for people. So many times students have not joined our club because they don't want to 'get political.' But it's not polit-

ical to help a refugee. It's not 'politcal' to give food to the starving. And that's our goal. We're going to give coats to the people that are cold. We're going to visit the inmates in prison. We're going to comfort the people who are grieving. That's what we're here for."

APF is an independent, nonprofit organization that supports work for peacemaking and social justice, building upon the values of Seventh-day Adventist tradition, according to its website. Eklund said the club is ready to meet any need that comes its way — be it a student whose family needs food or a tug on someone's heart to raise funds for refugees across the world.

Students who are interested in volunteering for the upcoming volunteer event or others

See APF on page 2

LAC Night postponed to January



The Banderas family celebrates after winning the game show on 'Sabado Gigante' during last year's LAC Night. LAC Night is an annual cultural event hosted by Southern's Latin American Club. Saturday, February 13, 2021. (Photo by: Xander Ordinola)

Megan Yoshioka

Editor-in-Chief

LAC Night will not occur during Hispanic Heritage Month for the second year in a row. The event is currently scheduled for January 22 to give Latin American Club (LAC) leaders more time to prepare, according to LAC Vice President Marco Swaisgood.

Swaisgood said this year's club officers were not made official until the beginning of

April due to last year's LAC Night being pushed to February.

"It was just really a short period of time for the new leadership to get people together from both Southern and our own leadership to prepare LAC Night in time for October," Swaisgood said. "So that's why we pushed it to January for this year — to give the LAC Night director enough time to actually prepare a good LAC Night."

Swaisgood said last year's LAC Night was originally

planned to be held in January instead of during Hispanic Heritage Month to accommodate for uncertainties caused by the pandemic. According to Swaisgood, who was the LAC NIght director at that time, the club wanted to make sure it would be able to hold a cultural night and have enough time to adjust to changes. However, the event was not held until February due to the short amount of time

See LAC NIGHT on page 3

APF

continued from page 1

in the future can email Eklund at ieklund@southern.edu, and they do not have to be a member to help.

APF membership is free of cost. A volunteer opportunity through APF that is three hours or longer qualifies as community service credit, according to Eklund. Students interested in earning service credit will need to email Julie Devlin, humanitarian engagement coordinator for the Office of Ministry and Missions, to apply the credits to their degree audits.

"I want students to know there is never something too big or too small for APF to try to bring service to," Eklund said. "Every concern is taken seriously. We will do whatever we possibly can to bring aid."

Eklund said APF will post notifications and updates on its Instagram page, @sau_apf.



Isabella Eklund and Shayla Moguel-Coronel promote Peace Week. The week is designed to bring awareness to environmental justice, incarceration rights, women's rights, refugees and other social justice causes, according to Eklund. (Photo courtesy of: Isabelle Eklund)

CREDITS

continued from page 1

published in the August 27-29 Weekender during the first week of school with a graph showing what was required.

Junior chemistry major Tori Avila said she was unhappy with the situation.

"We are now a third of the way through the semester," she stated. "So, for it to be incorrect for so long, and then to expect students to obtain more than was originally slated... [it] does not sit well."

In a later email to the *Accent*, Reutebuch said Student Development is aware that the glitch in the system has caused some "angst," and the department apologizes for the inconvenience. She said students should talk to Student Development if they have any concerns.

Reutebuch added that there are approximately 11 weeks left in which credits can be earned. which means over 140 credits are still available, excluding those available at School of Music programs.

In her email, Shultz stated that there are over 13 credits offered per week, not including LifeGroup meetings. She also stated that credit opportunities are listed in the Weekender, which she sends to the student body every week.

At the end of the September 21 email, Reutebuch listed the numerous ways by which students may earn credits. These include hall worships, dorm worships, convocations, Vespers, Evensong concerts and LifeGroups.

Students who would like to find out more about credits may visit the following website: https://www.southern.edu/ administration/student-development/convocation.html.

Amanda Blake and Megan Yoshioka also contributed to this

New outdoor basketball court to be completed this semester

Judah Brass Reporter

Southern's Student Association (SA) Senate is building a new outdoor basketball court by the lower tennis courts in field four, next to the track.

SA originally confirmed plans for the project last semester and intended to complete it this summer, according to an earlier Accent article.

However, SA Executive Vice President Kenneth Bautista, a junior business management major, said there were delays due to weather conditions and the Bietz Center for Student Life construction. Bautista said there is hope that the courts will be finished some time this

According to Hulsey Wellness Center Facilities Manager Darin Bissell, the company constructing the project has been communicating with Plant Services since the start of construction, which began on September 6, Bissell said.

Bautista said the funds for this project came from the SA contingency fund, which can only be used for projects created by students, according to an earlier Accent article. Bissell expects courts to be used soon with 3-on-3 tournaments and open recreation.



This area, by the lower tennis courts, is where the new basketball courts will be placed. (Photo by: Darin Bissell)

SHAW continued from page 1

out for a long time, and nothing gets poured back in, then you become empty."

When she arrived on campus, Shaw considered it her mission to spread cheer. She said God has been kind and merciful to

Mrs. Shaw was a delight to work with," Bartell said. "And it was so amazing to see how many students who came to the table had already met her [and] that she remembered their names. ??

her, and she wants to show that kindness to others. She also believes being a part of the student body is important.

"You get to talk to people; you get to know their story," she said during an interview with the Southern Accent, which

took place at the Bietz Center for Student Life.

"Like PJ right there," she added, pointing out the window to a student. "Everyone has a story to tell."

Shaw said she started her baking ministry when she and her husband were at Southwestern Adventist University in Keene, Texas, where they served for seven years before coming to Southern. During the couple's first year at the university, she baked treats for convocation and continued to do so until their departure.

Professionally, Shaw worked as a nurse for over 30 years and taught music for more than two decades. For the past 12 years, she has focused on interior design. And at Southwestern, she was involved with plant services, helping the university to remodel buildings from the ground up, she said. No longer a nurse, everywhere she goes she has to create a job for herself, and that has been her situation lately.

"I have to reinvent myself again," she said. "And I pray a lot about it."

While distributing the more than 4,000 cookies at Southern, Shaw said, she made sure they were distributed equally to all grade levels. She included sophomores and juniors because she

said she believes freshmen and seniors tend to receive the most attention on college campuses.

"Seniors get a lot of things because they're leaving," she said. "And freshmen get pulled into [a lot of things]."

According to Shaw, when she makes her cookies, she puts them in tubs and freezes them. She makes so many that she usually doesn't have enough freezer space to keep them. So, she asks friends to help store them in their freezers.

Once she's ready to bag the cookies, Shaw said she calls more friends to help. Those who assisted with the most recent batch included Judy Glass, a professor in the School of Music, President Shaw and individuals from nursing and other schools and departments.

Aside from normal dairy cookies, Shaw said she makes vegan and gluten-free options, because she doesn't want anyone feeling left out.

In the future, she hopes to join her husband for "Pop Up with the Prez," a new initiative that would allow her to mingle more with students. Shaw said she also wants to distribute loaves of bread on campus, most likely during Vespers or any time anyone needs a "pick-me up."



Southern First Lady Ann Shaw speaks with Coty Wamp, general counsel for the Hamilton County Sheriff's Office, at Westin Chattanooga for Southern's Presidential Reception. Thursday, September 23, 2021. (Photo by: Ryan Pierce)

Southern Accent

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For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

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Student brings back Table Tennis Club after five years of inactivity

Geoff Fowler

Reporter

The Table Tennis Club is back. Sophomore history and political science major Samuel Mora, who serves as president of the club, revived it after five years of inactivity.

According to Mora, the club was discontinued because of a lack of leadership and interest. He decided to start it back up this year as a club for people of all skill levels, so everyone would feel welcome.

"I wanted to create an environment where people can come and play table tennis, and where skilled players have a proper place to play and beginners a place to learn," Mora said.

Freshman medical laboratory science major Samuel Vargas said he enjoys the social opportunities the club provides.

"It's really cool because I get to play and meet new people," Vargas said.

Giancarlo Leonor, freshman general studies major, expressed similar sentiments.

"Table tennis for me has always been something that you don't go play with random people," Leonor said. "You get better with your friends; you get better together. You can form a community with a club because more people other than your friends come to play. ... People become friends."

Mora said table tennis is an underappreciated sport, and he wants club members to see



Samuel Mora strikes the ball back to club sponsor Brian Laneville. The table tennis club meets from 6 to 9 p.m. on Wednesdays. Wednesday, September 22, 2021. (Photo by: Xander Ordinola)

that, in reality, table tennis is an intense, fast-paced activity.

Mora said before the Table Tennis Club came to be, people played either in the old student center or Talge Hall recreation room. So, if there were two dedicated players in the student center, many people would not get a chance to play.

"We're basically trying to centralize table tennis, so all table tennis events can be hosted in one place," Mora said.

Mora said 76 people signed up for the club during the first week of school, but only 21 paid the \$7 club fee, and eight turned up for the events. Mora said he is still giving people time to pay their club fees.

"It's a lower entry level and no high commitment. Regardless of entry level, you will have time to play," Mora said.

Mora also said he understands that students should prioritize school first, and if someone is busy with responsibilities, they do not need to come. He said there is no due date to sign up for the club. Students only need to pay the \$7 club fee for the semester, and it costs \$1 to play at the tables during club hours.

Mora said a table tennis tournament is currently scheduled for November 7.

LAC NIGHT continued from page 1

between the start of classes and the originally planned date, according to Swaisgood.

To ensure a smoother transition of power, Swaisgood said the club will begin officer elections in December. This way, the club will be able to hold future LAC Nights during Hispanic Heritage Month.

"Even though LAC Night might not be until January, and official officers won't come in until January, we will already have those officers prepared and already learning from us," Swaisgood said. "So, they can take on the mantle and prepare an LAC Night for October, so we can really highlight Latin American Heritage Month. It's kind of sad that we don't have [LAC Night] during our month like all the other cultural clubs have had it in the past few years. But we're trying to readjust and maintain that date of having it during our culture month in the future."

The club has found other ways to celebrate its heritage month. On September 22, the club gave free empanadas to its members and sold some to non-members. According to Swaisgood, the event was a "big hit."

Additionally, Swaisgood said LAC is currently doing a spirit week and will give away prizes to members or non-members who participate in the event. LAC Vespers will be held on October 8 and 9.

Students can follow LAC's Instagram account @sau_lac.

COLLEGEDALE NEWS

McKee moves foward with Little Debbie Park



Workers use trucks to move dirt onto the construction site. It is estimated that the construction will finish in the summer of 2022. Friday, September 24, 2021. (Photo by: Xander Ordinola)

Alana Crosby

Collegedale News Editor

McKee Foods and the City of Collegedale held the ground-breaking ceremony for Little Debbie Park on August 27. According to a press release from Mike Gloekler, corporate communications and public relations manager at McKee Foods, the park will be constructed adjacent to the Collegedale Commons. It is estimated that the park will be completed in a year.

In an email to the *Accent*, Gloekler said the McKee family purchased the land from Southern Adventist University specifically to be developed as a park. The design for the park was a joint effort between Col-

legedale and McKee Foods.

"My family has a long history of enjoying nature and participating in outdoor activities of just about every kind," said Rusty McKee, executive vice president of manufacturing, in McKee's press release. "It's important to us that we preserve some of the beautiful spaces God has given to us here in our hometown, so our neighbors, our friends, our employees and their families can enjoy them together for years to come."

The press release revealed that the park will be constructed on 10 acres and will feature playground equipment and open spaces for recreational purposes. According to Wayon Hines, city manager/engineer, the park will have a

large pavilion with restrooms, connections to the greenway, covered swings and several small pavilions.

"The primary focus is on preserving open green spaces for

It is donations like this that really move us from a city to a community.

multiple uses, such as picnicking and pick-up sports games, like football, Frisbee or soccer," Gloekler said in the release.

Representatives of McKee Foods attending the event included Connie Vaughan, government relations manager and Jake Stone, project manager, and McKee.

Representing the City of Collegedale were Hines and Collegedale City Commissioners. Barge Design Solutions Inc. was represented by Joe Sawyer, vice president and senior landscape architect, and P&C Construction was represented by Nic Cornelison, who serves as president and chief operating officer.

"I cannot begin to tell you how happy and excited we are to see this community project get underway," McKee said.

Hines said the city is excited about the Little Debbie Park at the Commons.

"... It is donations like this that really move us from a city to a community," he said.

Residents of Greenbriar Cove, the closest community to the future park, have expressed concerns about construction. As of April 2019, over 200 residents have signed a petition to be more involved in the planning process.

Sharon Coulter, a Greenbriar resident, is excited about the new park, but also has some worries.

"The only thing I wonder about is, the traffic pattern is going to be much heavier. We already have people cutting through to miss four corner's long lights," said Coulter.

According to The Chattanoogan, Greenbriar's Homeowners Association became involved in the commission workshops after Mayor Katie Lamb stated that the residents should have a voice in the planning.

ALL NIGHT SOFTBALL TOURNAMENT



Both teams line up and pray before their match. Every game began with prayer. *Sunday, September 26, 2021.* (Photo by: Xander Ordinola)



Softball player catches the ball. Sunday, September 26, 2021. (Photo by: Xander Ordinola)



Intramural Director Troy Walker updates the board. All of the games were double elimination. *Sunday, September 26, 2021*. (Photo by: Xander Ordinola)



Dean JP Mathis tosses the ball to Madison Molina. Player 2 rolled onto the ground. Molina could not stretch far enough to catch the ball. *Sunday, September 26, 2021*. (Photo by: Xander Ordinola)



The last game of the night. Due to foggy weather conditions, all night softball was cut short of the finale. The final games will be played within the following weeks. *Sunday, September 26, 2021*.



Misael Polanco tosses the ball to Alex Peppard in an attempt to out Even Gagnon. *Sunday, September 26, 2021*. (Photo by: Xander Ordinola)



Brendan Gay attempts to out a player from the opposing team. Gay did not catch the ball, and the other player made a home run. Sunday, September 26, 2021. (Photo by: Xander Ordinola)

MENTAL HEALTH

Connection and friend-making in college

Tiffany Bartell

Counseling Services Coordinator

Editor's Note: The following articles are written by counseling professionals from Counseling Services in partnership with the Southern Accent.

Good friendships are key to mental health on a university campus. As a therapist, the two main types of relational pain I see in college students are loneliness and social isolation or close friendships that are experiencing chronic pain and conflict.

In high school, friendships of convenience are easily created. But as we move into our adult lives, we crave deeper connections in intentionally created friendships.

Sixty-four percent of surveyed college students reported they were experiencing loneliness in a survey conducted in 2017 by the American College Health Association. If that statistic resonates with you, here are a few tips for creating connections here at Southern.

The first tip for friend-making in college is to assume others want to be your friend! If we go through our day believing the people we meet want to know us and connect, it can help encourage us to take that first step to start a conversation.

This leads into the second tip, which is to cast your net wide. Remember that not every person you start a friendship with will end up at the top of the friendship mountain. But it is important to have

a healthy group of acquaintances and middle-of-the-mountain casual relationships. Some of the closest friends I have are people that I met through a casual friend.

Each person you meet is a potential friend and connection to even more friends. Set a quota of how many people you are going to greet in a day, and see how your circle grows.

Another tip for making new friends is to cultivate curiosity. If you can't think of things to say, stop and wonder about that person — why they chose their major, where they grew up, etc. Showing interest in someone is one of the best ways to connect deeply, and it allows them to return the favor.

A final tip to put in your pocket as you create your friend family on campus is to put yourself in as many places as possible to meet new people. Check out the SA event calendar, join a club or LifeGroup, and explore your academic department's events. You'll meet new people and not only build your own circle of friends, but help others as well.

I often ask myself, "What kind of friends do I have, and what kind of friend am I being?" The best way to make good friends is to be a good friend. Healthy relationships involve our own health, growth, respect, kindness and healthy boundaries. While you are finding and making new friends, you might also want to evaluate and adjust some of your older relationships.

Throughout our lives, people will move up and down our friendship mountain. But we can go through each new chapter of life adding new friends while staying connected in healthy ways to the old.



Diana Ortiz and Ryan Howell eat lunch, enjoying each other's company and the beautiful weather. Friday, September 24, 2021. (Photo by: Nicole Sabot)

SPORTS

Fog is champ: All Night Softball finals postponed

Patrick Scriven

Sports Editor

As a thick, nebulous layer of fog swept over the Summit of Softball Complex early Sunday morning after the men's semi-final matchup between Lo' Tigres and The Dynasty, Intramurals Director Troy Walker walked out and waved his hands in the air, signaling the postponement of the final two games of All Night Softball.

It was a bizarre and underwhelming end to a long, remarkable night.

Walker, who also serves as an associate professor in the School of Physical Education, Health and Wellness, said the decision to postpone the final games of the night ultimately came down to player safety.

"The ball was disappearing in the fog," he said. "So, for the outfielders, it's dangerous. And for the infielders, too, because when the ball comes back in, they just can't see it coming."

Players certainly seemed to back Walker's decision to cancel the remaining games. Calle Turk, senior nursing student and member of Southern Breeze, said the fog was unfortunate, but she was happy to see the end of a demanding night.

"I am absolutely exhausted," she said. "My legs hurt so bad. Honestly, I could not even see the outfielders; it was really sketchy."

Despite mother nature's interference, this year's All Night Softball tournament was — and will continue to be — a fun one.

From the first set of games at 8:30 p.m. and onwards, crowds of hundreds of students, employees and family members gathered to experience the unique excitement of intramural softball.

The tournament kicked off with a series of upsets. The Bunt Cakes shocked number four seed Slinging Dingers in an eventful 8-6 affair in the first round. At the same time, on the other side of Summit Complex, Baby James pulled off a surprising victory against the notorious Full Senders.

Cinderella stories are rare in sports, however, and no team knows that better than Just A Fluke. The eighth seed team was inches away from stunning The Dynasty, the favorites to win it all, in the second round. Alas, a late Dynasty run kept Just A Fluke from pulling off one of the biggest comebacks of the night.

The title of biggest comeback arguably goes to Bat Intentions. The ladies' team was trailing by four with an inning left, but the players were able to tally enough runs to defeat Pitch Perfect, 7-6, late in the game.

Another close contender for "best moment" so far might be Felipe Rocha's walk-off inside the park homer to lift Lo' Tigres over Ripper Magoos.

Memorable moments like these are what makes All Night Softball more than just a tournament. For many, it is

a tradition too special to be ruined by fog.

While no rescheduling plans have been set in stone, Walker said Southern is considering having the finals on campus a couple weeks from now. Still, however, the tournament's fate is up in the air.

"I have to go look at a calendar," he said. "There's a lot of stuff going on Saturday nights at Southern now, so to fit it in on a Saturday might be hard."

The two final games to follow will pit Homeward Bound against The Lucky 13 2.0 in the ladies' bracket, and The Dynasty against Shake and Bake on the men's side.

The fog may have swept in Sunday morning, blanketing Summit Complex in an eerie and unsettling way. But, it would take a much stronger force to break one of Southern's most cherished, long-lasting traditions. All Night Softball, for generations of Southern students, has always been well worth the sleepless hours, the scars and bruises, and the exhaustion. Fog or no fog, it is always a night to remember.



Fog engulfs the field during the end of All Night Softball. Sunday, September 26, 2021.

(Photo by: Xander Ordinola)

OPINION

Two sides to every story: responding to conflicting opinions

Madison Reinschmidt Opinion Editor

Most people have a strong opinion on something whether that's on which president you should've voted for or if pineapple has a place on pizza (which, the correct answer is "yes," by the way). I would consider myself to be one of those people. I'm passionate about my opinions and willing to debate with those who believe differently. I've spent many hours at dinner tables discussing touchy subjects, usually with my heart pounding and face flushed with frustration from relaying my argument.

I often find myself feeling exasperated by these exchanges. Instead of finding common ground and creating mutual respect among people with differing opinions, these conversations can create more division than before.

The past few years haven't only divided the nation, but

they have also disintegrated relationships between friends and family members. The 2020 election and opposition surrounding COVID-19 have caused tensions to skyrocket in the United States.

According to an article published by USA Today that references "Hidden Common Ground" research on partisan divisiveness, most Americans believe the country has more common ground than portrayed by politicians and media. However, the respondents believe that Americans will be unable to manage differences, and tensions will increase over time. The article also states that 93% of Americans want to reduce divisiveness in the country.

However, as much as Americans may desire unity, no progress can be made unless individuals work toward mutual respect and understanding.

We cannot continue placing blame on politicians, the opposite political party or even the relatives from extended family that staunchly oppose our own beliefs. The responsibility lies within each individual to generate change.

As the opinion editor this year, my goal is to create positive discussions between people of different opinions. This starts with realizing that your opinion may not be the only viewpoint with rationality and value — which can be a hard pill to swallow.

I've personally struggled with this concept for months. I don't always want to accept that the arguments I've so carefully crafted could be refuted with a point from someone believing in the exact opposite. Throughout this process, I've learned that my goal is not to "win" the argument or coerce others into

agreeing with me. I want to foster an environment in which people feel free to discuss their views without facing animosity.

I'm not saying that anyone should retract what they believe for the sake of protecting feelings. There will be situations in which no common ground can be found, and it will be best to walk away before discussions get heated. But as Christians, we should be more concerned with loving and respecting others than allowing our judgments to get the best of us. As stated in Proverbs 18:1-2, "An unfriendly person pursues selfish ends and against all sound judgment starts quarrels. Fools find no pleasure in understanding but delight in airing their own opinions."

So how can we create healthy discussions?

First, we must start listening to understand, not to respond.

During discussions, I often think of what I will say next rather than deciphering the words of my peers. But it takes a conscious effort to grasp the meaning and emotion behind others' stances.

Then, when you do form a response, speak with decency and respect. Even if you vehemently oppose what someone has said, hostility won't help either side gain a new perspective. Try being open to what others have to say, and you might be surprised that there are points you can each agree on.

Finally, realize that what you say may not change anyone's mind, and be okay with that. At the least, both parties can learn from a new outlook and respect the differences.

There are two sides to every story. And even if you dislike what someone else has to say, each person has a right to use his or her voice and be heard.



Two men having a passionate discussion while sitting on benches. *Tuesday, June 20, 2017.* (Photo by: Tobias Gaulke)

RELIGION

Spiritual battles: Waves that roll in and out to the sea

Frank Canizares
Religion Editor

As I drove across MacArthur Causeway — one of a handful of bridges that connect the island of Miami Beach to the mainland — I was happy. I was home.

I work as a ride-share driver (Uber/Lyft) on my breaks in order to save money and pay for school, and it was my first day driving for summer vacation. While cruising on the causeway, I watched the waves crash against the shore and move away from the line of cruise ships stationed on the port of Miami.

The scenery welcomed me back to Miami, but little did I know that in two weeks time, home would chew me up and spit me out.

It became an eat or be eaten situation in the chaos that encompassed the city. Roads and highways were packed with cars, with tourists walking out into the streets.

I tried to compose myself as I navigated the bustling city traffic. Passengers complained about everything. Lyft threatened to deactivate my account. I got side-swiped by a black pick-up truck that took out my sideview mirror and drove away. My brakes wore out.

I was cursing and spewing obscenities at everyone that cut me off. My inner peace was gone with the waves that rolled back into the sea. I found myself in a spiritual battle in which I was letting my surroundings influence me instead of me in-

fluencing my surroundings.

It had only been a couple of weeks, and I was battle-scarred, disoriented and in pain. I fell on my knees and had a little powwow with God. I told Him:

(Photo illustration by: Nicole Sabot)

"I can't. The enemy is throwing everything at me, and I can't. I lay everything at Your feet."

I realized that my spiritual fuel was running low. I needed to recharge in order to be at full capacity with the Holy Spirit. That deficiency led to my surroundings influencing me.

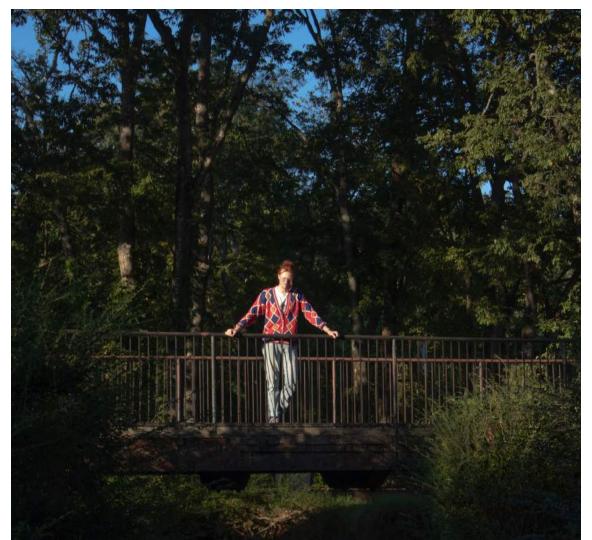
After that conversation with God, He opened my eyes. I hadn't been able to refuel my

spiritual battery because I was working 12 hours a day, six days a week and not spending enough time with Him. After that, I started spending an hour a day in communion.

The next Sabbath, after watching a service about spiritual battles, I got emotional. The Calvary scene came to mind. In every visual I saw, every word I read, I envisioned how the walk to Calvary caused Jesus to fall multiple times. And yet, He got up every time, picked up the cross and kept walking. Everything in Jesus' life had purpose. In this particular instance, He was illustrating the Christian walk.

In his letter to the Philippians, the Apostle Paul tells us that even in difficult circumstances, Paul learned to be content. The secret to living amid life's difficulties is simple: trusting God in such a way that one can say, "I can do all things through Him who strengthens me." Philippians 4:13 (NKJV)

For the rest of the summer, I progressively developed a different mood with a different perspective. The more time I spent in communion with God, the more I recharged my spiritual battery. The more I invited the Holy Spirit in, the more He would be there when my surroundings tried to influence me. I allowed Him to affect my surroundings instead.



Sebastian J. DeLorey admires the Wilkerson Branch creek that runs through the Student Park at Southern. Sunday, September 26, 2021.

LIFESTYLE

The art of using discomfort to your advantage

Elise Deschamps Lifestyle Editor / Columnist



It is normal to be drawn to what you know. As humans, we are constantly searching for patterns in life. We appreciate the predictability of experience. We judge others based on their reliability and their consistency of behavior.

Subconsciously, we set expectations of others and our environments and wait for those expectations to be reached. Sometimes, it looks like reaching out to a parent when you're feeling low, expecting to be comforted. Other times, it's going to the library to study because you expect a quiet environment.

Seeking comfort in scenarios like this is natural. However, there are many times when stepping beyond those expectations leads to experiences we didn't think possible before. Placing yourself in situations in which you don't know the outcome and you can't predict the way that you will feel often leads to the most growth.

If you had talked to me a year ago about my journey so far in college, you would have likely gotten a very negative response. I would have told you about how I felt like I was missing out on my "college experi-

ence." I would have told you that anywhere else, anywhere but Southern, I knew I would thrive. And to some degree, I was right. Where I was in life, I would likely be more confident and feel more validated in a different environment. Not that Southern was necessarily bad in any way; I just felt that Southern wasn't for me. Oddly enough, I would've also replied that I "weirdly felt called to be at Southern."

Today, I am so grateful to be here. While some may argue that I should've left for an environment that I felt more comfortable or supported in, I have my own perspective. Staying in the environment in which I felt the most uncomfortable forced me to challenge myself and my beliefs in ways that they wouldn't have been anywhere else. What I have learned over the past two years is that if any belief you uphold can't stand a little pressure, you probably want to question where that belief comes from as well as the belief itself.

Using discomfort to your advantage isn't limited to big life lessons; it is even more applicable to the small discomforts we feel daily. These discomforts include raising your hand when you have a question that you think is dumb. They include saying "yes" to new opportunities that excite you but you feel unqualified for. They can even include complimenting the outfit of that seemingly-really-cool-person you see at a coffee shop.

An almost surefire way to diffuse these small discomforts is by questioning how you would react to someone else doing the exact same thing you're worried about. Would you think another student is dumb for asking clarification on a subject? Would you scoff at someone accepting an entry level, experience-earning job? Would you be upset if someone thought you were cool and complimented your outfit in a coffee shop?

One of my favorite Youtube channels, "Yes Theory," actively encourages its audience to "Seek Discomfort." They invite strangers on the street to skydive and take subscribers on impromptu trips across the world, all in the name of discomfort. Although the things they recommend may not be for everyone, I find many of their videos inspiring.

The beautiful thing about choosing to step outside of your comfort zone is that you

don't need to be crazy spontaneous (although you totally can be) in order to get better at being uncomfortable. Something beautiful about new experiences is that almost always, you can immediately recognize the added perspective that you gain. So go forward and ask that question, take that opportunity and compliment that stranger. What do you have to lose? Or, more importantly, what new perspective can you gain?



Shooting this event really forced me outside of my comfort zone, not simply because it was off-campus, but because it was something that truly impacted the community. It was a historic moment, and several other professional photographers and videographers attended, backed with the precedent of their newspapers; I didn't even have a school press pass. It was an experience I really appreciated, and I think I walked away with some good photos. Sunday, September 19, 2021. (Photo by: Xander Ordinola)

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts!

Just found out I'm exempt from worship credits this last year...let us

I never knew blackberries tasted this good bro. I want a lot more now

SOCIAL



Harold Carvajal @theharoldcar

I watch 5 Instagram stories and I'm already tired

Joel Guerra @i8war

rejoice

□ #SAUlife

H Haianny Carvalho ···

hai_anny just me and my boy





yoyo_chavez nothing but blue skies

Sonia Joy @sonia_enjoy

Elise Deschamps @hippyleez
i have a crush on usps

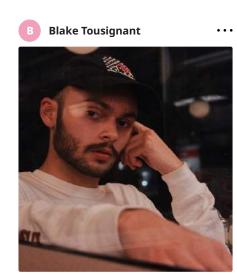
tl ♡ ☑

Elise Deschamps @hippyleez
also on freedom of the press

tl ♡ ☑



k.meaa pumpy-umpy-umpkin



btouz14 Show Me Your World

Congratulations @vivala_ni, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need to order some new clothes for the fall season, so he is offering a

> \$10 H&M Gift Card!

DM us on Instagram with a photo of where Kevin is hiding!





samuelitoguerr LinkedIn photo session



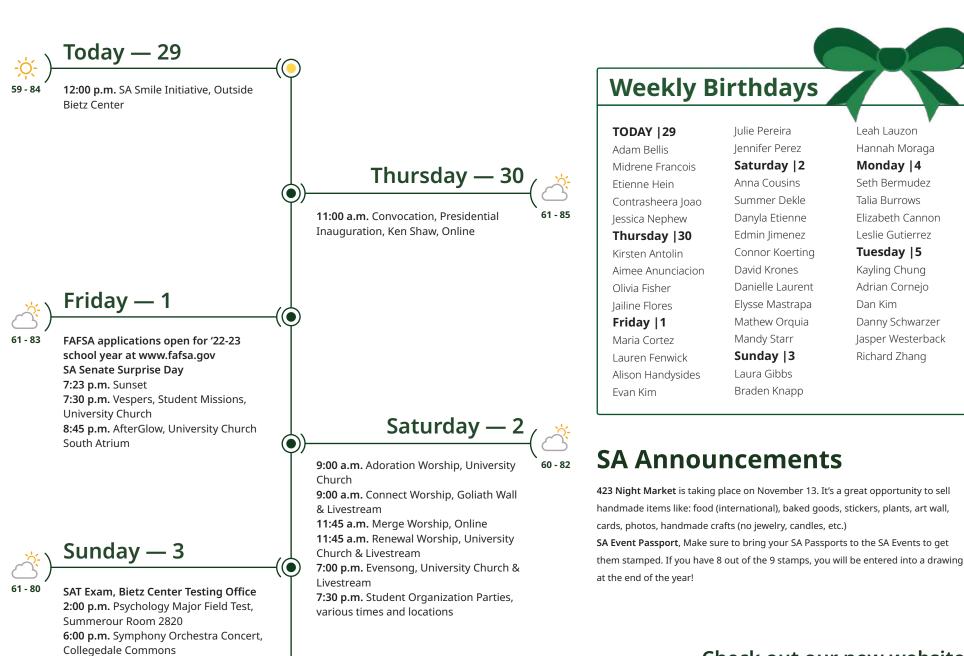
avie_345 "The best way to find yourself is to lose yourself in the service of others"Mahatma Gandhi

CHATTER

Tuesday — 5

Center

8:00 p.m. SA Senate Meeting, Bietz



Check out our new website! www.southern-accent.org

Leah Lauzon Hannah Moraga

Monday |4

Talia Burrows

Seth Bermudez

Elizabeth Cannon

Leslie Gutierrez

Tuesday | 5

Kayling Chung

Adrian Cornejo

Danny Schwarzer

Jasper Westerback

Richard Zhang

Dan Kim





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Latin American stars

impact sports world

Stress: The different types and how to manage them

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attending Southern

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Fashion trends rooted in Latin American culture

October 6, 2021 Collegedale, Tennessee

Southern Accent The student voice since 1926

Vol. 77

Ken Shaw inaugurated as Southern's 27th president, the first as an alumni



Ron Smith shakes President Ken Shaw's hand. Moments before, Smith placed the presidential medal around Shaw's neck. *Thursday, September 30, 2021.* (Photo by: Xander Ordinola)

Megan Yoshioka Editor-in-Chief

Last Thursday, Ken Shaw was inaugurated as the university's 27th and first alumni president. The ceremony was held in the Collegedale Church of Seventh-day Adventists, with limited seating to accommodate social distancing. People unable to attend in-person watched the livestream on the Collegedale SDA Church Vimeo channel.

Those who filled the sanctuary included Southern alumni, faculty, staff, Student Association leaders, Shaw's family and others. Dignitaries such as former Southern President Gordon Bietz, Southern alumnus and Tennessee District 29 Representative Greg Vital and Collegedale Mayor Katie Lamb spoke at the podium.

"We share a quotation from Shannon Alder, who said, 'One of the most important things you can do on this earth is to let people know they are not alone," Bietz said at the inauguration. "Dr. Shaw, we pray for your success. We stand to provide assistance. You are not alone — we belong to each other."

Union College President Vinita Sauder introduced Shaw after various representatives gave their greetings.

"Dr. Shaw is a self-confessed math geek," said Sauder, who has collaborated with Shaw as a fellow Adventist higher-ed president. "... I remember at one of the presidents' meetings how excited he was that it was about to be Pi Day. Now, unless you're a math major, you may not know that March 14 is chosen for Pi Day because of the digits three, one and four. ... It is rumored that Dr. Shaw knows the first 50 digits of pi, so you'll need to ask him. Students, those that are watching, please include President Shaw in your next Pi Day celebration so he can enjoy the fun alongside you."

In his inaugural address, Shaw said the inauguration

and twenty-two is special. It shows up beginning with the 483rd digit of pi. And 483 happens to be 22 squared minus one. Two-two-one, which happens to be the reverse of the digits of how long I've been president. ??

 $marked\ his\ 122nd\ day\ in\ office.$

"Being a mathematician — and one that loves number theory ... I am convinced that you'll want to know the following," Shaw said. "One hundred and twenty-two is special. It shows up beginning with the 483rd digit of pi. And 483 happens to be 22 squared minus one. Two-two-one, which happens to be the reverse of the digits of how long I've been president."

After Shaw's address, Southern Union Conference President Ron Smith presented him with a medallion.

The I Cantori Chamber Choir sang, socially distanced, from the pews in the back of the church on the second floor.

A recording of the inauguration is available to watch on the Collegedale SDA Church Vimeo channel.

SJC begins campus TV productions

Amanda Blake News Editor Megan Yoshioka Editor-in-Chief

The School of Journalism and Communication (SJC) recently began filming its second season of the student-led TV show "Ignite" and launched an unprecedented year of "SAU News."

Last semester, "Ignite" began as a "15-minute weekly talk show [that] discusses issues and solutions relevant to Southern's student community," according to a previous Accent article. The show starred then-sophomore mass communication—advertising major Sarah Manuel and sophomore mass communication—media production major Aaron Patterson as hosts.

According to Patterson, who is now a junior and returning as a host, "Ignite" recently began filming season two and plans to release an episode each Friday on Youtube @School of Journalism and Communication. The first episode was released last Friday.

Last season, Manuel and Patterson interviewed a different guest, typically in the SJC's TV studio, each week. A second segment of the show, titled "Cass on the Street," featured then-freshman journalism-digital broadcast major Cassidy Connolly asking students and faculty questions related to the main interview. Season one of "Ignite" wrapped up with 12 episodes.

This season, Patterson is joined by new co-host Elise Deschamps, a senior journalism major. Patterson said they will continue conducting in-depth, relevant interviews this season.

"The overarching goal for

See TV SHOWS on page 2

Professors research demographic changes in churches, encourage students to join focus groups

Amanda Blake News Editor

Religion Professor Alan Parker is currently leading a research team of Southern professors studying the impact of demographic changes on Seventh-day Adventist churches across the North American Division (NAD). According to Parker, the team is currently conducting focus groups on Zoom, and eligible Southern students are encouraged to register.

"This is where we have a need," Parker said. "Students can participate. They can have their voices heard. This is our opportunity for Gen Z and millennials to really add their voices to [the research], and we think that voice is going to be different."

The study, titled "The Influence of Race and Ethnicity on Congregational Dynamics in SDA Multiracial and Multiethnic Churches," is a multi-phased project, which began in 2020 with the research team interviewing denominational administrators throughout the NAD. Other researchers on the project are: Social Work Associate Professor Nina Nelson, Journalism and Communication Assistant Professor Alva Johnson and Associate Director of Pier-

son Institute and World Missions Raul Rivero. Parker said the team has received about \$40,000 in funding so far — nearly \$30,000 from Southern and \$10,000 from the NAD. He added that the NAD will soon grant them an additional \$5,000.

Now, in the second phase, the researchers are conducting interviews with pastors of multiethnic/racial churches as well as multigenerational immigrant churches. They have also begun focus groups with members of churches within multicultural state and regional conferences where the majority race or ethnicity does not make up more than 80% of the congregation. In addition, the team is recruiting members of multigenerational immigrant churches, such as Hispanic and Korean congregations where there is one predominant ethnicity.

According to Parker, the effect that ethnic and cultural changes can have on churches has always been an important topic for him because he grew up in South Africa and pastored churches there when apartheid ended.

"I could see what happened in South Africa when the different races were able to come together, and I could also see what happened when we allowed our differences to



(L-R) Researchers Nina Nelson, Alva Johnson, Alan Parker, Tracey-Ann Hutchinson and Raul Rivero. *Monday, October 4, 2021.* (Photo by: Stephen Ruf)

divide us," Parker said. "What I would love to see is how a Christian perspective actually brings us closer together because we are different."

Parker said he performed an in-depth, qualitative examination of three South African churches that transitioned from a majority white to mixed or majority black congregations for his doctoral dissertation.

For the current project, the team's current findings are preliminary and still being analyzed, he said. So far, they have found that many churches are positive about embracing diversity, and leaders are gen-

erally hopeful for the future. However, Parker said a positive attitude toward diversity has not necessarily translated into a willingness to address racism. For example, church administrators were conflicted over whether open discussions about race would be helpful or harmful, he said. Over the last year, interviews also suggested the initial momentum toward open dialogue over race issues appears to have subsided.

Graduate student Tracey-Ann Hutchinson, who is pursuing a master's in clinical mental health counseling and serving as the team's research assistant, said the team has conducted six focus groups already and hopes to conduct nine more. Hutchinson said about 12 Southern students have been recruited so far through email blasts sent to several on-campus departments this semester and an ad placed in the Weekender for September 24 through 26.

According to Southern's website, students who wish to join a focus group must be at least 18 years old and have attended a multicultural state or regional conference Adventist church for at least one year. The web-

See RESEARCH on page 2

COVID-19 community transmission high in Hamilton County, UHC provides health tips

Megan Yoshioka *Editor-in-Chief*

The Centers for Disease Control and Prevention (CDC) reported high COVID-19 community transmission rates in Hamilton County and all surrounding counties for the week of September 25 to October 1.

According to the World Health Organization (WHO), community transmission is indicated when someone becomes infected with a virus, but the source of the infection is unknown.

The CDC measures the severity of COVID-19 community transmission through two factors: the number of new COVID-19 cases per 100,000 persons in the past seven days and the percentage of positive nucleic acid amplification tests (NAATs).

For new cases, less than 10 cases per 100,000 persons is considered low, 10 to 49.99 is considered moderate, 50 to 99.99 is considered substantial and 100 or more new cases is considered high. For the percentage of positive NAATs, less than 5% is considered low, 5% to 7.99% is considered moderate, 8% to 9.99% is considered substantial and 10% or greater is considered high. If a county has different severity levels in each factor, it is given the higher transmission rating.

From September 29 to October 4, Hamilton County reported a total of 856 new COVID-19 cases, according to the CDC. Additionally, the county reported 14.57% in positive NAATs from

September 23 to 29.

In an email to the Accent, University Health Center (UHC) nurse practitioner Michelle Mix stated that the UHC has seen individuals who tested positive for COVID-19 but were unaware of how they contracted the illness. Although some individuals may not know who gave them the illness, Mix said the UHC still finds their close contacts to quarantine or test as needed.

The UHC was unable to provide exact numbers regarding common sources of COVID-19 transmission. In a separate email, Mix stated the UHC currently does not have anyone performing an epidemiological study on campus COVID-19 cases.

Mix said speaking anecdotally, the most common source of COVID-19 transmission is through household contact, which includes family and roommates. Close friends and significant others also commonly contribute to COVID-19 transmission, according to Mix. She said the UHC has also seen transmission from lab partners and co-workers, as well as classroom transmission, in no consistent order.

"Often when we contact trace a classroom, we see that many students are clustered together while there are many open seats available, which would allow for more distancing," Mix wrote in the email. "Students wanting to avoid classroom transmission and quarantine should consider sitting away from others when possible."

Mix said other ways people can reduce the spread of COVID-19 is by getting vaccinated, social distancing and wearing a mask. However, Mix said the UHC recognizes that masking and distancing may not always be possible or personally preferable, especially in household or social settings.

In the email, Mix also listed health recommendations to reduce the severity of COVID-19 symptoms.

Mix said students interested in individualized health recommendations can visit the UHC. The UHC can be contacted at 423-236-2713.

UHC health recommendations to reduce the severity of COVID-19 symptoms:

- Exercise for 30 minutes three to five times per week.
- Get an adequate amount of sleep every night. Aim for seven to eight hours.
- Maintain a diet heavy in fruits and vegetables.
- Limit eating processed foods — think anything that comes in packaging.
- Watch out for nutritional deficiencies. Vitamin C, Vitamin D and zinc are the most common deficiencies.*

*Consult a healthcare provider before incorporating vitamin or mineral supplements into your diet.

TV SHOWS

continued from page 1

"Ignite" is to be a unifying, uplifting and conversation-based talk show," Patterson said.

One topic "Ignite" plans to cover this season is how the Seventh-day Adventist Church can emotionally and mentally support the LGBTQ+ community, according to Patterson. He also added that he and Deschamps will be interviewing a Southern alum who works for the Olympics.

Patterson said "Ignite" will no longer feature "Cass on the Street," but will instead spotlight three new reporters. Two will conduct similar interviews to those featured in the segment, with one asking more lighthearted, humorous questions. The other will conduct short sit-down interviews. Patterson said these segments will be featured only on Instagram @ignitesau.

Also new this season is the addition of "Ignite Live," an event that will feature live musical performances and a special guest interviewed on stage, according to Connolly, who is the producer of the event. Connolly said "Ignite" plans to hold this event — open to all students — on Saturday, November 6, 6 p.m., in the Iles Gym.

Last week, the SJC rolled out its first broadcast of "SAU News," typically produced by SJC Professor Stephen Ruf's television and news production class for a semester every other year. Currently, however, it is produced by Ruf's broadcast news writing class and planned for the entire school year. Ruf said he wanted to jumpstart "SAU News" this semester to better engage his class and utilize the SJC's recently acquired

"[The news set is] giving us a tool like nothing we've ever had before to recreate a very professional studio backdrop for our student broadcast journalists," Ruf said.

Senior journalism — digital broadcast major Sam Oliveira, who is the producer of "SAU News," said each newscast will typically last between three and five minutes and provide a "snapshot" of events on campus and in the local area.

"[SAU News is] highly recommended for students since it's stuff they should know," Oliveira said.

According to Oliveira, they will upload a newscast every two weeks, typically on Monday or Tuesday, to YouTube @School of Journalism and Communication, Instagram @sau_news and Facebook @saujournalism.

"SAU News" released its first newscast on September 28. In it, Oliveira discussed a range of topics, including CK2's impressive sales and an increase in student missionaries.

Ruf said if all goes according to plan, his television and news production class will produce "SAU News" next semester.



Sam Oliveira hosts SAU News. Friday, September 24, 2021. (Screenshot from SAU News)

RESEARCH continued from page 1

site also explains that members are asked how they have witnessed race, ethnicity and generational dynamics influence their churches.

Participants are awarded a \$20 gift card, according to the website. If students wish to participate, they must complete a brief survey, provided at https://

www.southern.edu/administration/pierson/focus-groups.html.

Hutchinson, who is from Jamaica, said it has been interesting to learn about racial dynamics in the United States.

"... [In Jamaica], our motto is 'Out of Many, One People', so we don't have a lot of racial tension; at least, not that I have seen," Hutchinson said. "We are also not as diverse a country as the U.S., so that could be one

of the reasons for that. But it's been interesting to hear about some of the challenges that exist here when it comes to multicultural interactions. On the flip side, it has also been comforting to see churches and conferences being willing to make strides towards diversity and harmony."

After the researchers complete the interviews and focus groups, they will send attitudinal surveys to between 40 and 50 randomly chosen NAD churches, according to Parker.

He said the project will likely be completed by the end of summer 2022. He plans to present the findings on Campus Research Day and at the Southern Union Evangelism Conference, as well as NAD year-end meetings. In addition, Parker has begun using this research to develop anti-racism training alongside Southern's Senior Advisor for Diversity in the President's Office, Stephanie Guster, for Southern's Student Association next year. He hopes this training will be used by other NAD institutions.

"I think Southern ought to be a showcase for what can happen when, in spite of our past, we build together to develop a multicolored future," Parker said.

COLLEGEDALE NEWS

Alyssa Rivas Reporter

Following two years of litigation, the city of Collegedale and four former police officers have reached a settlement of \$412,500, according to an article published by The Chattanoogan.

The four former police officers said they were coerced to step down from their positions after objecting to what they described as a ticket quota system, the news organization reported.

In July 2019, Officer Robert Bedell filed a lawsuit directed toward the city of Collegedale, according to local media reports. About three months later, three additional officers — David Holloway, David Schilling and Kolby Duckett — also filed a lawsuit against the city, the police chief and the city manager.

On September 20, 2021, the city and the officers made public their mutual settlement for the sum of \$412,000 and no admission of fault, as reported in The Chattanoogan.

As part of the agreement, a statement was inserted in all the personnel files stating that the allegations accusing the city and police department were false claims, according to the news report.

"The settlement reflects that the claims were disputed and there was no admission of fault or liability," said attorney Janie Parks Varnell, who filed the suit against the city, according to the Chattanoogan. "As a part of the settlement, the city and its insurer have agreed to pay the officers a total sum of \$412,500. The city also agrees to provide a neutral reference for any potential employers."

"The plaintiffs are very pleased with this resolution," Varnell continued in the news article. "They are happy to put this behind them and move on with their careers."

Collegedale City Attorney Sam Elliot was quoted in the article, saying: "Although the city maintains its actions were lawful, this settlement will allow Collegedale to remove the distraction of the lawsuit so that it can focus on the needs of its citizens."



Collegedale Police Department. *Sunday, October 3, 2021.* (Photo by: Xander Ordinola)

Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

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MENTAL HEALTH

Stress: The different types and how to manage them

Kim Daniel Counseling Graduate

Editor's Note: The following articles are written by counseling professionals from Counseling Services in partnership with the Southern Accent.

Feeling stressed and overwhelmed?

As you know, students on our campus report feeling stressed as large assignments, projects and tests approach. Stress acts like an alarm in our minds to alert us and keep us safe.

...It is important for us to find healthy ways to manage stress. Things like exercise, healthy eating, breathing techniques, time in nature and prayer can help us cope with high levels of stress.

There are different types of stress that we experience. The first type is acute stress, a short-term stress that occurs in day-to-day life. For example, we experience acute stress when we have routine homework assignments.

When acute stress runs rampant and becomes ongoing, it accept and adapt. can lead to the second type of stress: episodic acute stress. As we feel like homework is never ending, and we cannot see a fu-

ture without that stress, it becomes overwhelming.

Eustress is the third type of stress. This is the positive and energizing stress that we feel when we ride a roller coaster or start a new internship. Eustress can feel like nervous excitement or anticipation. Typically, we look forward to this type of stress.

The fourth type of stress is chronic stress. This is long-term stress that feels never-ending. One significant example of this is the pandemic, which brought long-term stress without a clear end date. In fact, the American Psychological Association surveys people about stress on an annual basis. Their findings from the survey conducted in 2020 revealed that members of Gen Z are experiencing unprecedented uncertainty and elevated chronic stress.

While we experience these types of stress, it is important for us to find healthy ways to manage them. Activities such as exercise, healthy eating, breathing techniques, time in nature and prayer can help us cope with high levels of stress. It is essential that we learn how to cope with the necessary stresses in our lives, but it is equally as important that we manage our stress. One approach to managing stress is known as the 4 A's: avoid, alter,

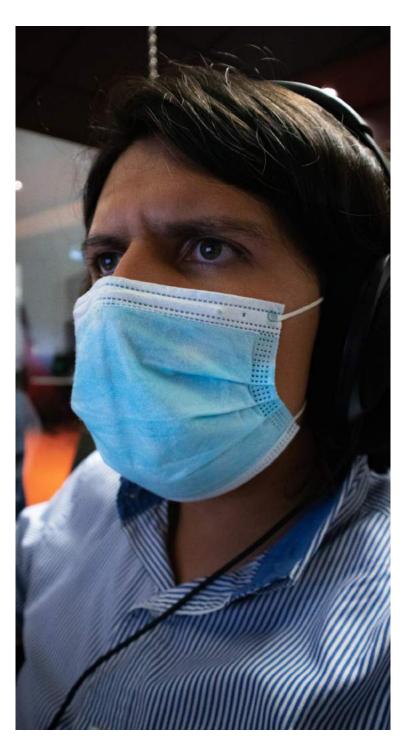
Avoid means to understand the things we can control and learn to say no to unnecessary responsibilities. This may mean reducing work hours, limiting commitments to student leadership roles or occasionally prioritizing homework over socializing.

Alter is when we communicate our feelings to others around us and ask them to change their behaviors that cause us stress. Communicating our expectations and limitations can help when asking others to take on larger roles when working on group projects. When possible, we may even be able to delegate responsibilities to others around us.

Accept occurs when we recognize that we cannot change our current situation. When this happens, it is helpful to talk with a friend or counselor who might be able to help us work through our feelings. Practicing positive self-talk can give us resilience in these moments.

Adapt means to change our standards and reframe the situation. This can look like accepting a B instead of pulling an all-nighter to get an A. It could also be recognizing the temporary status of our stress. Will this still be a stressor two months from now?

When we experience high levels of stress, it can feel like we have no control. Through learning about the types of stress and tools to manage them, we can become better equipped to confront stressors.



Samuel Guerra manages his busy workload for the coming weeks. Thursday, September 30, 2021. (Photo illustration by: Nicole Sabot)

SPORTS

Latin American stars continue to impact sports world

Patrick Scriven Sports Editor

National Hispanic Heritage Month officially began on September 15. The exponential growth of the Latin American

population and culture in the United States has generated significant changes in the American sports world. From Major League Baseball to Major League Soccer, Hispanic athletes have consistently been making their mark. Latin America has produced some of the most influential players in history (think David Ortiz, Roberto Clemente). Let's take a look at some of the biggest

names today: Salvador Perez

The Venezuelan superstar has climbed to the top of the home runs table, totaling 49 as

of last week. The 31-year-old is everything Dodgers fans want in a catcher. He also leads the league in runs batted in.

José Altuve

Perez isn't the only 31-yearold Venezuelan baseball player making an impact on the league. José Altuve continues to shine at second base in his tenth year playing with the Houston Astros. Standing at 5' 6", he's one of the shortest players in the league. But height doesn't seem to be a factor for Altuve; he has accumulated several awards throughout his career and continues to be a vital part of the Astros lineup.

Fernando Tatis, Jr.

It's probably safe to say Fernando Tatis, Jr., shortstop for

the San Diego Padres, is the face of baseball's future. At just 22 years old, Tatis has made some incredibly athletic plays this season and has hit 42 home runs. Surely, there's more to come from the young star.

Vladimir Guerrero, Jr.

It's hard to talk about Fernando Tatis, Jr. without mentioning the other flourishing youngster of the league, Vladimir Guerrero, Jr. At 22, the Dominican-Canadian infielder for the Toronto Blueiavs has managed to rack up 46 homers and 185 hits this season. That might explain his solid .313 batting average.

Javier "Chicharito" Hernández

The abundance of skill and influence emerging from Latin America extends beyond base-

ball. In Major League Soccer, Chicharito is shining bright for L.A. Galaxy. The Mexican forward is well known for his career in Europe, where he played for world famous teams such as Manchester United and Real Madrid. Last year, the 33-yearold decided to take his talents to the United States when he signed a three-year deal with L.A. Since then, he's definitely done his part. He has 12 goals this season and has been carrying his team all year. Raúl Ruidíaz.

The Seattle Sounders forward from Peru is a scoring machine. He has notched 16 goals this season, putting him second in the league behind D.C. United's Ola Kamara. It took Ruidíaz only 14 games to tally 10 goals in his first season with the club, and since then, he hasn't slowed down.

Corrections and Clarifications

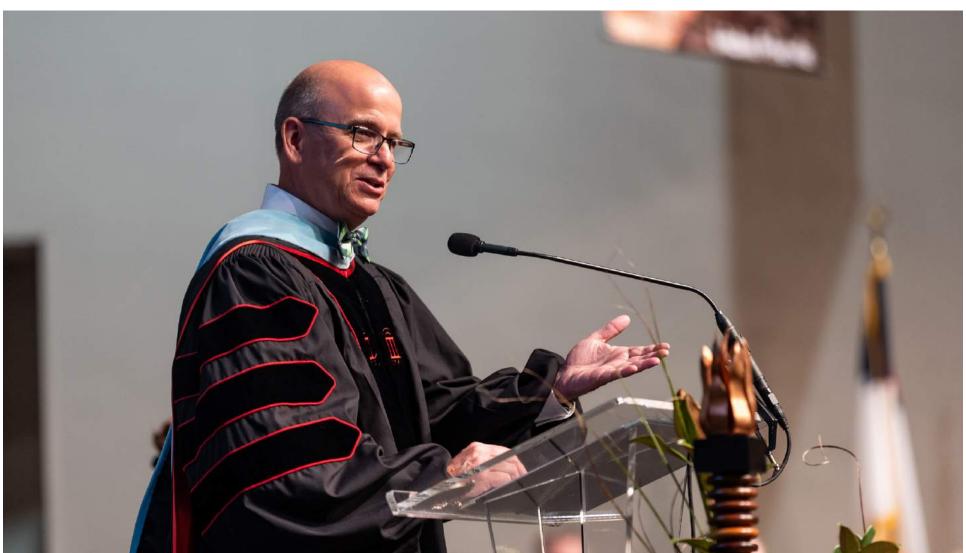
Volume 77. Issue 4.

In last week's issue, it was mistakenly reported that the ladies' All Night Softball finals would feature Homeward Bound and The Lucky 13 2.0. However, the championship game will be played between Homeward Bound and Southern Breeze, who defeated The Lucky 13 2.0 in the semi-finals.



Latin American stars. (L-R) Salvador Perez, Vladimir Guerrero Jr., Fernando Tatis Jr., Javier Hernández and José Altuve. (Illustration by: Nickolas Nieves)

Shaw's Inauguration

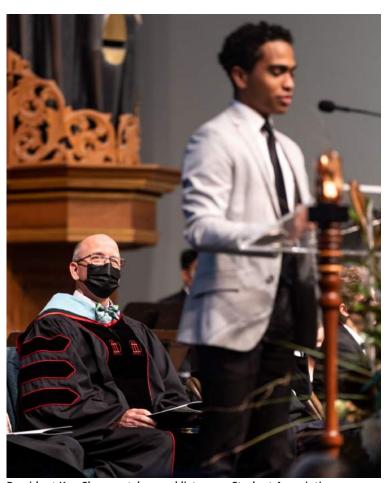


President Ken Shaw delivers his inaugural address, titled "This is the way, walk in it." *Thursday, September 30, 2021.* (Photo by: Xander Ordinola)



The audience listens to Shaw's inaugural address. There were several attendees who spoke, ranging from alumni to State Representative Greg Vital to Ron Smith, President of Southern Union Conference of Seventh-day Adventists and Chair of Southern Adventist University Board of Trustees.

Thursday, September 30, 2021.
(Photo by: Xander Ordinola)



President Ken Shaw watches and listens as Student Association President Josh Esten delivers his speech at Shaw's inauguration. *Thursday, September 30, 2021.* (Photo by: Xander Ordinola)



After the inauguration, former Southern President Gordon Bietz admires the medal that was given to President Ken Shaw. *Thursday, September 30, 2021.* (Photo by: Xander Ordinola)



The family of President Ken Shaw stands up. Although his entire family could not be there, several attended in support of Shaw's accomplishment. Thursday, September 30, 2021. (Photo by: Xander Ordinola)

Bietz Grand Opening



President Ken Shaw and Student Association President Josh Esten cut the ribbon, officially opening the Bietz Center for Student Life. Friday, October 1, 2021. (Photo by: Xander Ordinola)



After the ceremony, former Southern President Gordon Bietz hugs his granddaughter, Avery Kroll, thanking her for the portrait of him and his wife. The painting was hung inside the student center along with photos from when Bietz was president. Friday, October 1, 2021.

(Photo by: Xander Ordinola)



President Ken Shaw welcomes the crowd to the grand opening of the Bietz Center for Student Life. Although the building has been available to students since SmartStart, this event officially opened the building and thanked those who had a part in constructing it.

Friday, October 1, 2021. (Photo by: Xander Ordinola)



Senior animation major Avery Kroll (right), with the help of her brother Aiden Kroll, unveiled her portrait of her grandparents Gordon and Cynthia Bietz. Friday, October 1, 2021. (Photo by: Xander Ordinola)

OPINION

An immigrant's experience attending Southern

Samuel Mora Zepeda Contributor

I am an immigrant in the United States, and I have definitely struggled to celebrate my identity while being here. Yet, I cannot deny how lucky I am to be in this country, and I would choose to come to this country again if given the chance. However, while I believe that people should be grateful about the blessings God has given them, I also think it is important to discuss the hardships that immigrants face. If we do not, we will never address the probcountry will never grow.

First, I'd like to address the positive practices I have noticed on this campus and in the country. Southern tries to celebrate diversity. And, even

though some people might cringe at how they do it, I believe it is a great start. Making an attempt is better than no attempt at all. Because I grew up in Costa Rica, I have noticed that diversity issues are nowhere near as important in other places as they are in the U.S. simply because other countries do not acknowledge the problem as much as Americans do.

When I came to America, it was the first time I heard lems faced in America, and the of Latin American Heritage month. Americans are doing well in the sense that they are aware of the importance of these issues and try to address them; these problems are in the public's conscience. How-

ever, while Southern — and to a greater extent America — is doing well when it comes to celebrating Latin American Heritage, some issues should still be addressed.

One problem I have seen in the U.S. is this weird obsession that Americans have with Latino culture. While it is flattering at times that many people's favorite food is Mexican or their favorite type of music is reggaeton, Latin American culture is much more than those surface-level characteristics.

Being from a different country, none of these features that I've mentioned are native to me. At times, this Latinophilia causes Americans to look at Latinos as caricatures of stereotypes rather than individuals (regardless if the stereotype is positive). Research done by the Pew Research Center on Hispanics and their views of identity showed that most Hispanics do not see a shared common culture among U.S. Hispanics with varying ethnicities. Culture is so much more than food and music, and every country has its own unique values, traditions and differences.

So, am I saying that Americans cannot enjoy Spanish food or music any longer? Of course not! That would be absurd and create more divisions in our country. What I am saying, though, is that we should all educate ourselves regarding issues on ethnicity and identity.

Americans should know of the many countries in Latin America and that those individual countries are not necessarily the same. People should never assume a person's likes and dislikes, their personality traits, and their trustworthiness just because they look or sound Hispanic. Instead, view those around you as individuals, each with unique goals and dreams. I hope everyone enjoys celebrating Latin American Heritage month and moves toward a more understanding society, one where we do not need to write articles like this one.



Flags from serveral Latin American countries displayed on the stage during LAC Night last year. Saturday, February 13, 2021 (Photo by: Xander Ordinola)

RELIGION

Cultural identity crisis: Finding answers in Jesus

Frank Canizares Religion Editor

variation of one that was originally published on a blog developed by Winter 2021 Interactive Journalism students, titled "A Generational Divide: Understanding Perspectives in the Adventist Church. To see the project, go to: https://generational-divide.jour342.com/

I arrived in the United States at age 14. And, while I was absorbing the new culture, I developed into an Americanized reflection of my native Hispanic culture. Yet, while I assimilated, I never felt that I fully belonged to the corresponding American generation for my age group — commonly known as the millennials.

According to Chuck Underwood, an American generational expert, my experience is not uncommon. During a presentation to Interactive Journalism students at Southern Adventist University, Underwood said if immigrants spend more of their formative years in America, they tend to identify less with the generation they belong to in their native countries.

As we go through the building years of our youth, we ask ourselves questions like, "Who am I?" "What do I believe?" Finding the answers to these questions will determine how we'll grow into adulthood and our set of core values.

As an immigrant who has

Editor's Note: This piece is a spent most of my life in the needs and some because we U.S., living in and surrounded by Hispanic culture, I have witnessed the loss of identity among immigrants, especially those who arrived at a young age. The stigma that the immigrant carries when trying to maintain his or her roots while, at the same time, engaging in American culture is a daunting and complicated endeavor. And the results aren't always predictable.

Hispanics are more than a culture, since immigrants from each Latin country express their own linguistic and cultur-

This may take you by surprise, but Jesus was also an immigrant. If you think about it, the Word of God says that Jesus, being God, did not consider being God as something to cling to. He emptied himself, left heaven and came to earth, taking the form of man (Philippians 2:6-8). To a certain extent, He was a man in a place that was foreign to Him. His experience is similar to what many of us encounter as we immigrate to new places.

Jesus perfectly understands what it means for immigrants to leave their homelands, their families, their customs, their plans, everything behind. As Hispanics, we decided to come to this country for various reasons: some for economic or social relief, some for family fear for our lives. And, day by day, we lose our identity as we become part of this nation, but we are never able to fill the void. What a blessing it is to have a God who understands that and who identifies

with us. And, thus, only He can fill that void that we have as immigrants.

The Bible tells us about experiences like ours, and we find those in many of the heroes of the faith. For example, Abraham left his land, his home and his relatives. At one point he arrived at the Promised Land, and there he experienced hunger. He put aside what was familiar to him; he left his land to answer God's call (Genesis 12).

The apostle Peter, in his letter to the elect exiles of the dispersion, explained how believers should live as exiles amid a world that rejects their

the Gospel when they live in a way that pleases God.

"Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us." 1 Peter 2:11-12 (NIV)



LAC officers pose for their group photo. Friday, September 3, 2021. (Photo by: Xander Ordinola)



Theme: Reflection

- Short Fiction, Nonfiction, and Poetry
- May submit photos or artwork with written submissions Max file size: 4032 x4032 (4 MB)

JPEG Format 300 PPI

- Multiple submissions accepted
- 1.500 words or less
- Final Submissions due Jan 30th

See past issues:



Send submissions to englegacy@southern.edu | Follow us on IG @saulegacymagazine

LIFESTYLE

Fashion trends rooted in Latin American culture

Elise Deschamps Lifestyle Editor / Columnist



When it comes to style, we don't often pay any mind to the original root of our outfit choices. I think it's fair to assume that most of our fashion influences come from the cool pictures we see on Pinterest, or for those who pay a little bit more attention, from the trends forecasted on seasonal runway shows. But where do fashion designers get their inspiration? It's not uncommon for designers to dive into one culture to inspire their entire fashion line.

Oscar de la Renta of the Dominican Republic is one of the best-known fashion designers in the world. Carolina Herrera of Venezuela designed dresses for five American first ladies. She also designed Ivanka Trump's inaugural ball gown. Nina Garcia of Colombia is the editor-in-chief of Elle magazine and a judge on "Project Runway." Needless to say, there is a ton of Latin-American influence in the fashion industry. For a list of other influential names, check out the article titled "Most successful Latinos in the fashion industry" on The Latin Way's website.

It is important to take note of the expansiveness of Latin

American culture, and not only within the world of fashion. Including the cultures of over 20 countries, the influences of these Latin American countries are incredibly multifaceted and nuanced. Consequently, while we educate ourselves on how the complexity and richness of Latin American culture has affected aspects of our lives today, we should keep this expansiveness in mind.

So, what modern-day fashion trends come from such rich culture?

Huaraches

According to an article published by The Culture Trip, the roots of these handmade, woven leather sandals pre-date European colonization of Mexico. Although the true origin is unclear, the sandals supposedly originate from the Mexican states of Yucatán, Jalisco and Michoacán. Both the style and name of the sandals have been copied by brands such as Toms, Urban Outfitters and Nike. Huaraches come in a variety of styles and colors and today stand as a staple piece for many outfits. **Cowboy Hats and Boots**

Did you know that the original cowboys were actually the vaqueros of Mexico who herded cattle and wore widebrimmed hats to block out the sun? According to an article published by HipLatina, although the herding techniques were brought from Spain, the original cowboys come from Northern Mexico, and their influence pervaded

northward and into America. So, the next time you're shopping for those super trendy red cowboy boots, remember where they came from.

Culottes and Gaucho pants

Now that wide-leg pants are very much "in," it's likely you'll run into the style of pants influenced by the pants originally worn by nomadic horsemen in Argentina, Uruguay, Peru, Brazil and Chile. These ultra-wide legged, cropped and comfortable styles of pants were originally made of leather and used as a layer of protection while riding. Today, these pants are made with various other materials and not for horseback riding, but they still resemble the same original look and provide the same comfort, according to an article published by Exploring Uruguay. Carriels

The expandable and overthe-shoulder style bag was originally used by coffee farmers in Colombia. It was designed to carry as much as possible with its accordion-style body. The style of this purse has paved the way for the "saddlebags" of fashion houses such as Dior and Valentino, according to an article published by Who What Wear.

Other trends within the fashion world, such as brightly colored patterns, intricate embroidery and off-the-shoulder tops, have also been traced back to Latin American origins. It is vital that we recognize and credit where these trends come from. Cultural appropri-

ation runs rampant within the fashion industry, and important history is erased in the process. We must do our best to not take advantage of but

ensure the survival of cultures that provide us with so much rich beauty and history.



Miss LAC winner Ari Rodriguez wears the traditional dress of Chiapas, Mexico. Saturday, February 13, 2021. (Photo by: Xander Ordinola)

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts!

SOCIAL



4 #SAUlife

Samuel Guerra @SamuelitoGuerr

Imagine being born a couple generations ago and not being able to listen to your favorite songs with headphones.

Rence Arroyo @notrence

In all of my years of schooling I have never felt as unmotivatied as I do

this year it's tragic

○ 1 ♡

Elise Deschamps @hippyleez

just called my mom at midnight for my parents credit card security code so i could buy papa's freezeria

A Aimee Anunciacion @aiancn

someone pls explain to me the purpose of a parking permit when there is NOWHERE to park $\,$

○ 11 ♡ E

Cameron Reel @thereelcameron
I'm gonna invent a chip with a combined flavor or two

Congratulations @featuring.kerit, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need to order some more materials before fall break, so he is offering a

\$10 Amazon Gift Card!

DM us on Instagram with a photo of where Kevin is hiding!





syd_whitmill ohio girl turned southern gal



natalie_marden lol love you guys this was

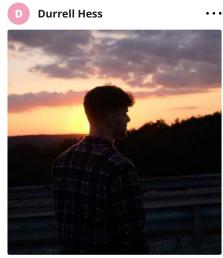


jrpinero A weekend I won't ever forget

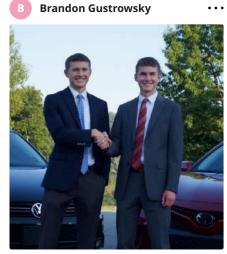




helensss25 best day of the week

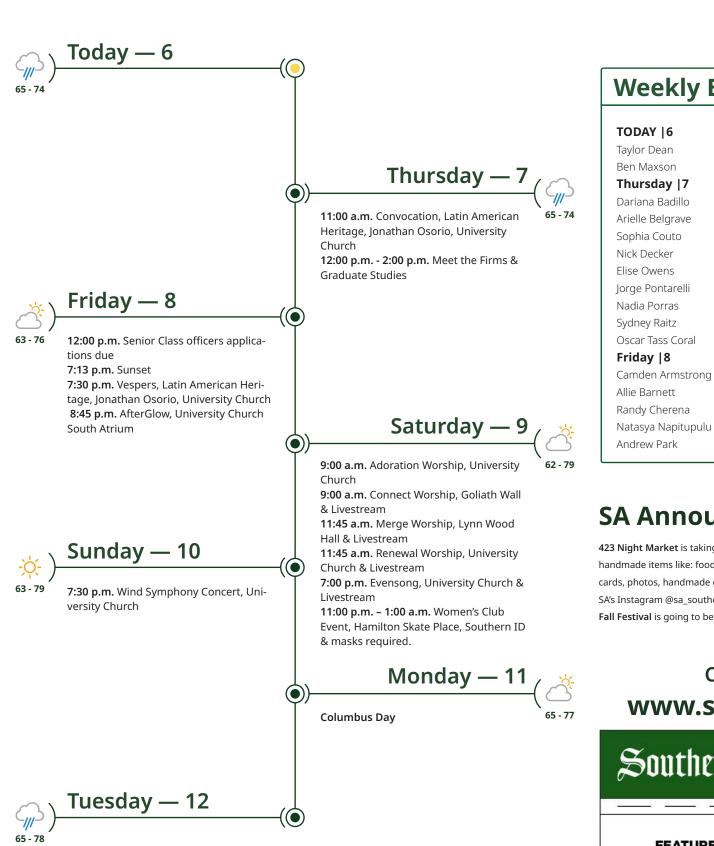


durrellhess blue skies



brandon_gustrowsky Sealed the deal... congratulations on the car Allen!

CHATTER





SA Announcements

423 Night Market is taking place on November 13. It's a great opportunity to sell handmade items like: food (international), baked goods, stickers, plants, art wall, cards, photos, handmade crafts (no jewelry, candles, etc.) The link to sign-up is on SA's Instagram @sa_southern.

Leondrae Brown

Jesse Felan

Joseph Htoo

Andre Tablang

Fall Festival is going to be taking place on October 31, more details to come!

Check out our new website! www.southern-accent.org





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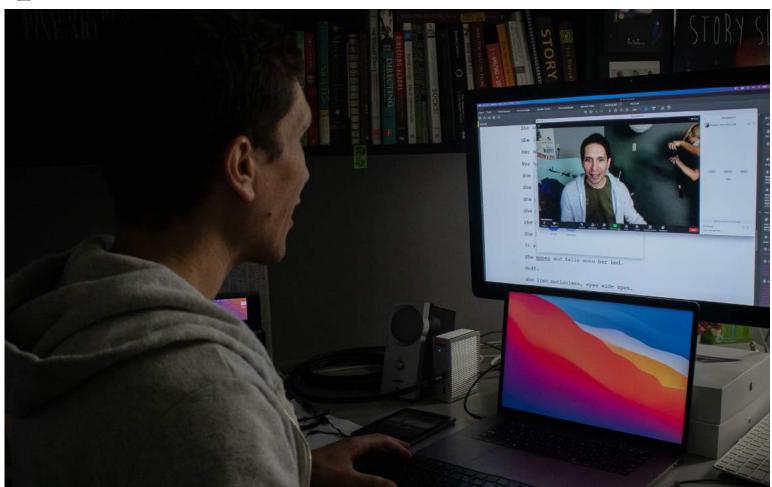
Surviving the semester fashionably and comfortably

October 20, 2021 Collegedale, Tennessee

Southern Accent The student voice since 1926

Vol. 77

Attendance policy accommodates quarantined and isolated students



Professor Nick Livanos sets up a Zoom meeting. *Friday, October 1, 2021.* (Photo illustration by: Nicole Sabot)

Judah Brass Reporter Amanda Blake News Editor

Southern Adventist University's official attendance policy, which can be found on Southern's website and was last updated for Winter 2021, states that class and lab attendance is expected, and professors will generally not excuse absences for reasons other than sickness, authorized school trips or emergencies. However, the policy also says Academic Administration will officially excuse students in quarantine or isolation for COVID-19.

Bob Young, senior vice president for Academic Administration, said he further clarified details of the attendance policy with professors before this semester began to help them understand how to operate their classrooms amid COVID-19.

The policy states that students who are ill, have been exposed to anyone who tested positive for COVID-19 in the last 14 days or have a recently developed cough or loss of taste or smell should not attend in-person classes. It further states that students should not attend in-person classes if they have experienced chills, headache, muscle pain, sore throat, nausea, vomiting or diarrhea in the last two days.

The policy encourages students who feel ill or choose to self-isolate to contact the University Health Center (UHC) or another health care provider as soon as possible.

Students must communicate with professors before any absence or within 24 hours of missing class, according to the policy. To be excused for repeated absences due to illness, students might be required to present documen-

tation from a health care provider. The policy encourages students in quarantine or isolation to communicate with their professors as soon as possible to make arrangements to complete assignments.

According to the policy, students who miss classes, labs or clinicals are provided the following accommodations: synchronous live streaming, asynchronous viewing of recordings or other methods as deemed appropriate.

"The goal is to be sensitive to students who have health concerns and medical needs," said Gary Bradley, education and psychology professor and Administrative Council member. "Attendance is better this semester than in the previous semesters. Students are doing a good job coming to class as much as they can. I appreciate the students' effort this semester in coming to class and

meeting in person."

Young said he instructed professors before this semester began to provide necessary resources for students who are ill or in quarantine or isolation, and it was unacceptable to expect students exiting quarantine or isolation to make up a week or more of work. If they had problems pre-recording or recording lectures, professors were advised to contact IT or Online Campus. However, Young said he also told professors that "something other than recorded lectures may be apropos" in certain instances, as some classes are not didactic in nature.

Young said he also advised professors to track attendance, preferably using the automated attendance tracking system developed by IT. Young said this system has been adjusted to

See ATTENDANCE on page 2

Students and staff call for increased attention to mold prevention in campus residences

Madison Wilcox *Reporter*

Mold has been especially problematic during the past two years in campus residences, according to Marty Hamilton, Financial Administration associate vice president.

This semester, Southern Village has had two major mold issues, which resulted in students being temporarily relocated to different apartments. Apartments in Spalding Cove and Winding Creek have also been affected.

In an interview with the Southern Accent, Hamilton explained what Plant Services has done to combat the issue.

Two years ago, Plant Services had installed a dehumidification system in Thatcher Hall in order to avoid mold-inducing humidity, according to Hamilton. This summer, Plant Services finished installing dehumidification systems in Thatcher South and Talge Hall. Last year, they also installed needle point bipolar ionization systems in all campus buildings. Hamilton said both systems work to prevent mold which he said is a "chronic, inherent problem in the South."

According to Hamilton, Plant Services also works with both Housekeeping Services and the deans to keep abreast of the issue. Apartments are inspected whenever students move in or out and deans have recently been checking apartment units for mold on a weekly basis.

See MOLD on page 2

Southern extends mask mandate, allows in-person attendance for convocations and Vespers

Megan Yoshioka *Editor-in-Chief*

Southern is extending its indoor mask mandate until October 25, according to an email sent to the student body by Interim Vice President for Student Development Lisa Hall on Tuesday, October 12. The email stated that administrators would consider lifting the protocol if COVID-19 cases continue to drop on campus and in Hamilton County.

"We are all ready for our campus to return closer to pre-COVID normal, and hopefully that day is not too far in the future," Hall stated in the email.

In an October 6 email sent to the student body by Teri Reutebuch, administrative assistant to the vice president for student development, Reutebuch stated that convocation programs will be held in-person in either the University Church or Iles Gymnasium with every other row seating and contact tracing. Convocations have not had in-person attendance options since September 2.

Friday Vespers services have been held in-person since September 24 during Week of Prayer. According to Vice President for Spiritual Life and Chaplain Joseph Khabbaz, administration approved in-person attendance for Week of Prayer and Vespers services with every other row seating, contact tracing and no congregational singing.

See MASKS on page 2

New exit-only lane from Southern Village planned to open October 25



Associate Vice President for Financial Administration Marty Hamilton and Student Association Vice President Bautista look at the new exit lane for Southern Village. *Monday, October 18, 2021.* (Photo by: Joel Guerra)

Sarah Klingbeil Managing Editor

An exit-only lane from Southern Village's Timberland Terrace to University Drive will be opened on October 25, according to Tom Verrill, Financial Administration senior vice president. This is the first phase in a plan intended to alleviate early morning traffic caused by Collegedale Academy Elementary and Southern Village residents

on College Drive, according to Kevin Penrod, director of campus safety. In addition, Penrod hopes this move will increase safety for pedestrians crossing the road during this busy time.

"It's a mess because for about 15 to 17 minutes, you're trying to fit 300 people in a twoway section. ... It doesn't work," Penrod said.

The problem was brought to Campus Safety's attention by Student Association (SA) Vice President Kenneth Bautista through Kari Shultz, director of student life and activities. Then Penrod, Verrill and Shawn Haas, assistant director of campus safety, observed the problem on Thursday, September 30.

"[We] were at the traffic area and just watched and observed and tried to get a first-hand understanding [of the problem]," Verrill said. "And by Mon-

See EXIT on page 2

ATTENDANCE continued from page 1

reflect pre-COVID-19 classroom seating capacities, and the easiest way for teachers to track attendance is to print or electronically display a system-generated QR code for each class.

Young also instructed professors to ask their students to stay in the same seat throughout the semester to limit exposure to COVID-19 and make contact-tracing easier for the UHC.

According to Young, professors were required to include the attendance policy or a version of it in their syllabi this semester.

For example, music professor Kurt Miyashiro states in at least one of his syllabi, "Due to the COVID-19 situation, please do not physically attend if you are feeling ill. You will be expected to 'attend' the class virtually; we will have a Zoom link, and [I] will also post the class."

Communication Professor Lorraine Ball states in hers, "Each class will be recorded on Zoom and uploaded to eClass via Panopto. If you are not well, please stay home and connect remotely until you are able to return to class safely. If you are in quarantine or isolation, please let me know so I can help."

MASKS

continued from page 1

In an interview with the Accent, Khabbaz said Week of Prayer was initially planned to be held outdoors at Goliath Wall. However, they moved the services indoors due to weather. Khabbaz said they received administration's approval before confirming the decision to move in-person. Masking is still required for all in-person enrichment credit events.

"When students come into the church, we have greeters that check that they are wearing masks, and also announcements are made [to wear masks]," Khabbaz said. "There's PowerPoint slides provided to remind them that [masks] are meant to remain on. ... If there's a reason why they may be having difficulty having the mask on, they are meant to leave the church to remove their mask and be outdoors."

If students notice that someone is not wearing a mask during the Vespers service, Khabbaz said they should tell a leader.

"We can't [necessarily see] everyone at the same time,

but if there is someone, we do encourage students to come and tell us," Khabbaz said. "That's always the case on campus. If there's a student not abiding by the policies that we have, we invite students to come to a leader and let them know, 'Hey, so and so does not have a mask on. You may not be aware of it, can you do something about that?"

Khabbaz said leaders can be recognized at Vespers by either their name badges or maroon Office of Ministry and Missions shirts.

$\frac{EXIT}{\text{continued from page 1}}$

day [October 4], we were meeting to discuss solutions."

On October 5, Campus Safety presented these solutions to the SA Senate, and it was voted unanimously to open a gravel road that connects the cul-desac at the end of the Village apartments to University Drive.

"We will continue to monitor the traffic situation there. We believe that [this] will greatly reduce, at least for Southern students, the issue as it relates to traffic particularly in the morning," Verill said.

He added, "We're continuing to look at what a long-term solution might look like. It may be widening that road and doing various things. But, right now, we're trying to relieve the immediate problem by opening up an exit-only [lane]."

Students like junior nursing major Sierra Anderson, a Southern Village resident, are excited for the new lane.

"I think it's a problem not only for Southern students, but also for the parents trying to bring their kids to the elementary school," Anderson said. "So, it's a good plan to implement for both groups of people."



An in-person audience watches silently as the LAC Vespers worship team performs. Southern administration approved in-person Vespers attendance with every other pew seating, contact tracing and no congregational singing. *Friday, October 8, 2021.*

(Screenshot from LAC Vespers live stream recording)

MOLD continued from page 1

In addition to explaining what work Plant Services has done so far, Hamilton called for increased attention to mold from students and staff.

"We're doing everything we can to improve the air quality in all of our facilities ... but [the equipment is] like anything else. If I throw a bunch of mold at one time, it can't keep up," Hamilton said. "Everyone has to be more proactive. ... It's just the way it is."

Hamilton encouraged students to deal with mold immediately, whether that means cleaning it with Clorox wipes or notifying an RA about the issue. He also suggested taking preventative steps, such as keeping the AC unit between 72 to 76 degrees year round. Running the AC cold or turning it off completely increases the risk for mold.

"So my message is we need to work together," Hamilton said. "Students need to realize [and] take some personal responsibility. If you see the mold, let us know. Don't just let it go."

Camryn Clark, senior public relations-graphic design major, experienced mold firsthand in her Southern Village apartment this fall semester. A few weeks ago, she and her housemate discovered mold in all the vents in their apartment.

"We assume that the mold has been there the entire time that we have lived in the apartment," Clark said.

After Plant Services investigated the apartment, Clark and her housemates had to move to a different apartment so Plant Services could fix the issue. They are still awaiting the repair of their original apartment.

"Overall, it has been an unwanted frustration that we have had to deal with in the middle of the semester," Clark said. "I do wish we were given more of a heads up about having to move. It was stressful to suddenly be given a weekend to uproot all of my belongings."

Mile Pinero, senior English literature major, had a similar experience. This semester, Pinero and her housemates had to move out of their apartment in Southern Village after finding black mold behind the dishwasher and in all the vents. Pinero said the entire ventilation system and parts of the walls needed to be replaced

According to Pinero, she and her housemates moved out on September 2 to a different apartment while Plant Services dealt with the mold. She is hoping to move back to the original apartment by next semester.

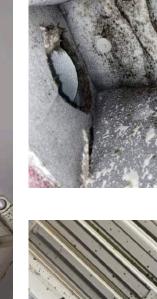
"I was very frustrated," Pinero said about the short-notice move. "We were all very frustrated. But, you know, we were like, 'Okay God, like, it's in your hands. It is what it is. At least we'll not be breathing in mold."

When asked about education in regards to the mold issue, Pinero said, "In my experience, I've never seen any sort of education or anything, and I know a lot of people that have never dealt with mold. ... I know that this is a campus-wide problem, and there should be more awareness about it."

Housekeeping supervisor for Thatcher Hall Amy DeWind also expressed the need for increased education.

"I think the biggest thing I want [as] a takeaway from this is it is a lot about education, and everybody understanding what it takes to maintain the living environment," Dewind said. "And, you know, there's not one person to blame or anything like that. I don't want to say that at all. There are many factors to this. ... We would never want any of y'all to live in anything that wasn't safe."











The vents in a Southern Village apartment were filled with mold. *Tuesday, September 14, 2021.*

Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

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Enactus project Tomorrowpreneurs work with low-income kids, students encouraged to volunteer

Amanda Blake News Editor

Last semester, Southern Adventist University's Enactus chapter placed third in an Enactus national competition. This semester, more than 50 students are a part of the service-oriented student organization, which, according to Enactus President Jake Miller, senior management major, is the largest number of students the organization has had in many years.

Miller said their biggest new project this year is Tomorrowpreneurs, and students can volunteer to take part in the project even if they are not in Enactus.

Tomorrowpreneurs is partnered with Reach One Teach One, an organization that helps low-income kids in Chattanooga, according to co-project manager Brittany Braister-Sturgis, senior elementary education major. Braister-Sturgis said she, the other co-project manager Caleb Raymond, junior theology major, and the rest of the Tomorrowpreneurs team work with 11 to 14-year-old boys in Chattanooga on Mondays and Wednesdays. The team leaves campus around 5:45 p.m. and returns around 7:45 p.m.

Raymond said the team's primary goals are to develop mentorships and relationships with the boys and help them develop a strong business base. To do so, they incorporate business principles in games. For example, the team plans to conduct a "fake economy," which will culminate in a marketplace where the boys will be given items to sell to each other, according to Raymond. The team often plays basketball with the boys as well.

Although one of Tomorrowpreneurs' goals is to teach business principles, that is not the team's main priority, according Braister-Sturgis. "Our main priority isn't business," Braister-Sturgis said. "Our main priority is to develop relationships. And, if we can do that by teaching them business, that's awesome. ... Just the idea that through friendship you can really create lasting impressions — that is what we want. We really just want them to be able to see that just because they didn't have the best deck of cards doesn't mean that's going to be the same situation for them grown up."

Raymond shares similar priorities with Braister-Sturgis.

"We want to empower the kids to believe that they can become the next billionaire in America, to believe that they can become the next Jerome Meadows. If you don't know who that is, he put in the Ed Johnson statue in Chattanooga," Raymond said. "[We want them] to believe they can be an artist, believe they can be an astronaut, believe they can be an entrepreneur. ... We want to empower them."

Raymond and Braister-Sturgis said they need student volunteers — not just business majors — who like playing basketball and could teach business and school principles in an informal setting. Braister-Sturgis said student volunteers will receive community service credit, even if they volunteer for only one evening. Students can sign up through MyAccess at southern.edu/serve.

Miller said if students are interested in working with kids, small businesses or international projects, they should join Enactus next semester. To do so, they should email him soon at enactus@southern.edu. He added that all students are welcome to join, but Enactus currently needs graphic designers the most.



Tomorrowpreneurs team plays basketball with boys from low-income families. *Wednesday, October 6, 2021.* (Photo courtesy of Brittany Braister-Sturgis)



Senior journalism major Patrick Scriven and junior theology major Caleb Raymond play basketball with young boys. *Wednesday, October 6, 2021.* (Photo courtesy of Brittany Braister-Sturgis)



Boys play basketball during one of Tomorrowpreneurs' routine visits. *Wednesday, October 6, 2021.*(Photo courteey of Brittany Braistor Sturgie)

(Photo courtesy of Brittany Braister-Sturgis)

COLLEGEDALE NEWS

UT Knoxville Urban Forestry students prepare management plan for Collegedale Greenway

Alana Crosby Collegedale News Editor

Graduate students from the University of Tennessee, Knox-ville, are working in the Urban Forestry Program to create a management plan for the Collegedale Greenway.

According to Christina Clark, Parks and Recreation supervisor for the city of Collegedale, students will be working their way through the entire Greenway, beginning at Leyland Drive and ending at Tallant Road.

Because of the Greenway's popularity with the community in Collegedale, Kirsten Ert, the city's senior community planner, began discussing ways it could be improved with Sha-

ron Jean-Phillippe, whom she serves with on the board of the Urban Forestry council.

Jean-Phillippe is a professor of urban forestry at the University of Tennessee and works with students in the Urban Forestry Program.

"During one board meeting, the two discussed the great things that Dr. Jean-Philippe is doing with her students and decided that Collegedale could use their insights to manage the vegetation along the greenway," Clark said.

The Urban Forestry Program is offered by the University of Tennessee in the Department of Forestry, Wildlife and Fisheries. According to Clark, students in this program are required to log

a certain amount of hours working in the field to graduate.

"For the cities who are participating in these projects, it results in valuable information about their urban forests. The goal is to prepare a greenway management plan that will help us fight erosion, the heat island effect, keep and support plant health and provide a solid wildlife habitat," Clark said.

According to Clark, the city of Collegedale is hoping to reduce the need for mowing by adding native plants and wildflowers.

"We are hoping to learn how we can manage the greenway to keep it beautiful and functioning as a small eco-system," Clark said.



The Greenway sign. *Monday, October 18, 2021*. (Photo by: Alana Crosby)

Physics Department gets beamline



Ben Juarez places a computer unit onto a rack. *Friday, October 15, 2021.* (Photo by: Xander Orinola)



Several pieces of equipment that will come together and form the final beamline. The beamline will produce a vacuum that will allow students to run tests using particle beams and also allow them to create antimatter, according to Arian Dovald. *Friday, October 15, 2021.* (Photo by: Xander Orinola)



Arian Dovald and Ben Juarez tear off the plastic wrap from the rack with several control units. This machine will allow them to control and steer the direction of the beams. *Friday, October 15, 2021.* (Photo by: Xander Orinola)



Arian Dovald demonstrates where a gasket will connect to a tube containing a faraday cup, a sensor used to monitor what is happening within the beamline. Due to the metal tubes being very sensitive, people operating the machine must wear gloves to prevent dust or skin oils from touching the inner portions of the tubes.

Friday, October 15, 2021.

(Photo by: Xander Orinola)



Arian Dovald finishes placing aluminum foil over certain pieces of equipment. Since the final device is so long, the current plan is to tear down the wall and allow the metal supports (bottom left) to take its place.

Friday, October 15, 2021.
(Photo by: Xander Orinola)

MENTAL HEALTH

How self-compassion helps us cope with stress

Tami Navalon Counseling Professor

Editor's Note: The following articles are written by counseling professionals from Counseling Services in partnership with the Southern Accent.

During the middle of the semester, it is likely that academic pressure is mounting. Often when pressures build, some things begin to fall through the cracks: We don't have the time to study like we want. We begin to sleep less. We spend less time with friends. We feel overwhelmed. We spend more time distracted by media, and, ultimately, we have a hard time keeping up with all the demands.

According to a study done in 2018, during difficult times, many become self-critical, judgmental and begin to over-identify with distress. We may assume being hard on ourselves helps us be more productive; however, it often does the opposite. Self-criticism actually leads to more distress, increased anxiety, isolation and symptoms of depression.

In contrast, self-compassion can actually lead to greater well-being and ability to cope with distress. A pioneer in research on self-compassion, Kristin Neff and colleagues have linked the practice of self-compassion to improved overall wellbeing, alleviation of depressive symptoms, improved help-seeking, optimism, happiness, promotion of self-forgiveness and increased ability to cope and remain emotionally

balanced through difficult situations. Heff defines self-compassion as an acknowledgment of personal suffering through a lens of kindness and being nonjudgmental with the understanding that all people experience challenges and failures.

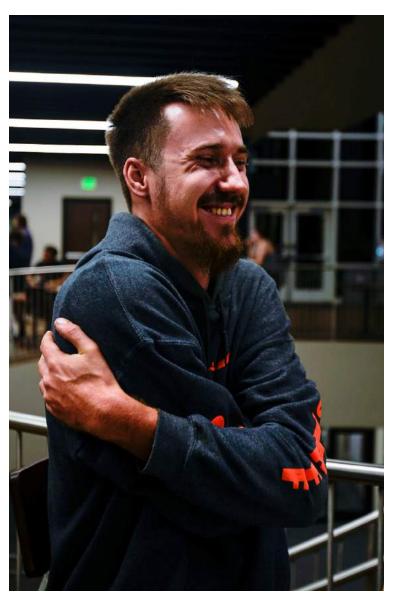
By responding mindfully and recognizing "to err is human" and suffering is shared by all people, a person is able to stay present with the difficult tasks they face.

The impact of self-compassion not only alleviates symptoms but also improves our moral character and capacity for accepting the failures of others. Research done by Wirth in 2020 indicates that people who practice self-compassion take more responsibility for their errors, have improved self-motivation and cope more effectively following a difficult situation.

In addition, research by Neff and Beretvas suggests self-compassionate people are also more likely to be altruistic, forgiving and compassionate toward others, leading to improved relationship satisfaction.

Although self-compassion sounds like a cure-all, many find self-criticizing thoughts to be automatic, and we can find ourselves in a spiral of negative thoughts and distress.

So how did we learn to be so critical of ourselves? Research by Brenner in 2018 suggests our tendency to be self-critical often stems from feeling threatened and trying to protect ourselves. Our mind, even the self-critical parts, aims to protect us in some way. At points in our lives, we encountered situations, both large and small, that felt threatening. To adapt and



Payton Easley gives himself a hug. Monday, October, 18, 2021. (Photo illustration by: Xander Ordinola)

counteract this threat, our system enacts strategies to reduce the threat by becoming hypervigilant, critical and avoidant of negative situations. The system also tries to locate a reason for the distress so it can be avoided in the future, which often leads to self-judgment, self-blaming and self-isolation.

However, Brenner also said those who are able to practice self-compassion have environments where they feel safe, environments where they feel heard, understood, comforted and encouraged. This safeness promotes positive connection with others and self. It allows for the engagement of self-soothing, forgiveness, tolerance and resilience.

What does self-compassion look like in practice? When one makes an error or experiences a failure, they first must acknowledge they are suffering and be willing to be present with their suffering self. This might be saying to yourself "things are really difficult for me right now," and instead of engaging in self-criticism, asking yourself, "How will I comfort and take care of myself right now?"

By responding mindfully and recognizing "to err is human" and suffering is shared by all people, a person is able to stay present with the difficult tasks they face, like completing the next assignment or studying for that test.

SPORTS

An eventful month for intramurals at Southern

Patrick Scriven Sports Editor

It's finally October. At any other school, that might not

be significant; but here at Southern, it means flag football is underway and futsal is wrapping up. Beyond that, we now know the official results of All Night Softball. The softball finals were able to take place last Sun-

day, two weeks after the postponement of All Night Softball due to fog. The Dynasty, led by senior finance major Jared Nelson, came up on top against Shake and Bake in the men's bracket. In the ladies', Southern Breeze took home the

title against Homeward Bound.

Futsal began on September 13, and the playoffs were held last week, featuring an eightteam single elimination bracket.

In what was an invigorating season, Legends-R-Us came out victorious against loga Bonito in last week's men's A League finals.

In B League, Quokkas completed an undefeated season by hanging onto a narrow lead late in the championship game against Members Only. The Members Only four-point comeback in the second half wasn't enough to

upset the B League champs.

Juan on Juan and Yuhhhhh squared off in the ladies' finals, resulting in a 7-4 win for Juan on Juan.

Flag football's opening weeks saw exciting matchups from both men's and ladies' A League and B League. Old School has made its mark with an undefeated record in B League so far, including two back-to-back mercy rules to kick off the season. That should be impressive for a group of professors and employees past their athletic prime. But get used to it, because we'll likely see more.

Up in A League, two conferences of eleven teams are competing for the title. So far, Papitos FC, led by junior biology major Felipe Rocha, remains the only undefeated team. Business management major Derek Schroer's 2% and biology major Brett Strauss' Ellen G's Peas are still close behind, both comfortably sitting at 4-1.

The ladies' A League flagball league holds five teams: Throws Before Bros, Bruhhh, She Gone, Yeehaw and Blocked and Rocked, the only team to start off 2-0.

In B League, only four teams are competing: 2Good4U, FumbleBEES, No Punt Intended and, at the top of the table and with a perfect 6-0 record, Butterfingers, led by sophomore health science major Eden Ottati.

It's been an eventful month Southern intramurals. Last week saw a combined five different championship matchups across two different sports. But, luckily for the student body, fall semester's intramural run doesn't stop here. Next up, it's three-onthree basketball followed by floor hockey.



Junior marketing major Richard Pena (left) defends as sophomore theology major Chris Barrera takes a shot. Wednesday, October 6, 2021.

(Photo by: Patrick Scriven)

OPINION

The coffee controversy: Should caffeine be on campus?

University not obligated to provide students with an addictive substance

Jamie Henderson Contributor

As college students, almost none of us are strangers to the notorious "all-nighter." Staying up late to finish assignments or study for tests is simply our way of life. Sometimes the best way to stay awake, or start up in the morning, is a steaming cup of joe. Many Southern students believe that having caffeine served on campus would be a welcome and beneficial revolution for student life. However, there are reasons why Southern avoids caffeine and why you

Ever since Ellen White wrote that drinking coffee and tea is "an injurious indulgence," the Seventh-day Adventist church has made abstinence from caffeine a staple of their health message. Some of White's other warnings include avoiding alcohol, tobacco and meat-based diets, all of which have since been confirmed to cause numerous health problems. Adventist Review writer Elizabeth Ostring sums up the Adventist view on caffeine well: "God used Ellen White to give us this advice, not to keep us from something good, but to help us live healthy, balanced, positive lives."

Regular and excessive imbibing of caffeine can cause serious issues, especially for young people. According to sources such as the Mayo Clinic and Medical News Today, caffeine use can lead to headaches, insomnia, anxiety and depression. It can also lead to reduced energy, alertness and concentration all aspects of life that college students depend on the most.

Steven E. Meredith of Johns Hopkins University School of Medicine ascertains that "Caffeine is a psychoactive substance ... [it] interferes with sleep, [which] plays a critical role in learning."

Some psychologists are currently studying the link between regular caffeine use and future drug/alcohol abuse. Kenneth Kendler of the Virginia Institute for the Psychiatric and Behavioral Genetics discovered that excessive caffeine consumption "doubled the risk of ... use of

cannabis, cocaine and alcohol."

Whether you are concerned about these risks or not, the choice to drink caffeine is a personal one. Even so, Southern is under no obligation to provide its students with an addictive substance that has been shown to cause harm. No matter what our personal convictions are, when we chose to attend Southern, we agreed to abide by their rules, rules that were set in place not to harm us but to improve our quality of life.

Coffee on campus doesn't have to be controversial

Katie Hallock Contributor

Adventists and coffee. Perhaps oil and water. Growing up rooted in the church, my family has always done the traditional Adventist pastimes: Sabbath hymns, haystacks and way too much hiking. But my mother and father do differ on a few things — coffee being one.

My mother represents the liberal side of Adventism, and my father takes a more traditional stance. So, naturally, in the spirit of neoliberalism, my mother loves coffee. My father never had a whole cup in his life. He doesn't enjoy it and thinks that he may as well err on the side of caution, considering Ellen White's sentiments. White wrote in "Counsels on Diet and Foods," "Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, but the aftereffect is exhaustion...".

But, luckily for my dad, he's not writing three papers all due on Tuesday.

The reason I think coffee should be sold on campus is that modern college students are going to buy it anyway. If Southern sold it, the revenue could be going back into Adventist education where the heart of Christianity is taught. Every Adventist has the right to choose which Ellen White writings they ascribe to and which they think are obsolete. The coffee issue, I think, is one of the more outdated and less timeless proclamations.

But my dad still leaves coffee alone. And this is fine; it hasn't caused a rift in my parents' relationship because I just don't think it's that polarizing of an issue. And I think the same thing would happen if Southern chose to allow it on campus. I think students like me would be thrilled to have it available on campus so that we don't have to drive off campus to study at a coffee shop, and those who disagree could simply not buy it. Coffee on campus doesn't have to be controversial. It can be like me and my dad choosing different beverages over breakfast.



Sebastian I. DeLorey sips a cappuccino. Drinking coffee can be a controversial topic in the Seventh-day Adventist church. Friday, October 15, 2021. (Photo illustration by: Nicole Sabot)

RELIGION

Jesus Christ: The merchant of the Milky Way

Frank Canizares

Religion Editor

Long ago, in a land far away, there was a prince who wandered among his kingdom, a kingdom full of organized, industrious and splendorous cities. One day, he stumbled upon an underdeveloped, messy and ruckus town. Amazed by what he saw, he stopped and stayed for the day.

As he walked among the crowded streets of the city and its people, he realized that their circumstances had to do with their egotistical beliefs and lack of leadership. He humbly told them who he was and asked them if he could stay. He saw with hopeful eyes the need to reconcile their chaos with the harmony that comprised the rest of the kingdom.

He sent word to his father, the king, and advised him of his intentions. His father accepted his decision. He renounced everything — the throne, his court life — for his need to transform the lost city.

After three years of teaching the ways of the kingdom through tales and compassion, the prince managed to be a light among the chaos that

9231 Lee Highway

Near Cambridge Square

made the city. He gave them hope, and the town flourished into the most beautiful city in the entire kinadom. After the king learned about what his son had done with the lost city, he realized the prince was the only person up to the task of ruling the kingdom. The king called for the prince, who was now known as the lord of the lost city, and appointed him to the crown and the seat at the throne.

I have always been enthralled with stories, words and tales, and I have realized that the best storvteller of all time was lesus. One of the best stories He ever told was the parable of the hidden treasure.

"Again, the kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field." Matthew 13:44 (NKJV)

Another one was the parable of the pearl of great price.

"Again, the kingdom of heaven is like a merchant seeking

beautiful pearls, who, when he had found one pearl of great price, went and sold all that he had and bought it." Matthew

13:45,46 (NKJV) I have always read and understood those parables from my human point of view, how it was intended when Jesus told them. Now, let's look at these parables from a different perspective. Imagine Jesus roaming the universe and stumbling across our planet — broken, in sin and destroyed, but to Him, the most

wonderful thing, a precious treasure. He sees in us great value. He goes to the Father and tells him: "Father, I have found a hidden treasure, which I believe is worth a lot. I want it. I will give everything I have and am for it."

Jesus is that merchant who picked up our dirty rock while traversing the Milky Way. He saw through the chaos that encompassed it and considered it of great value. And He says to the owner of the universe: "I have found a broken but precious jewel that I would like to buy. I am willing to give everything. I will pay whatever the cost is. Everything."

Jesus traded the adoration of the heavenly creatures, His sovereignty, His divinity, for death on a cross because He considered us to be of great value.

The story tells us that the Lord of the lost city earned the throne he had once renounced for the only city in his kingdom that needed help. His father crowned Him as His successor, as the true and only King. He rules from the once lost city. now the capital of the kingdom.



Star trails on Ocoee Lake, Tennessee. Sunday, September 26, 2021. (Photo by: Xander Ordinola)

Pumpkin Sale Scavenger Hunt Oct. 21st & 28th Nov. 8th & 22nd



LIFESTYLE

Surviving the semester fashionably and comfortably

Elise Deschamps Lifestyle Editor / Columnist



As we're finally past midterms, I think it's safe to assume that what we are wearing to our 8 a.m. classes has become less of a priority than it was the first day of school. And I don't know about you, but at this point in the semester, I will take whatever morale boost I can.

For me, wearing a cute outfit can do just that. But, if I'm being completely honest, as we've gotten deeper into the semester, it's become harder to put any sort of energy into perfectly color-coordinated or artistically styled outfits. To be completely honest, if I didn't care so much about my professors' and classmates' opinions, I'd likely show up in pajamas.

Without any further ado, here are some quick outfit ideas that will keep you looking put together and take less than 10 minutes to actually throw on in the morning.

All-black outfits. It's the stereotypical fashion designer's outfit for a reason. A well-done, all-black outfit will keep you looking sane no matter how little sleep you got the night before. For me, it looks like my Doc Martens, breezy black pants and a form-fitting, black long sleeve top. However, bonus points if you accessorize with bold colors and even more for sunglasses.

Neutrals all the way through. I'm talking tan, olive green and any other sort of earth-tone, natural-looking color. They typically all pair quite well with one another. Other neutrals include, but are not limited to, dark brown, black, cream and offwhite. Bonus points if someone says you look granola.

Monochromatic color. If you want to be a little bold without much effort, dressing entirely in one color will do the trick. Honestly, this is my favorite hack. You can do this with any color, whether it's classic blue or pastel pink. You can be as loud or as subtle as you want, and you're likely to look good either way. Bonus points for matching eveliner.

The outfit you wore the day before. Call me crazy, but recycled outfits sometimes are the best you can do. Maybe don't put on sweaty gym clothes, but I think you're safe to re-wear the outfit that you threw on your chair after class yesterday. It's fine. No bonus points for this one. Maybe one bonus point for solidarity.

To make matters more complicated, fall weather means mornings that warrant sweaters and afternoons that don't. The weather is temperamental and uncooperative, and it's hard to decide whether or not we should be dressing for 60-degree sweater weather or 80-degree let's-pretend-it'sstill-summer weather.

Accordingly, here are a few hacks for your summer to fall transitional style that don't necessarily require a wardrobe change in the middle of the day.

Wear layers. They're your best friend, whether it's a buttondown, a crewneck or a cardigan. Wear something that will keep you comfy for your 8 a.m. classes and that you can stuff in your bag by lunchtime. Also make sure to wear something lighter and matching underneath for as soon as it starts getting hot.



Victoria McCoy in a neutral vintage dress. She put together a fully neutral monochromatic look with a matching pair of shoes and

Incorporate more skirts into your closet. I'm telling you right now that you will not look like a pilgrim if you wear a skirt past your knees. Not only are they totally in style, but they also are ridiculously comfortable in both warm and cooler weather.

Wear lighter-weight, flowy **fabrics.** Fabrics like linen, rayon and silk are honestly perfect for fall. Typically, a long sleeve top in any of these fabrics provides enough coverage for comfort in cooler weather while being

breathable enough to stand when it gets warmer throughout the day.

Suck it up. Sometimes the outfit is worth being slightly too cold or just a little too warm. Sometimes, just sucking it up and waiting it out until the weather is truly consistent is all we can do.

Your outfits don't need to suffer along with your sleep schedule. Keep up the good work, and we'll make it through to the end of this semester in style!



on Instagram, in comfort and class friendly all-black or neutral



Can you tell I'm really into these neutral outfits? Victoria McCoy

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts!

#SAUlife

🄰 🛮 Twitter

Cameron Reel @anATMmachine

Brock Hall vending machines feel as useful as your classmates during a group project

ĹΊ

Andrea Stevens @estherstevens99

Told one of my friends my lab report was "thicker than me" and they had the audacity to laugh.

Rence Arroyo @notrence

My deadly sin is most definitely gluttony, I just be eating

Karen Guerra @kfcquerra

i'm so excited to sleep in a bed where you can't feel the springs for the next few days

Bailey DuBose @bay_what

I'm taking a Contemporary Europe history class this semester and idk why I thought, when I signed up, that we would be talking about the Queen and Royal family the entire time

Bailey DuBose @bay_what The Queen has not been mentioned once

Congratulations @solive03, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need to refocus after fall break, so he is offering a

> \$10 Dunkin' **Gift Card!**

DM us on Instagram with a photo of where Kevin is hiding!



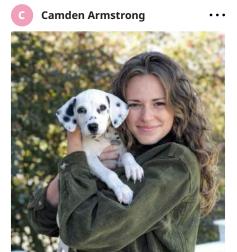
Megan Hedges



meghanmh1 Fall break

Marie Anne Fernandez

marieanne._ keep it simple



camden.armstrong88 Happy Sabbath:)

🧿 | Instagram

SOCIAL

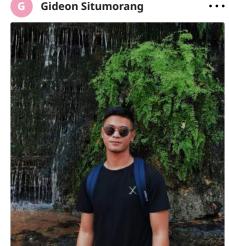




kaleb.coleman_ Premium gas, Premium happiness

Julie Jane Pereira

juliepereira tn really has got a special place in this lil cali heart <3



g.ideon Midterm Break '21

CHATTER

Today — 20

5:00 p.m. 3-on-3 Basketball Captain's Meeting

Friday — 22

imleagues.com/southern

University Church & Online

Sunday — 24

Testing office

6:55 p.m. Sunset

Center

Floor Hockey Sign-ups begin at www.

7:30 p.m. Vespers, GYCSE David Wright,

7:30 p.m. Star Watch, Hickman Science

8:45 p.m. AfterGlow, front of Wright Hall

9:30 a.m. Senior Exit Exam, Lynn Wood

8:00 p.m. GYCSE, David Wright, Thatcher Chapel

Thursday — 21

11:00 a.m. Convocation, GYCSE David Wright, University Church

7:30 p.m. General Recital, Ackerman

Auditorium 8:00 p.m. GYCSE, David Wright, Thatcher

Chapel

Saturday — 23

9:00 a.m. Adoration Worship, University Church

9:00 a.m. Connect Worship, Goliath Wall &

Livestream 10:30 a.m. Merge One, Lynn Wood Chapel

11:45 a.m. Merge Worship, Lynn Wood Hall & Livestream

11:45 a.m. Renewal Worship, University Church & Livestream

12:15 p.m. Merge Two, Lynn Wood Chapel 7:00 p.m. Evensong, Livestream

8:00 p.m. 3-on-3 Basketball, Iles PE Center 8:00 p.m. Ultimate Frisbee Golf, Parking lot by tennis courts

Monday — 25

GRE Subject Exam, Lynn Wood Hall **Testing office**

2:00 p.m., 4:00 p.m. Senior Exit Exam, Lynn Wood Testing office 7:30 p.m. General Recital, Ackerman

Auditorium

Tuesday — 26

9:00 a.m., 11:00 a.m., 2:00 p.m., 4:00 p.m., Senior Exit Exam, Lynn Wood Testing office

Weekly Birthdays

TODAY | 20

Ronn Agustin Rachel Cooper Lindsey Howard Ashley Hunte Michelle Johnson

Joseph Lim Robert Moore Madi Rodriguez Conner Schell

Thursday |21 Greta Baraks Jovana Frans

Missy Syvertson

Michael Moyer Mile Pinero

Tara Robinson Cayla Vito

Friday |22 Natalie Boonstra Caleb Jackson Matthew Kim Fulton Milam

Saturday |23 Leo Aguilera Michael Francis

Hailley Revollo

Evelin Velinova Sunday |24 Nezza Agudelos Jonathan Castro

Nathan Chung

Kassidi Clark Natalie Luttrell Eden Sampson Mark Szanto Arturo Vidal-Aquino Monday | 25

Josh Burgess Bryan Herrera Kevin Simamora Joseph Urbin Tuesday | 26

Sam Benjamin Amanda Brennan Spencer Tobing

SA Announcements

Fall Festival is going to be taking place on October 31, from 4 to 6 p.m.! Current students will receive 10 free tickets they can use at booths hosted by various student organizations. Dress up ... as it may be worth it!

SA Spirit Week will be from October 25 to 29, more information on prizes and spirit days will be coming out shortly! Look for posters on digital screens, SA webpage and social media. There will be a theme each day, and SA wants to see your creativity in dressing up. Some really nice prizes are available each day!

423 Night Market is taking place on November 13. Mark your calendar. Bring your wallets with some money to support the entrepreneurs on campus!

Senior Portrait Makeup Day: If you haven't taken your senior portraits, there will be a make-up day on Wednesday, October 27 at the Ulmer Student Center from 12 to 5 p.m. This will be the last day for senior portraits.

Senior Photo Proofs are Now Available for Pick-up: Stop by the Memories office located to the right of the Southern Shoppe in the Bietz Center to pick up your senior proofs. A link is provided in the envelope for you to select the photo you would like in the yearbook. The deadline for photo selections was Oct 15. A photo will be chosen by Memories for those who didn't select a photo.

Office Hours: Mon & Wed: 11-1:30 & 3:30-6 p.m.

Tue & Thur: 3:30-6 p.m. Fri: 10-12 p.m.

Check out our website! www.southern-accent.org



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- School Counseling



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Should Adventists celebrate Halloween?

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Of course you feel anxious! Here's how to manage it

Lifestyle | 7

Are you unsure about your major? You're not alone

October 27, 2021 Collegedale, Tennessee



Vol. 77

School of Nursing expects to remain in good standing despite downward trend in NCLEX-RN pass rates



Professor Christine Moniyung teaches the Adult Health III nursing class. *Friday, October 22, 2021.* (Photo by: Xander Ordinola)

Amanda Blake News Editor

Southern Adventist University's School of Nursing (SON) is expecting lower first-time pass rates for the National Council Licensure Examination (NCLEX-RN) this year, according to SON Dean Holly Gadd. This has raised some concerns about the nursing program's future among faculty and students, but Gadd does not expect possible lower rates to affect the program's accreditation going forward, she wrote in an email to the Accent.

Gadd explained that nursing students take the NCLEX-RN after graduation, and there is a trend toward lower NCLEX-RN scores this year among Southern graduates. She listed COVID-19 as a potential factor.

The SON is currently analyzing data to determine if changes are needed to better help students succeed, according to Gadd. She added that SON faculty are encouraging students to take the standards the SON is held to more seriously.

"Sometimes, students are not aware of the pressures we face as an institution and take a laid-back approach, figuring that if they don't pass the NCLEX the first time, they will just take it again and that it doesn't matter," Gadd wrote in the email. "The fact is: It does matter!!"

Gadd said if students continue this pattern, the SON "will be having conversations" with Tennessee's Board of Nursing (BON) and possibly the Accreditation Commission for Education in Nursing (ACEN). Those conversations have not yet

occurred, as the 2021 first-time pass rates will not be made available until early February, according to Gadd. She does not anticipate losing accreditation from the ACEN or approval from the BON.

Furthermore, Gadd said the BON recently made a routine visit to the SON and noted no areas of concern. The 2020 first-time pass rates for the Bachelor of Science in Nursing (BSN) and Associate of Science (AS) nursing programs met the standards of the BON and the ACEN, according to Gadd.

"We remain in excellent standing," Gadd wrote in her email.
"We have a strong nursing program with good students."

In 2020, the AS program's first-time pass rate was 88%, and the BSN program's first-time pass rate was 90%, accord-

ing to the BON's 2020 Annual Report. The AS program's rate was 92% in 2018 and 2019, 88% in 2017 and 82% in 2016, according to the report. Gadd said the report did not include rates for the BSN program from 2016 to 2019 because the SON did not have a pre-licensure BSN program then.

Some students in the SON said professors have recently stated that the nursing program is in danger of losing its accreditation.

Junior nursing major Lexie Dornburg said a nursing professor told her class about three weeks ago that the program was on probation. When the Accent contacted the professor, she said she told students the program was in danger of being

See NURSING on page 2

HR reports student worker shortage this year

Lucas Bueno Reporter

There are currently 1,181 student employees at Southern Adventist University, according to Brenda Flores-Lopez, associate vice president for Human Resources. Compared to last year's numbers, there are 124 less student workers employed.

Flores-Lopez said there are many vacant positions in Food Services, Landscape Services, Plant Services, the Student Success Center and Disability Support Services. But she emphasized that the issue of unfilled positions is campus-wide and not just in certain departments.

"There are easily over 80 jobs open on campus," she said.

and plead for students to help us. If they're happy in their jobs, they need to bring their friends, and they need to talk about the advantages and their positive experiences. ??

Numerous negative effects have stemmed from the vacant positions on campus. One of these is found at the Deli in the Village Market, which has been forced to shut down dinner service this semester due to a shortage of Deli employees.

See JOBS on page 3

423 Night Market to be held at the Collegedale Church of Seventh-day Adventists parking lot

Cassidy Connolly Reporter

On November 13, Student Association (SA) will host the annual 423 Night Market from 8 to 10 p.m. This event is an opportunity for students to sell their own creations to their peers. Goods being sold range anywhere from baked items to handmade art, and there will be about 75 booths this year, according to organizers.

Southern's SA President Jhosuet "Josh" Esten, senior accounting major, urged students to attend the event.

"423 Night Market is an amazing event where we can celebrate the creativity and hard work our students have made," Esten said. "I know this year we will be blown away by what they create."

According to Esten, SA was unable to reach an agreement with The Commons this year, so it will be holding the event in the Collegedale Seventh-day Adventists Church upper parking lot to accommodate the large number of vendors.

"However, The Commons has expressed that they would love to partner with some of the student entrepreneurs we have on campus to sell their products there on selected Sundays," Esten said.

Students interested in that opportunity can email him at jesten@southern.edu.

Whether or not food would be allowed to be sold at 423 Night Market was a big question on some students' minds, and Esten clarified the issue.

"Yes! We are so happy that food will be able to be sold," Esten said. "Just as last year, though, the vendors will have to prepackage all the food, and it must be vegetarian."

Students who are unable to attend the event but still wish to support student entrepreneurs may have another opportunity to do so, according to Esten.

"If there are vendors who are partnering with The Commons on Sundays, we will make sure to let students know in

See 423 NIGHT on page 2

Campus Safety shares parking permit numbers



Thatcher South Parking Lot sign on Cafeteria Drive. *Monday, October 25, 2021.* (Photo by: Megan Yoshioka)

Sarah Klingbeil *Managing Editor*

There are 2,630 total available parking spaces on Southern Adventist University's campus. As of October 13, there were 2,283 parking permits issued for this semester, according to Kevin Penrod, director of Campus Safety.

According to the Campus Safety website, there are five types of permits: faculty/staff,

undergraduate student, graduate student, guests/visitors and volunteer. Student permits are further classified depending on where students live. This primarily consists of Thatcher Hall residents, Talge Hall residents, Southern Village, upper/lower stateside residents and commuter students, according to the website.

Based on the total number of issued parking permits as of October 13, 35.3% are faculty/

staff, 55.3% are undergraduate student, 3.2% are graduate student, 4.6% are guest/visitors and the remaining 1.6% are volunteer/other, according to Penrod.

The parking lots are designated for different permits through color-coded signs.

Some students on campus have expressed frustration with how these parking spaces are distributed.

See PARKING on page 2

423 NIGHT continued from page 1

The Weekender," Esten said. "So please keep tabs on that."

Junior nursing major Lauren Lapham is running a booth at this year's 423 Night Market with her friends Sarah Manuel, junior mass communication – advertising major, and Jomar Villoso, junior marketing major.

"This is our first time selling anything at 423 Night, and we are selling Filipino street food (pancit and perkedel) and Filipino desserts (tapioca pudding and turon)," Lapham said.

"Our booth is called 'Markdown Munchies.' We want to sell food since it wasn't allowed last year, and food was the highlight for me from the 423 Night Market my freshman year."

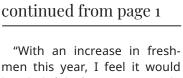
Lapham said she, Manuel and Villoso are excited to represent their cultures as they try to cook as well as their moms while sharing their cultural food with the students on campus.

"Estrella by Julie Jane" is a booth that will be selling handmade crochet accessories such as keychain wristlets, crochet pumpkins and crochet baby turtles. This booth is being run by senior health science majors Aly Cole and Julie Jane Pereira.

Another booth to keep an eye out for is "The Mad Baker." This booth is being run by Madi Esther Rodriguez, business administration major.

"I'm selling baked goods — chocolate chip cookies, dark chocolate brownies, pumpkin spice cream cheese filled cupcakes," Rodriguez said. "I did not sell anything last year and am wanting to sell now to get my name out there and network my brand."

Rodriguez said her earnings from 423 Night Market will go to further enhancing her company and brand.



PARKING

"With an increase in freshmen this year, I feel it would be helpful for more parking spaces to be distributed to the students," said junior nursing major Kari Remmers. "For instance, the new parking spaces behind the Bietz Center could be opened up to students rather than strictly for faculty."

According to Tom Verrill, Financial Administration senior vice president, parking lots are designated with the following general expectations.

Guests, faculty and commuter are higher priority since they drive to the university, Verrill said. Furthermore, guest parking spaces must be in an easily accessible location for someone who is unfamiliar with the university parking. Dorm students are encouraged to walk to their various classes.

According to Verrill, there is a Parking Advisory Committee that decides how many parking spaces should be distributed for which permits. The Parking Advisory Committee is composed of seven members, one being Verrill. The committee has faculty from Landscape Ser-

vices, Campus Safety, Financial Administration, resident housing and First Year Experience.

ing and First Year Experience.

The committee meets on a

need basis, according to Verrill.

"If we determine [that] there
is a parking issue, then we
would pull the group together,
and we would discuss how best
to address it." he said.

When asked what students should do if they feel parking is an issue, Verrill gave the following advice.

Our parking advisory would look and consider that request. >>

"... I would recommend that if there is a significant problem, it doesn't mean we can meet everybody's needs," Verrill said. "But if students are having a problem [with parking] that we're unaware of, they could probably have some communication with their SA senator. And, if they wanted to formalize a request, they would go through that process. ...Our parking advisory would look and consider that request."



423 Night Market was held in front of Wright Hall last year. Saturday, October 17, 2020. (Photo by: Xander Ordinola)

NURSING continued from page 1

put on probation. The professor wished to remain anonymous. Gadd also said the program is not on probation, although she understands rumors have started due to the downward trend in NCLEX-RN scores.

Dornburg said her professor asked the class if older nursing students told them not to worry about taking the NCLEX-RN for the first time because they could always retake it. A few students raised their hands, according to Dornburg. She said the professor explained that this was not smart because students must pay to take the test again. And, more importantly, the professor allegedly said, the nursing program could be in danger of losing its accreditation if a large number of students took the NCLEX-RN for the first time without preparing and failed.

"Hearing [that] honestly shocked me in the sense that anyone would be so carefree about NCLEX preparations," Dornburg said. "... I was also surprised that they didn't think about the fact that it could negatively impact the university."

Dornburg said the professor continued to explain that nursing students graduating in December and May will be the "determinants" for the nursing program's accreditation status.

Senior nursing major Leanne Eckhart said she has heard students express concern that the nursing program is in danger of losing its accreditation, but she thinks these statements often exaggerate the problem.

"I think the rumors about the program are much worse than reality," Eckhart said. "From what I've seen and heard, the nursing department is taking this seriously. ... I have gotten nothing but reassurance that the program is not getting shut down — just that we have to work on improving pass rates."

Campus clubs to host activities at Student Association Fall Festival

Megan Yoshioka *Editor-in-Chief*

Fall Festival is scheduled for Sunday, October 31, at the track behind Hulsey Wellness Center, according to Student Association (SA) Social Vice President and junior biology major Ari Rodriguez. She said 21 clubs will have booths and host activities at the event, which will be held from 4 to 6 p.m.

According to Rodriguez, Fall Festival will have activities such as cornhole, balloon darts and pumpkin bowling. There also will be a dalgona honeycomb candy competition hosted by Asian Club.

"I'm very interested to see how the honeycomb game goes for the Asian Club because I know it's really in pop culture right now," Rodriguez said.

Junior nursing major and

Asian Club President Charles Dugaduga said the game will be a timed activity. Each participant will have five minutes to break out a shape from a dalgona candy. There also will be a leaderboard, according to Dugaduga.

Allied Health Club President Jack Wheeler, junior health science major, said his club will have an obstacle course.

I'm looking forward to seeing a lot of people have a good time and take a break from working to enjoy the day," Wheeler said in an interview with the Accent.

The Education Club will be doing Pick-a-Duck, according to junior English major and club president Katelynn Webster.

"Essentially, people give a ticket to pick a duck for the chance to win different prizes such as gift cards, T-shirts and stickers," Webster said. "Even if they don't win a prize, they get to keep the duck that they picked!"

forward to seeing a lot of people have a good time and take a break from working to enjoy the day."

Rodriguez said Fall Festival is an opportunity for clubs to earn money. Students who attend the event will be given 10 tickets for free at the entrance. Each club will charge one or two tickets for students to participate in its activity. Clubs will get 75 cents for every ticket they receive during the event.

"Even if [you] don't want to stay the whole time, you can still give any of your leftover tickets to your preferred club and help them raise money," Rodriguez said. "So, be there for your clubs."

If students want to buy more tickets, Rodriguez said they can purchase them at the entrance where they received their first 10 tickets.

Rodriguez said that more announcements will be made about Fall Festival on SA's Instagram account, @sa_southern.



Fall Festival was held outdoors behind the Hulsey Wellness Center last year. *Saturday, November 1, 2020.* (Photo by: Xander Ordinola)

Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

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Last year's worship tent taken down due to building codes



Cristian Sorto preaches in the worship tent. *Friday, October 2, 2020.* (Photo by: Xander Ordinola)

Geoffrey Fowler *Reporter*

Last school year, many worship events on Southern Adventist University's campus were held in a large tent. So far this semester, the tent has not been used, as it was taken down due to building codes.

The Office of Ministry and Missions, formerly known as Campus Ministries, recommended that the university use a tent last year, and the President's Cabinet approved the financial purchase. Southern scheduled months in advance for the Chattanooga Tent Company to erect the tent.

"The tent needed to be custom made," said Joseph Khabbaz, vice president for spiritual life and chaplain. "It also needed to be cleared by the fire marshal in the area."

Khabbaz said the tent could not stay up this semester because there are "certain designations when it comes to what is considered a permanent structure." He explained that something is considered a permanent structure when it is erected and remains up for more than 365 days. Once it becomes a permanent structure, its safety requirements increase.

"We needed every day possible [for the tent] to be up for the whole year," Khabbaz said. "If it went over 366 days, then we needed to put in a sprinkler system, etc."

every day possible [for the tent] to be up for the whole year. If it went over 366 days, then we needed to put in a sprinkler system, etc. ??

According to Khabbaz, the university negotiated with the fire marshall to classify the tent as inactive during breaks so the university could keep the tent up for more days.

Currently, Southern is holding worship events in the Uni-

versity church. The plan is to erect the tent again sometime in November so the university has a place to transition worship services if COVID-19 cases rise. However, there is no set date. Khabbaz said there is no desire to make the tent a permanent structure, but to have it when necessary.

Last school year, those who attended university worship events sat in distanced chairs in the tent with their masks on. Now, those attending university worship events sit in every other row in the church with masks still required.

"Contact tracing is still happening," Khabbaz said. "There is continuous monitoring of the COVID-19 cases."

Khabbaz said if cases increase significantly, the university will pivot to holding online worship services. However, if the tent is up, the university might use it instead.

"There is a lot more student engagement when there are in-person events," Khabbaz said. "... The worship experience is one of the most important parts of the Southern experience."

$|\mathcal{F}OBS|$ continued from page 1

Another effect is found in the mail room. The amount of time that it takes for a package to be delivered after it arrives has increased, according to Flores-Lopez.

Additionally, she said, "We definitely have had to alter our operations a bit in order to adapt to our workforce — sort of a skeletal crew — so reduction in hours."

"The Disability Support Services is one area that is struggling because they need proctors for students that require that assistance," Flores-Lopez continued. "So they have had to spread themselves out very, very thin and maybe not have as many appointments available."

According to Flores-Lopez, a possible factor for why there are less student workers could be the ongoing COVID-19 pandemic. Additional factors could include whether students are interested in working and their class schedules, which may conflict with various shifts. Other challenges may include students who choose not to stay in jobs they have begun.

Southern is especially interested in trying to fill positions that are open to students, said Flores-Lopez. Another challenge involves trying to find students

who are interested in working in different campus jobs.

Flores-Lopez stressed the need for better advertising to address the problem.

"If there is a solution to this, the solution is on us to attract the students," Flores-Lopez said. "But I would ask and plead for students to help us. If they're happy in their jobs, they need to bring their friends, and they need to talk about the advantages and their positive experiences."

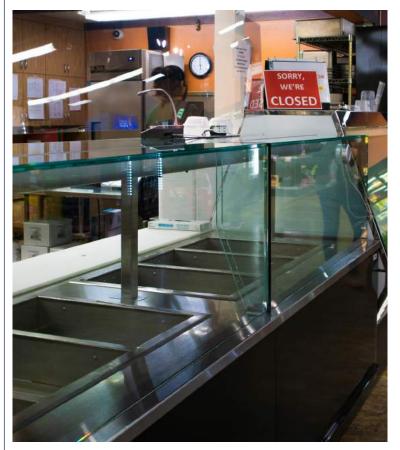
Flores-Lopez highlighted the jobs available on campus.

"It's from the ... academic departments to Food Service to the Teaching Materials Center," she said. "It is everything. So I believe that a student that wants to work and that has a specific job in mind will find it with our vast amount of openings."

Flores-Lopez said students can view the Student Job Board for job openings on campus. The site can be found under the "Campus Life" section of the "Resources" tab on the student profile page.

Flores-Lopez also expressed thanks for all of Southern's current student workers.

"We thank and appreciate all of our student employees [who] have risen to the occasion," she said, "and [who] have worked during these challenging times."



The Deli at the Village Market is no longer serving supper. Friday, October 7, 2021. (Photo by: Nicole Sabot)

COLLEGEDALE NEWS

Scooter's Coffee to open new shop on Apison Pike

Alana Crosby Collegedale News Editor Alyssa Rivas Reporter

The city of Collegedale will soon be home to a Scooter's Coffee. According to a recent city commission meeting agenda, approval of lease terms for the new coffee shop was passed on October 18.

Kirsten Ert, senior community planner, informed the Accent that the plans for construction are being reviewed by the city's developmental staff. The opening date has not yet been announced.

According to Ert, this branch of Scooter's Coffee will be located at 9395 Apison Pike. As stated in the commissioner's agenda, Scooter's will be leasing a portion of city-owned land for 20 years, with an option to extend for another 20 years. The rental fee will be \$10 a year.

"We are very excited that the owners chose Collegedale for their newest location in the region," Ert said.

Ert also said that in addition to meeting the coffee demands of Collegedale, Scooter's Coffee will be building a parking lot behind the business for both the Veteran's Memorial Park and the Greenway.

"They will also provide for bicycle parking and direct access from and to the park," Ert said. "The city will build a walkway from the parking lot and sidewalk on Apison Pike to the park and Greenway to complete the connection."

Southern Adventist University students have expressed excitement about the new coffee shop.

"It's a great place to grab a cup of coffee, and it'll be a good place to work for college students," said Hayley Halverson, a junior nutrition major.

Helen Miller, a sophomore elementary education major, is looking forward to a new place to spend time with friends and get coffee.

"I know there are a lot of coffee places already, but with the population of Collegedale only growing, a Scooter's Coffee place sounds like a great addition," Miller said. "Coffee is a must for most people. And, I know I would appreciate another place to get coffee, especially when other coffee

places are crowded."

The Scooter's Coffee chain has been expanding across the country ever since 1988 when co-founders Don and Linda Eckles opened their first drivethru coffeehouse in Bellevue, Nebraska. Scooter's Coffee features a smiley-face sticker on each cup, a tradition started by Linda Eckles.

"We are very excited about this agreement," Ert said about the plan for the new parking lot and Greenway connections to come with Scooter's Coffee. "It's really a win-win for the city and the business owners."



Scooter's Coffee in Hamilton. Sunday, October 24, 2021. (Photo by: Xander Ordinola)

TNL PROTEST





Members of Tennessee Neighbors for Liberty (TNL) cheer as cars drive by and honk. There have been at least six other protests within the last two months on or near Gunbarrel Road. According to Glenda Pappu, director of TNL, the purpose of the protests is to stand with those who do not want to receive the COVID-19 vaccine but are being forced to by their jobs, specifically at Memorial Hospital, TVA and Blue Cross Blue Shield.

Saturday, October 23, 2021.

(Photo by: Xander Ordinola)



Matt Grubbs holds two signs and chants at cars passing by. While not a member of TNL, he, along with several others, saw what was happening, parked and joined in the protest. *Saturday, October 23, 2021.* (Photo by: Xander Ordinola)



Clark Thompson stands at the front of the crowd with his sign. Occasionally, a person with a megaphone would chant, "We will not comply!" Saturday, October 23, 2021. (Photo by: Xander Ordinola)



A member of TNL hands out flyers to cars stopped at a red light. Some people shouted insults such as, "I hope you get COVID" and "You're all idiots." Saturday, October 23, 2021. (Photo by: Xander Ordinola)



At the end of the event, all those who participated held hands for prayer. There are plans to continue the protests in different areas of Chattanooga. Saturday, October 23, 2021. (Photo by: Xander Ordinola)



Rachel Stafford holds and wears signs. Several people created their own signs, while others grabbed pre-made signs provided by TNL.

Saturday, October 23, 2021.
(Photo by: Xander Ordinola)

MENTAL HEALTH

Of course you feel anxious! Here's how to manage it

Kim Daniel

Counseling Graduate Student

Editor's Note: The following articles are written by counseling professionals from Counseling Services in partnership with the Southern Accent.

Imagine yourself in this situation: It is beautiful weather outside, and the sun is shining through the crisp autumn air. The grass is covered in dew as you open the door to leave the dorm. In a frantic rush, you scurry up the many steps to the promenade and dash into the building of your early morning class, barely remembering to put on your mask. As the professor talks about the average grades for the previous test, you start to feel butterflies in your stomach.

"I know I didn't do well," you think. "If I fail the next one, I will have wasted this semester."

As the tests are being handed back, worry floods your mind, and your heart begins to race. You take a deep breath and open it. Sixty-eight percent.

"I should have slept more and studied more," you think to yourself. "I just don't have the time. Why can I never catch up?"

Feeling overwhelmed, you sit in your thoughts of panic and worry as you wait for the end of the lecture. Wanting to distract yourself from the impending doom, you pull out your phone and choose your go-to social media and start scrolling. Disengaging from your surroundings helps for the moment, but deep down, the anxiety grows.

It isn't hard to imagine, is it?

College students like us have large amounts of stress, pressure and worry. Even on a peaceful morning, we are rushing to our classes and are too tired to enjoy the scenery. While feeling anxious is common on college campuses, many of us

A key mindset is to approach anxiety rather than avoid it. When we feel anxious and overwhelmed, it can be tempting to shut down and skip class. How-

do not know how to manage it.

ever, avoidance makes the anxiety worsen over time. Instead, try emailing your professor for help or ask a classmate to walk to class with you.

Another important component of managing anxious feelings is to practice self-care. This includes healthy sleeping, eating and exercising. Self-care also includes having social time—just remember that it is about balance. One favorite way to include self-care is to find a rea-

son to laugh each day. Maybe this means calling a friend or watching funny cat TikToks.

Self-care can become a personal project. Challenge yourself to create a healthy habit, such as creating a sleep routine. Sometimes, these can be things that we learn about through directive study or exploration. However, sometimes it is difficult to overcome the obstacles in our way, and we cannot fight the anxiety on our own.

If you need help forming self-care strategies or changing to an approach mindset, remember that there are resources on campus to help you. Seek out support when you are struggling with academics, social and spiritual life or mental health. To learn about specific resources on campus, visit https://www.southern.edu/administration/student-success/fye/resources.html.



Mayanne Quion studies in the library. Many students may experience school-related anxiety. Sunday, October 24, 2021. (Photo by: Nicole Sabot)

SPORTS

Basketball is back: Storylines to look out for

Patrick Scriven
Sports Editor

Brace yourselves, Southern sports fans: Basketball is back.

The NBA season officially tipped off last week, paving the way for months of fun. Like every year, several storylines are driving conversations across the country. From shocking trades to COVID-19 protocols, there is a lot to keep an eye on in the NBA this year. With that said, here are some of the most interesting storylines to look out for this season.

The aging Lakers: With age comes wisdom, they say. But will the group of experienced future Hall of Famers, whose average age is 30-years-old, be able to hang with the speed and explosiveness of the rest of the league? If their first game tells us anything, it's that the Lak-

ers have their work cut out. The Russell Westbrook trade has also raised eyebrows all over the basketball world. The explosive point guard couldn't quite get the hang of things in his debut with the Lakers, shooting 4-13 and 0-4 behind the three-point line. Only time will tell if he can fit in alongside LeBron James, Anthony Davis and Carmelo Anthony.

Klay's return: Klay Thompson has little left to prove in his career, despite being only 31 years old. The contender for best catch-and-shoot player of all time will inevitably return to the court this year after missing the last two seasons due to injuries. If fans aren't excited about Thompson's return, his "Spl-

ash Bros" counterpart Stephen Curry certainly is.

Kyrie unvaccinated: On a more somber note, perhaps, the basketball world is on the edge of its seat as drama surrounding Kyrie Irving's vaccination status looms large. After the allstar point guard refused to get the COVID-19 shot despite New York City mandates, the Brooklyn Nets responded with an ultimatum: Get vaccinated, or don't play home games. Irving hasn't shown any signs of changing his stance, which raises guestion marks about the future of the Nets and rest of the league.

Ben Simmons drama: It's a precarious situation in Philly. After trade rumors, underwhelming playoffs performances, missed practices and suspensions accumulated over the summer, the already-fragile relationship between Ben Simmons and the 76ers has not improved. The organization suspended Simmons for the first game of the season last week after he showed signs of disengagement and distracted the rest of the team. Many speculators believe Simmons' time with Philly has come to an end, but either way, all eyes are on the 25-year-old.

Giannis' attempt to repeat: The Greek Freak left little room for doubters last year as he assertively led the Milwaukee Bucks to their first championship in 50 years. His sheer dominance in the paint is reason enough to watch him this season, but the age-old question ev-

ery championship-winning star faces is still in the air: Can he do it again? Much to the dismay of every opponent, the answer is probably 'yes.' One of the league's biggest struggles this year will be to contain him (not to mention his outstanding defense). What a joy it will be to watch.

Pool of talented youngsters: Luka Doncic. Trae Young. Ja Morant. Jayson Tatum. Lamelo Ball. Anthony Edwards. The list of young future-MVP hopefuls is long. As a new generation of stars come in, pundits as well as fans can't help but speculate: Who will be the face of the league ten years from now?



(L-R) Lebron James, Klay Thompson, Kyrie Irving, Ben Simmons, Giannis Antetokounmpo, Luka Dončić. (Illustration by Nickolas Nieves)

OPINION

Should Seventh-day Adventists celebrate Halloween?

Halloween: Any pagan practice The innocence of is worship to the enemy simple traditions

Felicia Sanders *Contributor*

As the years go by, Halloween becomes an increasingly popular event to celebrate. So many people, especially among younger generations, look forward to Halloween as much as, or even more than, Christmas or Easter. I have heard many classmates claim that they enjoy it because they like the costumes and all things scary. But should we, as Adventists, celebrate Halloween?

Well, this may be an opinion piece, but I believe that all opinions should be formed from reading and understanding biblical truth. Therefore, the following perspective is given based on my understanding of what Scripture has to say about celebrating Halloween.

When we have the historical context for where Halloween comes from, it should be obvious that celebrating Halloween in any form is to be avoided as Christians. The Adventist Review has some excellent articles about Halloween, one stating that, "The origin of Halloween goes back to a festival of the Druids, a pre-Christian order of pagan priests in ancient Gaul and Britain."

Halloween and all its traditions stem from paganism, and we don't have to search the Bible to find that the Law of God prohibits us from practicing or partaking in paganism. Deuteronomy 18:9 states, "When you come into the land that the Lord your God is giving you, you shall not learn to follow the abominable practices of those nations."

Other examples of Scripture that clearly speak against participation in paganism include Leviticus 20:6, Deuteronomy 18:10-12 and Jeremiah 10:2. That doesn't even include the Ten Commandments in Exodus 20, which state that you shall have no other gods before the Lord. The Lord is our God and He alone, so to partake in pagan celebrations is to partake in the worship of false gods and blatantly disregard the command of the Lord.

But what about "innocent" trick or treating? Surely there's no harm in participating in dressing up for candy! Or what about jack-o-lanterns? Spooky decorations? Scary movies?

Proverbs 22:6 reads, "Train up a child in the way he should go; even when he is old he will not depart from it." The Adventist Review article states it best: "In the education of children, it is important not to plant false ideas in their minds ... To teach them that there is no harm in imitating evil spirits is contrary to God's will."

Halloween may seem like innocent fun, but I would beseech you to look at the world and how far it has taken the holiday to the extreme. Look at the violence of horror movies, at the spirits, monsters and demons that we unthinkingly imitate with costumes. Look at the cults that use October 31 as a day of sacrifice to none other than Lucifer himself. Animal shelters close down for Halloween to prevent animal sacrifice;

some don't allow the adoption of black animals for the entirety of the month.

If you think that any participation in Halloween is not worship to the deceiver, think again. Any pagan practice is worship to the enemy. If we tell ourselves it is innocent fun, then Satan has been once again successful in his deceptive work.

w the adoption as for the entire-ways been taught that Halloween should be avoided and ignored at all costs. But as I've started to be-

Katelynn Webster

Contributor

ed by that teaching.

I grew up celebrating Halloween; and, yes, I was born and raised Adventist and so were my parents. My parents would dress my sibling and me up every year, and when we were

come more and more frustrat-

every year, and when we were

Pastor Luc Sabot of Abbotsford Seventh-day Adventist Church in British Columbia, Canada, carved a Jesus jack-o'-lantern for a church corn roast event. Celebrating Halloween is a divisive topic in the Adventist Church. *Sunday, October 8, 2017.* (Photo from: Nicole Sabot)

old enough, we picked our own costumes. We would go trick-or-treating in my grand-parents' neighborhood, decorate our lawn with spider webs in the trees and watch fun Halloween movies like "Scooby-Doo" and "Ghostbusters."

Although I've had so many people tell me that all things Halloween are bad, I've always believed that the ways I've celebrated it aren't. One point to consider is that, yes, there is evil in this world, but some traditions should be taken with a grain of salt. I do believe that many people in this world observe Halloween to invite evil and demonic spirits into their lives. I'm not ignorant to that. But I don't believe that everyone who celebrates this holiday has the same intent.

Halloween is a time for many to spend an evening with their family or express their love for a special character by dressing up as him or her. Everyone has his or her own way of celebrating different holidays, which means that not everyone has the same values or traditions. I think this concept is something that our church struggles with at times.

I believe Halloween has a different meaning to each person. For me, it's a chance to play pretend for a night, watch fun movies and eat way too much sugar while surrounded by people I love being around. I don't think that should be diminished just because other people take advantage of the negative connotations surrounding it.

RELIGION

"Go serve. It will be the best thing you ever do."

Madison Wilcox Reporter

Junior finance major Zach Kirstein is currently spending a year as a student missionary at Familia Feliz, an orphanage and boarding school in Rurrenabaque, Bolivia.

Familia Feliz has been operating for more than 16 years and is currently supporting about 70 children, according to Kirstein.

"The goal of Familia Feliz is to provide shelter and a refuge for kids who are abused or neglected — to provide a safe place where kids can play, grow and learn about Jesus in a safe environment," Kirstein said.

Originally, Kirstein planned on serving as a student missionary in 2020 but was not able to because of COVID-19. Now, he recognizes the providence of God in the way things turned out.

"My first ... reason I wanted to go was like, 'I'm gonna go escape. I'm gonna go to skip college. I'm gonna go escape whatever stress in my life," Kirstein said. "And then God was like, 'Yeah, listen, you have the right idea. I don't think you have the right mindset."

Looking back, Kirstein said he

was thankful his plan for 2020 didn't work out because when he left this year, his primary reason for serving was "to form connections with kids."

"It was like really good that I didn't end up going because my mindset was totally changed," Kirstein said. "... I grew closer to God, and then I ended up wanting to be a missionary, not

because I [wanted] to escape but because I wanted to."

Kirstein left the United States on August 15, and after 24 hours of travel, arrived in Rurrenabaque to begin his job as assistant house parent for Casa de Leones, or "House of Lions," a house for 12 boys ages 3 to 10.

"I was super tired," Kirstein by said about the day of his arriv
Kir in in plase gr sta or or mhe a said about the day of his arriv-

Zach takes a selfie with kids from Casa de Leones, or "House of Lions." (Photo courtesy of: Zach Kirstein)

al. "I also was really scared. … I was like, 'I am not ready for this. … I don't even know how to speak Spanish. … It's going to be really difficult.""

But when Kirstein saw the kids, he said all doubt went away. He realized they were trying to welcome him and help by taking his bags.

"It was pretty adorable," Kirstein said.

Kirstein's duties include making food, washing clothes, making sure the kids get to bed and playing with the kids. He also serves as the music teacher for grades one through 12. He even started a choir that performs once a month for Vespers.

Even though Kirstein has only spent a little over two months at Familia Feliz, so far, he said he has already gained a shift in perspective.

"Before being a missionary, I always pictured mission work as preaching or baptizing hundreds of people," Kirstein said. "However, that is only one small part of mission work. The large part of mission work is simply living with people and being an example of who Jesus is every day."

Kirstein also expressed a passion for raising funds for the orphanage. He said Familia Feliz is completely supported by donations, which go towards food, medical expenses, maintenance and projects that work to improve the campus. Donations also help support house parents.

Familia Feliz recently launched a sponsorship program that allows sponsors to support a child for \$25 a month. According to Kirstein, donations can be made at https://www.familia-feliz.org/.

Kirstein offered advice to those considering mission work.

"If you are considering being a student missionary, I believe it's because God put that into your mind, and it is something you should take seriously," Kirstein said. "Go! Go serve; it will be the best thing you ever do. God will guide you through every step of the way. And, you do not have to worry about a single thing because God sent you as a missionary, and He will take care of you."



Pumpkin Sale
Scavenger Hunt

Oct. 21st & 28th

Nov. 8th & 22nd

Check pockets, bags, furniture, and frames. Find the pumpkin & win 10% off of your entire cart!

LIFESTYLE

Are you unsure about your major? You are not alone

Elise Deschamps Lifestyle Editor / Columnist



The average college student will change majors three times, according to the National Center for Education Statistics. Even further, only about a quarter of college grads actually have a job related to their major, according to a study by the Federal Reserve Bank of New York.

In an informal Instagram poll on my personal account, I asked students whether or not they have ever changed their majors, how many times they have switched, and why.

Nearly 70% of 250 college students who responded to the poll said they had switched majors at least once.

Eighty-three students switched once, 43 students switched twice and 38 students switched three or more times.

Fifty-eight students switched majors during their freshman year, 68 during sophomore year, 17 during their junior year, and six during their senior year. A few more expressed that they switched majors every year of being at college.

on becoming a nurse, doctor, engineer or the like, it's likely that later on in life, you might find yourself in a career field far different from anything you

could have imagined in college.

Before I even made it to Southern, I was set on a career in engineering. I took dual enrollment classes in high school that set me up for the career I thought was perfect. Even though I had been saying for years that I wished I could just be paid to have conversations with people, I decided to ignore that passion and strength of mine. And instead, I channeled my energy into my calculus class. I quickly realized after my first physics class that, for me, a career in engineering would not be fulfilling.

I started college majoring in international development studies. Halfway through the semester, I switched majors to public relations. For a while, I had a feeling that I still wasn't where I needed to be. But I decided to stick with it through my entire sophomore year out of simplicity and ignorance of other opportunities.

Over this past summer, I switched to the major I had been too afraid to pursue in the first place: journalism. For the first time since coming to college, I feel like I'm where I'm supposed to be. Even still, I have no clue whether or not I will actually end up in journalism, but I am okay with that. What I do know is that I am in classes that excite me and inspire me as much as Unless you are completely set they exhaust me, rather than only the latter.

My experience is not unique. Plenty of students, if not most students, have the same realizations and very similar stories.

"I realized that I wasn't doing something that was true to me, but rather was what others expected. At first, I still didn't know if social work was right for me, but I knew I wanted to help people in a different way. The more classes I took, the more I fell in love with social work and how much it fit me,"

Sierra Dunzweiler, a junior who switched from general studies, to nursing, and finally to social work.

"I was very indecisive and didn't know what I wanted in life, what my strengths and skills were, or what degrees Southern offered. I did a ton of research about what careers I could pursue in the communications field. I want to have a job that allows me to travel, and there are a lot of opportunities for communication majors. Another thing that made me realize I found my place is how my talents have aligned with the different experiences, both school work and job related, I've had while at the School of Journalism and Communication."

Sarah Manuel, a junior who switched from allied health pre-dent, to English, to marketing, to media technology and finally to mass communication with an emphasis in advertising.

> "I had no idea what I wanted to study or what would make me happy. I am finally happy with my major, and it is worth taking an extra year of college. I wish I had taken time before I came to college to match my interests with my talents, and I wish I had known all the career options/majors available to me."

Sierra Ureta, a senior who switched from biology pre-med, to nursing, to business administration, to business and public relations, and finally to public relations with a minor in marketing.

"Passion fuels purpose, and that is more important than money."

Words of wisdom from Jordan Jablonski, a senior who switched from marketing, to computer science, to business administration, and finally to graphic design.

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts!

SOCIAL

🧿 | Instagram



Sam Kumendong @samm_ek

Harold Carvajal @theharoldcar

Asian mom: "You know I really want you to be a DNP"

Asian mom: "How was New York?"

Me: It was ama-

That is all

0

Q **#SAUlife**

Natalie Marden

natalie_marden Apple a day keeps the



beckks.z I'm surprised I didn't fall, but I'm definity scratched up

Rence Arroyo @notrence

The Rock's so swole man I feel like if he looked at me I would shatter

Eggnog is a superior holiday drink that should be available year round.

Cameron Reel @thereelcameron

It's winter jacket in the morning and speedo in the afternoon kinda weather

Joel Guerra @j8war

This is proper protocol when you see your homeboy sitting next to his crush and looking at his phone

Bro I saw you helping that old lady cross the street and then give her \$100 for groceries. 'ou're always such a great guy



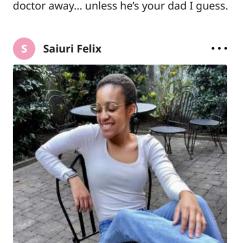


Kevin knows students need to resupply after midterms, so he is offering a

\$10 Target **Gift Card!**

DM us on Instagram with a photo of where Kevin is hiding!

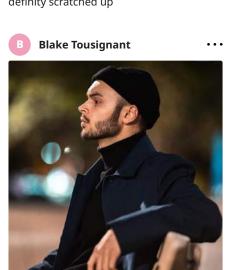




sigh_yuri extra cheese, please



j.mw.01 W friends W trip L hike



btouz14 Take Control of Your Life



ligaci basic

CHATTER

-Ö-)—

Today — 27

Spirit Week – Senior Citizen Day 5:00 p.m. Floor Hockey Captain's Meeting, Hulsey Wellness Center 8:00 p.m. General Recital, Ackerman Auditorium



Spirit Week – Throwback Thursday
11:00 a.m. Convocation, University
Church, Adventist Heritage: Jud Lake
5:00 p.m. SA Supper, in front of the Bietz

7:00 p.m. Financial Literacy Seminar, Hulsey 3135

Weekly Birthdays

Lucas Bueno

Erika De Leon

Stephen Thorpe

Alina Kasap

Kristi Young

Sunday |31

Cole Boggess

Daniel Chibaya

Michael Danese

Jared Dangazo

David Chi

TODAY |27

Renny Calcano Amber Fisher Kiara Sierra Joel Wright Sarah Yoon

Thursday | 28Kathleen Randol

Gideon Situmorang

Jorge Cordero
Bailey DuBose

Bailey DuBose Sonia Joy
Alaina Kirkland Monday | 1
Saturday | 30
Leroy Cox

David Jenkins
Caeden Scott
Ads Sihotang
Tuesday | 2
Aaron Bernard
Eugene Choi
Chris Dietel

Chris Dietel
Jason Dubose
Cy Durias
Eliana Gemelus
Rachel Illingworth

Ben Juarez
Randy Kim

Friday — 29

Spirit Week - Pajama Day SA Senate Surprise Day

Sunday — 31

Running Track

4:00 p.m. - 6:00 p.m. SA Fall Festival,

6:48 p.m. Sunset **7:30 p.m.** Vespers, Orlando Lopez, University Church

8:45 p.m. AfterGlow, Outside Wright Hall

Saturday — 30

9:00 a.m. Adoration Worship, University Church

9:00 a.m. Connect Worship, Goliath Wall & Livestream

10:30 a.m. Merge Worship A, Lynn Wood Chapel & Livestream

11:45 a.m. Renewal Worship, University Church & Livestream

12:15 p.m. Merge Worship B, Lynn Wood

Chapel & Livestream
7:00 p.m. Evensong, Livestream
8:00 p.m. Southern Shuffle Page Wood

8:00 p.m. Southern Shuffle Race, Wood Hall Parking Lot

Monday — 1 (🌣

Online WW2 Registration for Southern Scholars/Graduate Students

SA Announcements

Fall Festival is going to be taking place on October 31 from 4:00 p.m. to 6:00 p.m. at the track. There will be different games, a hay ride, a car show and cider press!

FAFSA Deadline is November 30. Remember to file for Financial Aid for the 2022-23

SA Spirit Week is this week, make sure to post your Spirit Week outfits on Instagram and tag @SA_Southern. There will be prizes everyday including a Grand Prize of an

423 Night Market is taking place on November 13. Mark your calendar. Bring your wallets with some money to support the entrepreneurs on campus!

Senior Portrait Make Up Day: If you haven't taken your senior portraits, there will be a make up day on Wednesday, October 27 at the Ulmer Student Center from 12:00 p.m. to 5:00 p.m. This will be the last day for senior portraits.

Check out our website! www.southern-accent.org

Southern Accent FEATURED STORY

~````\

Tuesday — 2

Floor Hockey begins
Online WW2 Registration begins for
Returning Seniors
8:00 p.m. SA Senate, Bietz Center



MASTER'S DEGREE IN BUSINESS

Business With a Biblical Perspective

Southern's Master of Business Administration degree helps you acquire the skills you need to be successful in today's workforce—based on the biblical principles of honesty, integrity, and high ethical standards.

It's convenient

All classes are online. Full- and part-time tracks are available, and the MBA can be completed in as little as one year. With careful planning, you can complete a bachelor's degree AND a master's degree in five years!

It's affordable

Southern's competitively priced program is a valuable investment in your future

Prep for CPA Review.

Students with an MBA Accounting emphasis may take the Wiley CPA excel review courses for six of their 12 elective hours.



Mid-season NFL report:

Notable wins and losses

Politics and Adventism

Where do your priorities lie?

November 3, 2021 Collegedale, Tennessee



Vol. 77 Issue 8

Online enrichment credits removed, students express their opinions



The Collegedale Church of Seventh-day Adventists was filled with people for Vespers service during alumni weekend. *Friday, October 29, 2021.* (Photo by: Nicole Sabot)

Amanda Blake

News Editor

On Friday, October 22, Southern Adventist University President Ken Shaw sent students an email stating that although the campus would retain its indoor mask mandate until further notice, senior administration had lifted restrictions on indoor and in-person events, including events with food.

However, he explained that every other row seating would be maintained for Vespers and convocation services in the Collegedale Church of Seventh-day Adventists, Lynn Wood Chapel and Thatcher Hall Chapel.

Furthermore, Shaw wrote the online enrichment credit option would be removed beginning Monday, October 25. Students received a nearly identical email from Lisa Hall, interim vice president for Student Development, on Sunday, October 24.

In an email to the Southern Accent, Hall explained that the online enrichment credit option was added last year and continued through October 25 because the university was not holding large, in-person, indoor gatherings due to COVID-19. Now, the university will hold those events again, as explained in Shaw's and Hall's emails to the student body.

"Our quarantine numbers have gone down, as well as the number of positive [COVID-19] cases. And with the mask mandate still in place, as well as some social distancing, we wanted to take the next step in returning to normal," Hall wrote in her email to the Accent.

Hall said that this step will help campus return to normal and give students more opportunities to come together as a community.

Junior finance major Jordan Lemon agreed that the removal of online enrichment credits is a logical step in returning to

"Before [COVID-19], in-person attendance was required, so [the university's decision] shouldn't

be a surprise," Lemon said. "Also, the in-person experience at each of these events is more impactful than the online experience."

Sophomore information technology major Esther Peden said that she agrees with the university removing online options for services like Vespers but not convocation.

"I personally prefer going to events in person," Peden said. "... However, I don't fully agree with taking the online option away ... for convocation. The online option was incredibly convenient as I myself usually am supposed to be at work during that time, and it allows me to still get credit without having to ask for that time off."

Other students expressed worry concerning the removal of online enrichment credits.

Junior theology major Caleb Raymond said the removal of online enrichment credits does not make sense while the mask mandate continues.

"If we don't have the proper vaccination rates to dissolve

the mask mandate, why are we forcing people to meet in person?" Raymond said.

Senior English major Elizabeth Hawthorne said she is regularly around family members with underlying health conditions that put them at high risk of getting sick from COVID-19. She explained that she does not want to take any unnecessary chances at exposing herself.

"I will gladly take probation or a fine if it means that my family is safe and not at such a risk," Hawthorne said.

Junior film production major Jahsoulay Walton said she lives off-campus, and her family's car and living situation often force her to walk two miles to and from campus. She said she feels unsafe walking home after Vespers.

In response, Hall said there are other events offering enrichment credits available during daytime hours.

Some students expressed

See ENRICHMENT on page 2

SVAD professor shares her story about ALS diagnosis

Lesieli Heimuli Reporter

In 2017, School of Visual Art and Design Professor Victoria Carlson was diagnosed with amyotrophic lateral sclerosis, also known as ALS, which is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord.

Despite challenges she faces, Carlson has not stopped doing what she loves — teaching.

"My thought process years ago was to be an art director, but the only way to manage artists, in my mind, is to encourage them, empower and build them up, not manage them down," Carlson said. "I thought an MBA would teach me the business side, but not how to encourage designers to be their best. That's how I was fortunate to be able to teach [art]."

Carlson has a master's degree in curriculum and instruction for art education, with an emphasis in creativity and development. She worked as an art director for Baltimore Magazine between 2006 and 2008, then moved to Chattanooga with her husband, Steve, to work as a senior designer for a marketing company, True North Custom Publishing. During her time there, she was put in charge of all the interns, and it was there that she received interns from Southern Adventist University, Chattanooga State Community College and University of Tennessee at Chattanooga.

Carlson left True North Publishing in 2014 and worked for

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At least 11 cultural credit opportunities planned for the rest of the semester

Cassidy Connolly Reporter Amanda Blake News Editor

As of Wednesday, November 3, Southern is planning to hold at least 11 more events that offer cultural credit.

Upcoming events include convocation on November 4, hosted by Student Association; senior recitals on November 7, 10 and 14 in Ackerman Auditorium and Southern Symphony Orchestra's concert on November 7 in the Collegedale Church of Seventh-day Adventists. Information on upcoming cultural credit events can be found at Southern's music events and convocation schedules.

For students who live on campus, freshmen need to obtain 15 cultural credits, sophomores 14, juniors 13 and seniors 11, according to Southern's enrichment credits webpage. Commuter students do not need to obtain as many credits as on-campus students. Freshman commuter students need 10 cultural credits, sophomores nine, and juniors and seniors eight.

Residential and commuter graduating seniors only need to obtain five cultural credits.

Senior film production major Dominique Williams said she feels that the amount of cultural credits students need to obtain is unnecessary.

"We are here to learn. To get our degrees. We work. On top of that we have to go to events or earn credits?" Williams said. "I don't think it's fair. And I especially don't think it's fair that if we don't meet our required number of credits we get punished for it. We're adults. Southern says they don't have enough student workers. Well, how am I supposed to attend these events if I'm working?"

Failure to meet the enrichment credit requirement may result in probation, a \$5 fee for every credit missed or semester suspension depending on the number of credits missed and the number of offenses, according to the website.

Jacqui Whisset, sophomore social work major, said she thinks having cultural credits is

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Southern to host Ignite Live



Aaron Patterson and Elise Deschamps on the set of "Ignite." Friday, October 29, 2021. (Screenshot from "Ignite," episode 16)

Lucas Bueno Reporter

On November 6, Southern Adventist University will host a new event called Ignite Live. According to sophomore journalism major Cassidy Connolly, who is the producer of the event, Ignite Live will be an extension of the weekly "Ignite" TV show. Ignite Live will be hosted by the TV show's hosts, Aaron Patterson, junior mass communication – media production major, and Elise Deschamps, senior

journalism major.

Ignite Live will include a variety of events and special guest Alex Kendrick, who is known for directing popular Christian films, including "Flywheel," "Facing the Giants," "Fireproof," "Courageous" and "War Room." Kend-

rick will be interviewed by Patterson and Deschamps.

"I am incredibly excited to interview Alex Kendrick and ask him a surprise question I have for him," Patterson said.

The theme of Ignite Live will be trusting in God and using one's talents for Him, according to Connolly.

Other parts of the show will include a live band, a comedy show and games involving student clubs. Each game will have a separate winner, and each winner will get a total of \$200 for their club, Connolly said.

The band, 2am Curfew, which has played for the Merge church services at Southern, will be providing live music at the event.

There also will be a live season finale of the comedy show, "Extinguished."

The School of Journalism and Communication (SJC) has been very involved in producing Ignite Live. The event was conceived by SJC Professor Pablo Fernandez. Additionally, the production team for Ignite Live is from Fernandez's Studio and Event Production class, Connolly said.

Ignite Live will be held in Lynn Wood Hall. Connolly said doors will open at 7:45 p.m. and will be shut at 8 p.m. Due to COVID-19 policies, every other row will be blocked off, making full capacity 150 people. Connolly stated that attendance for the event is on a first-come, first-served basis. There will not be tickets.

Ignite Live is being funded by money that was budgeted for Studio 4109 in previous years,

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CREDITS continued from page 1

a good thing.

"I think it promotes having healthy conversations and we are lucky [that] the campus offers it," Whissett said. "Do I think it should be mandatory? No. But if it was left up to the students, the reality is no one would attend these meetings and get the fulfillment you get when it's over."

In response to student comments, Administrative Assistant to the Vice President for Student Development Teri Reutebuch provided the following statement, which she said is the response that Vice President for Student Development Dennis Negrón usually gives when someone questions why Southern has worships.

"The primary two reasons why Southern requires attendance at worship and convocations are that those events build community among our campus community and they remind the community of why Southern exists — to glorify Christ through words and actions," Reutebuch wrote in an email to the Accent. "These meetings are consistent with Hebrews

10:25, in which Paul reminds his readers not to forget to come together in community."

There are students who can get reductions in the number of credits needed. Some of the requirements are being a commuter student who has no classes on Thursday, attending nursing clinicals during the convocation hour, working as a nurse whose shift is scheduled during the convocation hour or Friday night or working an on-campus job that cannot close during convocation or Vespers, such as Food Services student personnel and a number of desk jobs that must remain open 24 hours a day.

While students who meet those requirements can have their number of credits reduced, students who fall into any of the following categories are completely exempt from obtaining cultural credits: Married students, students with children, military veterans, students 23 or older prior to the start of the semester, students who have already earned 124 academic credit hours, students involved in student teaching or students who are completely online or Consortium students, according to the website.

Cultural Credit Opportunities

November 4, 11:00 a.m. Student Association Online

November 7, 3:00 p.m. Georgii Zaitsev - Senior Recital Ackerman Auditorium

November 7, 7:30 p.m. Southern Symphony Orchestra Collegedale SDA Church

November 10, 7:30 p.m. Abby Scoggins - Senior Recital Ackerman Auditorium

November 11, 7:30 p.m. Tim Timmons - Concert Iles PE Center November 14, 7:30 p.m. Allie Barnett - Senior Recital Ackerman Auditorium

November 18, 11:00 a.m.Departmental Convocation
Various Locations

November 18, 7:30 p.m. Josh Vollberg - Senior Recital Ackerman Auditorium

November 30, 7:30 p.m. Zhuoyue Li - Senior Recital Ackerman Auditorium

December 2, 11:00 a.m.
Student Association - Town Hall
Iles PE Center

Christmas Pops Concert Iles P.E. Center

December 4, 8:00 p.m.

Note: All events in Ackerman Auditorium will have limited seating. Some, like the senior recital taking place on November 7, will require tickets to attend. Tickets can be acquired at the School of Music's main office in Mable Wood Hall. To find out which events require tickets, students should refer to posters advertising the events.

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as well as donations, according to Connolly.

However, Patterson said, "We have been compared to Studio 4109, but we are not, and we

are not trying to replace Studio."

Connolly said depending on how the first show turns out, Ignite Live may become an annual or even semester event.

When asked how she hopes Ignite Live will impact Southern students, Connolly said, "I hope they are inspired by [Kendrick's] story, and I hope that it motivates them to use their talents for God, whatever they may be. It is so easy to get discouraged in the world we are living in, and I'm hoping Ignite Live will remind those who come that if you put your trust in God, He will see you through."

Patterson said, "'Ignite' is a talk show, and Ignite Live is a live, more engaging, talk show. We hope to provide students with a fun/funny show that all ties together with a good underlying message." He added, "Join us in person at Lynn Wood or online on the School of Journalism and Communication You-Tube account."

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concerns about seating arrangements. Junior accounting major Jake VanBeukering said he was turned away from a recital in Ackerman Auditorium on the evening of Wednesday, October 27, because there was not enough seating.

"As long as social distancing is going to be enforced at events, there should be an online option," VanBeukering said. "Our classes do not enforce social distancing, and they still offer class recordings for those who are unable to attend. Why are

mask mandate still in place, as well as some social distancing, we wanted to take the next step in returning to normal. ??

required extracurricular events not following the same system?"

When asked about potential overflow issues, Joseph Khabbaz, vice president for Spiritual Life and chaplain, said the Office of Ministry and Mission's plan is to accommodate every student who wishes to attend worship services.

"Although seating is limited, there will be adequate space based on student attendance numbers for October pre-pandemic," Khabbaz wrote in an email to the Accent. "We see having more students than seating capacity as a wonderful 'problem' and will make the necessary adjustments needed should attendance drastically increase."

Khabbaz said that as of right now, the university will continue to hold one Vespers service at 7:30 p.m. each Friday in the Collegedale Church of Seventh-day Adventists. When asked what would happen if quarantine and isolation numbers rose significantly, Hall said the university would "evaluate the options to determine what would best meet the needs of campus and go from there."

She added that the university would not be opposed to using last year's worship tent if it seemed like the best option.

Some students agree with the university's decision to remove online enrichment credits because they have noticed that few students actually listen to services when joining online.

Sophomore business administration major Carlos Romero said he has noticed that the primary reason students wanted to use the online option was to take advantage of it by joining services online and not paying attention.

"I think it's good on the school's end just to uphold their standards for students to attentively listen," Romero said.

Freshman business administration major Lilly Nunnaley said she attended a convocation a few weeks ago that featured a very good guest speaker; however, few students were there in person. She said the low in-person attendance could have been very discouraging for the speaker and those who arranged for him to come to Southern.

"I think it's important for people to go in person to support the speakers and make it worth their time because I know that when people watch online, most people aren't listening," Nunnaley said. "... But Southern needs to be more understanding of those people who have other commitments, especially if they're campus-related jobs or events."

According to Teri Reutebuch, administrative assistant for Student Development, students can apply for reductions in their required amount of enrichment credits if they meet the criteria listed on the enrichment credit webpage.

Food Services responds to student complaints about vending machines

Madison Wilcox

<u>Reporter</u>

Stocking campus vending machines has been a challenge for Food Services due to the global pandemic, low-staffing and supply chain disruptions, according to Food Services.

The Accent posted a poll on Instagram to hear students' opinions of the campus vending machines. The poll asked how often campus vending machines malfunctioned, how often they did not have the item students wanted and where the empty or broken vending machines were located.

In a follow-up to the Accent's Instagram poll, junior nursing major Haianny Pereira-Carvalho expressed her frustration with the vending machines in various buildings on campus.

"Since school started in August, I noticed that the vending machines weren't working," Pereira-Carvalho said. "First it was Thatcher South, and then it was [Brock Hall]. ... The main issue I see is that the machines keep breaking. ... At this point, it's been three months since the vending machines [haven't] been working/have nothing in them. It's giving me the impression that they gave up, or it's not a priority anymore."

According to some additional responses to the Accent's Instagram poll, many other students have also had issues with vending machines across campus, including machines in Thatcher Hall, Thatcher South, Talge Hall, AdventHealth Hall, Brock Hall and the Hickman Science Center. Beside citing broken machines, students also said the refill schedule seemed slow.

"I've noticed that the vending machines, especially in the dorms, have been empty most days of the week and haven't been restocked as often as they used to," said Jeff Kern, junior mass communication – advertising major. "Most Sundays they are empty until probably late Monday."

In an interview with the Accent, Food Services Director Teddy Kyriakidis responded to the students' complaints.

According to Kyriakidis, something as simple as a power surge can make card readers glitch, which shuts down the entire machine. Though some machines can be fixed easily, several machines owned by Coca Cola have to be fixed by technicians from the company itself.

Other times, the issue is not just mechanical. Kyriakidis said the vending machine in Thatcher South has recently had an issue with an ant infestation. Spraying

the ants has not helped.

"Because of the pandemic and everything else, you know, it's hard," Kyriakidis said. "It's hard to come by supplies, and it's hard to come by technicians."

Kyriakidis said stocking typically varies based on the volume of activity at the machines, with dorm machines being stocked most frequently.

"We try to stock [machines]

late on Friday and again on Sunday," Kyriakidis said. "It's maybe not always the case, but we try to." However, this semester, issues

with COVID-19 affected the vending team, according to Kyriakidis.

"We had some issues with quarantine and isolation and sickness this semester where we didn't have any people to stock

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Sebastian J. DeLorey tries to order from a nearly empty vending machine in Brock Hall. *Tuesday, October 26, 2021.* (Photo illustration by: Nicole Sabot)

Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

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a company called LIFT 1428 as a creative director. Because of how impressed she was with Southern's interns, she decided to call the Dean of the School of Visual Art and Design, Randy Craven, and ask him if they were hiring any adjunct faculty, to which his response was "yes."

As she started her first year teaching in the fall of 2017, Carlson knew that something was wrong during the fall of 2017. That was when she received an ALS diagnosis. The last time she drove a car was in March 2020, when students were sent home because of the pandemic.

I'm going to be grateful for ALS because I may never be cured. I have shifted my mindset to 'God can carry me.' He is carrying me and redeeming this disease. "

"We all taught virtually, so it became a place where I could continue to teach online," Carlson said

Carlson has taught three classes at Southern: Advertising Design, Editorial Design and Design Studio III, which prepares students for their internships.

"I really get them used to

thinking I'm their studio art director," Carlson said.

One of her students, junior graphic design major Molly Untalan, said Carlson has been a major influence in her life.

"She sees our potential and what we are capable of and pushes us to the max," Untalan said. "She has pushed me as a designer, and I wouldn't be where I am today as a graphic designer if not for her."

Carlson said the class Advertising Design allows her to live out her faith. She challenges students to also live out their faith in the advertising industry.

Senior motion design major Susie Kim said Carlson taught her how to value herself as a person and not just a student.

"She always encourages her students to find joy in living and [to] live outside of academics and work," Kim said.

Carlson said her favorite class to teach is Design Studio III.

"It's so practical. All along they learn about typography and rhythm and all constructs of design," Carlson said. "I put them in a hot seat and teach them to do research, and how to understand their audience ethnography and [how] to intersect their lives in a meaningful way."

Senior graphic design major Berly Hernandez said Carlson is someone who isn't afraid of doing anything.

"She's very passionate and determined," Hernandez said. "She loves helping people with whatever they need and cares for the world and her students."

When it comes to teaching, Carlson said she is transparent with her students in regard to her diagnosis.

"I tell students straight up [that] I have ALS," Carlson said.



Victoria Carlson and her husband, Steve. (Photo courtesy of Victoria Carlson)

"I might fall down. I always tease them because my speech is super slow, so [I tell them] double [your] Zoom time. All the students are so gracious towards me."

Carlson said her faith was strengthened after being diagnosed with ALS.

"My faith has always been crucial to where I am," Carlson said. "But surely it [has] come alive."

She said she is grateful for her husband, her extended family and her friend Victoria, who moved from Chicago to help take care of her.

Carlson said the disease is very painful, and if she doesn't care for her body, she can have episodes of spasticity, which is a condition where muscle tone increases abnormally and becomes stiff. Despite dealing with the physical pain, she feels blessed because she chooses to be joyful, hopeful, optimistic and energetic.

She recently lost 23 pounds, is breathing better than ever and feels stronger. Her doctor recently told her that her life

expectancy is 10 to 15 years, rather than the normal expectancy of three to five years.

"I'm going to be grateful for ALS because I may never be cured," Carslon said. "I have shifted my mindset to 'God can carry me.' He is carrying me and redeeming this disease."

When she's not teaching, Carlson stays physically active by gardening, eating healthy and writing on her personal blog.



VENDING continued from page 2

the machines," Kyriakidis said. "At one point, we had the entire vending team out for one reason or another."

The vending team needs one more student worker, according to Kyriakidis. Currently, there is only one staff member and three student workers stocking machines.

Besides being low-staffed, issues within the snack supply chains have made it difficult to get certain items. According to Kyriakidis, Coca Cola has recently struggled to supply Peace Tea and Smart Water, although Southern is high prior-

ity for Smart Water and receives it whenever Coca Cola is able to distribute it.

Kyriakidis encouraged students to contact Food Services Assistant Director Jeri Pewsey at jdpewsey@southern.edu to report any machine malfunction. Kyriakidis also said students are welcome to suggest food items for the vending machines or even submit requests for vending machines to be placed in new locations.

"Because of the pandemic, things are struggling everywhere," Kyriakidis said. "Staffing is a struggle ... product lines are struggling. So we're just trying to keep the pieces together as much as we can."

COLLEGEDALE NEWS

UTK Urban Forestry students present plan to save Greenway trees

Alana Crosby *Collegedale News Editor*

A University of Tennessee professor has estimated that 100 % of the trees in the Greenway will die without treatment, according to an analysis presented to a gathering of Collegedale officials by college students working on a management plan for the city's Greenway.

Students from the Urban Forestry Program at the University of Tennessee, Knoxville, presented their analysis and management plan for the Greenway vegetation on Wednesday, October 27. The presentation was made at The Commons and was open to the public.

According to Kirsten Ert, senior community planner for the city of Collegedale, four-

year seniors Ethan Carr, Preston Collins and Brienna Shea collected data from the Greenway last month with help from UTK Professor Sharon Jean-Phillipe. The students conferred with Rob Allen and Chris Breedlove of Bartlett Tree Experts to gain insight on the tree situation and used data to form a management plan for the Greenway. They discussed invasive species, the need to remove dead trees and the danger of losing trees without careful attention.

Jean-Phillipe, a professor of urban forestry at UTK, has led the class but was unable to attend the presentation. David Vandergriff accompanied the students since he co-teaches the class with Jean-Phillipe.

Carr started the presentation by outlining the benefits of ana-



Students from the Urban Forestry Program at the University of Tennessee, Knoxville, present their analysis and management plan for the Greenway vegetation. *Wednesday, October 27, 2021.* (Photo by: Alana Crosby)

lyzing and preserving the vegetation along the Greenway. Some reasons were reduction of heating and cooling for the city, property value, reduction of flood water, air quality, aesthetics and community cohesion.

According to Carr, the students had a checklist for each tree along the Greenway, starting from Leyland Drive and ending at Tallant Road. The students' report covered a total of 295 trees. It revealed that the most common trees in the Greenway to be northern hackberry, sugar maple and ash.

Vandergriff said the city of Collegedale should consider adding more diversity to its plantings. According to Carr, this would also reduce the need for mowing.
"There is

"There is a misconception that just planting more trees will reduce the need for mowing. That's not necessarily the case," Carr said. "If you want to reduce the cost, you need to permanently change the ground cover to something native and progressive."

College Press

The College Press is an independent print shop located behind Southern Adventist University on Colcord Drive.



A College Press worker cuts papers. The guillotine-like machine cuts several blocks of paper at a time for efficiency. There were several stacks of paper on the other side of the machine.

Wednesday, October 27, 2021. (Photo by: Xander Ordinola)

(Photo by: Xander Ordinola)



The coloring presses process sheets of paper. These six presses can run 10,000 sheets of paper per hour.

Wednesday, October 27, 2021.
(Photo by: Xander Ordinola)

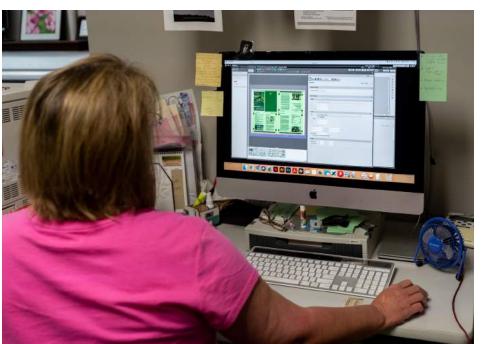


At the end of the press, heat lamps dry the processed paper. They use the heat and dry powder to prevent smudging of the ink. *Saturday, October 23, 2021.*



quality products compared to digital printers.

Wednesday, October 27, 2021.
(Photo by: Xander Ordinola)



Prepress artists work on imposition before printing aluminum press plates or creating a digital press file, according to Rob Howell of the College Press. Special software must be used once a client delivers their printable product that adjusts the document to ensure proper printing.

Wednesday, October 27, 2021. (Photo by: Xander Ordinola)



The mailing machine allows the College Press to process more than 60,000 pieces through USPS per week, according to Howell. *Wednesday, October 27, 2021.* (Photo by: Xander Ordinola)



Howell said older equipment like the die cutter are still effective even though it was built in the 1950s. *Wednesday, October 27, 2021.* (Photo by: Xander Ordinola)

MENTAL HEALTH

Resilience: The ability to bend with the wind without breaking

Tami Navalon *Counseling Professor*

Editor's Note: The following articles are written by counseling professionals from Counseling Services in partnership with the Southern Accent.

Many have been comforted by the phrase, "This too shall pass," as it serves as a reminder that our discomfort and distress will pass as all moments, difficult or easy, eventually do. Many right now may be waiting for this semester, the time-consuming course, relationship distress or financial strain to pass. However, how you adapt and respond to these times of adversity and uncertainty may predict your overall wellness and life satisfaction.

Young adults experience significant life transitions and face unexpected adversities. Students make decisions about careers, relationships, family, identity, values and other factors that have lifelong effects during this stage of their lives.

The initial transition from high school to college often brings significant distress as students adjust to the rigors of college, leave home and begin to live more independently. Students finishing college, transitioning to a career and developing a family can also experience significant stress through this challenging process of change.

Research conducted in 2016 by Allison Crowe and colleagues indicated resilience as a significant predictor of one's ability to adapt to change, cope with stressful situations, respond to adversity and seek help when needed.

The American Psychological Association describes resilience as the ability to bounce back, experience profound personal growth from adversity and maintain a positive outlook on the future. Current research conducted in 2018 by So Rin Kim and Sang Min Lee also indicates that resilient college students are more likely to have greater job satisfaction and career success once they transition from school to work.

Resilient individuals are characterized as being optimistic

and hopeful, experiencing high levels of positive emotions, having strong support systems, being involved in their communities and being physically active. Some may assume resilience is something you have or don't have. But did you know it can be fostered and developed?

So how do we become more

Research conducted in 2011 by Allison Troy and Iris Maus identified adaptive factors that build resilience. One of those

factors is cognitive-emotional regulation.

Cognitive-emotional regula-

tion is the conscious decision to change one's appraisal of a situation by not attending to the negative stimuli but maintaining positive emotion and optimistic focus. This means refraining from blaming self and others, ruminating or catastrophizing. Instead, choose to refocus on acceptance of 'what is,' re-plan, make a positive reappraisal and put the situation into perspective. By engaging in cognitive-emotional regulation, we can grow from adversity by improving self-empowerment and self-efficacy and learning to take care of ourselves.

Another factor that helps foster resilience is connecting with others. However, since the COVID-19 pandemic, many individuals have experienced significant isolation and inability to connect in meaningful ways.

Research conducted in 2021 by Amelia Burke-Garcia and colleagues explored how people have remained resilient. Themes they identified include intentionality on developing greater community cohesion, mobilizing resources and efforts to help others, connecting with faith-based communities and asking for help and support when needed. The same research also highlighted how those who had previously coped with and learned from adversity were more able to remain resilient through the pandemic, support others and foster resilience.

God fosters our resilience and desires us to grow and remain optimistic through adversity. In Romans 8:28, He reminds us, "In all things God works for the good of those who love Him." (NIV)

When we reflect on our current adversity, can we instead refocus and ask ourselves, "How can I learn and grow through this? Can I fall on His promise that all things work for good? Can I choose positive emotions and remain optimistic?"

Through these steps, we build resilience and the ability to adapt and cope with whatever may pass.



(L-R) Jacob Brown and Rafael Encarnacion laugh and eat outside of CK2. *Monday, November, 1, 2021.* (Photo Illustration by: Xander Ordinola)

SPORTS

Mid-season NFL report: Notable wins and losses

Davy Ondrejka Contributor

It's mid-season in the NFL. It's still a little early, but through the first eight weeks, we have learned a lot about what each team is bringing to the table.

The Buffalo Bills looked really strong through the first six weeks but took a hard loss to the Tennessee Titans, 31-34. Coming off that big win, the Titans had to go on the road to play the Kansas City Chiefs. In what could only be described as a shameful game for last year's AFC champions, the Chiefs allowed Derrick Henry

and the Titans to run straight through them for a huge 27-3 loss. The Titans are now 5-2, and with some notable big wins, may just have what it takes to make a deep push this year in the playoffs.

The Buccaneers, led by veteran quarterback Tom Brady, look to be even better this year despite winning the Super Bowl last year.

One more thing to keep a lookout for is the close race for the top seed in the AFC North, with both the Cincinnati Ben-

gals and the Baltimore Ravens tied at 5-2. Both teams are led by young QB's that guarantee an entertaining game.

an entertaining game.
Starting off Week 8, football fans were blessed with a colossal matchup between the 6-1 Green Bay Packers on the road to face the undefeated 6-0 Arizona Cardinals. With the game coming down to the wire, the Packers were able to secure the victory with a walk-off interception in the Cardinals' end zone, ending the longest win streak

for any team this year.

Since Week 1, the Packers have won six straight games, tying the Cardinals and the Buccaneers for the best record in the NFL. With tons of drama in the offseason, many wondered if the Packers would be able to figure it out this year knowing it could be the last time Aaron Rogers ever wears green and gold. Only time will tell, but from the looks of things, the Packers and Rogers both want the same thing: Super Bowl LV rings.

NUMBER IN CONTROL OF THE PARTY OF THE PARTY

(L-R) Kyler Murray, Lamar Jackson, Tom Brady, Aaron Rodgers. (Illustration by Nickolas Nieves)

Floor hockey preview

Patrick Scriven
Sports Editor

The last intramural season of the semester is finally upon us: Floor hockey starts this week. One of the more competitive intramural sports on campus, floor hockey might not get the attention it deserves. Think soccer, but with sticks and a puck — who doesn't want that? Now, from November 2 to December 2, students here in the South will once again get to experience the unshakable intensity of hockey that the northern states and Canada know all too well.

Three leagues will play this year: one ladies' and two men's. The Ladies' league features nine teams: Last Shot, Slap Crackle Puck, Eh Team, Bidi Bidi Bom Bom, Powder Puff Girls, Flying Elbows, Slick Stick Handlers, Floorotopes and Lucky Ducks.

Only five teams in men's A-League will battle for the championship, paving the way for an intense, competitive season. The Lifters, Southern Kraken, The Goonies, Old School and Our Goalie's Thicc.

The nine men's B-League teams to compete aren't lacking in nickname quality: Los Tigres del Sur, Shang-Chi Cheese, NHL Rejects, Hangry Latinos, Boolin' Gang, Stick Slappas, WalkSoftandCarryaBigStick, The Lucky Pucks and Pucker Up.

The month of November will be an exciting one for hockey players and spectators alike. As each team knows, winning it all will take a combination of speed, agility, strength, stick-handling skill, teamwork and creativity. We're in for a treat.

OPINION

Politics and Adventism: Using your voice for positive change

Madison Reinschmidt Opinion Editor

We are fast approaching the one-year mark of the 2020 election, and since Biden's appointment into office, the controversy in the political landscape of the United States has only continued to increase. Political tensions have affected the lives of all Americans, which makes it difficult to stay neutral among the differing opinions on each side. As an Adventist, and an individual who votes, I have had to confront the issue of Adventists' role in politics and how one should balance religion and politics.

Officially, the Adventist church does not hold an opinion on whether or not individuals should participate in politics and remains neutral regarding political parties.

But, I have always held the firm belief that involvement in politics does not go against my religious values, especially while considering the separation of church and state. However, I have recently realized that not all Adventists share this same sentiment, which has led to many conversations discussing the topic and what an Adventist's role should be.

Since I have been a politically active individual for much of my life and stand firm in my opinions and beliefs, the idea of uninvolving one's self in politics, specifically in voting, makes me shudder with disdain.

Minorities have fought hard for the right to vote, so to throw away that precious right and take it for granted has angered me. If I had lived a hundred years ago, I would've had to fight alongside other suffragettes to gain my right to vote. This history of voting has made it difficult for me to understand why people may take that right

for granted and ignore their ability to make a change.

Beyond historical events of voting, the more research I do on Adventists and politics, the more I realize that we are not instructed to be quiet in political matters. Even Ellen White recognized the value of being politically active in an article that she wrote for The Review and Herald on October 15, 1914:

"While we are in no wise to become involved in political questions, yet it is our privilege to take our stand decidedly on all questions relating to temperance reform. ... There is a cause for the moral paralysis upon society. Our laws sustain an evil which is sapping their very foundations. Many deplore the wrongs which they know exist but consider themselves free from all responsibility in the matter. This cannot be. Every individual exerts an influence in society. In our favored land, every voter has some voice in determining what laws shall control the nation. Should not that influence and that vote be cast on the side of temperance and virtue?"

White brings up a good point in this statement: Shouldn't our voices be used as a positive influence in society rather than staying silent in political matters?

In a divisive political landscape like today, we are often presented with the negative aspects of politics and how they can tear down relationships. But instead of using our voice to argue, or by just staying silent, we can use our opinions to bring about real change and foster positive conversations. Politics go beyond Republican vs. Democrat. Politics help us change the world around us, help those less fortunate and help us elect the most fitting leaders for our country.

Romans 13:1-3 says, "Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God. Therefore whoever resists the authority resists the ordinance of God, and those who resist will bring judgment on themselves. For rulers are not a terror to good works, but to evil. Do you want to be un-

afraid of the authority? Do what is good, and you will have praise from the same." (NKIV)

This text recognizes that, although we are foremost citizens of God and heaven, we must also recognize the authority of leaders on earth and the parts that we play in the citizenship of our country.

I am tired of hearing only about the negatives in politics and of arguing in circles with those who sit on the opposite side of the political spectrum. I know that my voice, my values and my opinions can do far more good in this world if I am willing to have hard conversations and stand up for what I believe in.

There are thousands of people in this country who need individuals to use their voices to make a change. I think of the vulnerable populations that are described in Matthew 25 – the hungry, the thirsty, the naked, the sick, the imprisoned, the strangers. If Christ lived on this earth today, He would do all that He could to help the people who need Him.

As I have done more research and discussed with individuals who oppose politics, I have gained an understanding of their sentiments and the reasons why many stay uninvolved. I am not diminishing this decision. But I do think that each individual could be using his or her voice to take a stand on issues to help the vulnerable populations in our country that need help. The sum of our political activity should not be merely arguing about masks and vaccines at the dinner table. Rather, consider using your time and vour voice to stand up for the issues that will make a difference in the lives of others.

Instead of being committed to one political party or being completely uninvolved, ask yourself, "How would Jesus stand in this situation?" Because, as stated in Matthew 25:40, "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."" (NIV)



Entrance sign for the Collegedale Church of Seventh-Day Adventists. *Friday, October 22, 2021.* (Photo by: Megan Yoshioka)

RELIGION

Rest in God's Love: 'Find balance in His presence'

Sarah Klingbeil Managing Editor

I pinned a pink index card above my desk my freshman year of college. For two years, it was a constant reminder and a

silent witness for why I'm here.

It wasn't revolutionary, fancy or complicated. My handwriting was rushed on the index card, but the black ink spelled out a treasure. It was more than a reminder. It was a road map, motivation, and highlighted my purpose. I'll share it with you.

"Unless the LORD builds the house, They labor in vain who build it; Unless the LORD guards the city, The watchman stays awake in vain. It is vain for you to rise up early, To sit up late, To eat the bread of sorrows; For so He gives His beloved sleep." (Psalm 127:1,2 NKIV)

Read it one more time. What is this verse really saying? And why was it so important for me?

Here's the bottom line. It's all useless! Yup, you heard me right! This verse reminds me that everything I strive for and all the sacrifices I make are ultimately useless. My GPA, late nights, hundreds of projects, meticulous planning, the pursuit of happiness, reck-

less wandering, passion, fulfillment, medals, awards, etc. equal nothing.

Sometimes I feel like a distressed swimmer using every bit of energy to swim to shore, but the rip tide pulls me only further out to the sea.

Sounds depressing, right? Wasn't this supposed to be a motivational road map and reminder? How is that encouraging?

Because it's conditional! Didn't you notice all the "unless the LORD" phrases? It's God who's building the house. It's God who protects you. It's God who gives you life. It's God who brought you here. So, stop trying to build your own safety nets. If he brought you to the Red Sea, He'll bring you through it.

Stop trying to swim against



Samuel Guerra studies in the McKee Library. Friday, October 29, 2021. (Photo illustration by: Nicole Sabot)

the rip current. Stop trying to follow your own dreams. Let the Lifeguard of your soul swim you to shore. He promised that His thoughts are higher than your thoughts (Isaiah 55:8, 9), and He desires to give you "a future and a hope." (Jeremiah 29:11).

Rest in God's love. Find balance in His presence. Go to bed early, take that jog, enjoy the leaves falling, the warm sunlight on your face and the birds singing. I love how missionary martyr Jim Elliott summed it up, "Live to the hilt every situation you believe to be in the will of God."

When I moved to Southern Village, I lost that index card, but it was more than the card. I need that reminder again. With graduation looming closer, hard classes and constant exhaustion, I've forgotten.

So, I'm reaching into my desk drawer and pulling out a yellow index card. My handwriting is a little rushed as I copy the familiar yerse.

It isn't revolutionary, fancy or complicated, but somehow I want it to remind me to breathe, to live, to lean and to rest in my

Father's love. I need this for today, this semester and my life.

Editor's Note: Corrections and Clarification

It has recently come to our attention that some religion articles published in the Southern Accent during the past few weeks contained fictional anecdotal information. The events described in "The Spirit: 'An inner force that prompts us to share," published in Issue 1, "How's your Christianity: As advertised or out of stock?" published in Issue 3, and "Jesus Christ: The merchant of the Milky Way," published in Issue 6, were not true. The articles from Issue 1 and Issue 3 have been removed from the Accent's website and social media platforms, and a clarification note has been added online to the article that was published in Issue 6. We apologize for any confusion they may have caused. Moving forward, opinion pieces containing hypothetical illustrations will be made explicitly clear.



Pumpkin Sale
Scavenger Hunt
Oct. 21st & 28th
Nov. 8th & 22nd

Check pockets, bags, furniture, and frames. Find the pumpkin & win 10% off of your entire cart!

LIFESTYLE

The value of experience: Where do your priorities lie?

Elise Deschamps Lifestyle Editor / Columnist



Maybe you got an internship after your first year of college, eager to get additional lines of experience to add to your resume. Or maybe you're like me and have been putting off those summer internships, leaning more towards schoolfree days of warmth where you get to choose how to spend your time.

There's no doubt that there is value to getting an internship. Whether you have a positive or negative experience, you are likely to gain valuable insight to the real-life professional world.

However, experience doesn't have to just come in the form of a five to 12 week summer program. It all boils down to your intentionality and your priorities in life.

It is important to note that I'm not trying to discourage you from pursuing internships with this article. I am not telling you to spend your summers jobless and completely free of any sort of responsibility or duty. I am also not trying to convince you that by getting an internship, you are wasting your time or missing out on something. Even further, I'm not saying that having an internship and having fun are mutually exclusive. What I am trying to say to you is that it is okay if your priorities look different than what might be expected of you.

I feel a certain level of guilt, and maybe even shame, regarding my lack of desire to put the energy into finding and pursuing an internship. Am I being lazy? Am I simply not driven enough? Am I wasting my time by pursuing anything else?

The thing is, if you are actually spending the time to pursue the things and experiences that truly matter to you, are you really being lazy? Or, do you just have a differing perspective and a different order of priorities than the people around you?

For example, it's not likely that you will find me sacrificing rest in order to stay up late to study. Personally, I prioritize my eight hours of sleep over a letter-grade higher on a test. From the outside looking in, someone who values straight-A's over their sleep schedule might think I'm less dedicated to my education. In reality, it's all just a matter of perspective and the way people organize their priorities. Again, not that straight-As and a good sleep schedule are mutually exclusive, but let's be honest: How many college students get eight hours of sleep in a night?

For me, I would rather have

the experience of summers with mornings full of surfing and afternoons spent building my small business. I know how intentional I am with my time, and I am reminded and encouraged by those closest to me that although my path feels different, I am hardworking and self-motivated.

I have learned that I work most creatively and efficiently when I have freedom over my work hours. Working in this way, I have seen certain doors of experience close just for other doors to open. At the same time, I recognize that for others, having more structure and set hours allows them to

work more efficiently. Once again, it ultimately boils down to the individual.

Ask yourself about the things that leave you feeling truly fulfilled. Can you recall the last time that you walked away from class feeling energized by the last concept you learned? How much of your motivation comes from what is expected of you from others? What things have you prioritized over your core values? How have you prioritized your work, school and personal life? In what ways are you proud of yourself, and in what ways could you grow?





Elise Deschamps decided to dedicate her time over the summer to growing her thrifting business, Le Marche Du Soleil, instead of getting an internship.

(Photos courtesy of: Elise Deschamps)

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts! SOCIAL



#SAUlife

Bailey DuBose @bay_what

The thatcher south parking lot has to be one of the most complicated parking lots on this campus

Harold Carvajal @theharoldcar

Rubbed my nose after cutting some habaneros... I don't wish that pain upon anyone

Elise Deschamps @hippyleez

when i get stressed about school i just try and remember that deadlines are all made up and my dream in life is to wake up to birds singing in nature and talk to people and so therefore i am fine

Lila Odhiambo @ineedaprivateac

i'm at mcdonald's in amsterdam. i'm gonna cry. they have veggie burgers

Andrea Stevens @estherstevens99

I do not have the same energy I did working at a religious summer camp.

Cameron Reel @thereelcameron

We need to stop calling it music and call it what it is: Fancy sounds

Congratulations @juni0r_19_, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need to grab some food after a difficult week, so he is offering a

> \$10 Subway **Gift Card!**

DM us on Instagram with a photo of where Kevin is hiding!



McKenna Britt



im_a_baby_beluga I'm an original and that's perfection in itself

Bethany Edwards

bethanyyy_e I'm ready for Thanksgiving



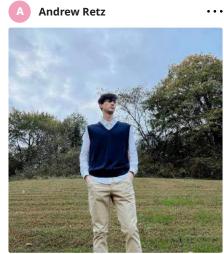
Jayceli_ann Quarantined and cozy







barry.hj Which is better ... Sunflowers or pumpkins?



aretz15 Yesterday's film



Hannah_k525 Throwback to summer fun and wishing I was back climbing the mountains instead of sitting behind a computer screen.

CHATTER





SA Announcements

FAFSA Deadline is November 30. Remember to file for Financial Aid for the 2022-23 school year.

The winner of the SA Fall Festival Car show is Jack Farrow! The winner of SA Spirit Week is Jared Armbruster!

423 Night Market is taking place on November 13 at 8:00 p.m. in the Collegedale Church parking lot. Make sure to come on out and support the entrepreneurs on campus!

Check out our website! www.southern-accent.org



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Home of the Braves

The right to housing in the

United States

Lifestyle | 7

The pursuit of peace during a difficult season

November 10, 2021 Collegedale, Tennessee

Southern Accent The student voice since 1926

Administration approves five-year plan to address mental health on campus



Cassidy Connolly introduces her group's case study on adolescent drug abuse and peer pressure while the other group members pass around papers on the subject in their Developmental Psychology class. Developmental Psychology will be one of the classes directly affected by the new QEP. Tuesday, November 2, 2021. (Photo by: Xander Ordinola)

Megan Yoshioka

Editor<u>-in-Chief</u>

Southern Adventist University administration has approved a new Quality Enhancement Plan (QEP) to address mental health on campus and is preparing for the first stage of implementation for the Fall 2022 semester, according to Dionne Felix, associate vice president for Academic Administration, and Tyson Hall, dean of Graduate and Professional Studies.

According to Tiffany Bartell, Counseling Services coordinator and QEP director, the QEP is a five-year, university-wide plan to improve student learning and enhance the quality of students' experiences at Southern. Bartell said the OEP is a process governed by the Southern Association of Colleges and Schools Commission on Col-

leges (SACSCOC), the regional accrediting body.

Bartell said administration chose the topic of mental health for a variety of reasons, including an increase in the number of counseling appointments.

"Administration has [been] increasingly concerned about the mental health of students at SAU as they have witnessed the increase in ... the number of appointments in the Counseling Services office for the past seven years, the rise of mental health concerns nationally and the students' expressed concerns," Bartell wrote in an email to the Accent. "When evaluating the options for the next QEP cycle, a focus on mental health was chosen as a plan that could [affect] meaningful change for campus."

According to information provided by Executive Director of Institutional Research and Planning Chris Hansen, Counseling Services experienced

> **66** The goal of the QEP is to increase student well-being and decrease stress and psychological distress.))

more than a 40% increase in the number of requested personal counseling appointments from the 2014-2015 to the 2018-2019 academic years.

Additionally, the document provided by Hansen stated that in the past eight years, Southern saw an 80% increase in the number of incoming freshmen who reported feeling frequently depressed.

"The goal of the QEP is to increase student well-being and decrease stress and psychological distress," Bartell said. "There will be an increase of outreach, programming and resources, as well as increased campus training on mental health topics. Our goal is to create campus-wide change in the area of mental health."

Classes that will be directly affected by the new QEP include Southern Connections, Developmental Psychology, Fit for Collegiate Life and Fit for Hire, according to Bartell. She said modules to increase the practical application of stress man-

See QEP on page 2

SOAP to facilitate a caving outdoor church

Yvanna Hammen-Alvarez

The Southern Outdoor Activity Program (SOAP) focuses on connecting students to nature as a form of revival and selfcare with little to no cost.

On December 4, the program will be hosting a caving outdoor church trip.

Mike Harris, Adventure Programming director for the School of Education, Health and Wellness, said caving tends to be perfect for the colder months since it's always about 60 degrees fahrenheit inside a cave. He said organizers prefer students to sign up ahead of time so they can plan properly, and they need at least eight people to register.

SOAP is not a club but a program available to all undergraduate students, according to Harris. The program started in 2008 to help students experience outdoor activities they could take into their future lives, such as rafting, kayaking, caving and rock climbing.

It has exposed students to different activities regardless of their levels of past experience, according to Harris, and introduced them to different classes available on campus, such as the caving and rock climbing classes. He said students also get to know more people in those niche activities. SOAP doesn't charge for the day trips, but participants pay for food and transportation on overnight trips.

The upcoming trip will start

See SOAP on page 3

Preview Southern visitors share opinions of the university

Lucas Bueno Reporter

Preview Southern is a twoday event that gives prospective students a glimpse of college life at Southern Adventist University. The event is designed for both high school and transfer students, according to Christalee Crary, the campus experience manager at Enrollment Services.

Preview Southern typically occurs three to four times a year. So far this year, it occured three times, Crary said.

Last Thursday and Friday, several prospective students came with family and friends to visit Southern's campus. One such student was Rachel Spates, who is from Hicksville High School in New York. Spates' mother said she and Spates decided to visit Southern because it is a Seventh-day Adventist University with a Christian environment. Spates is interested in social work, so she spoke with Lunelle Bertresse, an assistant professor in the Social Work Department. Spate's mother said Bertresse really engaged with her daughter. Spates gave Southern a

seven out of 10 and said she might attend in the future.

Other attending students were Ethan Jahn and Elio Martin, who came with their school group from Newbury Park Adventist Academy in California. When asked which part of the campus stood out the most to them, they said the Bietz Center for Student Life, particularly the slide. Both gave Southern a rating of 10. However, they said they would like to visit some other campuses first before deciding whether or not to attend Southern.

Another attending student, Ellie Britain, is from a non-denominational high school in Wisconsin called Abundant Life Christian School. While visiting Southern's campus, Britain stayed overnight with a friend in the dorm, according to her mother, Jenny Britain. When asked about what stood out on campus, Britain said she liked the new student center and the views on campus.

"It's beautiful, like especially this time of year," Britain said. "The colors are gorgeous, and then, yeah, the student center

See PREVIEW on page 3

Pedestrian struck by a vehicle between Southern Village and the Collegedale Church of Seventh-day Adventists



A Southern student was struck by a vehicle at the crosswalk connecting Southern Village and the Collegedale Church of Seventh-day Adventists just before 8 a.m. on Monday. Monday, November 8, 2021. (Photo by: Megan Yoshioka)

Megan Yoshioka

Editor-in-Chief

A Southern Adventist University student was struck by a vehicle Monday morning at the crosswalk connecting Southern Village and the Collegedale Church of Seventh-day Adventists parking lot, according to Director of Marketing and University Relations Isaac James.

James said four witnesses

reported that the crosswalk lights were activated. A news release posted to the Collegedale Police Department's (CPD) Facebook page stated that the school zone lights were also activated at the time of the accident.

A 911 call was made just before 8 a.m., according to James. He said the student was transported to Erlanger Emergency Room with minor injuries, including lacerations.

The driver was not someone affiliated with Southern, James said. No charges have been filed at this time, according to CPD Lieutenant Jamie Heath in an interview with the Accent.

Updates will be posted to the Southern Accent website as information becomes available. Alana Crosby also contributed

to this report.

Avery Kroll describes the creative process behind the painting of her grandparents, Gordon and Cynthia Bietz

Judah Brass Reporter

Working in a small bedroom, Avery Kroll felt a bit nervous as she began painting a portrait of her grandparents, Gordon and Cynthia Bietz.

As the artist commissioned to create the artwork that would eventually hang at the new Bietz Center for Student Life, Kroll had been asked to paint a picture to honor the former president and his wife for their contributions to Southern Adventist University. But the process was nerve-racking.

"I wanted the eyes to look alive in the painting, to capture a soul, a human being, an astounding individual," said Kroll, referring specifically to the image of her grandfather. "In discussion with the head designer of the Bietz Center, my goal was to capture the essence of who my grandfather is and recognize that he had an astounding impact."

Last month, Kroll unveiled the portrait at the grand opening for the center. Later, in an interview with the Accent, she described the creative process.

Kroll, a Southern senior animation major, said she worked on the painting all summer, and it took about 70 hours to complete. The project presented many challenges, one being that her grandparents lived close to her and were extremely curious about the work she was doing. They wanted to see her progress, Kroll said, but she was instructed not to show them the painting until it was unveiled. She said her grandmother was especially curious.

Kroll said the art project was the biggest she has ever completed, and she struggled with perfectionism and accuracy.

"Art is not like a nine to five job," she said. "It is hard to find the drive to create, and there were times when I felt uninspired. The creative spark does not come when you want it to."

Podcasts helped keep her mind engaged and open to ideas, she said. For inspiration, she looked at old photos of her grandparents, which kept her



Senior animation major Avery Kroll (right), with the help of her brother, Aiden Kroll, unveiled her portrait of her grandparents Gordon and Cynthia Bietz. Friday, October 1, 2021. (Photo by: Xander Ordinola)

"I see kind eyes, enthusiasm, humour, outdoorsy, caring and kind [people]," said Kroll when asked to describe the painting in her own words.

Once the painting was completed, Kroll said she felt relieved because she had put ents were excited and proud

so much time and energy into the project. At the unveiling, she felt nervous but was thankful that her brother, Aiden Kroll, was there to support her, she said.

Kroll said her grandpar-

when they saw the painting. She recalled her grandmother being "full of tears and very emotional."

"I was very excited to see my grandparents' reaction," she said, reflecting on the experience.

continued from page 1

agement will be implemented into those classes. Bartell said Counseling Services will help create some of the modules.

Counseling Services is also planning for outreach projects such as a video campaign that will allow staff, faculty, alumni and students to "share their own stories of resilience," according to Bartell.

"So many times we think when we're struggling, 'I'm the only one. Everybody else has got it but me. Everybody else is feeling happy but me. Everybody else has friends but me," Bartell said in an interview with the Accent. "But really, I think that these stories of resilience, these stories of adversity can be really encouraging and empowering to look at our own lives and say, '... What have I gotten through before? How did I get through that? How can I use those same strengths and skills to tackle what I have in front of me? And it's okay if I need help to figure that out.'

"Harvard and Stanford and some of the Ivy's have already done these kinds of projects," Bartell continued. "And it is something I've been wanting to do for a long time, but we never really had the capacity to do it. And so, through the QEP, we'll be able to do that on campus."

Bartell said an annual survey will be sent out to the student body to measure the success of the plan. According to the information provided by Hansen, those surveys will have scales on stress, psychological stress and well-being.

According to Felix and Hall, the SACSCOC is scheduled to visit campus from March 1 to 3. They said the visiting team will be composed of reviewers from peer institutions who will review Southern's QEP for compliance with SACSCOC requirements.

School of Education plans new masters of art in teaching degree

Madison Wilcox

Reporter

Southern Adventist University's School of Education and Psychology is currently awaiting approval from the State of Tennessee for a new master's of art in teaching (MAT) degree, according to Director for Master of Science in Education programs Monty Murdoch. Murdoch said the school hopes to begin offering a few classes in the degree by the Fall 2022 semester.

According to Murdoch, the purpose of the new program is to provide teacher certifications to people who have received an undergraduate degree in a field other than education.

"This degree is really a degree for someone looking for a change in careers," Murdoch said.

The degree is also mostly online, which makes it "unique in the marketplace," according to Murdoch.

"There are other MAT programs [in the area], but we are unique in that we will be a fully online MAT degree except for the student teaching portion, which has to be done face-toface," Murdoch said.

Certification Officer Kathryn McGrath said the program will allow graduate students to continue working their regular jobs while taking courses. Once the students have completed their coursework, they will be eligible for hire and can complete the student teaching portion of the degree while also receiving a full salary.

"I'm pretty sure that we're going to have a lot of area professionals who are looking for a career change who do take advantage of the program just because it offers them a way to change without exercising that full nuclear option and quitting [their] jobs and going back to school," McGrath said.

Participants in the program

will be able to choose between tracks leading to either elementary or secondary licensure, according to McGrath. They will also have the option of obtaining Tennessee state certification, North American Division certification or both.

Murdoch said students who want state teaching certification must complete their student teaching in Hamilton County, while students who only want North America Division certification can complete the entire degree long-distance.

Requirements for admission include a bachelor's degree with a minimum GPA of 2.75 and a passing score on the Praxis content area exam, according to McGrath. Graduate students are required to have a minimum GPA of 3.0 on their last 60 hours of graduate coursework.

School of Education and Psychology Dean Tammy Overstreet, Murdoch and McGrath worked together to write the proposal for the MAT program, according to Murdoch. McGrath said they submitted the proposal to the state in early October and are still awaiting approval.

"It is very unlikely that they would say 'no," McGrath said.

The proposal has already been approved by Southern's Graduate Council and the Strategic Planning and Budgeting Committee, she added.

McGrath said once the proposal is approved by the State of Tennessee, the next steps will be to hire a director for the program, advertise, finish developing the classes and start enrolling students.

"Honestly, I'm really excited about the program," she said. "I think it's going to be a big benefit to a lot of people."



Summerour building. Tuesday, November 2, 2021. (Photo by: Xander Ordinola)

Southern Accent

The Accent encourages readers to write articles and voice their opinions. However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

For all advertising inquiries, email studentadmgr@southern.edu

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PREVIEW

continued from page 1

is pretty impressive."

Britain visited the business department since she is interested in pursuing a business degree. She gave Southern a rating of 8.

"It has been a good experience," Britain said. "I'm more leaning towards Union. I liked the smallness of it, just like how close the community was, and it's a little bit closer to home. ...Southern is very nice, and I do like it here. But I'm just leaning towards Union."

Crary said that the university encourages prospective students to visit the campus in-person before deciding what college they will attend.

"...Studies show that 80% of people that come for a visit end up attending, so we always try to encourage as many people to come for a visit as possible," she said. "And, you know, a person's interactions on campus actually have a ripple effect. So if somebody comes for a visit and they really have a wonderful experience, they're going to spread the word. And it will actually be almost free recruitment for us."



Walker Memorial Academy math teacher John Pauls with a student in the cafeteria during Preview Southern. Thursday, November 4, 2021.

(Photo by: Nicole Sabot)

Christmas tree lighting planned for November 30

Cassidy Connolly Reporter

Southern Adventist University's Christmas tree lighting will take place on November 30 at 6:30 p.m. According to Kari Shultz, director of student life and activities, multiple musical groups are supposed to be performing on the promenade simultaneously, but she is still waiting to hear back from most of them.

"There will be refreshments, hot cider and chocolate and donut holes," Shultz said. "The promenade will be decorated by different departments and schools."

While this event is expected to excite many students, Shultz asks that everyone remain COVID-19 sensitive.

"This event is not open to the public," Shultz said. "We aren't inviting other schools, churches, etc. to come."

Southern's Christmas tree will be located in Taylor Circle in front of Wright Hall.



Southern's Christmas tree. (Photo courtesy of: Marketing and University Relations)

SOAP continued from page 1

at about 11 a.m. Participants will load up the vans, drive to the cave and discuss safety and maintaining three points of contact. The participants will stay in the cave for a while, and then sit and have a worship talk.

Harris said caves are "usually really good at bonding a group" because they are tight spaces that do not allow peo-

ple to draw away or disconnect.

In regard to other activities throughout the year, SOAP

offers an open-ropes course once a semester, along with rock climbing trips, one being overnight. SOAP also offers overnight caving trips, overnight backpacking trips and overnight rafting trips. Harris said he is also considering bringing back the overnight horseback trip with Hidden Hills Farm and Saddle Club.

SOAP tries to conduct four to five overnight trips and four to five day trips per semester.

When campus activities opened up last year after being shut down due to COVID-19,

When you're caving, you're not really thinking about the drama in your life. ... You're in the activity and I think that is very healthy – just to be in the moment.)

Harris said he had to take care of coordination, climbing rotations, gear maintenance and organization with help from Adventure Programming Coordinator Elisha Fowler, who is pursuing a master's degree in social work, and Michael Vance, a senior accounting major. Harris said SOAP has been able to organize the same amount of trips, just with less manpower.

When asked why students should come and attend a SOAP activity, Harris said, "It's fun!"

He added that getting out of one's comfort zone, gaining a sense of community and finding outdoor adventure allow students to get out and even find therapeutic elements within the outdoor activities.

"When you're caving, you're not really thinking about the drama in your life," Harris said. "... You're in the activity, and I think that is very healthy — just to be in the moment."

For more information about SOAP, visit www.southern.edu/

COLLEGEDALE NEWS

Gas prices on the rise, not expected to fall in the near future



Five Tips on Saving Gas from the Department of Energy and CNBC

Drive more gently

Avoid accelerating quickly

and speeding

Shop around for a good prices

A few pennies can go a

long way

Download an app

Check out aps like Gasbuddy and Gas Guru

Reduce idling time

Shut the engine off if the vehicle will be parked for more than ten seconds

Avoid carrying heavy loads

This can increase gas costs by up to 3.%

(Photo by: Alana Crosby)

Alyssa Rivas

Reporter Alana Crosby Collegedale News Editor

As reported by CNBC, gas prices are at a seven-year high and are predicted to continue rising. Michelle Toro, Collegedale assistant city manager and CFO, said she does not expect the gas prices to fall in the near future.

Prices continue to skyrocket, although at a slower rate than the last few weeks, according to data from AAA. According to an article published by CBS8 in San Diego, California, the national average for regular-grade fuel is \$3.39 per gallon.

The extreme rise in prices has affected many people, including college students who are concerned, causing many to revert to strict budgeting.

One student, a sophomore who asked to be anonymous, said she has a budget of \$35 a month for gas. When filling up her tank this past week, she was

I have to be stricter with my budgeting and driving now. I don't have the money to be spending \$40 on gas. >>>

unable to fill the entire tank.

"I have to be stricter with my budgeting and driving now. I don't have the money to be spending \$40 on gas," the student said.

Sophia Cirigliano, a sophomore social work major, said, "Although I don't have a car on campus, I see the prices affecting my friends and my parents. The prices are ridiculously high. I don't believe it's a political issue."

Many have turned to the city,

wondering why prices are continuing to rise.

"There are many reasons for the rising prices, [including] high demand and low supply," Toro said. "My tips for saving money on gas would be to carpool, walk or ride a bike when you can. There are also many apps that can help locate the least expensive gas in the area. Unfortunately, I don't believe gas prices are going to lower any time soon."

gnite Live



Alex Kendrick congratulates Esteban Grajales, the winner of the push-up challenge.

Saturday, November 6, 2021.
(Photo by: Nicole Sabot)



President Ken Shaw gets a pie to the face. Answering various trivia questions was one of the games during Ignite LIVE that was played by different clubs. If players lost, they got a pie to the face. At the end, the winner had to play against Shaw and, although he won, Ignite LIVE co-host Aaron Patterson pied Shaw anyway. Saturday, November 6, 2021. (Photo by: Nicole Sabot)



Elise Deschamps, co-host of Ignite LIVE, takes a selfie with the crowd. Deshamps and her co-host Aaron Patterson took selfies to be posted on the Ignite Instagram page. The person with the fewest likes got pied. Patterson lost.

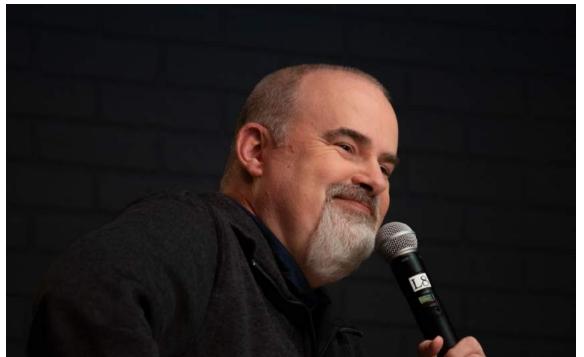
Saturday, November 6, 2021.

(Photo by: Nicole Sabot)



The Student Ministerial Association performs in a lip sync challenge to raise money for its club. It won with Backstreet Boys' "I want it that way."

Saturday, November 6, 2021.
(Photo by: Nicole Sabot)



Alex Kendrick, director, actor, writer and producer, speaks during Ignite LIVE. He was the special guest of the night and participated in games, answered questions and gave the final goodbye of the night.

Saturday, November 6, 2021.

(Photo by: Nicole Sabot)



Noah Bynum performs in a lip sync challenge to raise money for the Communication Club. Other clubs participated such as Latin American Club, Black Christian Union and Student Ministerial Association.

Saturday, November 6, 2021.
(Photo by: Nicole Sabot)



Elise Deschamps and Aaron Patterson wave the audience goodbye. Patterson received fewer likes from his selfie, and, as promised, was promptly pied in the face by Deschamps.

Saturday, November 6, 2021.
(Photo by: Nicole Sabot)



IGNITE Live has a full house in Lynwood Hall. Saturday, November 6, 2021. (Photo by: Nicole Sabot)



The final episode of "Extinguished" performs live. Saturday, November 6, 2021. (Photo by: Nicole Sabot)

MENTAL HEALTH

How to study intentionally: Take breaks and actively engage

Brandon Grentz

Counselor

Editor's Note: The following article is written by counseling professionals from Counseling Services in partnership with the Southern Accent.

Studying is a part of the college experience. Whether that experience is good or bad can really influence the trajectory of success and fulfillment in learning. When developing study habits, you may need to ask yourself: What is working? What is not working? And, can I find a better way?

The first part of developing or refining study skills is making sure you are setting yourself up for success by creating an environment that removes barriers and encourages good habits. This can be planning out your study time, organizing the order of classes to study for and possibly changing where you typically study. Find an environment that minimizes distractions and improves focus such as a library, study room or your dorm room — as long as it is not too distracting.

Studying also needs to be active. Reading and re-reading textbooks or notes is not actively participating with the material. Reading or taking notes

is a precursor to studying, but the more you engage in the actual information and concepts, the more it will stick.

When you need to study for multiple classes and feel overwhelmed, make sure you are spacing things out and breaking them down to decrease the stress.

Ideas to actively engage in studying include:

Explain the material to someone else to test how well you can articulate the concepts.

Connect the material with examples from your own experiences in life, which will make associations stronger and more readily accessible for recall.

Try to create study guides organized by topics or concepts. For more detailed content,

work the problems or formulas and explain why they work. For more abstract or theoret-

ical concepts, explain the big ideas to compare and contrast.

When you need to study for multiple classes and feel overwhelmed, make sure you are

spacing things out and breaking them down to decrease the stress. Space out your study times over several shorter periods rather than long tiring ones. The quality of study comes from how you spend your study time rather than how long you are studying. Several shorter periods can add up to the same amount of time as an all-nighter, but the efficiency will improve.

Use the analogy of a golf swing during 18 holes on a golf course. If you swing full 100% capacity from the first hole, it may go well, but maintaining 100% walking all 18 holes and fatigue will lead to inaccurate swings that feel off by the end of the day. Instead, if you swing at 80%, you are much more consistent and will be able to maintain it longer without feeling exhausted.

Studying isn't always fun, and it can take trial and error, but remember that learning how to study is just as much a part of education as the content is. Take this time to invest in your present and future success as these skills can transfer into your work.

Remember to take breaks and study smarter, not harder.



Nadia Porras studies in the McKee Library. Thursday, November 4, 2021. (Photo by: Nicole Sabot)

SPORTS

Home of the Braves: The Atlanta 2% wins flag football Braves win the 2021 World Series

Jacob Bradshaw Contributor

October is baseball's month of destiny — a month of broken curses and continued droughts, when role-players can become heroes and generations of pain are washed away with feelings of euphoria at a single crack of the bat. October has given us the pure magic of the 2004 Red Sox, the 2016 Cubs and, now, the story of the 2021 Atlanta Braves.

At the All-Star Break, the Braves were given by statistics experts just a 0.3% chance of winning the Fall Classic. These extremely low odds, combined with Atlanta's failure to win a World Series since 1995, did little to inspire hope for any October magic for the Braves.

Yet, in a way, this year had to belong to the Braves. Atlanta Braves legend and civil rights talisman Hank Aaron passed away in January of this

(Illustration by Nickolas Nieves)

year, just two months before the start of the Braves 2021 campaign. This entire year, his iconic number "44" has been cut into the outfield grass of Truist Park, the Braves' home field, as a reminder of the lasting impact he has had on both the city of Atlanta and the game of baseball.

Even posthumously, Aaron's fingerprints were all over this World Series. It was Aaron who mentored Dusty Baker, the manager of the World Series losing Astros, when he debuted as a 19-year-old player for the Braves against, you guessed it, the Houston Astros.

Freddie Freeman, who has spent all 12 seasons of his career with the Braves, now has his first championship title. Jorge Soler becomes only the second Cuban in history to be named MVP of the World Series. Joc Pederson is now the ninth player in MLB history to win the World Series in back-toback years with two different teams. And born-and-raised Braves fan from north Atlanta Dansby Swanson joins a very short list of players to have won a College World Series and repeat that success at the professional level.

The Braves' dominant 7-0 win in game six of the World Series ends this season on a massive high for the city of Atlanta as they can finally celebrate their first major sporting championship in over two decades. The losing Astros will have the chance to bang out a new strategy in the five-month off-season, while the Braves can celebrate having once again tomahawk-chopped their way into baseball's October lore.

championship

Patrick Scriven Sports Editor

Students were on the edge of their seats on October 28, half-expecting an email from Coach Walker signaling the cancelation of the men's A league flag football finals due to stormy weather. But, the email never came; the game was on.

It would be a different type of storm that hit the football fields that night.

2% asserted their dominance in the men's A league flag football championship against Team Name. After an early turnover on downs and a Team Name touchdown to open the first half, 2% bounced back with 19 unanswered points, winning the championship 19-7.

Senior business management major and captain of 2% Derek Schroer played quarterback for most of the game, finishing the night with three touchdowns to his name.

"We wanted to come out here tonight and kiss the baby on the season," Schroer said in a subtle nod to former NFL wide receiver Chad Johnson, who famously coined the phrase.

The one glimmer of hope that held Team Name together at the end of the second half came to an abrupt end when Schroer leaped into the air to intercept a deep shot from quarterback Noah Allen, a sophomore business administration major.

2%'s cherry on top came late in the second half as Schoer connected with junior religious education major Tyler States, one of his favorite targets this season, for a game-clinching touchdown.

Senior junior business administration major Davy Ondrejka, who played wide receiver and stepped in as a quarterback a few times during the game, said the key to 2%'s success — and the highlight of the season — was the bond between the players.

"Everyone on the team is close," Ondrejka said. "We're all friends, and we've been playing together for a long time. It was pretty rewarding getting to play with guys that I've known for ten years plus."

Schroer echoed these thoughts, adding, "We knew it was going to be extremely hard to win this year. ... But, as they say, 'The milk rises to the top."'



Derek Schroer launches the ball past the defender for his second passing touchdown of the night. Thursday, October 28, 2021.

(Photo by: Patrick Scriven)

OPINION

The right to housing in the United States: Everyone deserves a home

Madison Reinschmidt Opinion Editor

Most consider the month of November and Thanksgiving as a time to practice gratitude and thankfulness, and for many, a time to participate in community volunteer work. While service and practicing thankfulness are certainly positive contributions, they are short-term provisions that fail to solve larger problems that America faces, such as homelessness.

As reported by the Chattanooga Community Kitchen, 4,000 individuals living in the Chattanooga area experience homelessness each year, with the number of homeless families increasing by a rate of 300% in the past few years. The homeless issue remains a national and local trend, which continues due to leading causes of insufficient income and lack of affordable housing, as stated by the National Law Center on Homelessness and Poverty.

The root of this issue truly lies in the inability of Americans to afford housing. People who work minimum wage jobs on a full-time basis can't even afford a one-bedroom apartment in 93% of U.S. counties, as reported by CNN in reference to the National Low Income Housing Coalition's annual "Out of Reach" report. So, this issue begs the question: Should the U.S. guarantee the right to housing? I say, absolutely, yes.

In 1944, President Roosevelt introduced the U. S. to the right to housing in his "Second Bill of Rights," in which he said, "We have come to a clear realization of the fact that true individual freedom cannot exist without economic security and independence. Among these are ... the right of every family to a decent home."

I don't foresee many debating the idea that everyone should have the ability to live in the comfort of a home. But, many oppose the idea of government-guaranteed housing. considering the proposal too expensive. Yet, the right to housing doesn't insist that a house should be built for each American for free. Instead, it compels the government to provide enough resources and guidelines for public housing to be available and adequate. This idea is not radical or absurd; the United Nations considers housing a fundamental human right, and 108 states have ratified or acceded to this idea, as in the International Covenant on Economic, Social and Cultural Rights.

Government should not simply work for just some citizens in our society. Everyone should have access to necessities of life, like housing, to pull themselves out of the endless cycle of poverty. As said in an article written by The Appeal, "Whether it's housing or clean air, there is a threshold for humanity that is so important that it's beyond the reach of profit. The right to a house should not be predicated on the money in one's pocket and the government's role must be to secure this right."

Above all, as followers of Christ, we are called to take care of those who are less fortunate. Proverbs 14:31 says, "Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God."

Many enjoy serving others at this time of year—which is a great way to practice gratitude and give back to the community. But instead of giving ourselves a pat on the back for spending a few hours ladling soup, maybe reconsider what other ways you can be an ally to those less fortunate.

Life, liberty and the pursuit of a house

Thomas Rogers
Contributor

President Franklin Delano Roosevelt once said in his "Second Bill of Rights" that, "Necessitous men are not free men. People who are hungry and out of a job are the stuff of which dictatorships are made." Roosevelt pushed the idea that if some Americans are homeless, the government should provide housing. A government that failed in this obligation was not just heartless, but oppressive.

The claim is ironically true, but not in a way Roosevelt intended. When dictators move to take power, they do it by promising to fulfill the needs of the masses. The government has a duty to protect individual liberty, not provide for every necessity. We are meant to have the freedom to pursue our success, not take what we need from others.

Shelter is considered a basic human need, but should it also be a constitutional human

right as Roosevelt proposed? The basic answer is no. The government should not provide housing for citizens who cannot afford it. Such assistance requires large tax increases and conflicts with other quaranteed freedoms.

According to the National Alliance to End Homelessness, there are approximately 500,000 people living homeless in the United States at a given time. The average cost for a month of housing is \$1,674, or \$20,088 for the year. This would mean that it would cost over \$10 billion a year for the government to house the homeless.

This, of course, ignores many socioeconomic factors that would change the group of people who would rely on this program, such as those who find it easier to take advantage of the free housing and reduce the amount they work. There are 34 million Americans who, while not homeless, are considered impoverished and would need this same support. Covering their housing would bring the total cost up to nearly \$700 billion a year.

By the government guaranteeing the payment of living costs for such a huge group of people, business owners and speculators who sell housing would raise their prices substantially, knowing that the government will be forced to pay their high prices.

A right to housing would conflict with the Tenth Amendment to the Constitution, as well. The Tenth Amendment states that the federal government cannot impose legal action that is not granted by the Constitution. And, as such, this would supersede our right to a limited government. Providing free housing ultimately oppresses taxpayers and deprives them of their Constitutional rights.



Micheal Townsend sings to a crowd of homeless and low income people at the corner of Martin Luther King Boulevard and Houston Street, where members of the Woodland Park Baptist church and other local churches bring food and supplies for those who need it on a weekly basis. Donations from various businesses, such as Walmart and Food City, provide food and clothing. "I want them to reach Christ Jesus," Townsend said regarding why he sings. *Sunday, November 7, 2021.* (Photo by: Xander Ordinola)

RELIGION

What we're forgetting in Sabbath School

Violet Petrikas *Copy Editor*

Last year, on a warm morning, I sat in the downstairs adult Sabbath school, listening to the leader read from one of Ellen White's writings. I had only recently moved up from the young adult Sabbath school to the adult, so I sat in the back row, hoping that the leader wouldn't call on me to read a paragraph from "The Great Controversy."

As I listened, I watched a deacon hand a small envelope to a woman. The woman smiled and passed the envelope to the person on her right. I continued to watch as the envelope was passed around from attendee to attendee, never stopping.

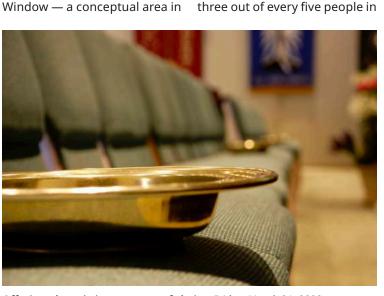
"That's pathetic," I thought.

However, when the envelope came to me, I felt its lightness, and I too passed it to my right. A few minutes later, the deacon returned to pick up the empty envelope.

Later that morning, I sat in

the front pew of the sanctuary and listened to the worship speaker urge the congregation to give their time and resources to the mission field. The speaker discussed the great need for workers and funds in the 10/40 Window — a conceptual area in

the northern hemisphere that includes Asia, Northern Africa and the Middle East and is home to more than two-thirds of the world's population. An estimated 5.11 billion people live in the 10/40 Window, and



Offering plate sitting on a row of chairs. *Friday, March 21, 2008.* (Photo by: James Cotter)

the Window have no access to the Gospel, according to a report by Advancing Native Missions. This area is also home to the majority of the world's Muslims. Hindus and Buddhists.

As I listened, I began to understand the enormous amount of people in need of the Gospel, and I asked myself, "Do I give to foreign missions? Am I putting money in that little envelope that seems to circulate Sabbath school in vain?" No, I am not.

In "More than Numbers," an article published on adventist-mission.org, Adventist Review editor Andrew McChesney reports that in 1930, during a time when the world economy was suffering from the devastating effects of the Great Depression, Adventists gave \$6.45 in mission offering for every \$10 they gave in tithe. However, by 2008, the number was 36 cents for every \$10 in tithe. The

World Mission Fund offering — the Sabbath School offering — goes toward reaching those in need of hearing the Gospel.

The Bible says, "And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come." (Matthew 24:14, NKJV) But how can the Gospel spread throughout the world when there is such a deficit in mission funding?

A great work needs to be done in foreign fields. And though it is true that we cannot give all our resources to foreign missions, we can give more. As Adventists, we are called to help finish the work so that we can all go home. Money for foreign missions is an eternal investment, so the last thing we should do is neglect giving to that little envelope that circulates in Sabbath school.



Pumpkin Sale
Scavenger Hunt

Oct. 21st & 28th

Nov. 8th & 22nd

Check pockets, bags, furniture, and frames. Find the pumpkin & win 10% off of your entire cart!

LIFESTYLE

The pursuit of peace during a difficult season of change

Elise Deschamps Lifestyle Editor / Columnist



When was the last time you woke up excited for the day ahead of you? How long has it been since you haven't been worried about a deadline? Is there that 'one thing' you can't seem to shake, something that weighs on you daily? For me, the thieves of my peace have come in the form of workaholism and overthinking friendships. And I know I'm not alone.

It is an unfortunate reality that many of us struggle internally on a regular, if not a daily, basis. Many of us students are at a point in our lives where change and stress is essentially unavoidable. We are at a point where we aren't necessarily equipped to handle the changes or stressors.

Friendships that we thought would last a lifetime break down unexpectedly. The career and life goals we were once so sure of suddenly become much less attractive. Some beliefs we once held about life are proven untrue by the new experiences we find ourselves in. And when our perspective of reality shifts due to these new experiences, everything else gets shown in a different light and casts different shadows.

The past year has been one

with several changes in lighting that resulted in exasperated feelings of anxiety, prolonged depressive episodes and months of questioning long-held beliefs about my relationships and life in general. I have stayed up at night begging and praying for peace, for wisdom and for discernment. I have woken up many mornings already dreading the day ahead of me. I have spent hours of my day weighed down by the heaviness of change and the soreness of growth.

However, something has changed during the past few months. I went to bed a few nights ago, excited to wake up the next morning. My days have been filled to the brim with meetings, production rehearsals and class projects. For the first time in over a year, I no longer leave interactions with my peers overthinking and hyper-aware of myself. I don't feel out of place in my classes. After a year of immense change, I have finally adjusted to the change in lighting.

However, this adjustment did not come on its own. This feeling of peace I am finally experiencing again has come from forcing myself to release unhealthy attachments and surrender myself. This looks different for everyone, as everyone's experience is completely unique to themselves. However, the one common factor is this: You must want your life to change for the better and be willing to humble yourself enough to allow that change to occur.

While there is no cookie-cutter way to finally achieve peace, here are some things that were essential to the freedom from my anxieties this semester:

Just because a relationship/ friendship existed in the past does not ensure that it will exist in the present.

This applies to relationships of all kinds: platonic, romantic or familial. As you and the people in your life grow and change, you can't expect that relationships will remain the same. It is not unordinary to

outgrow another person, or for them to outgrow you. That isn't to say you love them any less, but you might have to reevaluate the weight of their role in your life. This was the hardest lesson for me to learn, but it ultimately freed me the most.

Putting my physical, mental, and spiritual health ahead of worldly success is the only way to feel energized on a day-today basis.

For someone who has attached their worth to their productivity for a long time, this one is still difficult to remember and apply. However, getting eight hours of sleep every night and finding a work-out routine that excites me has honestly made me more efficient and productive when it comes to my classes. Additionally, I went to the health center and got the necessary care I needed for the symptoms I was experiencing. This balance is necessary, even if it feels like a sacrifice of time.

If it is available to you, go to counseling or therapy.

Therapy has been absolutely essential to my pursuit of peace. It is very important to find a therapist who works for you, and it very well can take a few tries. However, finding a counselor that challenges me and encourages my growth has played a huge role in adjusting to change healthily. This semester, my therapist helped me reach a breakthrough realization about myself that opened my eyes to something that affects literally every relationship in my life. I don't have time to talk about it here, but if you're curious, you can DM me @leeezie on Instagram.

While not every day is filled with feelings of peace or confidence that I'm on the right track, I can say that life lately has been much brighter than it has been in the past. Just because you may have struggled for a long time, it does not mean that your life will always be painful or difficult. Peace is achievable if you open yourself up to the change necessary for it.



Leaves behind the radio station. Monday, November, 8, 2021 (Photo by: Xander Ordinola)

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts!

SOCIAL



#SAUlife

Bailey DuBose @bay_what

I'm putting this iMac to work in the MacLab, why is she so loud

Andrea Stevens @estherstevens99

I fell of my stool in chem lab while holding my product and my professor looked at me, and was like, "Is your product okay?"

Rence Arroyo @notrence

The plan for my wedding is to have me and all my groomsmen drop in

with parachutes ĹΊ

Karen Guerra @kfcquerra

i'm so very tired but like mentally

Austin Bates @sandwoodstreets

it's bad when a bridesmaid is more photogenic than the bride

Kimberly Escobedo @kim_escobedo

at this point i don't even consider coffee an expense

Congratulations @_theviar_, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need to find some food after a long study session, so he is offering a

\$10 Panda Express **Gift Card!**

DM us on Instagram with a photo of where Kevin is hiding!



Mackenzie Jezierski



Mackenzie Jezierski Tis' the season to go out of your way to step on crunch leaves.



avie_345



jamielynn917 Waking up at 4:45 for pancakes? Worth it

🧿 | Instagram



amrojaszubieta Fall

Aly Cole

alycat98 Camping Weekend



elimatos_24 Fall season is not my favorite but I do enjoy the change.

CHATTER





SA Announcements

FAFSA Deadline is November 30. Remember to file for Financial Aid for the 2022-23 school year.

423 Night Market is taking place this Saturday, November 13 at 8:00 p.m. in the Collegedale Church Parking Lot. Make sure to come on out, bring your money, and support the entrepreneurs on campus!

Check out our website! www.southern-accent.org



MASTER'S DEGREE IN COMPUTER SCIENCE

Learn the Technology That Shapes the Future

Southern's Master of Computer Science degree puts you on the road to a successful career in a cutting-edge field.

A built-in advantage

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Position yourself for job growth and enhancement and straight-forward access to administrative roles.

Financial rewards

Graduates can expect to earn up to an additional \$12,000 to \$20,000 annual salary.

Areas of study

- Software architecture, engineering and development
- Network security
- Distributed systems cloud computing
- Embedded systems small electronics in all new technology
- Algorithms

With careful planning, you can complete a bachelor's degree AND a master's degree in five years!



shines in year 17

Intramurals: Old School

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Should Adventists teach children to believe in Santa?

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Boundaries: A crucial component of self-care

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Trend: How influencers make a living just by living

December 1, 2021 Collegedale, Tennessee



Vol. 77

Administration considers updating student wage scale, students express dissatisfaction with current rates



Journalism and Communication Professor Stephen Ruf picks up mail from the Purchasing Department. Ruf said he started picking up mail daily because of inconsistent mail delivery over the fall semester due to worker shortages. *Monday, November 8, 2021.* (Photo courtesy of: Stephen Ruf)

Amanda Blake News Editor Megan Yoshioka Editor-in-Chief Judah Brass Reporter

In response to a previous Accent article about a student worker shortage on campus, several students expressed dissatisfaction with Southern Adventist University's student worker pay rates. Financial Administration and Human Resources (HR) are aware of student complaints and have been discussing raising wages, according to Associate Vice President for Financial Administration Doug Frood.

Junior social work major Isabella Eklund said she decided to leave her on-campus job to work for an off-campus position that pays more.

"We have loans to pay, tuition to pay, car payments, groceries and other living expenses that \$7.25 to \$8 is unable to provide," Eklund said in an interview with the Accent. "We are expected to make those payments but have few campus jobs that provide work that may help us provide for ourselves. Some of us are struggling with debts that cannot be relieved through the current student workers' conditions."

In an email to the Accent, Vice President for Financial Administration Tom Verrill stated that his office's research has found anecdotal indicators that off-campus jobs' higher pay rates may be primary contributors to the student labor shortage on campus. Frood added that administration understands students' desire to work for higher-paying jobs.

"We [have] 50, 60, 100 open jobs, and obviously we know why," Frood said. "Amazon's paying \$15 minimum. Walmart's closing in on \$15; I think they're at \$13. ... Even though half the students who tell you this aren't working for any of those entities, they know what's happening. I hear from people, 'Nine bucks an hour is not enough for me to work here,' and they're still not working anywhere. But, yes, I get it. You're aware of the fact that pine is way low of 13."

nine is way low of 13."
However, Benefits and Compensation Manager Amy Steele stated that employment opportunities on campus offer advantages that often outweigh higher pay, calling the process a "two-way street with mutual"

benefits for all parties."
Sophomore computer science

major Brandon Gustrowsky, who works in landscaping and as a teacher's assistant (TA) for a computer science class, shared a similar sentiment, stating that his TA job prepares him for his career and his landscaping job offers psychological benefits.

"Even though I only get paid \$7.50, this [TA] job helps me internalize what I'm learning. This job is in my field, so it is very beneficial," Gustrowsky said. "... Even though I only get paid \$8.25 an hour, this [land-scaping] job is very therapeutic. It gets me outside, and I am getting exercise."

Gustrowsky also added that on-campus jobs are convenient and create a "wonderful, Christian anyiroment to work in"

tian environment to work in."
Sophomore history and polit-

See WAGES on page 2

Campus Safety responds to oncampus sexual assault, highlghts safety services

Yvanna Hammen-Alvarez Reporter Amanda Blake News Editor

On Tuesday evening, November 16, the Collegedale Police Department (CPD) responded to reports of a sexual assault of a female student on Southern Adventist University's campus, according to a CPD press release. The press also stated that another female victim had a run-in on Monday, November 15, with a vehicle matching the second victim's description. However, the first victim's account was reported to Campus Safety and not forwarded to the CPD, according to the press release.

Later in an email to the Accent, Director of Marketing and University Relations (MUR) Isaac James, explained that a Campus Safety officer investigated the first victim's report that Monday night, but no suspicious vehicle was seen. James stated that Campus Safety had nothing to report to the police because there appeared to be no active threat and little identifiable information available.

See SAFETY on page 3

Student Association and media applications to open January 10

Madison Wilcox Reporter

Applications for Student Association (SA) and media positions for the 2022-2023 school year will open on January 10, according to Dennis Negrón, vice president for Student Development and head Student Association adviser. The deadline for online SA position applications and portfolios is January 27 at 5 p.m., and the deadline to submit hard-copy applications and portfolios at the Student Development Office is February 3 at 5 p.m.

The SA president, executive vice president and social vice president are elected by the student body, according to Negrón. Other SA Cabinet positions, such as the executive secretary, assistant vice president for finance, marketing director, communications director, parliamentarian and liaison for diversity are chosen after an interview with the Cabinet Elect and their advisers. The assistant vice president for finance must commit to a two-year position, as whoever is assistant vice president for finance becomes vice president for finance the following year,

according to Negrón.

Media positions such as Southern Accent editor-in-chief, Southern Memories editor and Strawberry Festival producer are chosen by the Media Board, which is composed of the current students in the media positions and their advisers, according to Chair of the Media Board Stephen Ruf.

Negrón outlined the general election process in an interview with the Accent.

Once applications for the elected positions have been vetted by the Student Development Committee on February 7, candidates will attend the SA candidate election orientation on February 8 to learn more about campaign rules. On February 17, candidates will give their speeches at the 11 a.m. convocation in the Iles Gymnasium.

If there are more than two candidates running for the same position, a primary election will be held via Survey Monkey at noon that same day in order to eliminate one of the candidates. On February 22, a press conference will be held at Thatcher Chapel where stu-

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School of Music forms harp ensemble



(L-R) Kari Kuhns, Angelyn Edwards and Trisney Bocala practice at an ensemble rehearsal.

Friday, October 1, 2021. (Photo courtesy of: Ellen Foster)

Lesieli Heimuli

<u>Reporter</u>

Adjunct Music Professor Ellen Foster recently started a harp ensemble that consists of four Southern Adventist University students and one young adult who lives in the Chattanooga area. The ensemble will perform for the first time on December 11 at the Collegedale Church of Seventh-day Adventists for the School of Music Christmas Concert. The ensemble will also play in the foyer of the church at 3:30 p.m. before the main event.

Foster said she has been play-

ing the harp for about 35 years. She holds a degree in harp and music education and received her Master of Music from the University of British Columbia. Foster also said she has done some postgraduate work at Yale and has worked with Nancy Allen, the principal harpist of the New York Philharmonic.

Foster has been an adjunct professor at Southern since 2016. However, prior to taking that position, she began teaching at Southern about 10 years ago after the dean of the School of Music asked her if she would like to give lessons

to a student.

"He called me, but I'm not even sure how he got my name," Foster said. "He said, 'We have a student here, and she's very good. We're looking for a harp teacher for her. Would you be able to teach her?' And that's how that started."

Foster said the idea to start a harp ensemble was something she decided to pursue on her own. She ran the idea by the dean of the music department, Peter Cooper, and he approved it. But it wasn't until this

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dents can ask candidates any questions they have. The general election will be held on

February 24 via Survey Monkey. Students who wish to apply for SA or media positions must have a minimum GPA of 2.5 during this academic school year and a cumulative GPA of at least 2.25, according to the SA Applications webpage.

Students must also have attended Southern as a full-time student for at least one semester and be currently enrolled at Southern.

Current SA President Josh Esten described his own experience with the application process in an interview with the Accent.

"It was encouraging to have the people behind me pushing me and saying that they think I'd do a good job," Esten said. "But just like anything else that you're putting yourself out there for, it's scary."

Esten also recalled the amount of work that goes into the election process. He said candidates have to prepare for more than the application and interview. They also have to "know [their] slogan" and "get [their] mor-



Roman Johnson, SA senator and chair of bylaws and election, leads a meeting with SA President Josh Esten and SA Executive Vice President Kenneth Bautista. Johnson is in charge of overseeing the SA election process and reviewing the bylaws. *Thursday, November 11, 2021.* (Photo by: Megan Yoshioka)

als and values out to the people," not to mention creating a speech and preparing answers for the press conference.

"It's a good amount of work," Esten said. "It's gonna take some time outside of classes, but no matter what, it's definitely worth it."

Esten also gave advice to possible presidential candidates. He said it is important to know how to manage time, take advantage of advisers' help and have good people skills.

"But also know that you're not alone," Esten said. "That's the most important thing. ... We're a team. And I like to believe that everyone knows that, and ... they pour into you just as much as you pour into them."

Ruf encouraged students to take advantage of the leadership and employment opportunities in SA offered to them.

"It's very difficult to simulate those kinds of experiences in a classroom," Ruf said. "But when students experience it firsthand on the job, so to speak, even though it's right here on campus, that's a valuable experience."

Students can find more details and apply online at https://www.southern.edu/administration/student-development/student-association/SA_Applications.html.

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semester that Foster thought it was a good time to organize a harp ensemble because there were more than two harpists available.

"It's challenging because it's not an official class, but I'm just doing this because I love the harp. And, I want to give the students some experience," Foster said.

Foster said playing in an ensemble is really special for harpists because the harp is a lonely instrument.

"We don't grow up in a band," Foster said. "Harp students have a really, really big challenge to become part of an ensemble."

She added that ensembles give people a chance to learn how to play with others.

"There are a lot more things that happen in an ensemble than there are in a private lesson," Foster said.

Foster currently teaches private harp lessons to three Southern students every other week, driving 200 miles from Atlanta, Georgia, to Collegedale.

After teaching, she said she spends time with all the harp students, and they practice together. She said everyone has to work around each oth-

er's schedules because there are no official harp classes.

"It's a little challenging because everyone's got other classes," Foster said. "But the orchestra and wind ensemble and choruses are really supportive and are wonderful human beings."

Foster said another reason why she wanted to start the ensemble was because one of her students, senior public relations major Trisney Bocala, is graduating this December.

"Trisney is a fabulous harpist, and [she's] graduating and getting married and all these things," Foster said. "[I thought] we've got to at least have her here for a semester."

Bocala said she is grateful for her experience working with Foster.

"I'm so glad we recruited a small group to form a harp ensemble at Southern this semester," Bocala said. "I haven't been a part of one in over five years, and I've missed the unique sound."

Foster said she hasn't retired yet because she loves teaching and loves people.

"I always tell my students that ... I want [them] to be the best harpists that [they] can be," Foster said.

WAGES continued from page 1

ical science major Samuel Mora said he appreciates his jobs in the Periodicals Department at McKee Library and in the weight room at Talge Hall.

"My work experience at Southern has been a blessing because my work supervisor is really understanding and easy to work with," Mora said.

However, Mora added that he and other international students are in a disadvantageous work situation. As an international student, he is not legally allowed to work off campus. Mora said this limits international students to jobs supplied by the institution.

"The jobs on campus pay really little, so I work a lot and I get paid little, while I could be working jobs outside of campus and get paid more," Mora said in an interview with the Accent. "I only get paid around \$7.32. ... Legally, I can only work 20 hours a week. So, I take full advantage of that and work to that maximum."

Senior computer science major Ethan Wu commented on a post on the Accent's Instagram account. He said he used to work as a math tutor at the Tutoring Center for three years and that he was paid \$8 per hour.

"After being tired of being underpaid for the work I was doing, I decided to find another job off campus so that I could afford to pay for the bare essentials like food and clothing," Wu commented. "Immediately after I left my position at the Tutoring Center, they sent out an email offering a \$1.50 an hour raise to any math tutors that were to be hired."

In an interview with the Accent, Sonja Fordham, director of both the Writing Center and the Tutoring Center, said the timing of the raise was a coincidence. Fordham said she petitioned for a student worker pay raise to HR over the sum-

mer. She said HR responded and told her the department already voted that the Tutoring Center can pay student workers \$1.50 above Southern's base pay. Immediately after receiving HR's email, Fordham said she sent an email to her student workers informing them of the raise.

Fordham said she was not aware of the student's concern because no one had approached her about it previously.

"I'm sorry that a tutor felt underpaid and that the tutor left," Fordham said. "I think that the pay rate here at Southern for students should be increased. And I appreciate HR being willing to work with me to allow me to pay the tutors more money than base pay rate. ... [The Tutoring Center is] somewhat limited by the budget that we are given for student worker pay. But I try to max out the budget, use all of it if I can to pay my student workers, because I believe they're doing a good service."

consideration is necessary so that we can evaluate how we compare to market and scale that to our financial abilities.

Fordham said she would encourage her student workers to approach her if they are experiencing dissatisfaction with the pay rates.

"I would much rather the student come to me and tell me that they are struggling than have the student decide not to work for the Tutoring Center anymore," Fordham said.

Steele said HR is currently working to update the student wage scale, although nothing has been approved by administration to date.

"A pay increase consideration is necessary so that we can

evaluate how we compare to market and scale that to our financial abilities," Steele wrote in an email to the Accent.

Steele also stated that different types of pay structures are being considered. Frood said one of these considerations is assigning pay rates based on the nature, necessity and difficulty of jobs instead of class standings.

Frood said that in order to raise student wages, Southern might also have to raise tuition. However, he explained that next year's tuition has already been set, and wages would increase at a greater rate than tuition. So, students would still be put in a better financial position.

"Raising pay, which is an important thing to do, will have implications for tuition, but hopefully with a balance that makes your work dollars go as far as we can make them go," Frood said.

Verrill added that a rise in the cost of labor on campus and the nation as a whole might have an effect on tuition rates, but nothing has been decided.

When asked when student wages will be raised, Frood, Steele and Verrill all said that is to be determined because the change is still being studied and needs to go through administrative and budgetary committees.

Frood said labor shortages and low wages are issues with which the entire nation is currently struggling.

"That's what everybody's dealing with, whether you're in higher ed, health care — it doesn't matter," Frood said. "Everybody's trying to figure out how to do it because nobody knows how temporary this inflation rise is."

Frood added that students with financial needs could receive significant student aid from the government next year based on its current proposed budget. In addition, students will receive a third round of grants provided by the Higher Education Emergency Relief Fund in January.

Faculty and staff had full week for Thanksgiving break

Yvanna Hammen-Alvarez Reporter

For the past two years, Southern Adventist University's administration chose to give employees an entire week for Thanksgiving break. In previous years, Southern's campus was closed Thanksgiving week from noon on Wednesday through Friday, according to Joylynn Scott, administrative assistant in the President's Office.

President Ken Shaw said he decided to give all employees a week-long break this year after discussing the idea with key vice presidents. Shaw said this decision was made to give employees time to work on their mental health, practice self-care and be with their families.

"This has been a challenging year for our faculty and staff, as well as [for] our students," Shaw said.

Shaw made the announcement to faculty and staff in a video showing him going down a zipline while declaring

that there would be a weeklong Thanksgiving break.

Retention Services Coordinator Cheri Durst said she appreciates that Shaw and other administrators are demonstrating concern for the wellbeing of faculty and staff by granting them a full week for the holiday.

"Time away is always good," Durst wrote in an email to the Accent before break. "The most important thing to me is knowing that someone recognizes and appreciates the extra effort that we've all put in during these crazy times."

Biology Professor Joyce Azevedo said she looks forward to holidays as much or even more than students might.

"Last year was the first year that not only faculty and students but also staff had the full week off, and now will be the second year in a row," Azevedo wrote in an email to the Accent before break. "I think it is a great idea; it should certainly be a boon to everyone's mental health."



Sebastian J. DeLorey packs his car for Thanksgiving break. *Sunday, November 14, 2021.* (Photo by: Nicole Sabot)

Southern Accent

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SAFETY

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"Campus Safety takes every report seriously and investigates each situation," James wrote in the email. "... Campus Safety involves the police when appropriate or allowed by law."

James further explained that unless a victim declines police involvement, Campus Safety contacts the police when there is a crime committed, an active threat or damage or injury done. Regarding the November 16 incident, Campus Safety is working with MUR to improve Southern's notification process and plan more practice exercises, according to James.

James also stated that Southern's Title IX office has full access to Campus Safety reports, and all incidents reported to Campus Safety that might meet the Title IX standard are referred to the Title IX office. Title IX's policy can be found at southern.edu/titleix.

Self Defense Classes

Campus Safety Director Kevin Penrod confirmed that the department's Rape Aggression Defense (RAD) program is currently available on campus after being on hold due to COVID-19 restrictions.

Campus Safety's Life Safety and Fire Systems Specialist Josh Fraker is a RAD instructor along with his wife, Jessica. According to Fraker, the RAD program is open to people of all ages in the community, as well as students on campus. While the program is geared toward women, there is also a men's program called "Resisting Aggression with Defense." This program educates men on how to deal with the aggression or anger issues they may have and how to defend themselves in negative situations.

There are three components of the RAD program, which Fraker identified as "the educational component ... lower level practical, physical things ... and some more of the graphic scenarios." The program takes place over several days, and the first few classes include informational presentations on potential scenarios and ways to stay



A Campus Safety vehicle parks outside of the Campus Safety building. Campus Safety has confirmed its service of safety escorts on campus. *Friday, November 5, 2021.*

(Photo by: Nicole Sabot)

the physical moves one can perform to stay safe and allow students to practice real-life scenarios. Fraker said in the last class everyone gets into padded suits and participates in a realistic scenario to practice what they learned the previous week.

Felicia Sanders, sophomore psychology major, took two RAD classes. She said the training was beloful because it focused

on using her strengths to fight back against attackers. She appreciated that the classes were free, easily accessible and held in a fun family atmosphere. She also said she goes back to RAD class on the last night of each sequence in order to practice her skills again.

In regard to potential criticism of learning self-defense on a Christian campus, Sanders said, "A lot of us go out to minister and do good in the community, and it's good to have that in your toolbox because you can't do good work when you're dead or missing."

Penrod said some religious groups claim nothing tragic or traumatic can happen on a Christian campus, but that mentality actually attracts predators. Fraker added that self-defense is an essential life skill, such as changing a tire.

The next RAD class for men is scheduled for December 6, 7 and 8 from 6 to 9 p.m. The next RAD class for women is set to start at the beginning of January. Dates are still pending, according to Fraker. Sign-up forms can be accessed on Southern's website.

Keeping Students Informed

When Penrod, Fraker and Associate Director of Campus Safety Shawn Haas were asked to provide tips on how to stay safe on campus, they all shared a similar phrase: situational awareness. Haas suggested staying informed with the annual October security report, which discusses how to report criminal actions or emergencies, policies regarding campus security and law enforcement and timely warnnotices — something recently utilized on November 16 and 17 regarding the aforementioned sexual assualt. This report was emailed to all students and can be found on

Southern's website.

There is also information on the Clery Act on Southern's website, according to Haas, who is a Clery Compliance Officer. The Clery Act promotes the accessibility of on-campus crime statistics to all students.

Penrod also suggested looking at the daily crime log on Campus Safety's webpage, becoming familiar with emergency exits and signing up for emergency text messages.

Safety Escort Services

Penrod also confirmed the department's safety escort service, despite comments from an anonymous student who said Campus Safety told them in July that this service was no longer available due to COVID-19 procedures.

"I would really like to know specifics because that is not accurate," Penrod said. "... If we [messed up], we'll be the first to say sorry and make that correction because we're not perfect."

He said a person can call Campus Safety, and an officer will come to their location to escort them to their desired location. In addition, Haas said Campus Safety never shuts down its safety escort service.

Penrod said his goals for Campus Safety include life safety, to leave students better off than when they first got here and to interact with people to build relationships. He hopes students think of the department as a positive part of their university experience and not just people who hand out parking tickets. He added that Campus Safety will help any student regardless of their past experiences, personal ideas of Campus Safety or mental health status.

"We don't judge," Penrod said.
"We just try to help."

COLLEGEDALE NEWS

Employment challenges continue to rise since the beginning of the COVID-19 pandemic

Samella Oliveira

<u>Contributor</u>

As the owner of Wired Coffee Bar, located in Collegedale, Lisa Goolsby has been working longer hours since the pandemic.

"I have had to pivot a lot," Goolsby said. "We made significant changes in our hours of operation. We trimmed back where we could. As the owner, I worked harder."

Goolsby is among thousands of business owners across the country experiencing significant employment challenges as many workers reassess the need for in-person employment. Some employers are beginning to transition into an in-person work environment from their previously remote operations.

For some employees, being back in an office sounds exciting, but for others it's an added challenge. As a result, the pandemic continues to make shifts in how society functions.

In an ABC News Australia article written by Lisa Leong, Monique Ross and Maria Tickle, research was conducted on the causes of "The Great Resignation." According to the report, people have been looking for ways to downsize their careers due to work stressors. However, it's not just about work challenges, but also how their jobs help fulfill their life goals.

"Many people are choosing to move away from ambition, to emphasize other aspects of life," the article stated, "... They are embracing 'career downsizing' — looking for a job involving fewer hours or something with less responsibility and less stress."

The U.S. Bureau of Labor Sta-



tistics reported that four million Americans quit their jobs in July 2021. Ian Cook, a contributor to the Harvard Business Review, stated that he and his team "conducted an in-depth analysis of more than nine million employee records from more than 4,000 companies. This global dataset included employees from a wide variety of industries, functions and levels of experience, and it revealed two key trends: Resignation rates are highest among mid-career employees and are the highest in the tech and healthcare industries."

While the impact has been nationally difficult, the local challenge has been equally daunting. At the Wired Coffee Bar, most of Goolsby's current employees are college and high school students. Since

most have the same availability, it's been difficult trying to cover certain hours. She said the biggest challenge has been students getting quarantined at the last moment and having to scramble to find others to cover the shifts.

Goolsby said she has been able to weather the pandemic because of strategic decisions that she made, despite the lack of workers.

"We expanded our store by adding a joint venture with RMarket," she said. "They have opened up a gourmet grocery with grab-and-go soups, salads, sandwiches and custom charcuterie boards as well as other much sought-after items."

Another business that has been affected by employment challenges has been Tropical Cuisine in Ooltewah. Since its grand opening last October, finding reliable employees has been a struggle.

Nathanael Suero and Alberto Torres are the owners of Tropical Cuisine. Suero said many people looking for jobs will come to the restaurant. However, once a job offer is made, applicants change their minds.

"People have said [they're] committed but they never came," he said. "Some of them said that they can't work right now, or most of them are studying."

It's not just local businesses that have been struggling, — universities have also seen a worker shortage. Southern Adventist University is currently struggling to fill positions. According to the Human Resources office, there are over 80 student worker positions open and over 25 staff and fac-

ulty positions open.

According to a previous Accent article, departments all over the university have been struggling with the shortage. One place that has been impacted is the Village Market. The grocery store has cut its hot dinner service due to worker shortages, as reported in a separate Accent article. In doing that, it has limited the dinner options for students on campus.

According to a CNBC article by Michelle Fox, many Americans continue to reevaluate their work lives.

"For millions of people, the pandemic changed the place of work in their lives, and for those individuals, the change is likely permanent," the article stated.

NIGHT



Jon Pinero pours hot chocolate for customers at the Latin American Club booth.

Saturday, November 13, 2021. (Photo by: Xander Ordinola)



Diego Gonzalez attempts to cut out a circle from a Dalgona, a sugar candy that is easily broken. Students were invited to partake in a real-life challenge inspired by the viral Netflix television show "Squid Games," where the characters were forced to perfectly cut out their shape in a Dalgona or face serious consequences. Saturday, November 13, 2021. (Photo by: Xander Ordinola)



Samir Khalil (right) prepares to demonstrate blacksmithing by molding hot metal. Throughout the night, Southern Smiths sold some of their creations, including a metal leaf.

Saturday, November 13, 2021. (Photo by: Xander Ordinola)



Students order hot food at 423 Night Market. This year, the market took place in November instead of October, which led to colder temperatures. Vendors were also allowed to sell hot food and drinks. Saturday, November 13, 2021. (Photo by: Xander Ordinola)



The band attracts a huge crowd at 423 Night Market. Several students performed with different singers, with players switching out every few songs. Saturday, November 13, 2021. (Photo by: Xander Ordinola)



Kerby Desamour sings during 423 Night Market. Saturday, November 13, 2021. (Photo by: Xander Ordinola)



Kerby Desamour ignites the crowd at the end of 423 Night Market. After he sang his final song, students demanded an encore, during which they got closer to the band and continued to sing as Desamour finished his actual final song. Saturday, November 13, 2021. (Photo by: Xander Ordinola)

MENTAL HEALTH

Setting boundaries: A crucial component of self-care

Kim Daniel

Counseling Graduate Student

Editor's Note: The following article is written by a counseling professional from Counseling Services in partnership with the Southern Accent.

Boundaries define where something (or someone) begins and ends. Boundaries can be physical, intellectual or emotional. Physical boundaries can include limiting physical contact with others. Intellectual boundaries can include boundaries set regarding your time. An example is saying "no" when an employer asks you to take on an additional work project. Emotional boundaries include setting limits regarding the emotional weight that we can take on.

When we create healthy boundaries, we are investing in our own identity. Boundaries can place clear guidelines that define the responsibilities we will accept. For example, communicating a boundary regarding unwanted sexual advances places a specific line that the other individual can acknowledge.

Setting healthy boundaries is a crucial component of selfcare. That's because poor boundaries lead to resentment, anger and burnout. Boundary issues can involve those we need to set for ourselves but also others' boundaries that we may not be observing with

care. Boundaries keep relationships safe and healthy. They help us understand what proximity to others is healthy for us and them.

When we feel that something is unfair, frustrating or hurtful, many times that is a sign that we need to create or change our boundaries.

During the process of setting boundaries, it is important to remember that you are not responsible for other people's reaction to the boundary you are setting. You are only

responsible for communicating your boundary in a respectful manner. Their reaction to your boundary setting is their responsibility, and the way in which we set those boundaries and communicate them is ours.

Remember, your behavior mu-

st match the boundaries you are setting. You cannot successfully establish a clear boundary if you send mixed messages.

Don't let anxiety, fear or guilt prevent you from taking care of yourself. Setting boundaries takes practice and determination. Listen to yourself. Determine what you need to do or say, then communicate assertively. Learning to set healthy boundaries takes time, and is a process. Set them in your own time frame, not when someone else tells you.

Develop a support system of people who respect your right to set boundaries, and make sure you are also respecting and listening to their boundaries as well.

While setting boundaries is a process that takes time, it is well worth it. Boundaries create space for us to have healthy limits and self-care. When setting new boundaries, it is important to stay firm but committed to creating healthy space in your life to thrive and grow.

How to set a boundary:

- 1. Define:
- Identify the desired boundary.
- 2. Communicate:
- Say what you need.
- 3. Stay simple:
- Don't overexplain. 4. Set consequences:

State why it is important.



Keishla Galan and Maiya Banks have an awkward encounter while greeting each other. Sunday, November 28, 2021.

(Photo illustration by: Xander Ordinola)

SPORTS

Southern Intramurals: Old School shines in year 17

Patrick Scriven Sports Editor

of Religion Dean Greg King joined Old School, an intramural team created by former School of Journalism and Communication Professor Andy Nash almost exclusively made up of faculty. When the group of employees and professors weren't roaming the halls of Brock or Hackman Hall in a suit and tie that year, they were lacing up on the courts and fields.

Little did they know, 17 years later, their team would still be thriving in almost every sport.

Old School made history last month as they mercy-ruled their way to their first B-league flagball championship in team history. But this year's championship is only one of many success stories the team has created since year one.

""A number of second and third place finishes over the years... two or three [championships] in basketball," said a pondering King, now in his early sixties, reminiscing over his nearly two-decade long tenure with the team.

Old School's reputation within the sphere of regular intramural athletes is consistent across the board: competitive, organized and disciplined.

"I guess it can be somewhat of an advantage playing together for so many years," said Hulsey Facility Manager Darin Bissell, who has been a member of Old School for at least 12 years.

This year's flagball run was no exception. Senior mathematics major Alex Staton had nothing but praise for his teammates.

"They were awesome," he said. "King threw dimes all year. I [played wide receiver] ... and only twice did I have to make a 50-50 catch."

Staton is one of the few students to play on Old School. The 27-year-old has been on the team for several years. But with a December graduation just around the corner, this was

and had more friends in the faculty," Staton said. "Dr. King invited me to fill [Old School's] need as wide receiver, and we spent the past three years putting up solid numbers. It was the greatest team I've been a part of since high school, and there's no better way I could have scripted my last intramural season."

Despite Old School's unquestionable success, positive reputation across every league, the unanticipated athleticism they exhibit each game, and the numbers they put up, the most striking thing about them is their passion.

While the Old School roster

In 2005, Dean of the School his last semester with the team. changes from year to year, its red with startling eagerness: will learn that there are les-"[When I first joined the team], core members see intramurals I was older than most students as more than just a game. Biology professor Tim Trott, 47, has been an integral part of the team for nearly a decade.

"I say this tongue and cheek, and it's mostly a joke ... but there's nothing better than beating college kids," Trott said with a grin. But soon after that, he took on a more serious tone: "You get to see students in a completely different way, and students get to see you in a different way too. That's a big reason I play."

Connecting with students seems to be a shared value among the members of Old School.

When asked about the most rewarding part of playing with Old School, King answe"the relationships."

"While individual sports can be fun," he continued, "there is something that's nice about working with a team whose goal is greater than the sum of its parts. ... So, I would say I really enjoy the friendships and the teamwork that come with working together with a group to try to accomplish a larger objective."

King also said that for him, there's so much more to sports than wins or losses. Rather, intramurals is about using one's "talents for God's glory."

"At the end of the day," King said, "representing Jesus wherever I'm at is something that matters a great deal to me. So, my hope is that all of us

sons that are more important than winning or losing a specific game. But, 'what type of person are we as we play each other in a sports contest?"

Old School's 17-year history has cemented them as a team that highlights the best part of sports: teamwork, leadership and relationship-building. It's a team that reminds us all why sports has such a forceful grip on so many. It's not just the competition, nor is it the intoxicating rush you get from beating a group of men "half your age," as Trott teased. It is, before all else, the ability to congregate as peers and experience the thrill of organized sports and the opportunity to connect with new people.



From top left to bottom right: Nathan DeWind, Dakota Denius, Tim Trott, Greg King, Derek Sherbondy, Matthew Tolbert, Alex Staton, Darin Bissell, Joseph Urbin and Reginald Horton pose for a photo after winning the B-league flagball championship. (Photo by: David Allen)

OPINION

Should Adventists teach their children to believe in Santa?

'Santa never took precedence over the meaning of the holiday'

Jamie Henderson Contributor

The Christmas season is upon us, and with all the joy and merrymaking comes the inevitable discussion of the jolly saint himself, Santa Claus: a red-clad, rotund, rosy-cheeked figure who flies around the world on Christmas Eve delivering presents to all the good boys and girls and coal to the naughty ones.

For centuries, parents have used Santa to coerce children into good behavior throughout the year.

"Santa won't come if you don't eat all your vegetables!"

"Don't pull your sister's hair unless you want a lump of coal in your stocking!"

Despite the holiday cheer associated with the legend of Saint Nicholas, many Adventists believe that teaching children about Santa is harmful and distracts from the meaning of the holiday. As someone who grew up "believing" in Santa, I think that the anti-Santa society is valid, but they do not fully understand the other side.

I believe "teaching" about Santa is the wrong phrasing. Teaching is something done when trying to convey important information in order to help others achieve a greater purpose, which is why we teach children about the life, miracles and love of Jesus. It is important for children to know that Jesus is real and that His love for them runs deep.

I know of no person who has ever "taught" their children about Santa Claus. In my family, Santa was simply someone who we were made aware of by exposure. We watched popular Santa-centric movies, listened to songs about reindeer on rooftops and were told that "Santa won't come unless you're in bed, young lady!" He was a fairytale, a story that made the holiday more magical.

My experience with Santa never took precedence over the meaning of the holiday. My parents made sure I knew that we decorated the house, gave gifts and sang carols to celebrate the birth of Jesus. It never occurred to me to equate Santa with Jesus, as I'm sure it doesn't to most children who grow up seeing Santa as a fairytale on par with the Tooth Fairy or the Easter Bunny.

I understand why someone would not want their children to believe in Santa; it is reasonable for parents to make that decision based on their convictions. However, I do have a problem with people encouraging their children to look down on those who hold different traditions and opinions. In the words of General Conference President Ted Wilson, "We must be careful not to allow the subject of Christmas to become a divisive issue among us, criticizing or alienating those who may see it differently than we ourselves do."

It doesn't matter whether

It doesn't matter whether you "believe" in Santa or not. Christmas is a time of light and love, not of discord. No matter your opinion, remember that Christmas is a time to rejoice in the joy and delight that God promised us through the birth of lesus.



Comic image of Santa Claus with a gift bag.

Tuesday, December 6, 2016

Tuesday, December 6, 2016. (Image sourced from: publicdomainvectors.org)

Keep the true meaning of Christmas

Felicia Sanders Contributor

Should Adventists teach their children to believe in Santa? It's a tricky question to answer. No, I don't think that as Christians we should teach our children to believe in a magic man who comes down the chimney with gifts; it rings true of spiritualism. But more importantly, it takes away from the true meaning of Christmas.

Though we don't know the date of Christ's birth, as Christians, Christmas reminds us of the sacrifice He made to come to this world in a humble servant's body, being born as a human. Christmas also has an overarching theme of love, family and giving. The traditional American understanding of Santa takes away from that spirit of selflessness and giving. If we teach our children to believe in Santa, we take away the chance to instead teach them the true blessing of Christmas.

Santa also seems to be a means of getting children to behave around the holidays, at least here in America, where bad children are said to receive coal instead of presents. I think there are better ways to teach our children to behave, one of which would include showing them how much of a blessing it is to give rather than to receive.

I also realize Santa comes in many forms worldwide. Because my mother is German, I always learned about Saint Nicholas, who leaves little gifts in children's boots by the front door — but that's based on a true story. Although the legend of Santa varies a bit from country to country, his role of visiting sleeping children and leaving presents tends to be a common thread throughout.

Parents might consider teaching children of the myth of Santa Claus so that they can understand why their peers are so excited about Santa. We can also teach children why many Christians choose not to believe in Santa: to direct a focus on Jesus, the true gift to us all.

Parents could also consider giving their children a brief history lesson on the origins of Santa. Just like Halloween, Santa originates from another tradition as well. In about 280 A.D., a man called Saint Nicholas was said to be very loving and pious. He would go around leaving goodies like nuts and oranges in poor and needy children's stockings, which were left out to dry on hooks (thus our Christmas stocking tradition). He gave to children in orphanages, as well as all those in need whom he could help.

This, I think, is a much better tradition to teach our children about because the focus is less on what was received and more about what was given. Christmas should be a time of giving love and receiving the blessing in that.

RELIGION

Find hope, strength and comfort in the process of waiting

Sarah Klingbeil Managing Editor

It was rush hour. The cars were at a standstill. I knew without looking at my dad that we were going to be late for school, but what could we do? I looked miserably out the car window at the crowded lanes as the seconds ticked by. I hated waiting!

Until recently, I didn't understand all those Bible verses on waiting. Verses such as Psalm 25:5, which states, "Lead me in Your truth and teach me, For You are the God of my salvation; For You I wait all the day," made no sense to me. Why would anyone choose to wait? Let alone all day waiting for anyone regardless of if it was God? The older I got, the more Bible verses I found of people waiting on God. Was I missing something? Is waiting more than meets the eye?

Fast forward to my junior year of high school. I was attending a boarding school 12 hours away from my home. When Christmas time rolled around, I couldn't wait for break! I would finally get to fly home, wrap my arms around the people I love, eat my mom's homemade food, sing carols, decorate the house, make our famous Christmas cookies and spend Christmas day with family and friends.

But that's when I finally started to understand the strange paradox of waiting. Even though I wanted to go home, wait-

ing wasn't a passive, inactive and frustrating process. It was more of a growing momentum, a daily reminder of hope and a strength to meet the demands of the present because soon I was going home. It was exciting living in the waiting. It

was exciting trying to buy online gifts for my family, making
late Skype calls and packing for
home. An airplane ride later
and standing at the airport arrival doors, it was so exciting to
finally see the fruit of my waiting as my parents and I ran into
each other's arms.

Jesus is calling us to wait. In
lohn 14:2-4 Jesus promises to

Jesus is calling us to wait. In John 14:2-4, Jesus promises to return and take us home. As Christians, we are in the waiting time. But how are we waiting?

I've misunderstood waiting. Waiting isn't a state of helpless inactivity, but rather a rope that keeps our drifting hearts to the Anchor of our lives. Waiting is our secret weapon to keep us heaven-focused. It's a lifestyle of connection showing our relationship with God.

And here's the final paradox: Waiting is a privilege. We wait on God because He first waited and is waiting for us (Is. 30:18).

So, enjoy the process of waiting. Find hope, strength and comfort. Claim the beautiful promise for today.

"But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint" (Is. 40:31).



Dhanyelo Ordinola waits for God to speak to him after finishing his daily Bible reading. Friday, November 26, 2021. (Photo illustration by: Xander Ordinola)



Near Cambridge Square

Winter Drive to benefit the homeless

Donations can be dropped off at the Center's office in the lobby between 9am and 4pm. For more info. email info@thesamaritancenter.net



LIFESTYLE

Trend: How influencers make a living just by living

Elise Deschamps
Lifestyle Editor / Columnist



Nearly every single day for the past four years, Kennedy Haffner has shared a piece of her life on Instagram. What originated as a fun daily habit for a college student has now become a main source of income.

The content Haffner posts focuses primarily on what she's eating that day, which includes anything from a tall stack of pancakes to a frothy matcha latte. One thing these posts are sure to have in common: a brand deal. More commonly known as "The Healthy Haff" on Instagram with over 70,000 followers, Haffner has managed to gain the title of "influencer" and make a living through social media.

What exactly is an Instagram influencer?

Well, an influencer is technically any person or thing that influences another. However, when it comes to social media, it isn't so straightforward.

Influencers consist of individuals who have put time and effort into creating their own personal brand through the original content they post and who garner a loyal audience in the process. Influencers act as thought leaders in a variety of markets and realms, including

but not limited to fitness, fashion and lifestyle.

"I used to be a 'this is what I'm eating' kind of food blogger," Haffner said. "And now I've embodied [my content] into different spots of my life. Like, 'This is how I take care of myself'... for both me personally and my community. This is how I go about finding health in different ways whether that be mental, physical, emotional, spiritual... any of that kind of health thing. I think that I've fully embodied more of the self-care, mental health and wellness side versus the food health that I used to be."

The audience of an influencer doesn't necessarily need to be very large. There are nano-influencers who have less than 1,000 followers and micro-influencers who have anywhere from 1,000 to 100,000 followers, according to a Forbes article.

Influencer marketing is a marketing strategy where companies pay influencers to create and post original, promotional content for their brand. Companies are then able to tap into an influencer's trusting follower base and reach markets they wouldn't have otherwise. A study by Statista stated that over \$8 billion were spent on influencer marketing in 2020 alone.

Haffner said she makes most of her money through brand deals and partnerships, but other streams of income include content creation for companies, Amazon affiliate links and Tik Tok creator revenue. "I posted a video of a projector this year on TikTok, and it went crazy and sold a ton of projectors. And I didn't know that was a thing," Haffner said. "I accidentally made a bunch of money through an Amazon affiliate. Then there are discount codes that actually give you kickback commission. But that's so minuscule. Then with TikTok, it makes you, what, five cents per 1,000 views?"

However, Haffner said she doesn't accept every single brand deal or contract that is offered to her. In order to maintain her personal brand, Haffner is more picky when it comes to the businesses she partners with.

"When you love everything, you don't love anything," Haffner said in regard to the types of brand deals she accepts. "I'm very cognizant about my brand deals. Like, I do not take on more than X amount just because I don't want to be a huge walking billboard for 12 different things."

Haffner said the biggest drive behind her work as an influencer is the connections she makes through social media. Between "truly feeling like you're never alone in anything" to having friends all over the world, Haffner describes how fun it is "to open up [her] life to other people and watch as they open up theirs to you."

However, there are also challenges to being an influencer. Haffner explained that although she makes connections and friendships with supporters,

there are still people who don't know her and will take things out of context.

"It has been such a challenge for me to open up my life and realize that not everybody will think the same way that I do. And that's okay," Haffner said. "But you know, opening yourself up and sharing your opinions and your thoughts on things also leaves you quite vulnerable to people. Knowing that as much as these people know me through the internet, they don't know a lot of different parts of me in my heart."

At the end of the day, Haffner said she simply loves what she does.

she does.
"I love the fact that I get to do

this, and that's wild," she said. Haffner offered advice for anyone looking into the career path of becoming an influencer.

"It's okay to embrace different spots of your life..." Haffner said. "It's okay to change and okay to change your mind. It's okay to let things evolve with you. But also it's okay to not know what you're doing and keep doing it."

thehealthyhaff

1,411 71.
Posts Follo

1,411 71.6K 331
Posts Followers Following

kennedy haffner she/her



Screenshot of Kenneddy Haffner's Instagram page @thehealthyhaff. (Provided by: Elise Deschamps)

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts!

SOCIAL



4 #SAUlife

Dan Catangay @dancatangay

You want me to respect you as an adult, but you can't refill the Brita? Yeah, okay...

Cameron Reel @thereelcameron

The amount of people on campus who avoid eye contact with you when you're holding a camera is incredible

A Aaron Mumu @Aaron_notArron

my professor, literally: we're looking at point of view, because — oh look a squirrel!!

Milè Pinero @milepinero

i just wanna remember how to breathe

Sam Kumendong @samm_ek

i didn't think it'd be possible to look at a person and receive an automatic headache

Karen Guerra @kfcguerra

i wonder if i can ask my RA to turn my light off at night once i'm in bed like used to ask my mom

Congratulations @_celestebrooks, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students are preparing for final exams this week and just wants to wish everyone

Good luck on final exams!

DM us on Instagram with a photo of where Kevin is hiding!



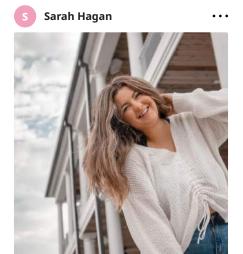




natalie_marden in the trees once again



mewsushi I bet you over half the film I develop will show my eyes closing

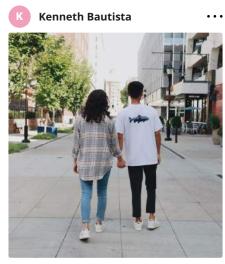


sarrahhagan head in the clouds





amrojaszubieta ATL

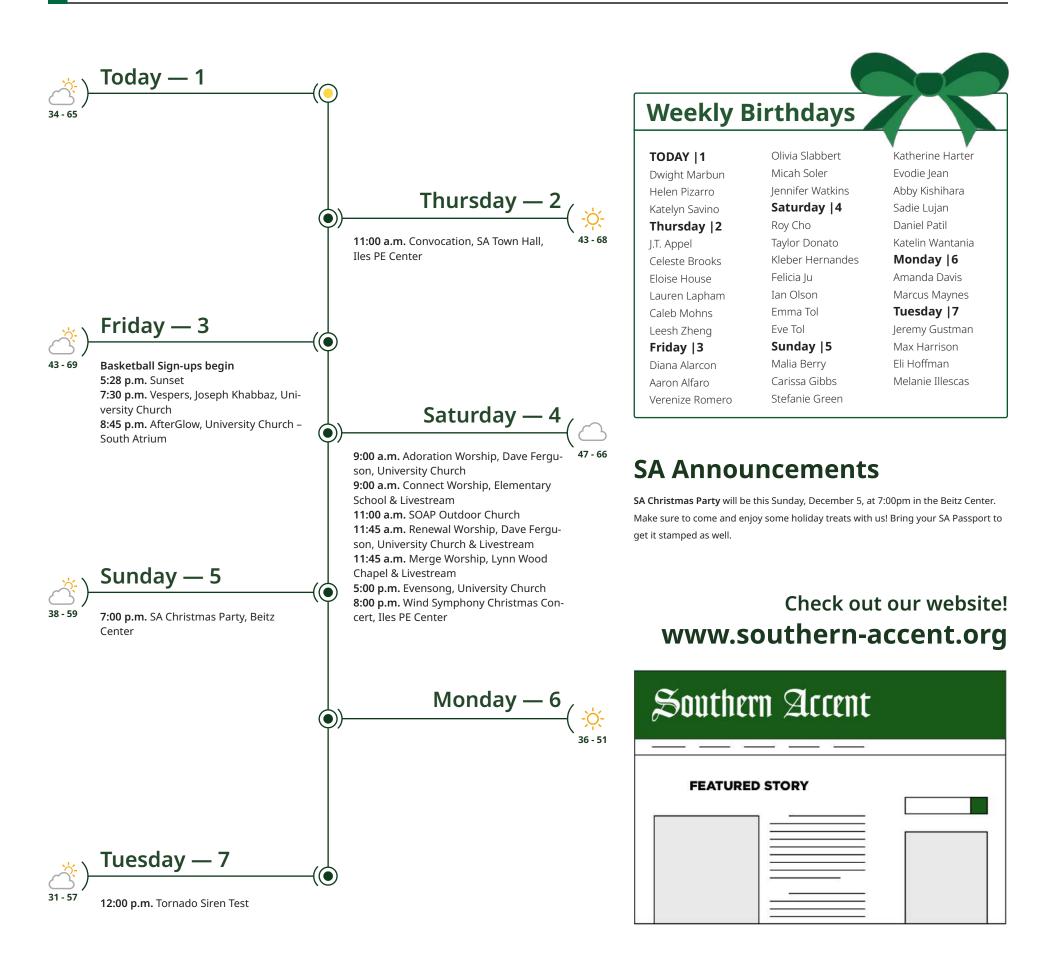


knbautista i'd cease my dunks for you



cruslopez_ The Golden State always feels like summer and I absolutely stand for it

CHATTER





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How to stop dwelling in the past

January 19, 2022 Collegedale, Tennessee



Vol. 77 Issue 11

Southern Adventist University updates COVID-19 policy



Students listen to a lecture during Intro to Photography class. All individuals are required to wear masks while indoors until further notice. *Wednesday, January 12, 2022.* (Photo by: Maiya Banks)

Madison Wilcox

Reporter

Southern Adventist University's COVID-19 policy has undergone several changes this semester in accordance with the CDC's recommendation for the Omicron variant, according to University Health Center (UHC) Nurse Practitioner Michelle Mix.

Masks are now required indoors until future notice. All students exposed to COVID-19 must quarantine unless they have been vaccinated with their second mRNA dose within the last six months, the Johnson & Johnson vaccine in the last two months or have received a booster dose or have been infected with COVID-19 within the past 90 days, according to Southern's COVID-19 Quarantine and Isolation Policy. The policy was last updated on January 10.

The number of days required

in quarantine and isolation have also changed, according to the policy. Now, students who have been exposed to COVID-19 must quarantine for a minimum of five days. They must also receive a negative COVID-19 test before leaving quarantine and have no symptoms, in addition to "[following] strict masking protocols" for a period of five days after leaving quarantine, according to the policy.

The policy also states that students who have contracted COVID-19 and are in isolation must remain in isolation for a minimum of five days. If their symptoms have diminished by the fifth day and they have not had a fever for 24 hours, they will be allowed to leave isolation.

The UHC will continue to monitor students' health daily while students are in quarantine or isolation, according to the policy.

In an interview with the

Accent, Mix described the reason for changing the quarantine requirement for vaccinated individuals.

"The mRNA vaccines ... [are] only about 35% effective at preventing symptomatic illness from the Omicron variant, which means [out of] three vaccinated people who are exposed, two of them will contract [the] symptomatic Omicron variant," Mix said.

These numbers stand in contrast to the protection offered by the vaccines for earlier variants. According to Mix, the vaccines were 70% to 90% effective in preventing symptomatic illness for previous variants.

Mix also said the Omicron variant is expected to spread quickly, reaching a peak after only four to five weeks.

"Omicron reproduces in the respiratory tract about 70 times faster than Delta does, so it

has a much shorter incubation period," Mix explained further, "meaning people get sick after an exposure faster and therefore spread it more rapidly."

Mix said she understands that some students may be frustrated about these changes to Southern's COVID-19 policy.

"Naturally, [the change] is frustrating, especially when students feel like they're doing everything that they can to protect themselves and protect others," she said. "I would say you're not alone in your frustration, and we at the Health Center understand that this is not what anyone would want for their college career. ... We recognize that the students are doing what they can, and we hope that they see that the Health Center is doing everything we can as well."

Biology department hires new ornithology professor

Lucas Bueno Reporter

Southern's Biology Department has hired David Hollie, a Southern alum, to teach ornithology this semester. Since graduating from Southern in 2014, Hollie has conducted ornithological research in various countries. He also obtained a master's degree in biology from Pittsburg State University in May 2019.

Hollie said he has loved nature and animals since he was a child. When he was 10 years old, he became especially interested in birds after his mom gave him bird song CDs.

"That kind of focused my attention [on] birds, specifically, and I just really fell in love with them," Hollie said. "And so, ever since then, for the past roughly two decades, I've been really, really into birds and spent a lot of time outside watching them and just spending time with them. ... You can just kind of put yourself into a completely different world."

Hollie said his favorite bird, which he explained is different from his favorite bird to study, is the nightingale wren found in Central America. He said he loves their songs.

"Some people prefer, you know, the bright colors and stuff. But for me, it's all about that song," Hollie said. "And so, the nightingale wren, they are non-descriptive. They're just kind of brown; they're very

See HOLLIE on page 2

Southern launches Sexual Integrity Week, proposes additions to Sexual Integrity Policy

Megan Yoshioka Editor-in-Chief

This week, Southern is holding Sexual Integrity Week. According to Religion Professor and Senior Advisor for Sexual Integrity Alan Parker, this is the first time the university has held a week of events dedicated to sexual integrity, and the university has plans to hold it annually.

According to the January 14-17 Weekender, Tuesday night worship was scheduled to discuss a topic on the theme of sexual integrity. Parker said Thursday's convocation speaker will discuss sex trafficking, and Parker and his wife, Nicole, will talk about God's design for sex during Vespers on Friday.

"We're trying to deal with both bad sexuality and good sexuality and create a balance so that people can see that God has a desire for good sex," Parker said in an interview with the Accent. "But we're not afraid to talk about the bad parts of sexuality: pornography, trafficking, etc."

Booths highlighting sexual awareness will be set up in the Bietz Center and on the promenade today and Thursday, according to the Weekender. Additionally, Parker said a website of resources on the topics of dating, relationships and sexuality are available this week through the McKee Library and the Office of Ministry and Missions.

At the time of the interview with Parker on January 13, a new proposed Sexual Integrity Policy was being reviewed by a lawyer. Parker said he hopes to be able to introduce the new policy during the week.

Parker said there are some new additions to the proposed policy, including policies on pregnancy, pornography and transgender students living in the dormitories.

"We have a new policy on

See INTEGRITY on page 2

Administration adjusts W22 enrichment credit requirements



Students listen to an Evensong service. Sections of the pews were roped off due to COVID-19. *Saturday, January 15, 2022.* (Photo by: Nicole Sabot)

Lucas Bueno Reporter

Southern Adventist University has adjusted the number of enrichment and cultural credits to one credit per credit-qualifying program for the Winter 2022 semester. This adjustment applies to Vespers and convocations, which will now be worth one credit per program instead of two credits.

On January 10, Teri Reutebuch, administrative assistant for Student Development, sent an email to all undergraduate students outlining the adjustments to enrichment credits. "This semester, Enrichment Credit requirements have changed in response to the COVID epidemic, we have simplified the enrichment credit attendance," Reutebuch wrote in the email. "All programming will be 1 credit. You will still be required to get cultural credits, and all Convocations (religious and non-religious) will now be considered cultural."

Dennis Negrón, vice president for Student Development, explained the decision to make these adjustments to enrichment credits

ment credits.

"This was a decision made from this office to get ahead

of the potential problems that might come as a result of COVID again," Negrón said in an interview with the Accent. "... We decided to get ahead and say, 'We are going to simplify the system so that students don't have the troubles they had last semester.' ... A student doesn't have to worry [if an event is] a double-credit or a single-credit program — everything is single. And then, they don't have to ask the question: 'Am I getting cultural credits for this program?' If you go to convocation on Thursday, you are automatically

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INTEGRITY continued from page 1

pregnancy, which basically gives assurance that if a student [who's pregnant] comes forward, they are going to get support during their pregnancy, not condemnation," Parker said. "They can't be kicked out. The university is going to provide support for them."

According to Parker, the new policy on pornography defines what pornography is and provides options for support.

The policy relating to transgender individuals states that students' on-campus living situations will be accomodated by the sex assigned to them at birth. If those living situations do not work for transgender students, the university will

work with those individuals to find accomodations outside of the dormitories, Parker said.

Along with the mentioned additions, the policy's section on public displays of affection (PDA) has also been more clearly defined, according to Parker.

"The last PDA policy was very vague," Parker said. "... No one wants to be the morality police. But in terms of defining what's acceptable public behavior and what isn't acceptable public behavior, we've tried to be a little more careful in defining that."

Prohibited behaviors under the new policy would include but not be limited to intimate touching, fondling or prolonged kissing. Parker said the new Sexual Integrity Policy will be released later in the semester.



Nicole Parker teaches the Sexuality and Scripture class. *Thursday, January 13, 2022.* (Photo by: Nicole Sabot)

CREDITS continued from page 1

getting cultural credit. ... We are trying to listen to students, who said the system during COVID was just too complicated. So, we just tried to simplify it."

In addition, Negrón stated that there will only be one Vespers program on Friday evenings instead of two Vespers programs, as has been done in previous semesters affected by COVID-19. Negrón also stated that there will not be online options for Vespers, convocations and other programming. If there are students who are uncomfortable with coming to these in-person events, Negrón said seating arrangements will be made where it is not crowded.

Southern alum Georgii Zaitsev shares his music journey

Cassidy Connolly Reporter

Before graduating from Southern in December, music performance alum Georgii Zaitsev was an international student from Tula, Russia. He had lived in Russia for the majority of his life, changing schools three times and practicing under five different piano teachers.

At age 5, Zaitsev said he began attending a music school. Courses he took there included music theory, music history, choir and specialized classes for piano. After completing the required courses, Zaitsev graduated the music school and was accepted to a music college, another level of music education, before entering a university. He was close to finishing music college when the opportunity to come to the United States arose.

"I always wanted to come to America," Zaitsev said. "Since I was 12, it was one of my dreams. I didn't expect for it to happen that quickly."

Zaitsev's father, an executive director of the Hope Channel in Russia, worked closely with a pastor who helped connect Zaitsev with the admissions office at Southern. Zaitsev said

he sent his application and videos of his piano playing, and excitement grew on both ends as Southern worked toward admitting him as an international student.

"It took a while for me to pass language exams, and then to figure out how I was supposed to pass the ACT," Zaitsev said. "Getting an American visa was also challenging, but God is good. After working on the fulfillment of that goal for about a year and a half, I came to the United States in 2018."

Even though Zaitsev already knew a lot about American culture, he said everything was still extremely new to him. There was a language barrier that took time to climb as well. However, Zaitsev said he took the challenge head-on, facing each day with the hope that everything was going to work out the way God intended.

"It was hard having no friends at first or making friends that turned out to be superficial," Zaitsev said. "It was challenging for me because I would see people have friends they previously made from their academies or camps. It was also a struggle not fully understanding what people said or not getting jokes."

Zaitsev said he first connected

with other students on a choir tour to California in 2019.

"I got really close to the others on that trip," Zaitsev said. "And since that time, I have stayed close with them, and I am very grateful for those amazing friendships."

Zaitsev said he also grew close to his professors.

"My piano professor, Dr. Cooper, is not just a professor or my dean; he was here for me for any issue I had, academic or personal. He was extremely kind and caring and still is. I'm extremely grateful for him," Zaitsev said. "... Dr. Kibble, the choir director, gave me a lot of opportunities to grow. She challenged me and always believed in me. Her support and love mean a lot to me."

Zaitsev was in the middle of his junior year at Southern when COVID-19 hit. He said he was at a crossroads when deciding if he should stay close to Southern or go home to Russia. According to Zaitsev, the university strongly encouraged international students to leave since there was no foreseeable end to the pandemic, so he went home. He said he was content with his decision, and his family welcomed him with warm open arms.

See ZAITSEV on page 3



David Hollie with a bird on his head. (Photo courtesy of: David Hollie)

HOLLIE continued from page 1

small, but their song is just really, really cool because it just sounds like they're making up their own thing as they go, like there's no [real] pattern to it."

Hollie's favorite bird to study is the fairywren, which he was able to observe while conducting research and living in Australia.

Hollie has been conducting research for the past five to six years in various parts of the world, including South America. For fun, he said, he birdwatches in different countries.

Hollie said Southern did a good job teaching him the sciences and critical thinking.

"I think Southern set me up quite well to succeed in field biology," Hollie said. "There were faculty, specifically Dr. Snyder and Dr. Norskov, [who] really helped focus my intent to go into research with field biology."

Hollie's return to Southern was guided by Ben Thornton, who is a professor in the Biology Department. When Hollie moved back to the local area after being away for five to six years, Thornton spoke with Hollie's mom about Hollie teaching at Southern.

"...When I heard that I might be able to teach as an adjunct professor, that got me really excited because anytime, any opportunity I have to teach about birds, like, I want to take it," Hollie said.

While this will be Hollie's first time teaching at Southern, this will not be his first experience teaching.

"I taught the lab section of ornithology [at Pittsburg State University], which was pretty extensive," Hollie said. "That is not quite the same as teaching the entire class, but I think it has prepared me pretty well for that."

Hollie said the aspect of teaching he is most excited about is opening up the world of birds to students who may not know much about it.

"To be able to pass on this appreciation for birds, it can really change people's lives [and] just the way they experience the world," Hollie said.

Hollie's ornithology class description reads, "A study of the birds and their natural history with an emphasis on bird identification. Major topics covered in lectures are morphology, anatomy, taxonomy and an introduction to behavior."

The course description also states that students will participate in lab sessions, which will feature bird-watching hikes. There is also a required field trip to Dauphin Island.

Hollie said the trip, scheduled for April 11 to 14, is tentative, but he hopes it will happen. According to Hollie, Dauphin Island is on the southern coast of Alabama near Pensacola, Florida, and attracts a lot of migrating birds during the spring.

"So it's roughly 500 miles," Hollie said. "[The migrating birds] go up to the Yucatan Peninsula, and then they fly across the Gulf of Mexico non-stop. ... Once they hit land, they're really, really exhausted. And so, Dauphin Island is right there on the coast. Depending on the season, depending on the weather, there can be what's called a fallout, which is when you have thousands and thousands of birds hitting all at once."



Poster image for Georgii Zaitsev's senior recital.

Southern Accent

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However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

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Sexual assualt suspect's case being reviewed by grand jury

Megan Yoshioka Editor-in-Chief

Claude Finch III, the suspect arrested in connection with sexual assault and stalking incidents that occured on Southern's campus last November, is currently awaiting a court date with a grand jury. According to the Hamilton County District Attorney's office, on January 14, the grand jury was still reviewing Finch's case.

Last November, Collegedale police arrested Finch as a suspect in connection with the sexual assault that occured on Southern's campus. Finch was charged with evading arrest. reckless endangerment and sexual battery. In December, Finch also was charged with stalking due to separate incidents that occured on campus prior to the sexual assault.

Finch appeared in the Collegedale City Court on December 8. Collegedale City Court Judge Kevin Wilson set Finch's bond for stalking at \$2,000. The amount was in addition to three other charges that were not mentioned publicly during the December 8 court hearing.

Wilson said if Finch were to make bond on all of the charges,

Finch would be required to wear a GPS monitor at all times and have no contact with anyone involved in the case.

In a phone call with the Accent on January 11, 2022, an individual who answered the phone said the Hamilton County Criminal Court Clerk's office was unable to confirm if Finch was still spending time at Silverdale Detention Center. Finch's records were not available on the Hamilton County Sheriff's Office full list of inmates, as of January 18, 2022.



Claude Finch III.

Administration reinstates indoor mask mandate indefinitely

Megan Yoshioka Editor-in-Chief

Southern is requiring all individuals to wear a mask indoors until further notice, according to an email sent to the student body on January 6 by Dennis Negrón, vice president for Student Development. The email stated that reinstatement of the mandate is "solely a response to the current state of COVID in Hamilton County."

"Southern wishes to commence the semester without a significant number of students starting their semesters in isolation," Negrón wrote in the correspondence to students. "... Though this news is no doubt disappointing, I solicit your support as a successful semester is possible if we all choose to cooperate with this rule."

Administration will reevaluate the mandate once Hamilton County case numbers and university quarantine and isolation numbers reach more "average numbers," according to Negrón in a separate email to the Accent. As of January 17, there are 29 students in quarantine, 35 students in isolation, 15 faculty members in quarantine and 14 faculty members in isolation, according to Southern's Safety Information and Updates webpage.

"We do not worry about national trends when making decisions regarding Southern," Negrón wrote in the email to the Accent. "We look at Hamilton County numbers and Southern Adventist University quarantine/isolation numbers. Omicron supposedly has a shorter lifespan — six weeks as opposed to the lifespan of Delta, which was 10 weeks. So it's possible we will begin to see things getting back to 'average numbers' on campus in a month."

Negrón said that "average numbers" refer to quarantine and isolation numbers in a range typically seen at that point in the semester. Those numbers can fluctuate depending on the point in the semester.

Negrón wrote in another email to the Accent that the university has not discussed reinstating any other mandates.

"Wearing masks has proven to be effective in mitigating the spread of COVID," Negrón wrote in the email "Therefore, we want to start the semester in this manner."

ZAITSEV continued from page 2

Zaitsev hoped to come back for the Fall 2020 semester, but he wasn't able to do so.

"It was an interesting time. I got a little depressed and basically didn't practice piano at all," Zaitsev said. "I had high hopes and was praying a lot for God to help me figure out the issues and circumstances in my life to help me come back to Southern and graduate."

At the start of the Winter 2021 semester, Zaitsev was able to return to Southern and start his senior year.

Zaitsev said he didn't come to Southern with an idea of what he wanted to do after he graduated. He came to do what he loved: playing piano. As of last November, he said he had plans to move to New York and take advantage of Optional Practical Training, which would give him an opportunity to work for a year and explore his degree in the real world. Zaitsev said he wants to teach kids and play for whoever wants him to.

"Playing piano makes me feel like I'm doing what I'm supposed to be doing; I'm fulfilling my calling," Zaitsev said. "... I like music in many ways - analyzing music, song writing or producing music. But playing piano makes me feel like home because it's something I have been doing since I was born. It's a part of me that I'm ready to share with anyone who wants to take part in that."

Southern responds to Supreme Court's ETS ruling

Megan Yoshioka

Editor-in-Chief

Last Thursday, the Supreme Court blocked OSHA's COVID-19 vaccine and testing mandate for businesses with 100 or more employees. Southern Adventist University would have been subject to the ETS if the mandate had passed through the court.

In an interview with the Accent, Vice President for Student Development Dennis Negrón said he is pleased with the outcome.

"I am pleased to say that the Supreme Court announced that the ETS by OSHA is an act that was beyond the powers of the federal government," Negrón said. "So, that makes Southern's responsibilities a whole lot less,

and we're pleased. We are not going to have to enforce some of the requirements that were going to be under this ETS."

Last month, on December 3, Negrón sent an email to the student body stating that Southern would have required all employees, including student employees, to be either vaccinated or tested weekly for COVID-19 and wear a mask if OSHA had implemented the ETS. However, university administration suspended its planning for ETS implementation the next week, according to another email sent to the student body by Negrón.

Negrón said Southern had no plans to mandate vaccinations, but the university would have had to enforce a mask mandate and weekly testing for unvaccinated employees had the ETS been implemented.

"We weren't ever going to enforce vaccinations, but enforce a mask mandate ... throughout the rest of the year and enforce testing," Negrón said in an interview with the Accent. "We're very happy."

COLLEGEDALE NEWS

Feature: Collegedale Police officer Michael Hicks

Alana Crosby

Collegedale News Editor

In November, Michael Hicks and several other officers joined the Collegedale Police Department (CPD). Hicks said he was drawn to the CPD by its reputation for its supportive community and family-friendly qualities. Hicks agreed to answer some questions about his experience as a police officer.

Hicks was born and raised in Cleveland, Tennessee, and served at Bradley County Sheriff's Office for five years before coming to Collegedale.

Jamie Heath, a lieutenant in the special investigations division of the CPD, noted Hicks' singing voice, sharing that Hicks has auditioned for an American singing competition and TV show, "The Voice," three times.

When asked who or what inspired him to work in law enforcement, Hicks recalled his grandmother.

"My grandmother is my inspiration to get into law enforcement. She served for over 20 years as a juvenile probation officer, dispatcher, and ended her career as a corrections officer," Hicks said. "She would take me to work with her, and I fell in love with it. If it wasn't for her, I wouldn't be here today."

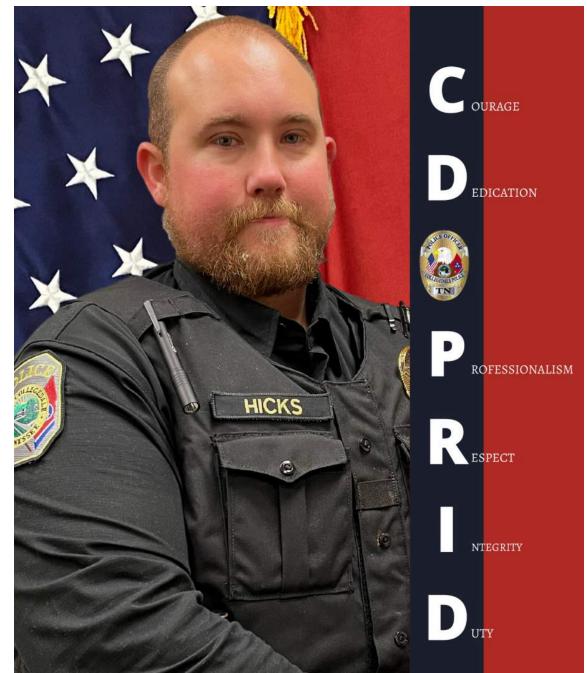
During his career, Hicks has faced many difficult situations. However, he said one stands out as the most impactful. Hicks and his partner rushed to the scene

of a near-drowning that could have quickly turned tragic.

"My partner and I were the first two on scene and [we] immediately began medical care to the best of our ability and training," Hicks said, "We were able to get the child to spit out the water, and she immediately began to cry. She was lifeforced for cautionary measures, but [she] is doing well today. Had it not been for our quick response and ability to act fast, it could have been a different outcome."

If there was one thing Hicks could change about the justice system, he said he would enforce "Joker's Law," a law that would make harming a law enforcement animal a class B felony. According to a petition on change.org, this law was put into motion when a K9 named Joker from Bradley County was shot in the head while pursuing

a suspect, however survived. "The one thing that I would change about the justice system, which is hopefully in the works currently with 'Joker's Law,' would be stiffer penalties for a criminal inflicting harm or injuring a law enforcement K9, horse or other animal," Hicks said. "Currently, the law makes it a theft of property for severely injuring or killing a police K9. I had the pleasure of working with Joker at Bradley, and he is one of the best K9s at the department."



(Photo courtesy of: Collegedale Police Department)

MUK WEEKEND OF SEKYICE



Vice President for Spiritual Life and Chaplain Joseph Khabbaz begins the final day of the Martin Luther King Jr. Weekend of Service with prayer. Due to weather conditions, several of this year's community service events were canceled or postponed to 1:00 p.m.

Monday, January 17, 2022.

(Photo by: Xander Ordinola)



Student volunteers arrange clothes to update images on the Samaritan Center's website. *Monday, January 17, 2022.* (Photo by: Xander Ordinola)



Students from the Black Christian Union, Alaska Vision Trips and Southern Connections class listen to instructions on how to sand down the wood at the Sleep in Heavenly Peace event.

Monday, January 17, 2022.
(Photo by: Xander Ordinola)



have all their pieces before being placed on the Samaritan Center's sales floor.

Monday, January 17, 2022.
(Photo by: Xander Ordinola)



Students organize children's toys into a storage room at the Samaritan Center. *Monday, January 17, 2022.* (Photo by: Xander Ordinola)



Students from Southern Striders help the Collegedale Academy Elementary school by moving mulch onto the trees and bushes in front of the school. Monday, January 17, 2022. (Photo by: Xander Ordinola)

MENTAL HEALTH

Resolutions, mantras and mottos

Tiffany Bartell *Healthy Minds QEP Director*

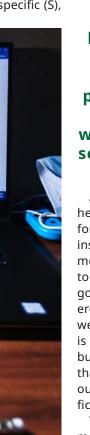
Editor's note: The following

articles are written by a counseling professional from Counseling Services in partnership with the Southern Accent.

The beginning of a new year tends to signal the widespread sharing of New Year's resolutions, mottos or a chosen "Word of the Year." COVID-fatigue has made many reluctant to commit to sweeping changes, and it can feel more doable to find a softer approach to choosing

goals for a new chapter. When thinking about beginnings, taking a mindful moment, with self-compassion, can be helpful in guiding the first step forward.

Setting goals can be done in a mental-health-friendly way by keeping a few things in mind. The first step in creating a healthy goal is to make sure that it is a SMART goal. SMART is an acronym for five tips in goal setting. The first characteristic of a healthy goal is to make sure they are specific (S),



List of mental health goals. *Sunday, January 16, 2022.* (Photo illustration by: Xander Ordinola)

measurable (M), achievable (A), relevant (R) and time bound (T).

Setting a goal of "getting healthier" can be ambiguous and hard to both start and know when it is finished. A goal of walking outside, sleeping seven to eight hours each night or starting counseling is an easier goal to set, monitor and have a sense of completion with at the end of the year.

...Make your motivation for setting health goals healthy. Investing in your wellness, mental health or physical health has the best outcome when it is done with self-compassion and kindness.

Another characteristic of a healthy goal is that it has space for life to happen with progress instead of perfection as the measure of success. If I want to exercise six days a week, my goal will most likely be to exercise three to four times per week and anything beyond that is extra. That way, I can have busy weeks or other challenges that need to take priority without feeling that I have to sacrifice my goals.

The last tip is to make your motivation for setting health goals healthy. Investing in your wellness, mental health or physical health has the best outcome when it is done with self-compassion and kindness.

Counseling Services events this semester

Tiffany BartellHealthy Minds QEP Director

Every semester, Counseling Services provides two outreach events on varying topics related to mental health. Last semester, Mental Wellness Week occurred the second week of classes and featured themes related to life balance, wellness and health, as it applies to mental health.

The second event last semester was the annual Depression Screening Day event where students could be screened for depression at a booth in the Bietz Center and pick up helpful resources and giveaways on the subject.

This semester, Counseling Services is excited to present two more outreach programs that you will not want to miss. An event centered on raising eating disorder awareness will take place on February 23 in the Bietz Center. The event is titled "Become a peer advocate! Your voice matters in building ED awareness" and will be located in the Bietz Center on that Thursday from 9 a.m. to 3 p.m. with a one-hour break for convocation.

The second event will be Stress Out Week and will take place February 28 to March 3. This event will have a double theme of providing tips and resources for dealing with the stress and pressure of midterms, as well as providing information on the mental health initiatives that Southern will be starting on campus.

Stay informed about these and other events by following Counseling Services on Instagram at @saucounseling.



Loni Romero, Tiffany Bartell and Brandon Grentz sit at the Counseling Services booth during Main Event for Smart Start 2021. (Photo courtesy of Tiffany Bartell)

SPORTS

Southern Intramurals: Volleyball is back

Jacob Nevis
Contributor

Southern is back in session for the winter semester, and with a new semester comes the start of another intramural sport: volleyball.

Volleyball is in full swing already, as it has started back up on the first day of classes.

There are six leagues in volleyball: men's A-league, men's B-league, ladies' A-league, ladies' B-league, co-ed A-league and co-ed B-league. Co-ed is especially popular in volleyball, with 29 teams participating in the co-ed B-league and nine teams in the co-ed A-league.

Volleyball is a very popular sport at Southern, with many students participating on teams and other students going to watch their friends play. Unlike last year, students are allowed to see the games in person and cheer for their friends. Many students are attending.

"It's good to see so many people coming out to participate and spectate volleyball," Troy Walker, the intramural director, stated about the season. "I really like the social in-

teraction of volleyball."

There are plenty of compet-

itive teams playing the sport, while other teams are there just having a good time. When watching men's/ladies A-league and men's/ladies' B-league, spectators will notice some differences in the players' skills. The pace of the game is also very different. Some of the players in the A-leagues show their athleticism with how high they can get off the ground to spike the volleyball.

There were plenty of teams that started strong in their first week of play. In the men's B-league, Los Tigres del Norte, OJ Beans and O'Block-ers won both of their games to move to 2-0. Over in the ladies' B-league, the only team to win both of its games and stay undefeated was Nothing but net. In men's A, Salt and Peppard was the team that started hot, while in ladies' A, DNTS and Hit were the teams to also move to 2-0.

Co-ed has many teams that did not see a loss, and people who would like to see these scores and follow the volleyball season can go to IM Leagues and search for "Southern Adventist University." Scores for all the games as well as the standings of all the leagues can be found there.

While the volleyball season has just started, students can expect many exciting games where players are having a lot of fun participating in Southern intramurals with their friends and competing against each other.



Freshman biology major Jonathan Loh comes down from a spike. The new semester begins with volleyball intramurals. *Wednesday, January 12, 2022.* (Photo by: Xander Ordinola)

OPINION

Ministry has no gender: Why hinder the advocates for our faith?

Madison Reinschmidt News Editor

For some Seventh-day Adventists, July 8, 2015, has been known as the Second Great Disappointment because during the 60th General Conference Session (GC) it was decided to vote against women's ordination.

When the news broke, women at the GC Session began hugging and weeping, according to Patricia Conroy in an academic journal called the Priscilla Papers. Adventists across the world posted photos of themselves dressed in black to spread awareness. For many Adventists, this was neither a shocking nor unsettling outcome. But for a young woman who is passionate about what she believes, the idea of women's ordination is not progressive; it's a necessary step toward equality in the church.

The difference between being an ordained pastor and a commissioned pastor lies in status. Both have the right to preach in church, yet only ordained ministers can rise in status and hold important titles like president.

Women's ordination has been a common debate within the Adventist church, but, as stated by Conroy, the greatest irony lies in the fact that our church was co-founded by a woman: Ellen White. Even White herself believed that women must carry out the mission of the church alongside men.

In an article for The Journal of Applied Christian Leadership in 2017, Boubakar Sanou wrote that White believed "the cause of God would suffer great loss" without the labor of women, and that women teachers are just as greatly needed as men. We consider White to be a great prophetess of our denomination, yet we don't allow for women in this

age to have the ability to witness on the same level as men.

One Bible verse used by many against women's ordination is 1 Corinthians 14:34-36, "Women should remain silent in the churches. They are not allowed to speak, but must be in submission, as the law says. If they want to inquire about something, they should ask their own husbands at home; for it is disgraceful for a woman to speak in the church" (NIV).

The main argument lies in this headship principle. Opposers of women's ordination believe that men should rule as the spiritual leader in the household and should also lead in the church. However, if we based our beliefs on this principle, we would not have women teachers, doctors or pastors in the Adventist faith.

As I've studied these sentiments, I've realized that, for many, this belief is simply motivated by a fear of feminism. For example, as women gained more rights in society in the 1980s, Dr. Samuele Bacchiocchi of Andrews University sought out biblical evidence to overthrow the idea of women's ordination, as stated by Conroy. Instead of searching for reasons why women should be

ordained, Bacchiocchi dug up any evidence that could possibly be found to protect mens' positions of leadership and power. This example shows that headship, in the terms of church, has never necessarily been a principle of tradition.

Opposers also argue that the church must be united and that not all conferences around the world are ready for women to be ordained or to even be pastors. Because of this belief, the GC refuses to add the name of Sandra Roberts, the first female president of the Southeastern California Conference, to the list of

world conference presidents, as recorded by Conroy. In my opinion, this is a petty display that harms potential believers from joining the church. People want to feel welcomed and accepted at church, and the way that this issue has been handled will make it difficult for new members to feel that our denomination treats all people as equals.

Ordination is not about headship; it is a public recognition of a man's or woman's divine call by the Holy Spirit to function as a pastor. Any person who prevents others from using their spiritual gifts will be accountable in the eyes of God. Joel 2:28-29 says, "I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days" (NIV).

God wants each person to do His will and follow Him to the best of his or her abilities. So why should we hinder the advocates for our faith?

I can only imagine how much more we could witness if everyone was given an equal opportunity to succeed. Christians should give the world a clearer glimpse of the character of God. This starts with the ability to accept all — no matter age, race or gender — and invite everyone to worship together for His glory.

Editor's note: The Accent was unable to find a contributor willing to write an opposing opinion piece on the topic of women's ordination in the Adventist church. If you would like to contribute to the opinion section, contact the editor-in-chief, Megan Yoshioka, at myoshioka@southern.edu.



Associate Chaplain Anna Bennett preaches at the Collegedale Church of Seventh-day Adventists. *Saturday, July 10, 2021.*

Saturday, July 10, 2021. (Screenshot from: Collegedale Church livestream)

RELIGION

A light for my path: Trusting God in the next step

Victoria Mills *Religion Editor*

I was a homeschooled sophomore from Rhode Island visiting Great Lakes Adventist Academy (GLAA) in Cedar Lake, Michigan, for Academy Days back in 2017. Elementary and high school students from all over came to GLAA to tour the campus, talk with teachers and meet potential future classmates. Faculty and students worked hard to present their school as a welcoming, uplifting and fun place to be.

During the weekend, I listened to the music groups, watched the gymnastics show (which to this day still awes me), ate the food and stayed in the dorm. I was pushed out of my very narrow, shy comfort zone to talk to new people, find my way around and try to envision myself going to this school. It was exciting but also nerve-wracking, and I wasn't sure if this was the right next step for me.

If you're struggling with your next step this semester, I encourage you to hold onto God and His lamp, and step forward.

Sunday night, all the girls gathered in the basement of the girls' dorm to sing and have worship. The harmonies were rich and amazing, and I started to feel at home. Then, after a welcome from the sweet dean.

one of the seniors named Jennifer Landis came up front and started talking. She read Psalm 119:105, "Your word is a lamp to my feet and a light to my path" (NASB), and told us how she ended up coming to GLAA. Near the end of her worship, she said something that I'll probably never forget. She spoke while standing in the front of the chapel and holding her Bible in front of her.

"If the Bible is a lamp, and I'm standing in one place, it's only lighting up a little circle in front of me," Landis said. "It won't give light for my path unless I take a step forward."

She took a step forward.

"Then, when I step out in faith, I can see a little more of the path I should take."

This simple illustration was so helpful to me, and I learned that night that God loves to lead His children using the tools that He's given us. It strengthens us to step out in faith, trusting in God and His promises.

With God's leading, I took the step to go to GLAA. While it wasn't the easiest thing I've ever done, it grew me in many ways and prepared me for college.

If you're struggling with your next step this semester, I encourage you to hold onto God and His lamp, and step forward. Text that friend who you haven't texted in a while. Do the hard class. Change your major. Get out of your comfort zone and see where God leads!



Hal Moore holds a Bible and a lamp to light his path. *Sunday, January 16, 2022.* (Photo illustration by: Xander Ordinola)



LIFESTYLE

Moving forward: How to stop dwelling in the past and burdening ourselves with unrealistic expectations

Elise Deschamps Lifestyle Editor / Columnist



I am a sucker for "used to's." I "used to" look a certain way and fit into a certain size of jeans. I "used to" workout everyday, sometimes twice. I "used to" wake up and drive to the beach to watch the sunrise. I "used to" be vegan. I "used to" be so much more confident. There are a lot of things that I used to do or be, things that are no longer a present reality and things that I still want to define myself by.

In the same way that I am addicted to attaching my identity to what I used to do, I have also found myself stuck on the way the relationships I have used to look. With my mindset so firmly attached to the past, it has been difficult for me to move on from relationships that are no longer present in my life.

Since I was about 16, I have had a nasty habit of scrolling for hours through old photos on my phone, reminiscing on screenshots of texts with an ex and pictures of myself from when I was younger and thought I looked "better." I would dwell on things that resurfaced old memories, whether positive or negative, and al-

ways brought up the uncomfortable realization that things now were different. As far as I was concerned, hindsight wasn't 20/20. The past was better. I missed it, and I constantly compared the person I was in the moment to the version of myself in the past.

By the time I turned 19, I had accepted this about myself. I never thought about the real reason for this habit or why I constantly felt the need to dwell on the past in such an intense way. I accepted that taking years to get over an ex was just a part of my character. I accepted that no matter how I looked in the mirror that day, I would never look as good as those pictures of me from high school (pictures where, in reality, I was incredibly unhealthy). I accepted that the bitterness I had against certain individuals was impossible to diminish. Romanticized memories and spiteful grudges would forever overshadow the reality of the present.

"You're falling down the rabbit hole again," my girlfriend said.

With a dramatic sigh, I swiped out of the photos app and threw my phone onto the bed.

"Why do I keep doing this to myself?" I thought. "Why do I constantly feel the need to diminish the life I have now and romanticize a past version of myself?"

When we dwell on the past, we burden ourselves with unrealistic expectations that do not align with the lives we have

now. We are not the same people that we were years ago; we have different problems, different experiences and different lives. There is no doubt that there is security in what is familiar. There is a feeling of safety in situations that we have been in before, whether those experiences were beneficial or harmful to us. However, it is vital to our growth as individuals that we consistently make healthy choices and develop healthier habits, even if it makes us uncomfortable.

That being said, here is how I have learned to look forward instead of focusing backwards.

When it comes to holding onto my own past life, I do my best to acknowledge the differences in the lives of my past self and my current self. Doing so makes room for selfgrace, allowing me to recognize and accept the person I am today without making excuses for mistakes.

For example, I have had a really hard time accepting my body as I have gotten older and developed into an adult. I know that I finally have a healthy relationship with food and exercise; however, it is still tempting to look to the past where I think I looked "better." I acknowledge that I wasn't healthy; I was actually suffering from disordered eating habits and an unhealthy obsession with working out.

When it comes to non-physical things like self-confidence,

I remind myself of things I am capable of now that my vounger self would be proud of. I remind myself once again that, of course, my perspective now is different from the past. I have gone through different things and learned new lessons about life. Not only is it cheesy, but it's true.

When it comes to holding onto past relationships, I have learned to recognize that some people are meant to play a specific role in your life for only a designated amount of time. It

is tempting to hold onto people and do your best to save relationships that you value; however, sometimes there is only so much that can be done. Is the other person matching the effort that you are putting in? If the answer is no, it's time to accept the role that the other person has played in your life and that the relationship has run its course and served its purpose. Let me tell you: it is a painful thing to do, but it is completely possible.



Apple Watch with analog clock face. Monday, January 17, 2022. (Photo by: Xander Ordinola)

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts!

time, I don't know if I'm ready to start paying \$9.99 for Spotify

SOCIAL



Dan Catangay @dancatangay

Q **#SAUlife**

Of course I'm excited to graduate and go on with my life. But at the same

Elise Deschamps @hippyleez I bought a whole bunch of sweaters at once from a thrift in the middle of no where and the cashier commented about how some of them used to belong to her deceased husband

Aaron Mumu @Aaron_notArron

*professor trying to get projector to work prof: anyone here good with Apples? me in my head: i'm more of a grape person

Ari Bates @sandwoodstreets

watching people step off a moving sidewalk is one of my favourite pastimes

Sam Kumendong @samm_ek

Sorry to all the enemies I've made with my cars automatic high-beams

Karen Guerra @kfcguerra

do people still do snap streaks? i sure hope not





lynna_kikule



sarrahhagan "21 and having fun"



rubbyg First week of 2nd semester done

🧿 | Instagram



angels_aegis19 It's already been confirmed that I'm a biology and psychology nerd, but today I finally join the ranks of chemistry nerds.

Krista Griffin

asi.es.la.krista Day 1 of year 23



emmseys i still remember the first fall of snow

CHATTER



Today — 19

Fee charged for add/drop "W" on transcript



11:00 a.m. Convocation, Susan Norris, Iles PE Center

5:30 p.m. Student Organization President's Meeting, Presidential Banquet Room

Friday — 21

3-on-3 Volleyball Sign-ups begin, www.imleagues.com/southern

Sunday — 23

Campus Safety

All Vehicles must be registered with

5:58 p.m. Sunset **7:30 p.m.** Vespers, Collegedale Church 8:45 p.m. AfterGlow, Collegedale Church South Atrium

Saturday — 22

son, Collegedale Church 9:00 a.m. Connect Worship, Elementary

School & Livestream 11:45 a.m. Renewal Worship, Dave Ferguson, Collegedale Church & Livestream

Chapel & Livestream 6:00 p.m. Evensong, School of Music

Monday — 24

Last Day to Add Classes **Student Week of Prayer** Southern Union Summer Camp Recruit-

6:50 p.m. E.A. Anderson Lecture Series, Brock Hall Room 3205

Office of Ministry and Missions Winter

9:00 a.m. Adoration Worship, Dave Fergu-

11:45 a.m. Merge Worship, Lynn Wood

HymnSing, Collegedale Church 8:00 p.m. LAC Ethnic Night, Iles PE Center

Jisoo Lee Alex Hongo Migdalice Ramos-Jordan Luong

Weekly Birthdays

Yosef Henry

Hannah Moody

Saturday |22

Michael Segobiano

Melody Sheppard

Christina Rada

Adriann Stahl

Sunday |23

Leilani Darnell

TODAY | 19

Nate Lopez

Eunice Cha

Juan Harmse

Adonna Andino

Anthony Melgar

Thursday | 20

Martha Calderon

Lucca Despirito

Joseph Park Nieves Kenneth Salmon Friday |21 Monday |24 Mark Christensen Aunya Anderson

Sienna Day Keishla Galan Joselyn Izquierdo-Jocelyn Jara Andino

Lauren Martin Ashely Morales-Inzunza Chloe Peterson Julianne Plank Josh Ronalds

Zoie West Tuesday |25

Cheyenne Hyde Andrew Kim Sophia Martin Htet Myint Robert Nolasco

Helen Silvestre Regine Wijaya

SA Announcements

FAFSA - Remember to file for Financial Aid (Priority Deadline is March 1st). http:// www.fafsa.gov

SA Position Applications are now open! If you are interested in running for President, Executive Vice President or Social Vice President, please go to southern.edu/ studentassociation to get more information and apply. The deadline to apply is January 27.

Check out our website! www.southern-accent.org





Tuesday — 25

Last Day for Student Insurance Open **Enrollment**



MASTER'S DEGREE IN EDUCATION

Learn to Lead

An online master's degree from Southern Adventist University prepares educators for success.

Increase your marketability and position yourself for advancement with Instructional Leadership—an online program with one two-week intensive on campus.

This emphasis prepares you for roles as a school principal or superintendent. Courses meeting the requirements for the North American Division Principal Endorsement are also offered online.

Master of Science in Education

- Literacy Education
- Outdoor Education



Lifestyle | 7

Why we should share our thoughts with one another

January 26, 2022 Collegedale, Tennessee



Vol. 77 Issue 12

Student Vision moves forward with international travel plans



Sonya Reaves begins an orientation for students planning on going on Vision Trips this year. *Sunday, January 16, 2022.* (Photo by: Xander Ordinola)

Geoff Fowler Reporter

Student Vision is cautiously moving forward with international travels through Vision Trips, according to Sonya Reaves, Global Engagement coordinator.

"We use the term 'Vision Trips' because it is a different mindset than your classic mission trip," Reaves said.

Vision Trips are designed to allow college students to get involved and use their individual skills and talents in the mission field, according to Reaves.

"We want to bring extra energy to bring expertise and a skillset to support whatever is happening on the ground," she said.

Vision Trips go through an approval process through the university. Southern had imple-

mented this process even before the COVID-19 pandemic, according to Reaves. If the trip proposal is submitted six months prior to and approved by the university, checks with the U.S. Department of State and the CDC are performed three months before leaving to determine if it is still safe to go.

Reaves said the Department measures international safety in four tiers. The first two levels pose little to no danger for the people going on the Vision Trip, she explained. When it is a level three on the tier, the university decides whether to continue with the trip or cancel it. Danger varies among level three countries depending on the regions where the trips are taking place.

Another check is performed two weeks prior to leaving.

"[We check] how it is on the ground where you are. Is it a COVID precaution? Or, is it violence in another town?" Reaves said. "We do a local check. If it is a level four, it is an automatic no-go."

Students have to fulfill requirements such as taking a COVID-19 test 24 hours before they board the plane. International trips require Vision Trip participants to be vaccinated for COVID-19.

"Most countries are requiring [COVID-19 vaccination] because [they] want to protect [their] local communities," Reaves said.

In trying to keep the university, community and other places safe, the Global Mission is constantly checking recommendations from the government, university and local hosts.

According to Reaves, there is a one-credit class that is required for Vision Trip participants to complete. The first class is in-person, while the rest of the class is on Zoom. This class trains students before heading into the mission field. It takes only a quarter of the semester to complete.

In training, students are taught about sustainability in packing and what trip participants should do when they are there. They are also taught about the dangers of a single story and how you present the stories being told, according to Reaves.

"It is more than just getting your plane ticket and [going]," Reaves said. "We want to help your worldview and the way you serve."

Q&A with new Counseling Services coordinator

Sarah Klingbeil Managing Editor

Counseling Services has hired Amy Ortiz Moretta to fill the position of Counseling Services coordinator. Ortiz Moretta agreed to do an interview with the Accent.

Editor's Note: The following interview has been edited slightly for length and clarity.

Can you tell me a little bit about yourself?

I grew up as a fourth generation Adventist and was born in New York City. I grew up in New York but then moved to Pennsylvania where I attended Blue Mountain Academy. I then went to Columbia Union College [now Washington Adventist University] and graduated from there with a bachelors in counseling psychology.

I worked various jobs, but I've always worked with students. Students are my absolute passion! I just love being around young people. I was at Kettering College for quite a few years. I worked as a dean for both the guys and the girls. I also have worked as the director of alumni, director of career services, Title IX coordinator, assistant professor and then, prior to that, I was at Washington Adventist University. I went back to my alma mater. I was vice president for student life there.

See MORETTA on page 2

Southern cancels January convocations, Saturday night events due to rise in positive COVID-19 cases

Megan Yoshioka Editor-in-Chief

Southern Adventist University canceled all convocations and Saturday night events from January 20 to the end of the month due to a rise in positive COVID-19 cases on campus, according to Vice President for Student Development Dennis Negrón in an interview with the Accent.

Last week, the University Health Center (UHC) had recorded about 15 to 20 positive cases on average per weekday, according to UHC Nurse Practitioner Michelle Mix in an email to the Accent on January 19.

Negrón said part of the reason for the rise in cases was a Student Association event held Saturday night, January 15. Another reason was a bowling event that was not sponsored by the university, according to Negrón. Therefore, all university-sponsored Saturday night events, including Latin American Club (LAC) Night, have been canceled or postponed.

However, Week of Prayer programs scheduled for this week and Friday night Vespers are continuing as planned, according to Negrón. Those events are being held in-person in the Collegedale Church of Seventh-day Adventists.

"During [Week of Prayer], ...

historically, we have 300 students in a meeting, and we feel that the church can handle 300 students and spread them apart and do that safely," Negrón said.

The 11 a.m. Thursday convocation typically held during Week of Prayer is canceled. However, the Thursday night service will be held as scheduled, according to Negrón.

Although Vespers programs will be streamed, enrichment credit will not be available for online attendance, according to an email sent to the student body by Negrón.

"One of the things that we have felt we've learned about ourselves over the last year and a half is that when we chose to move Vespers online, we felt like we were compromising our mission," Negrón said in an interview with the Accent. "We have always tried [and] strived to be a campus that accomplishes its mission face-to-face. And part of the mission is giving spiritual education. We didn't feel we were doing that well online. ... We're going to limit ourselves to just one big meeting for the rest of January, and that's Vespers."

The email also stated that the Student Development office will

See CANCELATIONS on page 2

Student Senate reaches out to academic departments for projects



Edvan Benitez opens the Student Senate meeting with worship and prayer. This was the Senate's first meeting of the semester. *Tuesday, January 18, 2022.*

Lucas Bueno

Reporter

(Photo by: Maiya Banks)

In a news tip to the Accent, a professor commented that he noticed that the Student Senate has been more involved with campus departments this year compared to previous school years. Student Association (SA) Executive Vice President Kenneth Bautista, who heads the Student Senate, explained the measures senators have used to get more involved with Southern's academic departments.

ern's academic departments. "This year, the Senate Leadership Team went to as many departments as we could contact in the beginning of the year to look for things they needed," Bautista said. "This gave us more opportunities to find out areas of needs. It streamlined the project process for senators and allowed them to easily take on a project and complete it. From the idea stage, senators would do the leg work in coordinating [with] the department deans or professors and create a proposal to give to Senate as a whole."

Bautista said this process has enabled the Student Senate to have a greater impact on campus.

"This process is completely different from years past when senators had to find the projects or come up with ideas," Bautista said. "Now, [senators] can look at a list of potential ideas or come up with their own. The list of potential ideas has allowed us to be the most effective Senate in recent years."

So far, Bautista said that the Student Senate has completed nine projects in the past semester. "Our budget is like \$14,000; and so, so far, first semester alone, we spent \$10,500 pretty much." Bautista said.

In one of their first projects, Student Senate helped five student businesses by giving them \$200 in order to help them get started. This project was called Lift-Off Initiative, and the Student Senate used \$1,000. One of the students that the Senate helped with their Lift-Off Initiative was Colette Williams.

"I had a small business called Colette's Creations back home ... and I made vegan desserts for people and my community," Williams said. "They would place orders through my website or my Instagram, and I had a kitchen there and all my ingredients and my pots and pans and things like that. And then coming to Southern, I wanted to continue my business, but it was hard because I was lacking the inventory I had back home ... and vegan ingredients can be a little bit more pricey. And so I saw this Lift-Off Initiative, and I thought this would be a great opportunity for me to hopefully use this money to help my business. So, I had an interview, and they were able to give me \$200."

Williams said she bought more inventory with the money she received from the initiative. Another project that the Senate did was buying 106 Bibles for the Office of Ministry and

Missions so that students could

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CANCELATIONS continued from page 1

make adjustments to enrichment credit requirements with the cancelation of two cultural credit opportunities.

According to Negrón, the primary motivation behind canceling events is the strain on UHC medical personnel.

"We are exhausting our medical personnel on campus," Negrón said in an interview with the Accent. "The numbers are going up. We've had medical personnel also have to be out for various reasons. And we have taxed them to the point that it's no longer safe [on their health] to be working as many hours. So, that's our primary motivation. We're trying to do

something to help our medical personnel on campus."

Mix said the UHC started the semester with a smaller team.

"It's challenging to keep up with the high volume of patients and cases without that extra help," Mix stated in an email to the Accent. "Many on our team are putting in a lot of overtime, working late into the evening and through weekends. However, we are passionate about our campus and the health of our community. We are proud of the work we are doing and thankful to the students and employees who entrust us to keep them healthy."

Negrón said university administration decided to cancel events for the time span of two weeks with consideration.of how long the Omicron wave is predicted to last.



Alan and Nicole Parker discus the topic of sexual integrity at Vespers. Vespers and Week of Prayer programs are the only university-sponsored events not canceled for the rest of January due to rising numbers in positive COVID-19 cases. Friday, January 21, 2022. (Photo by: Maiya Banks)

"What we know about Omicron is that the symptoms aren't very bad," Negrón said in an interview with the Accent. "There is a lot of belief among medical experts that Omicron probably will be gone soon — maybe in another two weeks. It's possi-

ble that it'll go into February if it's a 10-week lifespan, but many of the experts believe it's going to be a six-week lifespan. And if that's true, then that coincides with the end of the month."

Negrón said administration will continue to evaluate the

COVID-19 situation on campus. Administration will decide this Friday whether to extend event cancellations or to continue holding events, he said.

Madison Reinschmidt also contributed to this report.

SENATE continued from page 1

have a Bible if they needed one. The Senate also bought an icecream machine for CK2.

Senate helped form a music recording studio in the Music Department so that students can go there to produce music.

"There is a little room that they turned into a music studio, so they have like a recording thing, they have speakers, they have a keyboard, they have mics..." Bautista said.

The Senate also provided Hackman Hall, which houses the School of Religion, a TV so that announcements and advertisements could be displayed in the building. During Spirit Week, the Senate gave away prizes, including Amazon gift cards, AirPods and an iPad.

Senate has also helped the School of Journalism and Communication with a TV on a cart for using in multiple classrooms and for SAU News.

Another project is Thatcher lights.

"Right outside Thatcher it can get pretty dark at night and it can be a little scary especially with those bushes and stuff," Bautista said. "And so, we paid for the installation cost for Plant Services to install new lights."

Currently the Senate is working on Eco-Initiative, and there will be a booth coming this semester.

"It's gonna kinda support being eco-friendly, like helping the environment and what students can do to do that," Bautista said.

In addition to that, the Senate is looking into the possibility of getting paper bags for the Village Market.

Other upcoming projects include helping the School of Education and Psychology with more supplies and funding for more tents and stoves for the Biology Department so that students can use them on field trips.

Bautista said, "I just kinda want students to know that Senate is here, and what we're here for is just for other students... My goal coming in this year was to spend as much money as possible, because it's for our students... [What] I want people to know is if they have any concerns, any issues, that Senate is here."

Students can find more information about Senate on its Instagram page, senatesau.

Southern administration unveils water fountain

Yvanna Hammen-Alvarez Reporter

The unveiling of a water fountain and bottle filling station was held in front of the Bietz Center for Student Life on December 9. The fountain can be found in front of the Bietz Center by the steps to the right of the front doors.

The fountain station was dedicated in memory of Brent Rogers who did not attend Southern Adventist University, but whose father, Ken Rogers, was one of the university's previous chaplains. There is a plaque in Brent's name near the fountain

About 30 people attended the unveiling, according to Kenny Turpen, director of Development. Many attendees were close to Ken Rogers, and some had worked with him when he was Southern's chaplain, Turpen said. During the unveiling, Ken Rogers shared with the group some remarks about his son. School of Education and Psychology Professor Matt Tolbert sang a song he had written after the passing of Brent.

According to Turpen, he and Ken Rogers met in 2017 to "discuss a fund that was used to receive gifts made in memory of Brent when he passed." A pool of funds had been donated in memory of Brent in order to reach the minimum endowment level.

Turpen said Ken Rogers suggested adding something more permanent on campus in honor of his son, as Brent would spend much time on campus with his father. Ken Rogers then suggested a drinking fountain along with a dog watering bowl, due to Brent's love for his Labrador Retriever and the times they would spend on campus.



Kenny Turpen unveils the fountain with Ken Rogers. Thursday, December 9, 2021 (Photo by: Xander Ordinola)



Ken Rogers poses for photo after unveiling the water fountain. Thursday, December 9, 2021. (Photo by: Xander Ordinola)



(Photo by: Richard Castillo)

MORETTA continued from page 1

Last year, I was an adjunct professor for Kettering College. I moved to Puerto Rico in 2020 to be with my family to help my parents with some family responsibilities. I have two fabulous college age children, Sonny and Ariana.

So you recently accepted a new position at Southern as Counseling Services coordinator. Can you tell me a little bit about the job and what it entails?

My understanding of this position is that it's a hybrid position. It's a little bit of two things. Part of my responsibilities is [that] I will be counseling students one-on-one. The other part of my responsibilities is to basically share the importance of the services that we have available.

What are some short-term and long-term goals that you have working with Counseling Services?

Short term goals for me are pretty simple: I really want to get to know the counseling team, understand those strengths and to kind of capitalize on those strengths. For the long term, I am so excited to get to know the students at Southern. I want to make sure that Counseling Services [is] there to help support the students. Because we all go through challenges and just because we have a challenge doesn't mean that we need mental health services for the rest of our lives.

It's just to help us process whatever challenges are in front of us - to make sure we, as the counseling department, are offering the services that the students need for them to excel. We want to make sure

that you feel welcome, safe and prepared for the transition into the real world.

Why did you choose to go into counseling? Is there any story or event that made you pick that direction?

I don't have one specific story. I can just say that, from an early age, people were very comfortable coming to talk to me about situations in their lives. For example, I was an RA when I was a student at Blue Mountain Academy. Girls that didn't live on my floor used to come and talk to me because they knew that they could trust me. It just came naturally. It brings me great joy and satisfaction knowing that I'm just there for someone. I don't pretend to have all the answers, only God knows, but I am always honored to be part of somebody's journey. If I can be present for someone, that brings me a lot of joy and satisfaction.

What would you like students to know about you or your job?

It's unrealistic to think that I will get to know every single student, but I hope to get to know as many students as possible. I want them to know that I will be a safe person to talk to no matter what their life journey has been. ... Again, for me it's an honor when someone opens up and shares part of their journey with me. I hope that they find me a safe person and someone that they can trust.

Anything else you would like to add?

I really am thrilled to be joining the Southern team! It's an answer to prayer! My first day is Monday February 7. I am very excited to join the team and get to know the faculty, staff and students at Southern.

Southern Accent

The Accent encourages readers to write articles and voice their opinions. However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

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Published author and School of Journalism and Communication Dean teaches Literary Journalism

Megan Yoshioka Editor-in-Chief

Rachel Williams-Smith, dean of the School of Journalism and Communication and author of the book, "Born Yesterday," is teaching Literary Journalism this semester. The class is only offered once every two years and led to a book publication

The Literary Journalism class combines reporting, research and literary techniques to tell a

long-form story, Williams-Smith said in an interview with the Accent. By the end of the semester, each student will need to complete a 20 to 30 page writ-

"The difference between a novel and literary nonfiction [is that] with a novel, you create a plot. With literary nonfiction, you have to ... look at the plot points and decide how to lay them out, but you can't just go create a plot," she explained. "So, it's all true. But you can

manage how it's put together so that it has the most appeal not just to the mind, but to the emotion as well. And, it pulls the reader in."

The Literary Journalism class is an elective course and it is not required for any major, according to Williams-Smith.

"Anyone who signs up [for the class] is doing it because they truly want to," she said. "And I think that ... [creates] a really great atmosphere because everyone is challenging themselves to do this as opposed to doing something because it's the requirement for graduation. So, obviously, it's for someone who loves writing and is ready to tackle the writing."

Junior English major and film minor Paula Macena said she decided to take the class to hone her writing skills. "I've fallen in love with mem-

oirs lately, and I knew that Literary Journalism teaches a similar style of writing," Macena said. "So, I wanted to learn the ropes and improve my craft."

Macena said she decided to work on more than one piece since she could not decide on one topic.

"I'm personally working on two pieces: The thriving but hidden punk scene in the South, and my experience being thrown into the film program headfirst this semester while having no idea what I'm doing," Macena said. "I couldn't decide on just one, so I decided to do both for fun."

Another student, senior mass communication - media production major Josué Vega, said his topic has to do with sexual assault.

"My friend was sexually assaulted by [a teacher at his Christian school] and had to learn how to rediscover his faith," Vega said. "That's about as much as I can share right now just because I haven't done all the research. ... But that's the general synopsis of how ... after being assaulted ... how he was able to find peace and restoration in a different type of Christianity."

After he finishes the project, Vega said he is interested in expanding his work and venturing into book publishing.

"Dr. Rachel said that, in fact, she was going to encourage us all to pursue publication and she would help us along the way," Vega said.

One of the objectives of the course is to introduce or familiarize students with the publishing industry, according to Williams-Smith. She said her own experience with publication has helped her teach the class. She said she is also planning on bringing in a published guest presenter so he can speak about his experience with the publishing industry.

"I want people to understand that the publishing industry is a tough one to break into and to have some idea of how to go about it," Williams-Smith said.



Josue Vega listens to the lecture in his Literary Journalism class. Thursday, January 20, 2022. (Photo by: Maiya Banks)

New vice president for Advancement advocates for discussions of philanthropy

Madison Wilcox Reporter

Southern Adventist University's Advancement office is advocating for campus-wide philanthropy, according to Vice President for Advancement ness since 2018. Ellen Hostetler.

"I want to encourage the idea that as we go through our college education, ... graduate and ... move into the world, that we're here for the express purpose of being the hands and feet of Jesus," Hostetler said.

Hostetler said Advancement works with alumni, businesses, government grants and, most often, "people with a personal affinity," to establish scholarship funds for students.

"The most fun part is working with the team to see donors reach their goals and benefiting students," Hostetler said.

The university hired Hostetler for the position last Septem-

ber. Hostetler said she worked in health care administration for six years before moving to fundraising and then to her current position. She also has worked as an adjunct professor in Southern's School of Busi-

Kenny Turpen summarized Hostetler's role as "[overseeing] all the philanthropic efforts of the university." According to Hostetler, this includes fundraising for projects that tuition doesn't cover and overseeing alumni relations, scholarship programs, endowment funds and the annual campaign for special projects.

Hostetler said the role of Advancement is to cover expenses that tuition doesn't cover. According to Turpen, there are currently 206 "active endowed" scholarships at Southern. Many of these scholarships are matched to students by Student Finance.

Students must apply for others, like the Work Initiative Scholarship Endowment (WISE). According to Hostetler, WISE awards approximately \$100,000 yearly to working students by matching up to \$3,000 Director for Development of each student's earnings per year, providing that they apply at least 50% of their earnings towards their school bill.

Any working undergraduate student is eligible to apply for WISE through Student Finance, according to Turpen. He said students can apply for this scholarship and obtain more information about the process at the Student Finance office.

Students can reach the Student Finance office at 423-236-2535. They can also reach the Advancement office by calling 423-236-2829, or by stopping by the office on the second floor of Lynn Wood Hall.



Ellen Hostetler goes down the slide in the Bietz Center for Student Life. The building was fully funded by donors. Hostetler is the vice president for Advancement, a department on campus that helps students financially through scholarships and donations.

Friday, January 21, 2022. (Photo illustration: Xander Ordinola)

COLLEGEDALE NEWS

Southern student arrested for stabbing

Alana Crosby <u>Collegedale News Editor</u>

On Saturday, December 11, Collegedale Police responded to a 2 a.m. call from a witness who reported a disturbance in the Summit apartment complex. According to Jamie Heath, a lieutenant in the special investigations division, officers arrived to find a victim suffering from a laceration and stab wound.

Christopher Jong-Jin Won, a senior accounting major at Southern, was arrested for the stabbing of his roommate and charged on the scene with aggravated domestic assault.

"The officer observed a twoinch laceration on the top of the victim's head and a deep hole in the webbing of the victim's left

hand between thumb and index finger," Heath said.

The victim was transported to a local hospital and treated for non-life threatening wounds, according to Heath.

On the morning of the incident, officers were dispatched to a residence in response to a disturbance involving a knife, Heath said.

"[The officers] arrived on the scene, and the victim and the witness are boyfriend and girlfriend," he said. "They were in the front, there in the parking lot, when the officers arrived. Officers went into the apartment, made contact with Mr. Won and read him his Miranda rights."

Won told the police that he acted in self-defense, but witnesses reported otherwise,



Christopher Jong-Jin Won.

according to Heath. Heath said the witness was in the kitchen of the apartment when she heard the argument between Won and the victim escalate. She reported to police that she heard Won, who was on crutches at the time, allegedly throw them down before attacking the victim.

"The sworn statement [from Won] was that the victim had started arguing with him and that he had used the knife only out of protection," Heath said. "Once the witness and the victim were interviewed, their [stories were] a bit different."

The police report states that the witness walked out of the kitchen and found Won on top of the victim with a knife on the ground next to the victim.

The Chattanoogan reported that Won was immediately taken to the Hamilton County Jail and is now out on bond. His court date is scheduled for February 9.

Southern was unable to confirm Won's current whereabouts due to student confidentiality.

"Our employees care about the wellbeing of every student. We are unable to comment on these serious allegations due to student privacy," said Isaac James, director of Marketing and University Relations. "We do want students to know that the institution prioritizes the safety of our student body over confidentiality, but upholds student confidentiality when it is determined that doing so does not put others at risk."

Elsie Pak and Megan Yoshioka also contributed to this report.

Organist Pamela Harris

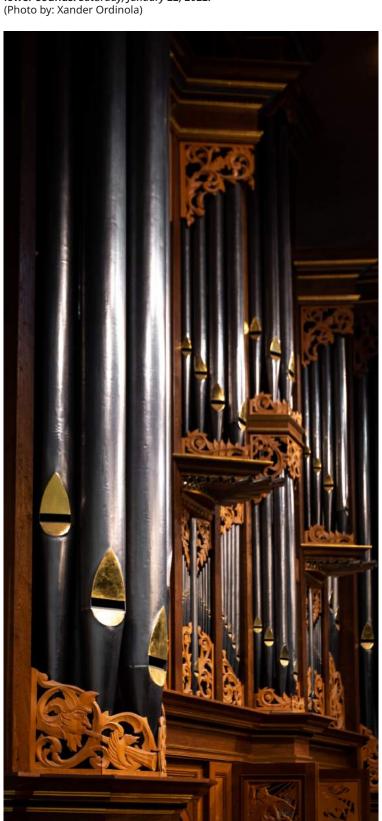


School of Journalism and Communication Professor Pamela Harris practices playing the organ before the morning church service starts. Each knob on the organ can be extended or retracted, and they control if a set of pipes play, with each set depicting either higher or lower sounds. Saturday, January 22, 2022.



Harris plays while I Cantori sings. Harris said it is a "rare treat" when she can play along

Saturday, January 22, 2022. (Photo by: Xander Ordinola)



Harris plays during the service. "Playing the organ is, I feel, a spiritual gift that God has given me and helped me to develop and called me to use. I play to uplift the congregation, praise the Creator, and contribute to making the Gospel of Jesus come alive," Harris said. Saturday, January 22, 2022.

(Photo by: Xander Ordinola)

Harris prepares for playing the organ at Collegedale Church of Seventh-day Adventists. She has been playing since she was 12 years old. Saturday, January 22, 2022. (Photo by: Xander Ordinola)



Harris plays the organ. As well as playing for church services, she plays for weddings, funerals and camp meetings. Saturday, January 22, 2022. (Photo by: Xander Ordinola)



On the edge of the organ there is a list containing presets for specific players. In addition to playing at Collegedale Church of Seventh-day Adventists, Harris also plays at St. Francis of Assisi Episcopal Church in Ooltewah. Harris said, though the two organs are very different, this one allows her to create presets for various songs. Sunday, January 23, 2022. (Photo by: Xander Ordinola)



Harris utilizes the foot pedals of the organ at St. Francis of Assisi Episcopal Church. She said she prefers curved foot pedals over flat ones because it is easier for her to reach the edge notes. Sunday, January 23, 2022. (Photo by: Xander Ordinola)

MENTAL HEALTH

Sunshine and mental health: Striving to live healthier

Delaney Harris

Counseling Graduate Student

Editor's note: The following article is written by a counseling professional from Counseling Services in partnership with the Southern Accent.

There is something special about stepping into a bright beam of sunlight. The feeling of warmth that engulfs the body. The beauty of the light that gleams in the color of the eye. The bright cheeriness that greets the soul. Whatever it is, the special quality that a sunbeam carries is remarkable. But how important is sunlight

to someone's mental health?

A study headed by Mihyang An in 2016 found that sunlight, both direct and indirect as well as artificial and natural, has a significant effect on employees' job attitudes, which impacts their mental health. Yes, merely changing the attitude an individual has at work can impact their overall mental health.

An article by Linda Geddes in 2019 stated that Americans spend about 90% of their lives indoors. Knowing what we do about the importance of sunlight on mental health, this is concerning. Geddes further explains that even small increases in sun exposure can have dramatic effects on people's sleep health and boost their overall mood status. Additionally, this sunlight exposure has been shown to decrease the presence of depression and experiences of agitation.

So, now that we know about the importance and quality of sunlight, what are some ways that we can go about getting more of it?

The first and most obvious answer is to go outside more often. It may seem difficult to venture outside into the frigid January air, especially when there is snow forecasted in the weather report. Even so, spending time outside will aid in getting more sunlight, which can lead to a better mood. Going for a walk in the sunshine can also aid in mental and physical health, according to a study headed by Paul Kelly in 2018.

Another way to get more sunlight is to open your blinds or curtains during the day. This sunlight, although indirect, can help your brain reset to a

healthy sleep schedule as well as impact mood and overall mental health status.

There are many ways to ensure that you are receiving sunlight throughout your day. This sunlight exposure can aid in your mental health journey, decreasing rates of depression, agitation, sleep problems and more. Going forward this week, keep in mind the importance of sunlight and your mental health as we strive to live a healthier and happier life every day.



Sunrise on the shore of Tennessee River Park boat ramp. Sunday, January, 23, 2022. (Photo by: Xander Ordinola)

SPORTS

The Major League Baseball lockout Southern intramurals:

Jacob Nevis Contributor

Baseball is still America's pastime, and Major League Baseball (MLB) is the main reason why. The MLB has been around since 1903, and it continues to sustain one of the major sports in the United States.

Fans love to go to baseball games in the summer and cheer for their favorite teams. However, this upcoming season could be in jeopardy, and teams might not play because of something known as "a lockout."

A lockout as defined by Oxford Dictionary is "the exclusion of employees by their employer from their place of work until certain terms are agreed to."

In terms of the MLB, lockout means the same thing. The owners of the 30 teams are locking out their "employ-

ees," the players, from going to work, or rather, going to play baseball. The main reason the owners are doing this boils down to the collective bargaining agreement (CBA) expiring after the 2021 season.

The CBA is negotiated by the owners and the union that represents the players. The CBA is what determines the wages, hours and safety of the players, as well as some other aspects of the agreement between owners and players.

The lockout started on December 2; and, as of now, there has not been much negotiating between the two parties. Since there has not been much talk of an agreement being produced, the start of the baseball season could be postponed.

The first spring training game of the 2022 season is scheduled to be played on February 26, which is only a month away. If the MLB is going to play on that day, an agreement has to be negotiated in the coming days. This is needed because there has been no offseason of MLB.

The offseason is especially important for sports because this is when teams sign free agents and trade as well as build their teams. Since the MLB has been on a lockout, teams have not been allowed to do this. If baseball is going to be played, there needs to be some movement, but look for the season to be postponed if that does not happen.

Volleyball standings



It's a Set Up player Joseph Urbin (L) spikes the ball, but Fireballs player Rexy Hutubessy (R) blocks it. At the end of the match, the Fireballs won **2-0.** Wednesday, January, 19, 2022. (Photo by: Xander Ordinola)

Empty Coors Field stadium in Denver, Colorado. Wednesday, February 22, 2017.

Top 3 teams by division:			
Co-Ed B:		Co-Ed A:	
East:		Fireballs	4-0-0
predators	5-0-0	Russell's Toes	4-0-0
Offenders	3-2-0	EZ Pass	3-1-0
blue's clues	2-3-0		
Mountain:		Ladies A:	
mine mine mine	4-1-0	DNTS	4-0-0
Hot and Spikey	4-1-0	Hit that	4-0-0
Straight Fire	2-2-0	gold diggers	2-2-0
North:			
Bae9	4-1-0	Ladies B:	
The Empire Spikes Back		Nothing But Net	4-0-0
Mission Unblockable	3-1-0	Beta Blockerz	3-1-0
South:		Volley Llamas	2-2-0
Bing-Bong	4-1-0		
Mighty Chondria	3-1-0	Mens A:	
Plata o Plomo	2-2-0	Salt and Peppards	5-0-0
West:		KindaGoodAtVolleyball	2-2-0
Spongebob Spikepants	4-0-0	Hit or Miss	2-2-0
Setters of Catan	3-0-0		
Notorious D.I.G.	3-0-0	Mens B:	
		O'Block-ers	4-0-0
		Los Tigres del OWeste	4-0-0

Team Name

3-1-0

OPINION

Hulsey Wellness Center's dress code in question

Inconsistencies in dress codes need to be openly addressed

Genesis Ventura Contributor

Recently, I finished playing volleyball with my friends in the Iles P.E. Center and was heading to the Hulsey Fitness Center to workout when I was stopped by the desk receptionist. She told me that I couldn't workout with the top I was wearing because it showed my shoulders, and she proceeded to hand me a T-shirt.

Why is the Hulsey Wellness Center dress code inconsistent? The dress code in the Fitness Center requires that shirts reach the top of the pants/ shorts and fully cover the torso and shoulders, and it requires that athletic pants and shorts are long enough to cover the gluteal fold. Students also must have athletic shoes with non-marking soles that have closed toes and closed heels. But the dress code in the Iles P.E. Center is different.

... As a student, I don't understand why there can't be a balance that would satisfy both paying students and paying local members.

Darin Bissell, facilities manager for the School of P.E. Health and Wellness, explained the reason for having the dress code.

"On the fitness floor, we have that dress code because it's a modesty issue," Bissell said. "We want members to be comfortable here when they're working out; that's the main reason."

Students also have memberships at Hulsey, so why hasn't Hulsey accommodated for students as well?

Southern is an Adventist institution. We understand that modesty is very important in Adventism. As a student, I understand that, and I respect those boundaries. But I don't understand why there can't be

a balance that would satisfy both paying students and paying local members. As a student I don't want to feel like I am not treated as a paying customer and that I must dress a certain way to please a certain type of customer.

Sophomore biology major Atzy Lopez-Avila stated her opinion on the issue.

"We should be able to wear what is comfortable for us, so we can get the most out of our workout," Lopez-Avila said. "So, if I feel comfortable in a long sleeve crop top, nothing is revealing, so I don't understand why it's a big deal."

Debating and discussing this topic would make students feel heard and understood because we are also paying customers. Treating students reasonably shows the respect that staff and administration have for them and their opinions.

We are not asking for a drastic change but for reconsideration for the dress code so that there is consistency between the Fitness Center and Iles P.E Center dress codes.

The dress code keeps us safe and healthy

Jordan Lemon Contributor

Many may view the Hulsey Wellness Center's (HWC) dress code from a religious modesty perspective. While there are many fair points to this argument in favor of the dress code, this is not the only reasoning behind the policies. Many other gyms require dress codes in varying degrees.

One reason for dress codes at workout facilities, generally, is to limit the spread of infections. Even though members are supposed to wipe down equipment before and after use, there are many that do not. By requiring shirts with sleeves and pants that are longer, facilities can limit skin contact to the machines, thus limiting potential exposure.

One reason for dress codes at workout facilities, generally, is to limit the spread of infections.

Another reason for dress codes at wellness centers is to keep clothing appropriate for the clientele. The HWC's website states that their target market is Southern students, employees and community members. Most students (undergraduate) and employees (full-time) have free access to the HWC. Many of the HWC's paying members are retirees or members of the Adventist community. These individuals are known to prefer more modest dress. This means that it is important for the HWC to cater to this portion of their target audience. Unlike the students, these individuals are more likely to take their business elsewhere if they do not approve of HWC's policies. Additionally, some of these members may be helping fund its programs; thus, it is important to have conservative standards in place.

There are many definitions of what constitutes modest dress. Even though this most likely factors into university policy, I wanted to highlight other reasons, both economical and health-wise, that should be considered.



A dress code sign posted at the entrance of the Hulsey Wellness Center. Sunday, January 23, 2022.

(Photo by: Nicole Sabot)

RELIGION

"Embrace the Cross": Meditating on His sacrifice

Victoria Mills

Religion Editor

You know when you're at Vespers, singing along (or humming, depending on the COVID-19 policy at the time) with the energetic in-sync praise team, and then you zone out and can't remember the words to the song you just sang? That happens to me a lot. I love music and singing, yet many times I miss the beauty in the words of the songs I sing.

Thankfully, every once in a while, I am reminded by some very wise person to concentrate on the words. However, there is one song for which I never need a reminder. It's called "Embrace the Cross," written by John G. Elliot, and later made popular by Steve Green.

The words of this song have blessed me in so many ways, and I only had to listen.

My dad sings in a quartet with some of his old academy and college friends. Whenever they get together (which sadly isn't very often), they practice for a couple days and do a performance, singing songs that are beautiful in both word and

melody. "Embrace the Cross" is one of my dad's favorites. One time before the quartet sang it, he mentioned the beauty of the words, and I have never forgotten it. Take a look at the first verse.

"Embrace the cross where Jesus suffered / Though it will cost / All you claim as yours / Your sacrifice will seem small beside the treasure / Eternity can't measure / What Jesus holds in store."

The first few lines are a little scary, even distasteful. Why should we embrace and dwell upon the torture that befell our Jesus if it will cost everything we hold dear? The only thing that would induce me to do that would be the promise of something even greater, more wonderful than all that's important to me.

Well, guess what? That's exactly what we're promised.

"Your sacrifice will seem small beside the treasure."

How incomprehensibly amazing is that? All the best things that we can think of to give are small compared with what Jesus is aching to give us.

The last verse of the song is my favorite.

"Embrace the life that comes from dying / Come trace the steps / The Savior walked for you/ An empty tomb concludes Golgotha's sorrow / Endure then till tomorrow / Your cross of suffering."

Meditating on these words

All the best things that we can think of to give are small compared with what Jesus is aching to give us.

has shown me that Jesus will walk beside me every step of the way as I follow His will for my life. He will reveal more and more of His character as I spend time contemplating the sacrifice He made for me.

The words of this song have blessed me in so many ways, and I only had to listen. So, the next time you're singing a praise song and you're tempted to zone out, pay more attention to the words. It might turn out to be a really big blessing and teach you a valuable truth about the God we serve!



A cross monument at the Collegedale Memorial Park. Sunday, January 23, 2022. (Photo by: Nicole Sabot)

LIFESTYLE

Why we should share our thoughts with one another

Elise Deschamps
Lifestyle Editor / Columnist

I will never forget the first time a stranger approached me and complimented my outfit. I was 15 and self-conscious, sitting at a high-top in a cafe and waiting to be interviewed for my first job. My leg was shaking and my thrifted loafers were clicking against the metal leg of the chair.

"I love your shoes, where did you get them?" asked the girl from the table next to me.

The girl was dressed more confidently than I thought I ever could be. She pushed her chair back to stand up and approach me. Shocked and flattered, I told her that I got them at The Salvation Army on Virginia Beach Boulevard.

The girl, Emily, continued to ask about my life and ended up encouraging and hyping me enough to settle my nerves before the interview. Her face held so much emotion and genuine interest, I felt a warm level of connection with this stranger. My leg stopped shaking.

The roots of my love for conversation with new people stem from my grandmother, Yoya. Wherever Yoya went, she would make a new friend. Whether it was in the dressing room at T.J. Maxx or at the cash register in the grocery store, she was bound to make a comment or ask a question about whoever was in our vicinity.

There was a connection found in every checkout line. There was a story to be heard or shared in every waiting room. And as I grew up around her conversational heart, the hab-

it seemed to also seep into my own character seamlessly.

By the time I was 14, there was a new rule I lived by: If you think a positive thought about somebody, tell them. And so, almost excessively, I did exactly that. Although on occasion I would get a weird look from a friend for complimenting a stranger's outfit on the street, the habit almost became a compulsion. And, for the most part, these comments were well received.

Living by this rule led to countless hour-long conversations in coffee shops with people I had never met before. And, it has given me the confidence to reach out to people whom I have seen multiple times but never spoke to before. Living by this rule started friendships and introduced me to circles of people I would have never been immersed in otherwise. Living by this rule has given me insight into human nature, in the sense that we all seek connection with one another.

I have had friends ask me how I am confident enough to approach strangers in the way that I do. And let me be completely honest; there have been times when I have indeed embarrassed myself. Sometimes when the compliment is oddly specific or I fumble over my wo-rds, I regret saying anything at all. When this happens, however, I make sure to ask myself, "When was the last time you were mad that someone gave you a compliment?" and almost instantly I forget

Q

my embarrassment or regret.

Talking to strangers has taught me another valuable lesson; most of the people you see aren't always that much different from you. While your experiences and perspective might be drastically different, the fears, insecurities and emotions that you experience are

typically shared. It doesn't matter if that person is 10 years older than you or from across the world; it is likely that person has experienced loss or heartbreak. It is likely that they have experienced joy or falling in love.

This lesson is what has brought me a sense of com-

fort when I feel irrational social anxiety creeping its way up my throat. This lesson is what has allowed me to be vulnerable when I write these articles. This lesson is what motivates me to continue to share my experiences, however personal or embarrassing, to denunciate the idea that any of us are immune to the negative experiences in this life.

And by doing so, by continuing to share openly and honestly, I hope that the words I write and the compliments I give will turn strangers into friends or, at the very least, forge a connection with another based on humility and vulnerability.

That being said, I have loved writing weekly pieces for the Accent. It has forced me to process the experiences I have gone through as a 19 and 20-year-old college student. I want to thank you, the reader, for reading this article this far and for reading any other article I have written.

I am taking a break from sharing my thoughts and experiences through this school paper. My energy is being pulled in different directions, and therefore it is time for me to take my words elsewhere. You can find me mostly on Instagram, where I will share any other publications of my work. However, if you see me on campus, feel free to come up to me. Even if we are strangers. Especially if we are strangers. We probably have a lot in common.

SOCIAL



Elise Deschamps. *Tuesday, March 10, 2020.* (Photo courtesy: Elise Deschamps)

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts!

∀ | Twitter

Bailey DuBose @bay_what

Andrea Stevens @estherstevens99

woke up in the biggest panic.

Rence Arroyo @notrence

Lila Odhiambo @ineedaprivateac

Karen Guerra @kfcguerra

them and see what they have to say

0

My worst nightmare happened when I dreamed I was allergic to rice. I

The next time someone says "it's not you it's me" you should just agree with

i might develop a crush on a guy just because he keeps his mask on. like??

i don't know how they do it but my upstairs roommates rearrange their

apartment every day, maybe i should ask if they need help

Wordle 217 5/6

#SAUlife



cruslopez_ Blue skies smiling at me. Nothing but blue skies do I see

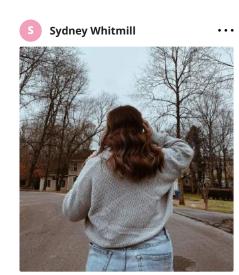




rhettnseitz I praise God for twenty years of life!



alyssa.wolf I'm so happy I MET them



sydneywhitmill young, dumb, and broke

Congratulations @king_nathan24, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need to refill their school supplies for the new semester, so he is offering a

\$10 Walmart Gift Card

DM us on Instagram with a photo of where Kevin is hiding!







obispoo00 do better



machenzie_jezierski I'm no Cinderella, but I do love a good ball to attend

Weekly Birthdays

Saturday | 29

Stephany Munoz

Deicy Sanchez

Sunday |30

Marlyn Antwan

Wilson Hannawi

Same Keener

Micah Leonor

Coby Lowman

Anna Mihailov

Monday |31

Isaac Rivas

Michaela Hounslow

Marcus Kim

Katie Castillo-Perez

Hannah Mortenson

Katie Radovenchuk

Brandon Gustroowsky

Becky Lim

Jake Lowry

Kamryn Perez

Sam Schmidt

Matthew Smith

Tuesday |1

Briana Hanson Ilcias Jr Vargas

TODAY | 26

Melanys Esten

Valeria Izaguirre

Genesis Sanchez

Thursday | 27

Elizabeth Hovanski

Emmanuel Izquiero

Jessica Ing

David Oh

Roy Yoon

Friday | 28

Erla Trevedan

Aidyn Edwards

Kp Zulu

CHATTER



Friday — 28

Sunday — 30

4:00 p.m. Symphony Orchestra Concert

with guest Harpist: Bridget Kibbey, Collegedale Church, 1 Cultural Credit

6:05 p.m. Sunset

8:00 a.m. - 12:00 p.m. Student Teaching Applications Due for F22, Summerour Hall

7:30 p.m. Vespers, Student Week of Prayer, Collegedale Church, speaker Triniti

Meeting, Hulsey Wellness Center

Thursday — 27

11:00 a.m. Convocation, Student Week of Prayer, Collegedale Church 5:00 p.m. SA Position & Media applica-

tions/portfolios due

Saturda<u>y — 29</u>

9:00 a.m. Adoration Worship, Dave Ferguson, Collegedale Church 9:00 a.m. Connect Worship, Elementary

School & Livestream 11:45 a.m. Renewal Worship, Dave Ferguson, Collegedale Church & Livestream 11:45 a.m. Merge Worship, Lynn Wood Chapel & Livestream

6:00 p.m. Evensong, Collegedale Church 7:00 p.m. 3-on-3 Volleyball Tournament, Iles PE Center

SA Announcements

FAFSA - Remember to file for Financial Aid (Priority Deadline is March 1st). http:// www.fafsa.gov

SA Position Applications are now open! If you are interested in running for President, Executive Vice President or Social Vice President, please go to southern.edu/ studentassociation to get more information and apply. The deadline to apply is January 27.

NAD Summer Camp Recruitment

Monday — 31

6:50 p.m. E.A. Anderson Lecture Series, Brock Hall Room 3205 7:30 p.m. Performing Arts, Bridget Kib-

bey, Harpist, University Church, 1 Cultural Credit

Check out our website! www.southern-accent.org



Tuesday — 1

Chinese New Year 12:00 p.m. Tornado Siren Test

MASTER'S DEGREE IN COUNSELING

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Southern's counseling program provides practical knowledge combined with a highly-supervised clinical experience.

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Designed for Your Success

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Master of Science in Counseling

- Clinical Mental Health Counseling
- School Counseling



The benefits of exercise on mental health

Opinion | 6

Intramural sports versus intercollegiate sports teams

Religion | 6

Bible stories: Examples of biblical supposition

Lifestyle | 7

A morning at Southern Adventist University

February 2, 2022 Collegedale, Tennessee



Vol. 77

Student missionaries share stories from Zambia trip



(L-R) Skyler Schiff and Avner Shryer with local children in Zambia. *Saturday, August 21, 2021*. (Photo courtesy of: Skyler Schiff)

Lizbeth Rodriguez-DiepStaff Writer

Alarm clocks went off early every morning from the beginning of August to late December at Riverside Farms in the town of Kafue, located in the Southern Province of Zambia. The daily wake-up call gave the three student missionaries enough time to get ready to report for their 8 a.m. duties.

Senior nursing major Kathleen Djami, served in the medical clinic while Avner Shryer, senior biology student, served in dentistry. The third missionary, Sklyer Schiff, senior business administration major, worked on completing his business internship at Akuna Soap Industry, a project previously launched onsite by a former student missionary through Enactus.

Each day had its routine of either filling out spreadsheets, weighing children, making phone calls, charting and performing ultrasounds on pregnant women. The student missionaries were then rewarded with a one to two hour lunch break that was followed by the rest of the work day, which ended around 5 p.m. After work, the three would meet with another student missionary and make their way to a local's home to have dinner and share their experiences of the day while catching the stellar sunset.

Djami, Shryer and Schiff are just three out of 43 student mis-

sionaries who recently returned from dedicating their semester to serving, according to Natalie Hutchins, assistant for deployed student missionaries. Each had envisioned their time abroad panning out one way, but God had different plans for them.

Schiff said his main motivation to become a student missionary was a calling to live a life of service. Before going overseas, he began to inten-

See ZAMBIA on page 2

Chemistry Department hires new professor

Maynard Wheeler III Staff Writer

The Chemistry Department has hired a new professor, Chrystal Zhang, to replace Rhonda Scott, who retired at the end of the Fall 2021 semester.

Zhang's work history has taken her all over the world. She graduated from Peking University in Beijing, China, and then attended the University of Melbourne, located in Australia, where she received her Ph.D. in biochemistry and molecular biology.

While working on postdoctoral research, she started to think about her next opportunity.

"I still enjoyed doing research, and the United States was well known for great research opportunities," Zhang said.

Zhang received a job offer from Johns Hopkins University, which she accepted, and she worked there as a postdoctoral researcher for three years. She said Johns Hopkins provided an excellent research program, but she struggled to find a spiritual component at the secular university.

"It's lacking the spiritual part, and my coworkers were very competitive," she said.

Zhang said she felt like she was not in the right environment and God was calling her to teach at Southern.

See ZHANG on page 2

Southern to hold Thursday convocations and Saturday night events as scheduled in the month of February

Megan Yoshioka Editor-in-Chief

Southern Adventist University will hold Thursday convocations and Saturday night events again after canceling or postponing some events for the past two weeks.

According to Dennis Negrón, vice president for Student Development, the number of positive COVID-19 cases on campus is decreasing. Therefore, the university decided to move forward with scheduled February events.

Nearly two weeks ago on January 19, Negrón sent an email to the student body stating that convocations and Saturday night events would be canceled for the remainder of the month of January due to a rise in positive COVID-19 cases on campus.

"These higher numbers have placed a strain on Southern per-

sonnel dedicating their services to keeping Southern healthy," Negrón stated in the email to students. "As a result, we are minimizing — not eliminating — or postponing events to mitigate the stress [COVID-19] is currently placing upon this important team."

As of February 1, 13 students were quarantined, 23 were isolated and 268 were recovered. Seven employees were quarantined, three were isolated and 63 were recovered, according to Southern's Safety Information and Updates webpage.

Overall, quarantine and isolation numbers have decreased since January 28. On that day, 23 students were reported on the webpage as quarantined and 43 were isolated. Five employees were quarantined and six were isolated, according to the webpage.

Enactus project 'Illuminate Marketing' serves local and international businesses



Illuminate Marketing Fall 2021 team. (Photo courtesy of: Roman Johnson)

Madison Wilcox Reporter

The Enactus project, Illuminate Marketing, has been making a difference for small businesses both locally and internationally, according to project manager Roman Johnson.

Enactus is an international student organization focused on the United Nations' 17 sustainable goals, which include no poverty, zero hunger, good health and well-being and quality education, according to the Enactus Southern Adventist University website. Johnson said Southern's Enactus chapter has four projects that seek to reach those goals in the local and international community, one of which is Illuminate Marketing.

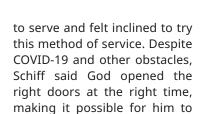
According to Johnson, the projects are often business-oriented but can be humanitarian, science-related or focused on entrepreneurship. For exam-

ple, Higher Tech Minded Ladies (HTML) is an Enactus project focused on teaching young women business and computer science skills for free, according to HTML's website. Another project, Akuna Soap Industry, empowers local Zambians by giving them the opportunity to make and sell soap for the industry, according to Akuna Soap Industry's website.

See ENACTUS on page 3



(L-R) Maison Baldwin, Avner Shryer, Kathleen Djami and Skylar Schiff. *Saturday, September 18, 2021* (Photo courtesy of: Skyler Schiff)



Djami grew up as a missionary kid. However, she said she had yet to truly embody what

serve and grow.

it felt like to be a missionary. She said there was something in her that she longed to discover; therefore, she planned her semesters so that she could take a semester off and serve. In her time abroad, Djami said she learned the importance of refocusing and not being as busy. She also said she discov-

Saturday, August 7, 2021 (Photo courtesy of: Skyler Schiff)

> ered valuable lessons about the love that God had for her and humanity.

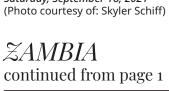
(L-R) Kathleen Djami, Maison Baldwin, Avner Shryer and Skyler Schiff with local children.

However, making the decision to go overseas was not an easy decision for everyone. Shryer said he struggled with the thought of not being skilled or trained enough to take on a mission like this. He said his

perspective changed with time.

"Even if you don't think you have the most skills or the best skill set, God can put you to use wherever you are," he said.

For more information about serving through Student Missions, visit southern.edu/missions or visit the Office of Ministry and Missions.



tionally surround himself with people who desired to pursue a Christ-like character and prioritize God in their daily lives.

As a result, he said he under-

stood that God calls everyone

Food Services struggles to keep campus eateries staffed and open

Geoffrey Fowler Reporter

Southern Adventist University's employee shortage had been an issue in the campus eateries even before COVID-19, but it worsened during the pandemic, according to Teddy Kyriakidis, Food Service director.

"A lot of universities are shutting down venues, reducing hours, just cutting back on what they do," he said.

Last month, Kyriakidis sent an email to the student body regarding reduced Food Services venue hours.

"As [COVID-19] continues on our campus, food service venue hours are likely to change with short notice, typically either closing early or altogether due to short-staffing," he wrote in the email. "Menu offerings may also change due to labor or product shortages. We will post these time changes at the spe-

cific venues and communicate as we are able.

"We encourage you to plan ahead and not wait until the end of a meal period to purchase your food," the email continuted. "We also encourage you to mitigate these staff shortages by joining one of our food service teams."

food service teams."

Kyriakidis said student workers are down by 30% campus-wide, but cafeteria fulltime staff is at 75% to 80% capacity.

"Some parts of the industry [have] reduced their staff to one-third to a half," he said, referring to the worker-shortage among food service departments at other universities.

Similar issues are happening with CK2. Kim Armstrong, CK2 manager, is facing COVID-19-releated obstacles.

"Due to never knowing when a CK2 student worker and/or supervisor will go into quarantine, it's a challenge to always have enough workers," Armstrong said.

On January 25, 2022, five CK2 workers were down due to quarantine and illness, she added.

When numbers are high, Armstrong and Kyriakidis discuss when to open or close the eateries they manage, depending on the amount of workers in quarantine.

According to Armstrong, the opening and closing hours will be passed to Kari Shultz, director of student life and activities. Shultz will then post the hours in the Weekender email.

"We continue to pray for God's leading and know he carries us in the palm of His hand," Armstrong said.



"My husband graduated from Southern with nursing and loved his experience at the school," Zhang said.

After she arrived, Zhang said she saw a drastic change in her work environment.

"Everyone is just so nice, and they are always willing to help," she said.

Not only does Zhang have

ulty, but also her students. She teaches Biochemistry II and Biochemistry II Lab and enjoys the back-and-forth discussions she and the students present each class period.

"I have enjoyed Dr. Zhang's friendly and feedback-oriented teaching style," said Conner Schell, junior biochemistry major. "I feel this helps promote us to give feedback on assignments and to ask questions about things we do not understand or want to know more about."



CK2 is closed on Thursday morning, January 20. This semester, CK2 and other on-campus eateries have reduced their hours due to rising COVID-19 cases among students. *Thursday, January, 20, 2022.* (Photo by: Maiya Banks)



Crystal Zhang teaches biochemistry. She is a new chemistry professor at Southern. *Friday, January, 28, 2022.* (Photo by: Maiya Banks)

Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

For all advertising inquiries, email studentadmgr@southern.edu

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ENACTUS continued from page 1

Johnson said Illuminate Marketing was founded in 2020 after COVID-19 hit. The original team of 12 has now grown to 20 members.

"We noticed there was a need," Johnson said. "A lot of small businesses were struggling after the initial hit of COVID. ... So, the whole idea with Illuminate Marketing, at the core of it, is to help these small businesses, these nonprofits, these ministries, really get the word out about themselves."

Illuminate Marketing currently offers three packages, according to its website. The "Complete" package is an eight-week program that costs \$250 and includes social media set-up, photography, minor film, largescale website design, event planning and extensive marketing.

According to Johnson, Illuminate Marketing members spend the first two weeks of the program researching the clients and their needs and the next six weeks implementing a marketing plan.

"For us, it's a little bit of a cool partnership," Johnson said. "We learn, and they learn."

During the Fall 2021 semester, Illuminate Marketing had the chance to work with Ruth Boyd, an alumna of Southern and missionary in Lebanon. Boyd said she had started teaching three refugee women to embroider cards, which she would sell in the United States. The profits supported the women, a \$5 card bringing the equivalent of a day's wages.

"It took them about a month to realize that I was serious and that they could keep sewing forever, and I would keep pay-

ing them; it was transformational," Boyd said. "Ninety-six cards later, those ladies moved from ... what they called 'prison' ... to an apartment that had this beautiful greenway entrance with ivy hanging all over. They have a bedroom, a full bathroom, a kitchen, a living room, a veranda, and they're safe. They are no longer persecuted. And so that was the beginning."

When Boyd reached out to Illuminate Marketing in the summer of 2021, she said, she had a website and a name. However, both needed to be redesigned, and she didn't know how to further market the cards.

According to Johnson, Illuminate Marketing helped Boyd connect with local stores and ministries, build a new name, logo and website and print advertisements. The team also sold 20 to 30 of her cards at Southern's 423 Night Market.

"They worked fast and hard," Boyd said. "... And I think that what they did was foundational in us going forward, as far as growing the business."

According to Boyd, her business, now named "Woven Dignity," currently has five employees and will be hiring more soon.

The cards can be purchased at the Woven Dignity website.

Johnson encouraged students who want to learn and serve to apply for Illuminate Marketing next fall. He said an announcement would be made when applications are open with a link or QR code to the application.

"At the end of the day, we're really just helping people and hearing their stories, seeing their smiles," Johnson said. "It's really just a wonderful opportunity."

English Department welcomes new professors

Stefanie Green Staff Writer

In January, the English Department at Southern Adventist University brought on two new full-time professors, Emily Huso and Blake Gorth.

"Both of our new professors are highly qualified and have so much to offer students," said Keely Tary, chair of the English Department.

Tary said Huso moved from California to teach at Southern. Huso teaches creative writing, English 101 and English 102. According to Tary, Huso has a master's degree and an MFA in creative writing and is a published short story writer and poet. Tary said Huso plans to lead out in writing activities for English students.

Gorth has been working for the department as an adjunct professor, but recently joined full-time when the position opened, according to Tary. He has taught several classes, such as English 101 and 102 as well as literature courses. Tary said Gorth has an extensive background in literature, language and writing, including leading and teaching at a language school in Saudi Arabia.

Tary said each professor brings his or her unique life experiences and background. She also said the department values the diversity and cultural backgrounds that they both contribute.

"When looking for new professors, we look for individuals who connect well with the student body and reflect the values of this institution and the department," Tary said. "We want individuals who can intentionally combine academics and spirituality."

The new professors joined the English department at the beginning of the winter semester after two professors Linda Tym and Marcus Sheffield left.

Linda Tym is now an associate professor of English at Oak-

wood University, and Marcus Sheffield has transitioned into retirement. Tary said both individuals were influential and will be missed.

"The timing of the hiring process assured us over and over again that God is in control," Tary said. "We hate to lose excellent professors, but we are excited for the new opportunities that are in store."



Emily Huso works in her office. Monday, January 31, 2022. (Photo by: Xander Ordinola)



Blake Gorth works on a computer. Monday, January 31, 2022.

COLLEGEDALE NEWS

Four cars targeted in local burglaries

Alana Crosby

Collegedale News Editor

In the early morning hours of January 19, four cars were burglarized in the Collegedale area.

According to Lieutenant Jamie Heath of the Collegedale Police Department (CPD), two

off-campus student housing owned by Southern. The other two vehicles were at The Village at Apison Pike, an apartment complex not associated with the university.

"There are three [known] indi-

January the 19th," said Heath, who works in the CPD's special investigations department.

Three handguns were stolen as well as a backpack, according to Heath. Two of the handguns were taken from the cars at The

of the cars were located at viduals at this point that were Village at Apison Pike and one the meantime, Haas said Cam-Winding Creek Apartments, involved in the burglaries on from a vehicle at Winding Creek pus Safety and the Collegedale Apartments, he said, and all four vehicles were unlocked at the time of the burglaries.

> According to a January 26 update from the CPD, the Chattanooga Police Department arrested 18-year-old Corey Stallings for possession of a stolen vehicle and one of the handguns stolen from the Collegedale car burglaries. The update stated that Stallings had concealed the handgun in his waistband and pulled it out while being pursued by the police. Before taking him into custody, police were able to safely disarm Stallings, the update reported.

> "Two other juveniles were arrested with Stallings," the update stated. "The case remains an active investigation at this time."

> According to Shawn Haas, associate director of Campus Safety, this is not the first time cars have been burglarized at Winding Creek Apartments. Cars have been opened and searched before without incurring thefts, said Haas.

"We've worked with Winding Creek a little bit over this year and last trying to [emphasize] the importance of locking your car and not keeping anything valuable in there - definitely not keeping anything valuable in sight," Haas said. "We would not want to tempt anyone to try to break a window or something if they saw something very valuable."

The university has discussed improvements to maximize safety at Winding Creek Apartments, according to Haas. Adding additional lighting and cameras to help deter and possibly solve cases are two of the options being considered. In

Police Department are spending more time patrolling that area.

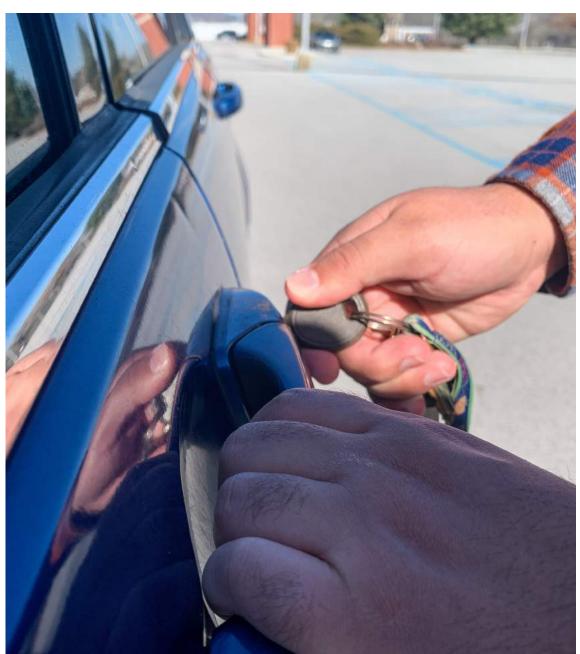
"We have a heavier patrol presence over there," he said. "Obviously, we have a whole campus to patrol, but we tell the guys, 'Hey, go over there more; spend a little more time over there. In the middle of the night, maybe sit there for a little bit while trying not to neglect the rest of the campus.' That seems to be an area in the middle of night where we're needed a little more." Charlene Arnold, junior pub-

lic relations major, was one of the victims of the burglaries. Arnold said she has lived at Winding Creek Apartments with her husband and children since June. Her husband was the first to discover that the vehicle had been rummaged through, according to Arnold. He noticed papers and items from the dashboard compartment scattered throughout the vehicle. However, Arnold said, nothing had been stolen.

"When it first happened, it kind of put me in a state of shock because it made me doubt myself, 'Oh God, did I leave my purse and my wallet in there the one night it happened?" Arnold said.

Haas encourages individuals to keep their vehicle doors locked and warns against leaving anything valuable inside.

"If [the burglars] are continuing to find unlocked cars and continuing to find valuables in the cars over there, they're more likely to return to that area," Haas said. "So, we're hoping them not finding stuff will also be a deterrent."



Josue Vega locks the car door before heading into the church. Sunday, January 30, 2022. (Photo by: Xander Ordinola)

Chinese New Year



Visitors stop to take a photo before entering the Chinese New Year Celebration at the Collegedale Commons. In Chinese culture, the new year is determined by the lunisolar calendar and is thus celebrated near the end of January or beginning of February. *Sunday, January 30, 2022.* (Photo by: Maiya Banks)



The event begins with the energetic Dance of the Dragon. Sunday, January 30, 2022. (Photo by: Maiya Banks)



Freshman nursing major and volunteer Felicia Ju prepares a Chinese dessert for a customer. There were many food booths serving Chinese dishes, ranging from sweet to savory. Sunday, January 30, 2022. (Photo by: Maiya Banks)



The event begins with the energetic Dragon Dance. Sunday, January 30, 2022. (Photo by: Maiya Banks)



The event had a prayer booth for people to leave prayer requests. The High Point Chinese Seventh-day Adventist Church sponsored the event with help from Southern's Asian Club. *Sunday, January 30, 2022.* (Photo by: Maiya Banks)



Various programs were showcased to demonstrate Chinese culture and educate the community. *Sunday, January 30, 2022*. (Photo by: Maiya Banks)



A volunteer writes Chinese calligraphy for a customer. The booth was established for people to learn about writing Chinese calligraphy.

Sunday, January 30, 2022.

(Photo by: Maiya Banks)



A player throws a dart for one of the booths. Some booths had games for people to play. Sunday, January 30, 2022. (Photo by: Maiya Banks)



Ju serves a customer a Chinese dessert. Sunday, January 30, 2022. (Photo by: Maiya Banks)

MENTAL HEALTH

The benefits of exercise on mental health

Shirali Pathak

Counseling Graduate Student

Editor's note: The following article is written by a counseling professional from Counseling Services in partnership with the Southern Accent.

Research conducted in 2020 by Michaela Pascoe from the National Library of Medicine indicates that there is a powerful and helpful impact in the treatment of mental health problems through physical activity. There is a growing rate in the reduction of depression and anxiety symptoms through exercising that can create major benefits, according to the research.

It's imperative that during these uncertain times, we continue monitoring our physical activity and its relationship to our mental health.

Exercise can be a joyful or difficult time for many individuals. Finding time in your week on top of work, school and relationships can be extremely stressful and time-consuming. Understanding the benefits of exercise on mental health can be a stepping stone in your journey to incorporating exercise into your daily life.

When you think of exercise, one of the first ideas that might come to mind is going for a run or to the gym. Although these are great ways to start becoming active, exercise is not limited to such activities. There are so many things that can be enjoyable when it comes

to exercise, such as going for a walk, swimming, gardening or even dancing. These activities are known to increase blood circulation to the brain and activate what controls our moods and motivation, according to a study headed by Ashish Sharma and published in the 2006 article, "Exercise and Mental Health."

Research conducted in 2021

by Courtney Coughenour and published in the article, "Changes in depression and physical activity among college students on a diverse campus after a COVID-19 stay-at-home

and order" tells us that in the past two years, since the start of the pandemic, college students have reduced their physical activity abilities, which have increased rates of depression symptoms. It's imperative that during these uncertain times, we continue monitoring our physical activity and its relationship to our mental health.

Tips to get moving and stay motivated.

If we want change to take

place, we must put in the work

to get there.

Enjoy listening to podcasts? Search for fitness podcasts on your favorite app. You can find episodes that feature athletes and trainers who share their knowledge on fitness, nutrition and other health-related topics.

Follow fitness YouTubers such as Chloe Ting or Jeff Nippard for free workouts and routines.

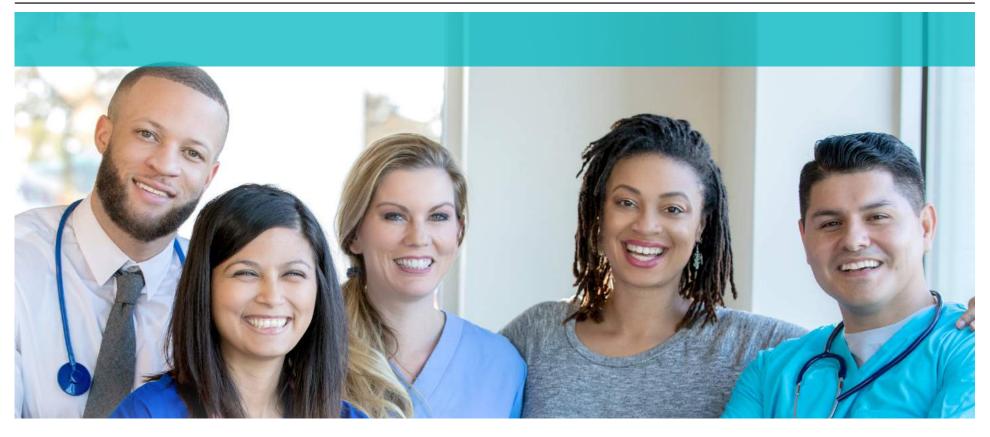
For fun, try a 30-day fitness challenge! You can find free challenges on Darebee.com.

Get a fitness partner. Research conducted in 2016 by Pamela Rackow, from the Institute of Applied Health Sciences at the University of Aberdeen, found that participants' exercise increased after getting a "gym buddy." People also exercised more when their companions provided them with emotional support and encouragement.

Download fitness apps such as Runtastic, FitOn or Daily Workouts Fitness Trainer to boost your motivation and keep you on track.



Alex Klischies performs a handstand as a warm up. Before going to practice for gym masters, Klischies ensures that his body is warmed up to avoid potential injuries. *Sunday, January 30, 2022.* (Photo by: Xander Ordinola)



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 & events
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Cassandra Mattheson Talent Development Manager

Cassandra.Dhole@ketteringhealth.org

Office: (480) 220-9706



OPINION

Intramural sports versus intercollegiate sports teams

Reasons why intercollegiate sports We should stick with teams would benefit Southern

Maynard Wheeler III

Contributor

Southern Adventist University should consider adding intercollegiate sports teams because of the unification that it would provide. Team sports have been proven to build character and self-esteem. Although Southern already has intramural sports, intramurals lack the ability to bring the school community together; intercollegiate sports teams would benefit the university in different areas.

By implementing this, Southern can provide another way for students to showcase the talents that God has blessed them with.

A sports team would allow for students to gather and celebrate their fellow gifted classmates. No matter how exciting intramural games can be, they can't replicate the electricity of battling a fellow school.

Other Adventist schools such as Oakwood University, Pacific Union College and La Sierra University all have their own intercollegiate sports teams.

By having sports teams, Southern could also improve its relationship with the non-Adventist community. It allows for non-Adventists to hear about Southern and possibly bring their athletic abilities to the school. Through this avenue, we, as an Adventist community, can witness to people that have possibly never heard of our message.

Team sports also have many benefits for future job opportunities. In an article published by the National Scouting Report, Sara Rondeau wrote, "Future employers look for those who go the extra mile. Participating in a college sport and being able to balance your time

between the hours of practice, film, games and staying on top of your academics show a student's work ethic. Additionally, former college athletes learn and develop leadership, teamwork and time management skills. All of these skills helped prepare them for the working world."

By no means am I suggesting that we get rid of intramurals, but having both intramurals and intercollegiate sports teams would be beneficial for

already have.

everyone. Think of all the different students that have never received the opportunity to express their talents competitively. By implementing this, Southern can provide another way for students to showcase the talents that God has blessed them with. Overall, having a sports team at Southern wouldn't replace intramurals, but would add to the amazing experience that many students

intramural sports

Russell Yoon Contributor

Southern Adventist University should stick with keeping intramural sports rather than creating intercollegiate sports teams, because intramural games get everyone involved.

While intercollegiate sports teams may be fun to play on or to cheer for, not many people will be able to represent those teams due to limited capacity.

We should keep intramural sports because everyone, despite their skill level, can participate and enjoy playing sports.

Faculty also take part in intramural sports, and they would not be allowed to play on a team if we competed with other schools. Students and faculty both use intramural games as an escape from the stress endured throughout the week. If we were to take this away from students and faculty, I think mental health would become a bigger problem and people would not be exercising as much.

Many students are constantly studying. I personally look forward to playing intramural games every week, and I use it as a study break.

There are also other reasons why intramural sports should be kept rather than creating university sports teams. Creating a team to represent Southern would require tryouts, and it is never fun getting cut from a team. Instead of discriminating against those who are not as skilled as others, students should be encouraged to get out of their comfort zones and try a new sport.

Some may argue that intramural sports are not competitive and that having an intercollegiate team would generate more competition for those who genuinely want to play; but I completely disagree. As someone who loves all sports and participates in every intramural, I have a lot of fun playing with friends while still engaging in competitive sports.

Eliminating intramural sports would also be getting rid of jobs on campus. Most intramural games are officiated by our own students, and they would not officiate games played by a real university team. While there are a few reasons a team would be more fun for some students, intramural sports should remain a big part of Southern's culture so that everyone can get involved.



Students on intramural sports teams play flag football. Thursday, October 8, 2020.

(Photo by: Xander Ordinola)

Bible stories: Examples of biblical supposition

Victoria Mills

Religion Editor

In the morning when I have my devotions, I always make my way through a pile of books. I read in the Bible a little, maybe read a paragraph from Ellen White, a page from a daily devotional and finish off with another book.

Sometimes I journal about what I've read; sometimes I don't. It's slightly disorganized, but when I stick with it and concentrate on Jesus, it works for me. Since I am reading a lot, I'm constantly looking for books that will enhance my devotional time and bring me closer to Jesus.

One genre that has proven to be a blessing over and over again through unique perspective and narrative devices is biblical fiction or biblical supposition. The authors pick a time, circumstance or character that the Bible mentions and weave in their own story, careful to stay true to biblical and historical context.

I've always loved stories, and stories that are well-written and biblically-based are some of the best to read. I gauge the quality of the book by how much it makes me want to study the Bible for myself. Some of the books that I share

have been instrumental in my walk with Jesus. If you choose to read them, I pray they have the same effect on you.

I think the first biblical supposition I read was called "Esther: A Star is Born," by Bradley Booth. I also loved Booth's two books about Meshach, a Hebrew boy who escaped Egypt with his family when the Israelites were led out by Moses. While the quality of writing is perhaps not the strongest, the books are very descriptive and have a definite narrative arc. They were perfect for me as an earliteen.

Margit S. Heppenstall wrote "Deborah" and "Secret Mission," the former about Naaman's servant girl who helped heal him by referring him to Elisha, and the latter about Jonathan and Ahimaaz, who acted as messengers for David when he was fleeing from his son Absalom. Heppenstall's stories are exciting and full of action. Though it's been a long time since I read either of them, there are still scenes from the books that I remember vividly.

The next author I'd like to mention is Trudy J. Morgan-Cole. She wrote two versions of the book of Esther. "Esther: Courage to Stand" was written around the 2009 Pathfinder Camporee of the same name. It's a more PG version, if you will, of its counterpart, "Esther: A Story of Courage." The research that went into both books was extensive, and it

the book of Esther I had misinterpreted before. It's a sad, triumphant story.

I've saved the best (in my opinion) for last. I think Terri Fivash is my second-favorite author in the world, the first being C. S. Lewis. Fivash's works include "Joseph: A Story," "Ruth



Books and other knick-knacks adorn a bookshelf. Saturday, January 29, 2022. (Photo by: Xander Ordinola)

and Boaz: Strangers in the Land" and the "Dahveed" (Hebrew pronunciation of David) series, the last installment of which she is completing right now. No other books that I've read have been written with such care, such empathy, such humor and such love for God. The detail is staggering, the research thorough, the narrative riveting. I have read and reread the books multiple times, and they never get old. They have been such a spiritual blessing as well. I fall in love with Jesus each time I read them.

I could go on and on. The authors I mentioned above are all Seventh-day Adventists, but there are more mainstream Christian authors I could mention, such as Francine Rivers, who wrote the "Mark of the Lion" and "Lineage of Grace" series. "The Robe," by Lloyd C. Douglas, is another example of a compelling story inspired by Scripture.

I hope you decide to take a break from your textbook reading and dive into one of these amazing stories. And I hope you will become better acquainted with the stories of the Bible and the God who inspired them.

LIFESTYLE

A morning at Southern Adventist University

F21 Writing for the Media class

Editor's note: The following story was written by students in the Fall 2021 Writing for the Media class as part of a project to capture the mood at Southern during the morning hours. On Thursday, September 23, the students spread across campus to observe and conduct interviews. Here's what they discovered.

The rising sun peeks through tall windows, projecting a glow across the Thatcher South lobby walls. For a moment, the scene distracts from the deafening silence. The only identifiable noise is the hum of air conditioning fans with the occasional footsteps of a resident making her way out the double doors. As the residents hurry to breakfast and class, they pay little attention to the beauty of the glowing room.

Not far away at Thatcher Hall, dozens of girls enter the lobby, each about to have a different day. Some rush, some stroll, some are sleepy and some are loud.

Such is life on Southern's campus as the university comes to life between 8 and 9:15 in the morning. It's a time when some students and faculty are just rising, and others are starting their first classes of the day; a time when some campus dwellers savor the last fleeting moments of slumber, while others jump into the first hours of the morning.

As the school day begins, the atmosphere at Talge Hall appears hushed and drowsy. One can hear the desk worker typing away at the computer and the front door closing as someone

heads to breakfast. Two gentlemen pass each other in the lobby, sweatshirt hoods pulled over their eyes, grunting a quick "What's up?" to one another.

Though Carl Patterson, dean of men, started his day at 7:15 a.m., he said he's not really a morning person.

"All my days are good once I get going," he said. "But morning people never cease to amaze me."

On the far side of campus is Campus Safety, a 24/7 operation already wide awake. Mornings find officers patrolling streets, directing traffic over by Southern Village and standing by for any possible event.

At Hulsey Wellness Center, the morning has an active start. There are five people using the gym, focused faces dripping perspiration. One woman runs around the track for at least an hour.

Over at the Village Market, there is no music or lively student chatter — only the sound of one cashier scanning a few customers' items. Commonly known as the VM to Southern students, it is quiet and calm at 8 a.m.

Brian Schlatter, freshman finance major, began working at the VM around the start of fall semester. Schlatter stands out among the early morning shoppers with his cheerful and helpful attitude. He greets each customer with a smile and "good morning" as they come through the line.

Meanwhile, the Dining Hall is peaceful, sparsely populated with a smattering of students seated next to the tall, wide windows lining the space.

The cafeteria is located in Wright Hall, Southern's main administrative building, which sits right in the center of campus. At 8 a.m soft instrumental music plays in the lobby. Guests are expected to arrive for tours starting promptly at 8:45 a.m.

Soon, there are many students walking on the promenade, either rushing to class or getting out of an 8 a.m. class. Some are seated at the outdoor tables socializing with friends, but most are headed toward many of Southern's academic buildings where their classes are held.

Summerour Hall is peaceful; and inside Daniels Hall, the aroma of tea wafts alongside notes of soft classical music throughout the dim hallways. Likewise, inside AdventHealth Hall, soundless halls give the building a sleepy feel. Those who have risen early to study or work are quietly fulfilling their duties.

At Mabel Wood Hall, a building usually so full of music, it's almost eerie to walk through and hear a single violin and some construction work.

Beside it is Brock Hall, where a sea of students shuffles towards their respective classes, the veil of tiredness across each face. Doors close and hall-ways remain undisturbed until that wave of students exits for their next classes or to grab breakfast.

Another vital building on campus is McKee Library. Usually, only the clicking of keyboards and whirring of the printer resound in the empty building this early. At 8 a.m., freshman biology major William Rios is the only student on the first floor of the library, printing an assignment for his morning class.

Sandwiched between McKee Library and Hickman Science Center lies the Bietz Center for Student Life, the newest building addition to Southern's campus. Some people are already working, studying and maintaining the building at 8 a.m. On the first floor, about three students are sitting on chairs studying.

The next wave of students coming in around 9 a.m brings a different energy. Many have already finished their first classes of the day and are looking for a place to relax.

Sophomore biology major David Lazcano said the Bietz Center is a great place to re-energize for the rest of the day.

"The Bietz Center in the morning is a diverse place that helps invigorate, as well as calm the many students that enjoy it," he said. "The center provides an early morning escape from the different stresses [that students face]."

Charlene Arnold, Brandon Bell, Celeste Brooks, Frank Canizares, Kalista Cartagena, Cassidy Connolly, Lauren Fenwick, Stefanie Green, Maria Heranndez, Valeria Izaguirre, Gilmer Latorre, Elsie Pak, Theodore Rogers, Lesieli Savelio, Hannah Scalzo, Genesis Vetura, Maynard Wheeler and Shayla Yanez contributed to this project. Pak and Fenwick served as lead writers.

can hear the desk worker typing away at the computer and the front door closing as someone Early morning shot of the promenade. Sunday, January 30, 2022. (Photo by: Xander Ordinola).

SOCIAL

🌀 | Instagram

🔰 | Twitter

Karen Guerra @kfcguerra

For a chance to be featured, use or tag

@sauaccent on Instagram or Twitter in your posts!

er

Q

#SAUlife



marisalnegron You're looking at the newest addition to the nursing field



judyornelas period.





Andrea Stevens @estherstevens99

Legend says if you take notes on an iPad, your grades go up.

Congratulations @will.wallace, you found Kevin last week! Your prize is waiting for you in the Student Development office.

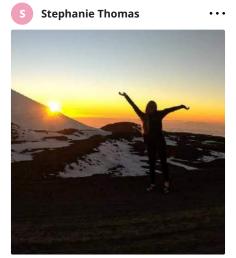


Kevin knows students need to warm up and recharge with a hot chocolate, so he is offering a

\$10 Starbucks
Gift Card

DM us on Instagram with a photo of where Kevin is hiding!

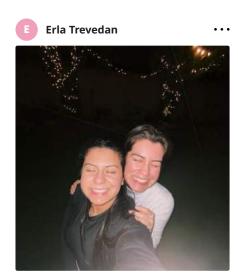




stephanie.thomass_ Last night was a

Sarah Khodari

sckodari Thankful to all the people who made 2021 a blast for me!!



cesssiaaa happy birthday to my bff for life ilysm moody little rat



filinxvich Glad to finally get out!

CHATTER

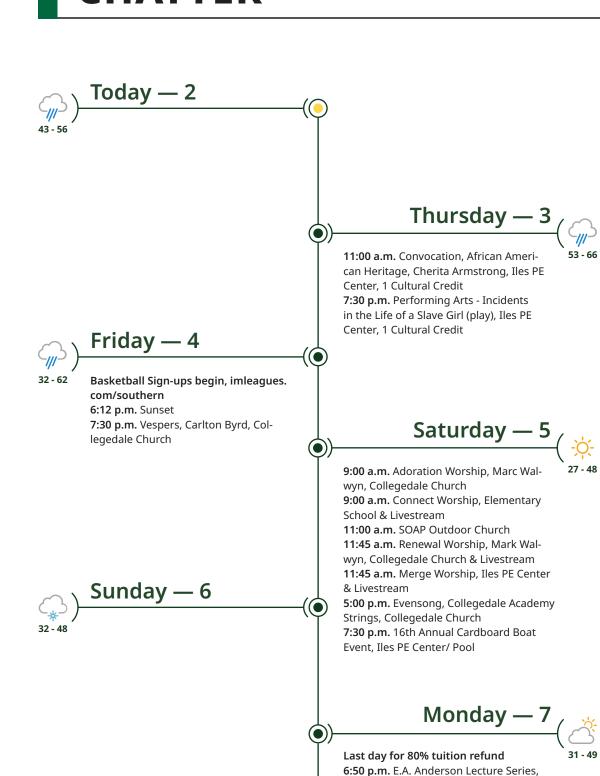
Tuesday — 8

tion, Bietz Center

ing Room

6:00 p.m. SA Candidate Election Orienta-

8:00 p.m. SA Senate, Bietz Center - Test-



Brock Hall Room 3205



SA Announcements

FAFSA - Remember to file for Financial Aid (Priority Deadline is March 1st) http://

International Food Fest will be on Sunday, March 6. If you are interested in being a vendor, please sign-up using the link on the SA Instagram, @sa_southern.

Check out our website! www.southern-accent.org





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"A word fitly spoken"

Valentine's Day date ideas for isolation and quarantine

February 9, 2022 Collegedale, Tennessee

Southern Accent

Vol. 77

Students and professors affected by recent Tonga volcano eruption



People from the Ma'ufanga Seventh-day Adventist Church and the surrounding community attend an evangelistic meeting. 2002. (Photo courtesy of: Douglas Na'a)

Lucas Bueno Reporter Sarah Klingbeil Managing Editor

On January 14, an underwater volcano erupted in Tonga, and the eruption, along with a tsunami that it triggered, caused much devastation to Tonga and the Tongans.

Volcano eruptions, including underwater ones, are rare

events, according to Steven Kuhlman, a professor in Southern's Physics and Engineering Department.

Underwater volcanic eruptions are especially rare, according to Kuhlman. He said searching the internet, a person would find about 50 to 70 volcanic eruptions a year, the last underwater eruption occurring in 2010. That compares to 1,500 volcanoes throughout the world

that scientists consider active, Kuhlman said.

On Southern's campus, there are several professors and students who have connections to Tonga. One student is senior nursing major Soko Paongo, whose parents are Tongan.

"... I was devastated right when I heard the news because you never know what's going to happen," Paongo said. "And, at the same time, it was very hard

to reach out to family and hear from them just because all the power is out; and, at times like that, you just want to know if your family is safe.

"You would think that after such catastrophic events that took place and a tsunami going over the whole entire island that the islands would sink," Paonga continued. "But, as of

See TONGA on page 2

LAC Night rescheduled

Celeste Brooks Staff Writer

Originally planned for January 22, LAC Night has been rescheduled to Saturday, February 12.

Southern administration had canceled or postponed Saturday night events during the last two weeks of January due to a spike in COVID-19 cases on campus.

Although the Latin American Club (LAC) was prepared to perform, Mile Pinero, LAC Night director, said the postponement was a "blessing in disguise."

"Coming back into the second semester, we had about four of our main dancers going into quarantine, and I went into quarantine the day of," Pinero said. "I would've been quarantined through LAC Night."

The postponement was a shocking and difficult change of plans for both planners and participants, according to Pinero. When LAC Night was postponed, there was not a clear date for when it would be rescheduled. Pinero said the postponement was especially disheartening for those who had invested a lot of time into the preparation.

"We had so much already set in motion to start the night," Pinero said. "We had a backdrop that we rented and other stuff that we rented [and] needed to ship back, and then we'd have to spend more money."

Rescheduling LAC Night affected more than students and club members on campus. "We had a lot of family mem-

See LAC NIGHT on page 3

Classes begin for adult degree completion program students

Charlene Arnold Staff Writer

Southern Adventist Univeristy's Adult Degree Completion (ADC) program officially launched this semester when classes began January 10.

"[Southern] has anticipated the ADC program starting for quite a few years and has worked really hard to get the program up and running," said ADC Director Cynthia Wright.

As mentioned in a previous Accent article, the ADC program provides various educational options such as night courses, hybrid and online learning.

Junior Bachelor of Integrated Studies major Heidi Martin is one of the first students registered for the program.

"I love how the ADC program is set up because it makes it convenient for those working full-time, plus managing a home and family, to fulfill each class requirement," Martin said.

To qualify for admission, applicants must be at least 25 years old and have at least 24 hours of previous college credits, a minimum GPA of 2.0 for those completed courses, U.S. citizenship and a complete high school transcript.

According to Wright, classes are mostly online. However, students have access to the McKee Library on campus.

"These students are consid-

ered Adult Degree Completion students at Southern," Wright said when asked of campus access and privileges. "Graduation will be the same as the traditional student's graduation guidelines and [will be held] in the Iles Gym on campus."

"The [ADC] program is currently offering three degree programs," Wright said. "BS in Business management, BIS (Bachelor of Integrative Studies) and BS in communication."

Additional programs will be added in the future.

According to Tyson Hall, dean of graduate and professional studies, administrators will add a BS in general psychology to the program in the Fall 2022 semester.

Currently, there are 12 students enrolled in the ADC program, according to Wright.

"We would like to enroll a total of 10 students or more into the program each semester," she said.

Wright said she is in the process of hiring adjunct instructors for the new psychology degree. Administrators of the program plan to conduct a credit for prior learning (CPL) workshop in late February. This will include strategies for students to convert prior knowledge and learning towards academic credit, according to Wright.

See CLASSES on page 2

Upcoming Aaron Shust concert sponsored by Howe Farms



Aaron Shust performs.
(Photo courtesy of: Advancement)

Madison Wilcox

Reporter

Contemporary Christian artist Aaron Shust will be performing a concert free to the public at the Collegedale Church of Seventh-day Adventists on February 17.

Vice President for Advancement Ellen Hostetler said the concert is at no charge to the university as a result of a donation by Don Howe, Southern alumnus and founding owner of the local wedding venue, Howe Farms.

Though the concert was given to Southern for the benefit of its students, Hostetler said alumni, donors and community members are all welcome to attend the event.

According to the biography on Shust's agency's website, Shust is known for songs like "My Savior and My God," "Ever Be" and "My Hope is in You."

In 2007, Shust was named New Artist and Songwriter of the Year at the Gospel Music Association Dove Awards. Shust has also traveled internationally to lead worship with the Billy Graham Evangelistic Association, according to his website. Though originally from Pennsylvania, Shust now lives with his family in Nashville, Tennessee.

Several Southern students expressed excitement for the concert in response to an instagram poll posted by the Southern Accent.

Junior history pre-law major Nailah Baker said she is familiar with Shust's music since she grew up listening to the radio program K-Love. Baker's favorite songs by Shust include "My Hope is in You" and "Nothing More."

"I'm looking forward to the concert because music is my favorite form of worship," Baker said. "And, worshipping in different environments reaches more people than traditional settings sometimes can."

Another student, freshman marketing major Colette Williams, said she has attended a concert by Shust before and is excited to hear him again.

"His songs are encouraging and a great reminder of God's promises and love," Williams said.

TONGA continued from page 1

right now, it's a miracle that the islands are still standing. Tonga has this saying where, 'God is holding the islands together in his hands."

Still, Paonga asks that people keep the islands of Tonga in their prayers.

Junior public relations major Lesieli Savelio said she was shocked when she first heard about the volcano.

Savelio, whose father is from Tonga, has some extended family that still live on the island.

"It was really hard because a lot of the connection was wiped out," Savelio said. "We didn't hear from them [her family] for a little over a week."

According to Savelio, one of the biggest problems in the aftermath of the tsunami is drinking water for people. The tsunami contaminated the water they use. Some Tongans in New Zealand and Australia have been trying to buy drinking water to send to their family members in Tonga.

Sunia Fukofuka, who is a professor in the School of Business and Management, shared his reaction to the Tonga volcano in an interview with the Accent.

"How do I feel? It's just pain, hurt, yearning to do something, to help them, to help my people," he said. "It's not easy to watch your homeland being hit by a tsunami and being hit by a volcano blast. Especially when the communications are down, we cannot know what is happening at home."

Fukofuka said he has lived in Tonga and is very familiar with

the island. He described how the Tongans are helping each other in this crisis.

"Culturally speaking, we have four cultural values that we call the 'golden cord' that you weave together," Fukofuka said. "And, when that [cord] is weaved tightly, that is the foundation of what it means to be a Tongan. And one of those golden cords is the ability to self-sacrifice in order to help others."

Douglas Na'a, who is the Soul-winning and Leadership Training (SALT) program director at the School of Religion at Southern, also shared his connection to Tonga and his reaction to the news in an interview with the Accent.

"I have family and friends there," Na'a said. "I went to school there; I grew up there for a little bit. So, watching the images that I see on mainstream media just brings back a lot of memories, emotions, because I recognize some of the beaches, some of the roads, some of the places. ... So, it really hits hard when you see those images."

Na'a said he and his wife still have family in Tonga, and his wife's family was affected more due to closer proximity to the volcano.

"As a matter of fact, out of three confirmed casualties, one

of them comes from my wife's island, which makes it a very close relative of hers," Na'a said.

Na'a also has connections with the Popua church in Tonga, which he helped plant and where he has preached. The church is next to the seaside and suffered damage and devastation, according to Na'a. Due to communication issues, Na'a has not yet heard anything from the Popua church.

In addition to receiving foreign aid, Na'a said, the Tongan community is helping each other.

"What we don't see on the mainstream media is locals helping locals," Na'a said. "So, it's not just Tonga really depending on foreign aid, which we're thankful for, but Tongans help each other. The culture is very strong, you know. We're very resilient. We help each other out. ... That's in the DNA of Tongan culture ... to help each other out."

Na'a said people's support and concern for Tonga is meaningful to him.

"Pray for Tonga. ... Keep them in your prayers," Na'a said. "If you see a Tongan on campus, just walk up to them and ask them how their family is doing. I know that that would mean a lot to them.

"It's amazing in the past weeks how many text messages that I've been receiving and inbox messages from my Facebook and emails from people I haven't heard from in years, but they know I'm Tongan," he added. "And people I meet at church, they just come up and say, 'Is everything okay?' It's encouraging; it really is encouraging that people are concerned."



Ma'ufanga SDA Church members gather around an obelisk memorializing the first Christian missionaries to arrive in Tonga. Despite the volcano eruption damaging the houses and trees surrounding it, the obelisk is still standing today, according to Douglas Na'a, Soul-winning and Leadership Training (SALT) director. 2002. (Photo courtesy of: Douglas Na'a)

Pop with the Prez events to continue this semester

Lesieli Savelio Staff Writer

January 20 marked the fifth Pop with the Prez event, a newly minted campus activity that allows students to interact socially with Southern President Ken Shaw.

A Tasty Donuts food truck appeared in front of Wright Hall, along with hot cocoa and Mrs. Shaw's homemade banana bread.

The fifth pop-up is not the last one. There are three more planned for this semester, according to Shana Fairchild, digital engagement manager for Marketing and University Relations.

Last semester, there were four Pop with the Prez events, providing free popcorn, soda pop, PopTarts and other snacks. Shaw and his wife, Ann, used the time to greet students and hand out food. As during the January 20 event, sometimes Mrs. Shaw brought her own baked goods to share.

The idea for Pop with the Prez came from another university's unique tradition.

"This was actually inspired by something that Baylor University does," Fairchild said. "They have something called 'Dr. Pepper Hour,' where they have Dr. Pepper floats, and sometimes the president of the university will go and serve the students."



President Ken Shaw engages with junior management major Kenneth Bautista at a Pop with the Prez event. (Photo courtesy of: Marketing and University Relations)

Since Shaw has a busy schedule, Fairchild thought of doing a pop-up style event, giving students and the president a chance to connect.

Shaw said his favorite part of Pop with the Prez is getting to meet and interact with students.

"Oftentimes, students will be going to class, or they're in a bit of a hurry," Shaw said. "But some are getting out of class, and they'll just pause; and we get to have a good discussion."

Students have appreciated this aspect of the pop-up, as well.

"I think that it is great that the president is trying to get more connected with students," senior biology major Marco Swaisgood said. "I think it goes a long way, even though it is a small thing."

Though Pop with the Prez began as a way to introduce the new president to campus, Fairchild hopes it continues and becomes a Southern tradition.

"I think Southern could use some more permanent traditions," Fairchild said. "I hope it will continue on in some form or another."

President Shaw agrees.

"I hope the next president will embrace this [Pop with the Prez] and want to do it as well," he said.

If students have feedback or ideas for what they would like to see at future Pop with the Prez events, they can contact Fairchild or message @southernadventistuniversity on Instagram.

CLASSES continued from page 1

"I enjoy recruiting and getting to know students," Wright said. "I find it a great joy encouraging them [so] that they can return to college, finish up their degrees and be successful."

As mentioned in a previous Accent article, School of Journal-

ism and Communication Dean Rachel Williams-Smith played an essential role in getting the program started. She now plays a supportive role.

"I've long nurtured the dream of seeing Southern offer an adult degree completion program," Williams-Smith said. "So, having it finally come into fruition with students enrolled and starting their first semester is very satisfying."



Tina Camba teaches the Business Ethics and Law class for students enrolled in the Adult Degree Completion Program.

Monday, February 7, 2022.
(Photo by: Kenneth Salmon)

Southern Accent

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LAC NIGHT continued from page 1

bers of people involved who had bought [plane] tickets to come." Pinero said. "Other families were driving up, purchased hotels and had to cancel reservations."

As the new event date draws closer, more time and energy has been put into planning and coordination, according to Pinero.

Junior English major Judah Brass is a dancer for LAC Night. He said performers have put in many hours in preparation for the event.

"This [winter] semester, we practiced dancing each day for two weeks from 6 p.m. to 9 p.m.," Brass said. "[We've practiced] a little less than 30 hours this semester so far. A lot of time is invested in this production. Everyone has been working hard."

Junior public relations major and LAC Secretary Lesieli Savelio said she will be working behind the scenes.

"I'll be doing more of the behind the scenes work for LAC Night and helping out where I can," Savelio said. "Leading up to LAC Night, I've sent a lot of emails and worked on the communication aspect of things."

Pinero said the event will be an "immersive experience" that will showcase how "Latin Americans make their dreams come true."

This year, there will be dances, catered food, photo opportunities and live music, according to Pinero. LAC Night will be a first-come, first-serve event ,which will be held in the Iles P.E. Center. Pinero said only the first 600 people will be served food. Doors open at 7:30 p.m., and groups will be let in one at a time.



LAC Night poster. (Photo courtesy of: Byron Montenegro)

Intramural referee Justin Arner shares sports journey

Sierra Ureta Staff Writer

"Now that I'm older, your knees start going out or giving you trouble," said Justin Arner, intramural referee.

Arner has been on the court and field since he went to Collegedale Academy as a young boy. Although he doesn't play as often as he did when he was younger, Arner said he found other ways to be involved.

"Being a referee has kept me a part of the game even though I wasn't on the court or on the field," he said.

Arner said he attended Southern in the late '90s and studied physical education. During his time at Southern, he played many intramural sports.

"I played everything except for soccer and floor hockey, which is probably why I don't officiate those sports as a referee," he said. "[My] least favorite thing about [being a referee] would be the heat [in Tennessee] when I am refereeing softball games."

Out of all the intramurals, Arner said Southern students are particularly best in basketball and flag football.

"Through the years, I have seen some amazing college athletes come through," he added. "They have some incredible talents and gifts — both male and female."

Mike Boyd, P.E., Health and Wellness professor, hired Arner into the position. In addition to Boyd, Arner also expressed an appreciation for Robert Benge, dean of the School of P.E., Health and Wellness.

"I have a good relationship with Dean Benge, who ... was actually my P.E. teacher when I was in elementary school," Arner said. "I loved the guy back then and still do. He was always mv favorite teacher, even though it was just P.E.

"Years later, I guess he left [Collegedale Academy] and got his doctorate out west," Arner continued. "Then, he came back here and got that job [as a professor] at Southern, so that's very admirable."

Arner said refereeing games is

a nostalgic experience for him.

"Back in the day, I used to play on those courts," he said. "So, you know, you walk in there, and look up at the different banners, and I'm back again."

Arner listed his favorite parts of being a referee.

"[Being a referee] keeps up your cardio tremendously, and I feel like that's a very good thing," he said. "But my favorite [part] is just still being connected to the games with the sports I love and working with my colleagues to train the younger ones."



(Photo courtesy of: Justin Arner)

COLLEGEDALE NEWS

Hiking trails in Hamilton County

Elsie Pak <u>Reporter</u>

Nestled just east of Chattanooga in the suburban area of Collegedale, Southern Adventist University's location offers access to the rich surrounding nature of the Tennessee River Valley.

Exploring the nearby trails, many students, faculty, staff and alumni traverse the wellworn paths, navigating the dense, leafy forests that lead to rocky crags, steep overlooks and colorful views of the rising dawn or sunset.

Doug Brown, an associate professor at Southern and the Outdoor Leadership Coordinator, has lived and hiked in Collegedale and the larger Hamilton County area for about eight years. When asked what trails he enjoys hiking, Brown highlighted the Biology Trails on White Oak Mountain and the Bauxite Trails on Bauxite Mountain.

"Both of these are on property that has been gifted to Southern for the purpose of having green space with trails that the community can use," Brown said. "Together, these trails make up a network of over 20 miles that are maintained for mountain bikers and hikers."

Brown said several trails are

designated specifically for hikers. One trail that he noted in particular was the Sabbath Trail, which is a part of Fenton Forest on Bauxite Mountain.

Southern alumnus Nadezhda Kichuk also enjoys walking the Sabbath Trail. The looping one-mile pathway is marked with inscriptions of biblical history and verses honoring the Sabbath, culminating in a large stone rendition of the Ten Commandments.

In the spring, the landscape is decorated with bright wildflowers and shaded by green trees.

"It's a perfect trail for people to not only explore, but to learn something," Kichuk said.

Another unique part of the trail Kichuk said she enjoys is the bend where the nearby field of cows becomes visible.

Jonathan Ziesmer, 2021 Southern alumnus, is another individual who enjoys the trails around the university. Ziesmer has been hiking the Hamilton County area since he was 7 years old. When asked to name some of the best trails in the county, Ziesmer noted Lookout Mountain for having lots of long climbs and great views.

Lookout Mountain also features Sunset Rock via Point Park. It's not only a hiking route,

but also a rock-climbing spot. Recommended by numerous students and the online magazine Atlanta Trails, it is considered one of the best places to watch the sunset over the Tennessee River and the city lights of downtown Chattanooga.

When hiking in the Collegedale

area, Joy Burdick, sophomore business marketing major, likes to gather grass and clovers along the Sabbath Trail to tempt the cows to come closer.

"We can take [nature] for granted since we have so much of it here," said Burdick, who enjoys hiking with her friends

on Sabbath afternoons. "But I would encourage other college students to get out there and explore the local and immediate area. It's a fun way to meet people from the community, and there are plenty of groups who love to hike and want to enjoy nature with others."



Map of the White Oak Mountain trail system. Monday, February 7, 2022.

(Photo by: Megan Yoshioka)

Student Association Election Candidates' Platforms 2022-2023



Presidential Candidate

This past year, I have served as executive vice president of Student Association. I have changed the SA Senate meeting process by assigning devil's advocates to ask hard questions and enhance the productivity of the meeting environment. This has made SA Senate increasingly more effective. So far, we have spent \$12,477.03 on projects for students on campus (the most in recent recorded history). I have personally spearheaded the Lift-Off Initiative, an entrepreneurship fund for student businesses, the construction of the road behind Southern Village and the purchase of over 60 pepper sprays and 90 rape whistles for the safety of women on campus. I have experience as a public speaker by hosting Asian Night 2020, being a finalist at Enactus' LaunchU event and speaking during "GodxYou" student week of prayer. I have advocated for students in the past and will continue to do so in the future. My goal is to improve student life on campus through enhanced communication and a welcoming atmosphere.

My motto is "Feel Empowered, Be Heard." My goal is to make Southern a place for everybody. I want to create an environment that empowers student entrepreneurs. I aim to create ways that students can build their own businesses or side hustles and know that their school fully supports their endeavors. I want to add an official Southern mascot to enhance student life by creating school spirit and hyping up SA sponsored events.

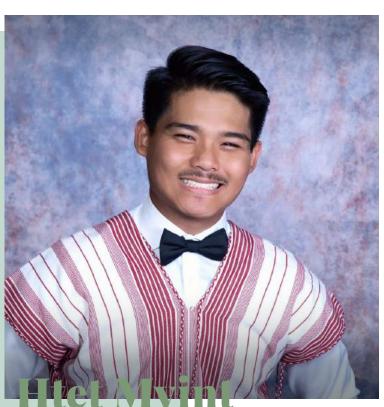
If you would like to checkout more on my campaign visit www.kennethbautista.com.

"Together we can build a better Southern"

My motto is "Service, Accountability and Artistry." I personally have a passion for service and my hope is to encourage philanthropy among Southern's students. I hope to do this by creating a platform for students to be able to support causes that they believe in. I hope to introduce an event that focuses on raising money for causes that students will promote. My vision is a sort of smaller 423 Night Market but with the theme of service.

Furthermore, if I were to be elected, I hope to be an advocate for alcohol and substance abuse support on campus. I hope to work with my peers and administrators to brainstorm ideas and form ways we can enable students to feel empowered. I hope for all Southern students to not be afraid of taking the step to be the best version of themselves they can be.

I also want to continue the work done by this year's Student Senate and promote the new studio that the School of Music has purchased. I want to encourage artistry on campus by empowering Southern's songwriters, poets and musicians. I hope to do this by implementing an initiative I would like to title the "Album Initiative." At the end of the day, I have the desire and drive to make Southern a place that encourages service, accountability and artistry.



Executive Vice Presidential Candidate



Social Vice Presidential Canditate

My name is Lilly Jorgensen, and I am a senior fine arts major. If I were elected as social vice president, I would use my creative and social skills to cultivate an environment that promotes a welcoming atmosphere and upholds our Adventist beliefs.

I'm looking forward to creating a Roaring 1920's welcome back party to remember with live jazz music. I also envision a fall festival with caramel apples and fun competitions with prizes, followed later in the semester with a game night, ice skating and Christmas caroling. We could kick off the winter semester with a romantic Valentine's Day banquet with games for couples and singles, a movie night complete with popcorn and snacks, and a puppy and kitten day to help destress for finals week. Of course, we would finish the year strong with our beloved annual Strawberry Festival with a photo booth, strawberry-themed foods and a chance to win some cool Southern apparel.

Our social events also provide an opportunity to grow spiritually and be an example to our community. By helping our local nursing homes, homeless populations, refugee groups and animal shelters, we can build connections with those in our reach. In addition, I will also plan to provide resources for our lower income students through a 5k fundraiser race involving the local community, as well as other fundraisers throughout the year.

The best form of leadership is through example. I want to hear your ideas and also challenge you to improve our university and community, while building a lifelong relationship with God. I find value in a job done with excellence, and I am committed to creating the best experience for you as a student this next school year.

Student Association events have always held a special place in my heart. During my freshman year, the welcome back party was where I made some of my closest friends. I want to provide that opportunity for all students at Southern. I want these events to be memorable and as interactive as possible, exceeding expectations. I am a junior accounting major and served as a Student Association senator in my sophomore year, and I am currently the Student Association executive secretary. I have seen first-hand what planning events like these take, and I know I am qualified to do these.

First, I think it would be so fun to have a World Cup-themed welcome back party to start the semester! I also would love to have a banquet in the spring to give students the opportunity to dress up and take pictures. They are not easy to organize, nor are they easy to work, but that's the beauty of it.



Social Vice Presidential Candidate

MENTAL HEALTH

Binge-watching and well-being: Stream it or skip?

Kiana Oliver

Counseling Graduate Student

Editor's note: The following article is written by a counseling graduate student in partnership with Counseling Services and the Southern Accent

Picture this: It's late at night, and you've been watching the hottest new show on your favorite streaming service. Although you've lost track of time, you think to yourself, "I'll just watch one more episode and then I'll finish [insert task here]."

Does this scenario sound familiar?Accordingtoa2021report by Statista, it is estimated that the gross number of subscription video-on-demand (SVOD) services will reach 450 million by 2026 in the United States. This forecasted number includes Netflix with nearly 70 million subscribers. Amazon with over 101 million subscribers and Disney+ with 59.5 million subscribers. But as these streaming services continue releasing the next greatest show, researchers have begun to question whether binge-watching can negatively affect our well-being.

Research conducted by Vizcaino and others in 2020 examined the relationship between time spent on screens and health-related behaviors. The researchers discovered that binge-watching was significantly associated with less healthy dietary patterns. In other words, participants who reported binge-watching were more likely to eat fast food, rates of stress.

vered these participants reported more fatigue and poorer sleep quality.

Knowing these health concerns, how does binge-watching affect our mental health? Published in 2021, a study by Sved Hassan Raza and other researchers examined the effects of binge-watching during the COVID-19 pandemic. Their findings suggest that binge-watching is associated with negative

consequences, including depression, anxiety, stress and loneliness. So, next time you catch yourself binge-watching your favorite show, try these tips:

Ways to prevent bingewatching.

Before you're tempted to start binge-watching and neglect your to-do list, stay focused by downloading productivity apps such as Serene, Freedom or Forest on your device.

Set an alarm to keep yourself disciplined on how much time you spend watching your favor-

If you're too tempted to watch the next episode, disable autoplay on your streaming service.

Use your favorite show to reward yourself after completing tasks or work. Just remember to not overdo it and start binging.



SPORTS

The Super Bowl is set: Bengals versus the Rams

Jacob Nevis Contributor

The matchup of Super Bowl LVI is set to be between the AFC champion Cincinnati Bengals and the NFC champion Los Angeles (LA) Rams. Super Bowl LVI is going to take place in SoFi Stadium, which is also

In fact, this is the second year in a row when one of the teams is at their home stadium. Last year, the Tampa Bay Buccaneers also played in their home stadium.

the home of the LA Rams.

Both the Rams and Bengals had an interesting journey getting to the big game.

Before the playoffs, the Ben-

gals had not won a playoff game in 31 years, and that streak snapped when they defeated the Las Vegas Raiders in the Wild Card round. They then went on to defeat the Tennessee Titans in the divisional round. After Tennessee, they traveled to Kansas City, where they defeated the Chiefs in overtime after Evan McPherson kicked a game winning field goal.

McPherson, a rookie out of Florida, also kicked the game winning field goal the week before. He broke the record of most field goals by a rookie in the postseason with 12.

Another contributor to the Bengals success includes rookie wide receiver Ja'Marr Chase, who has been phenomenal all year. The most important player to the Bengals, however, is second year quarterback Joe Burrow. After going out last year with a torn ACL, he has come back this year and helped lead his team to the Super Bowl.

In the NFC, the LA Rams had an interesting offseason, in which they traded quarterback Jared Goff to the Detroit Lions in exchange for veteran guarterback Matthew Stafford. The Rams went all in this season to try and win the Super Bowl, acquiring veteran linebacker Von Miller from the Denver Broncos and picking up veteran receiver Odell Beckham Jr. The Rams, in fact, won't have a first-round draft pick until 2024 at the earliest.

LA Rams defeated their division rival, the Arizona Cardinals, in the Wild Card round. And, in the divisional round, they defeated defending champion Tom Brady and the Tampa Bay Buccaneers. In the NFC championship game, they defeated NFC West rival, the San

Francisco 49ers, which sent them to the Super Bowl.

The Super Bowl is always an extremely thrilling time for football fans with many activities around the event being exciting. The halftime show is one of those things, and this year it includes Eminem, Dr. Dre, Snoop Dog and Mary J. Blige. Another aspect of the Super Bowl that many people like is the commercials.

The Super Bowl is scheduled for Sunday, February 13, at 6:30 p.m. EST.

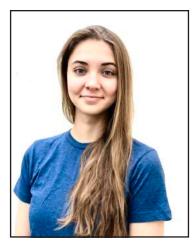


(L-R) Ja'Marr Chase, Joe Burrow, Matthew Staffor and Cooper Kupp. Sunday, February 6, 2022. (Illustration by: Nickolas Nieves)

OPINION

Encouraging a spirit of healthy discussion at Southern

Christina Cannon Opinion Editor



I am joining the Southern Accent staff as the opinion editor after spending a semester studying across the pond in England. After spending several months walking on the left side of the sidewalk, going to candle-lit church services with my Anglican friends and watching United States politics gurgle and swirl from a very different vantage point, being back at Southern is different.

Most of us come from a theological background similar to

that of others on campus. Because of this, we have a very unique position among U.S. colleges, even among most other Christian ones. Our common background gives us a fascinating framework to build

Because of our commonalities, however, we may sometimes be tempted to think we should and do believe more similarly than we do on any given issue. Regardless of beliefs, the fact (and a good fact) is we may have different opinions.

My hope is not to

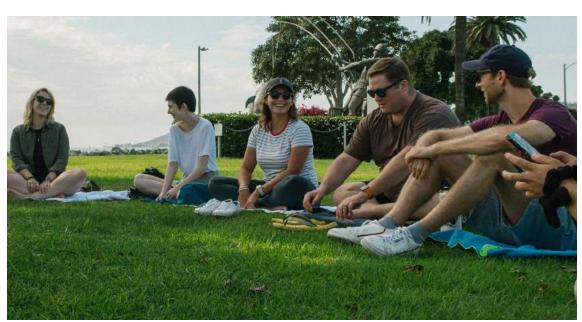
stir up dissension,

but to encourage a spirit of healthy discussion when honest disagreement arises. And when people are honest, disagreement inevitably, necessarily, entertainingly does arise.

During the 2020 election, the campus climate was considered peaceful compared to many other places. And, of course, peace is more comfortable than contention. And peace is good, as long as it is not the result of apathy or a veneer over something less amiable.

I've heard professors talk about noting a shift in the discussion culture of Southern, a marked change in the open debate style through which certain friend groups thrived and by which convocations were driven; disagreement became a more personal offense, a moral issue.

My hope is not to stir up dissension, but to encourage a spirit of healthy discussion when honest disagreement arises. And when people are honest, disagreement inevitably, necessarily, entertainingly does arise.



A group of people chatting in a park. Monday, September 16, 2019.



RELIGION

Inspirational biblical quotes: "A word fitly spoken"

Victoria Mills

Religion Editor

I love words. I always have. Maybe it's because I grew up with parents who are avid readers and who read to my sister and me even before we were born. Every night before bed, our dad would read us a bedtime story and our mom would read us a Bible story. I grew to love books even before I learned how to read them myself; I would try to remember the pronunciations and definitions of the words I was hearing.

In one of our homeschool classes, my sister and I learned about the Greek and Latin root words that make up so much of the English language. It has helped me immensely with understanding context and definitions to words I didn't initially understand.

With my love of reading and words, I slowly grew to like and appreciate inspirational quotes. When I was 16, I read a book called "Here I am, Em B!," a Christian coming-of-age story about a girl who moves to the country with her parents, meets a new interesting friend and learns more about herself. In the book, the protagonist starts a new journal and writes down a lot of things that she

learns, including some quotes that she found. This appealed to me; so I, too, started a little book of quotes.

The first one I wrote is provocatively written by the incomparable author and apologetic C. S. Lewis, the second an encouraging one by pastor and author Chuck Swindoll, the third by Robert Louis Stevenson, the author and poet. From then on, any time I heard or read a quote that I liked, I would write it in my little pink book.

Through this process, I found what has been my favorite quote for about five years now. It was written by lim Elliot, a missionary to Ecuador who became a martyr and brought many to Christ through his death as well as

The quote reads, "Wherever you are, be all there! Live to the hilt every situation you believe to be the will of God."

Those words have stayed with me and encouraged me more times than I can count.

The Bible has a lot to say about encouraging words. Just read the whole book of Proverbs, and you're sure to read many meaningful statements about God, life, responsibility, wisdom, foolishness and much more. Three verses in particular stand out.

Proverbs 16:24 says, "Pleasant words are a honeycomb, sweet to the soul and healing to the bones." (NASB)

Words are so powerful that they can soothe us physically

as well as mentally. Proverbs 18:4 says, "The words

of a person's mouth are deep

waters; the fountain of wisdom is a bubbling brook." (NASB)

Wise words are meaningful and should be studied in depth.

Finally, Proverbs 25:11 says, "Like apples of gold in settings of silver, is a word spoken at the proper time. " (NASB)

I love this verse because the image it evokes is so unusually beautiful. Words and quotes that are relevant and important

can be as beautiful and valuable as shining gold and silver.

I encourage you to look up some quotes that speak to you and write them down in a place that will encourage you, someone else or both. Share these powerful words. You never know how deeply they could affect someone!



An open Bible with a bookmarked page. Wednesday, March 15, 2017.

LIFESTYLE

Valentine's Day date ideas for isolation and quarantine

Aaron Mumu Lifestyle Editor

With COVID-19 still lurking, the last thing any of us wants is to social distance from our crush on Valentine's Day. Most of us would rather go on long walks, fancy dinners or other typical romantic adventures. But since the start of this semester, 310 students have been in isolation, with five currently in isolation and four in quarantine, as of February 7. It's clear that an in-person Valentine's date is not a guarantee.

So, in case you or your crush find yourselves in this unfortunate scenario, these are four date/flirty ideas you can use to make your special someone feel cared for.

Deliver a care package.

If your love interest is the one in quarantine, a great way to show your affection is to deliver gifts to his or her quarantine room. This works especially well if you cook, as you can create home-cooked meals and deliver it to your crush. If you don't cook, don't panic — simply act as your crush's personal Door Dash and grab their fast-food cravings. For a special Valentine's Day touch, consider leaving candy or chocolates in their care package as well.

However, care packages aren't limited to food. In the winter months, sending a blanket will likely do wonders. Alternatively, you can also send your own sweaters for them to "borrow."

Finally, consider writing a note to attach to your care package. There's something about creative or handwritten notes that's extra romantic.

Create an artsy date.

This one probably takes the most planning on this list, but it's honestly the most fun (which probably speaks to how much effort romance takes).

The idea here is to send your crush art supplies, then hop on video chat so you can create together. The best way to do this is to send a canvas with paints and brushes; but you can also send pages from a coloring book or art pencils and paper.

Even if your Valentine isn't artistic, it will give the individual a chance to do something that isn't homework-related or on Netflix while they're stuck in their room.

Find a multiplayer video

In times when you can't physically be together, video games are a great way to simulate cooperative activities. One that I like to play with my partner is Stardew Valley, where we can farm, find treasures and talk to other characters in the city. Otherwise, we'll often play the minigames in the iPhone's GamePidgeon app. There are a plethora of games out there, but other ideas that we've had a lot of fun with include Among Us (remember when that was popular?) and Draw Classic.

Visit them outside of their quarantine window.

I realize it's a lot more convenient to simply Facetime your crush, but romance isn't about convenience — it's about showing real effort. So, exert that extra energy by visiting

your crush outside their quarantine window.

If you don't know what to do once outside their room, some popular ideas include bringing a guitar or ukulele to serenade them. However, if you want something more under-the-radar, consider bringing markers to draw on their window. You can even play fun games on the window such as Pictionary or Hangman. Once again, sometimes interrupting the monotony of quarantine is enough to leave an impression on your crush.

These are just a few ideas

you can use to spice up your social distance romance. Ultimately, I hope you have lots of fun trying these out and that you create lasting college memories. Have a happy and safe Valentine's Day!



Garrett Christensen eats lunch while in quarantine. He was placed in quarantine after feeling sick for a few days. Wednesday, February 2, 2022. (Photo by: Maiya Banks)

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts! SOCIAL



Wordle 230 3/6

Q **#SAUlife**

Tierra Washington Bailey DuBose @bay_what Elise Deschamps @hippyleez gorgeous gorgeous girls play wordle every day

> t.washington_100 This is my final semester at SAU, and it has already proven to be memorable.





joyburdick mondays

Karen Guerra @kfcguerra shoutout to the guy behind me in a&p verbally expressing his discovery that actions have consequences Karen Guerra @kfcguerra

i wish him the best in life

Joel Guerra @j8war

Lila Odhiambo @ineedaprivateac

i am a menace with a wide angle lens. EVERYBODY forehead gonna be massive

Just walked into the SAU cafeteria for the first time in a year and saw a kid serve himself 5 of those Adventist veggie patties...never coming again.

Congratulations @migdalice, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need to fuel up with a meal for the week ahead, so he is offering a

\$10 Chick-fil-A **Gift Card**

DM us on Instagram with a photo of where Kevin is hiding!





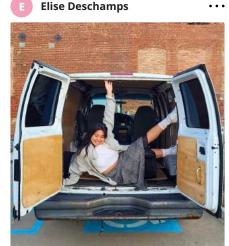
isaac.j.hanson "Christ has no hands now

Autumn Dekle

autumn tqu Success Is The Name. Waiting Is The Game



raisa_perchik good times:)



leeezie

CHATTER





SA Announcements

Friday |11

FAFSA - Remember to file for Financial Aid (Priority Deadline is March 1st) http://www.fafsa.gov.

Juls Cuellar

Javon Sonnier-Sellers

International Food Fest will be on Sunday, March 6. If you are interested in being a vendor, please sign-up using the link on the SA Instagram, @sa_southern.

SA Super Bowl Party will be on Sunday, February 13, in Iles Gym at 6:30 p.m. There will be free pizza and snacks, so make sure to come out!

SA Talent Show will be on Saturday, March 26. Now is a good time to start thinking about a performance you might want to do!

Check out our website! www.southern-accent.org



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Reclaiming meditation

between Ukraine and Russia

Religion | 6

February 16, 2022 Collegedale, Tennessee

Southern Accent

Vol. 77 Issue 15



A mask on a counter. *Sunday, February 13, 2022.* (Photo by: Megan Yoshioka)

Southern suspends indoor mask mandate

Megan Yoshioka <u>Editor-in-Chief</u>

Southern Adventist University suspended its indoor mask mandate effective February 14 due to a decline in positive COVID-19 cases on campus and in Hamilton County, according to an email sent to the student body by Vice President for Student Development Dennis Negrón on February 11.

"Over the last week and a half, Southern has seen a dramatic decrease in positive cases of COVID among both students and employees," Negrón wrote in the email. "This reality mirrors what is occurring in Hamilton County, where cases, though still high for this part of the country, are also dropping dramatically from where they were just a week ago. As a result, administration is shifting its indoor mask mandate to suspended rather than mandatory."

As of Monday, February 14, one student was quarantined, and one was isolated. One employee was quarantined, and none were isolated, according to Southern's Safety Information and Updates webpage.

Individuals who still wish to wear a mask are encouraged to do so, according to the email. Professors will also continue to take attendance using QR codes to help with contact tracing.

If cases begin to rise again, the email stated, the university will likely reinstate the indoor mask mandate.

"Please note that our priority remains the health and safety of campus during this pandemic," Negrón wrote in the email. "Therefore, if positive cases were to begin to rise at an alarming rate again, the wearing of masks indoors would likely again be mandated for all employees and students."

Transgender student placed on administrative leave after posting comments on social media

Megan Yoshioka *Editor-in-Chief*

Junior religious studies major Ari Bates publicly came out as a transgender woman on her personal Instagram and Facebook accounts on Wednesday, February 2.

Eight days later, she was placed on indefinite paid administrative leave from her position as the Engage director for Admissions, Bates said in a recent interview with the Southern Accent. According to the university website, Engage Worship is a ministry that takes "worship and social experiences that are foundational to Southern Adventist University to local church communities throughout the Southern Union."

Bates said her boss, Director of Admissions Ryan Herman, requested to meet with her on Monday, February 7. When they met, Associate Director of Admissions Stahl Comete was also present. During the meeting, Bates said, her coming out on social media was mentioned, but the meeting had an open-ended conclusion.

"That meeting was the initial meeting. ... It was very rushed," Bates said. "They weren't sure what they were planning to do. Ryan closed the meeting with telling me that he needed to think, he needed to process and that he would get back with me with an update."

Following that meeting, Bates met with Herman and Jason



Ari Bates. (Photo courtesy of: Ari Bates)

Merryman, vice president for Enrollment Management, on Thursday, February 10, according to Bates. During the meeting, Bates said, her activity on social media was discussed.

"Essentially, what was communicated was that my posts on TikTok about the situation were in conflict with my commitment to recruiting for the school," Bates said. "And that by exposing Southern and by using incriminatory language, I was contradicting my mission as a recruiter and as a front person of Admissions with Engage."

In one of Bates' TikTok videos discussing her situation with the university, another individual had commented on her post asking if Bates attended Southern. Bates said that comment occurred before she had mentioned Southern by name. According to Bates, the com-

menter guessed that Bates attended Southern and said that "it made sense" because her father used to work for the university. Bates replied to that comment, "Holy (profanity), then you know exactly how (profanity) up this school is."

Bates mentioned another comment that, according to her, was referred to in her meeting with Herman and Merryman. On Twitter, Bates said she commented, "I hate it here. Nice job SAU," in response to a friend's Tweet about a professor using the term "Blacks" in a class. This comment was made before Bates came out as a transgender woman on social media.

Bates said Comete had previously approached her about that specific comment, asking Bates to explain the situation.

See BATES on page 3

MERGE Worship provides diverse, student-focused worship services



MERGE Worship vocalists (L-R) Cesiah Hernandez, Joshua Callwood, Triniti Evans and Nathanya Vidal. (Photo by: Elias Zabala)

Lizbeth Rodriguez-Diep Staff Writer

MERGE Worship is a student-led and student-focused worship service that reflects the various multicultural demographics represented on Southern's campus.

MERGE takes place every Saturday at 11:45 a.m. in Lynn Wood Chapel and is live on YouTube. The worship experience is spearheaded by Pastor Reginald Horton and his wife, LaShawn, who is a nursing professor at Southern.

Horton said divine inspiration led to the gospel-style worship service on campus for students that came from an Afrocentric background. After much prayer and the formulation of a diverse leadership team, Horton pitched the idea to Vice President for

Student Development Dennis Negrón. Horton said Negrón's response was, "This is divine."

After receiving the green light, MERGE occurred once a month, which later turned into two weeks a month and then transitioned into what it is now — every week that school is in session.

Horton's vision for MERGE was always to be student-led and student-focused with the purpose to train students and provide them with opportunities, an aspect of community and a way to experience God. That means speakers, musicians, vocalists, greeters and photographers are all students.

Horton said what makes MERGE Worship a unique environment is the gospel style music. The musical goal is, "offering a modern worship style encouraging an authentic and expressive freedom to worship, while highlighting African-American gospel music as the primary musical genre."

According to MERGE Worship's website, this style of music can be described as spiritual text brought to life through various rhythms that speak about being in communion with God.

Michaela Lewin, alumna class of 2020, has supported MERGE Worship from its beginning stages by attending, leading worship and consulting for MERGE Media.

"We are on our feet, we clap our hands, we raise our hands," Lewin said. "[This is] the place where I could worship my Jesus freely and just be me with no judgment."

MERGE Worship is not cul-

See MERGE on page 2

International Vision Trips for Spring break canceled due to COVID-19 concerns

Lucas Bueno

<u>Reporter</u>

Two Spring break Vision Trips have been canceled due to the ongoing COVID-19 pandemic, according to Sonya Reaves, Global Engagement coordinator for the Office of Ministry and Missions at Southern Adventist University. In an interview with the Accent, Reaves explained what happened with this year's Vision Trips.

"Originally at the start of the school year, we had five trips planned: three for Spring break and two for the summer," she said.

The Spring break Vision Trip locations were North Africa, Peru and Alaska, while the summer locations were Hawaii and Peru, Reaves said. She explained that the two international trips for Spring break had to be canceled.

Those trips had to be canceled because the U.S. Department of State has labeled Peru and Morocco with safety tier Level Four, according to Reaves. International safety is measured on a four-tier scale, with Level One indicating little to no danger and Level Four indicating high risk. Level Four can be designated for a variety of reasons, including security risk, unrest and terrorism. But in this situation, it was given because of COVID-19, Reaves said.

During the Vision Trip training class on January 16, Peru

was at Level Three. But the next week, the country saw a spike in cases, resulting in a Level Four, according to Reaves.

"So then, we decided in good stewardship to not purchase tickets with the hope that it would come down because ... that's a big risk that you could lose those tickets as well as it's not fair to students to have a hope," Reaves said.

In January, Morocco was already at Level Four, but they decided not to take a risk by purchasing tickets, Reaves said.

"So, unfortunately for these students, we're not sending them [to Morocco]," Reaves said. "But they have several options. They could join the Alaska trip. ... They could just transfer all their funds straight over and join that trip. They could pause; and next year, they can go on a trip. Or, they could join a summer trip, because we will hold their fundraising money ... until they can go."

Reaves added that students could also use their fundraised money for a Student Missions trip or an ERC mission trip since those two departments work together along with Vision Trips.

Lilly Cheneweth, junior biology major with a biomedical emphasis, was set to go on the Spring break mission trip to Peru, but her plans changed when the trip was canceled. In an inter-

See VISION on page 2

MERGE continued from page 1

turally exclusive, and junior biochemistry major Sahyii Lozano, who is of Colombian and Mexican descent, attests to that. She said she originally thought MERGE was primarily for Black culture. But as she got acquainted and joined the worship team, she realized that it was not exclusive, but rather very inclusive.

"I know it sounds so cliché, but it's actually like a family," Lozano said. "We all feel the same thing when we are singing, and it just connects you." Lewin emphasized the importance of diversity in MERGE Worship.

"We emphasize diversity because we want it to be a place where Southern students can come regardless if they are Black or not," Lewin said. "Everybody that is leading is united on that front. The more people of different races that we take in, the more people we can expose our culture to in a healthy way."

Both Lewin and Lozano said they find community and their preferred style of worship in MERGE. They said they think everyone should experience God at MERGE at least once while at Southern.

Horton noted one student's experience at MERGE.

"A student came to me and said that they were struggling with suicidal ideations and that it wasn't until they came to MERGE where things began to change for them," Horton said.

Horton said he hopes MERGE can impact people's relationship with God.

"If you don't have a relationship with God, I want MERGE to spark it," Horton said. "If you do have one, I hope it strengthens through the experience at MERGE."

VISION

continued from page 1

view with the Accent, Cheneweth shared her reaction to the cancelation of the Peru trip.

"I wasn't surprised," Cheneweth said. " I was honestly more surprised that they were continuing to say that we were going on the trip for as long as they did."

Cheneweth said that Peru had remained on Level Three for a long time.

After the trip to Peru was canceled, Cheneweth decided to go on the Alaska Vision Trip instead.

on the Alaska Vision Trip instead. "We were looking at different options," Cheneweth said. "But ultimately, we wanted to go on a mission trip; we wanted to help serve. I was really thankful that they let us join the trip as late as we did."

Though Cheneweth was hoping to get more health care experience in Peru and help people in that way, she said that she is glad to help in any way she can.

"I think this is a really great opportunity for students," Cheneweth said. "All you really have to do is sign up. It doesn't matter what major you're in ... the skill level ... you can just show up and you can help. No matter if you think you can or not, you can. ... And that's a rewarding feeling."



Humanitarian Engagement put "Canceled" post-it notes on the Morocco and Peru Vision Trip pamphlets hanging in the office.

Tuesday, February 15, 2022.
(Photo by: Megan Yoshioka)

Students attend MERGE Worship in Lynn Wood Chapel. (Photo by: Elias Zabala)

Meet the Firms events to be held in-person and virtually for students

Genesis Ventura Staff Writer

Southern Adventist University will hold an in-person Meet the Firms event on Thursday, February 24, from 11 a.m to 2 p.m., in the Iles P.E. Center.

Meet the Firms is held every semester, providing both undergraduate and graduate students with the opportunity to network with potential employers. Students from every major

and department are welcomed and encouraged to attend and gain networking experience, according to organizers.

Many companies attend Meet the Firms. The list includes AdventHealth, Friends of the Festival and Reliance Partners.

Nova Munselle, Career Services coordinator, said additional companies will be available at a virtual Meet the Firms scheduled for March 29, from noon until 5 p.m. She said

Meet the Firms will have about 25 companies, some local and some from different states.

Munselle said she sends invites to companies that are Adventist and non-Adventist, but it is the company's choice to attend the event. This semester, there will be a diverse selection of companies, both Adventist and non-Adventist, she explained.

Munselle said that in the past, this event was more for specific majors, like nursing and business, but the goal now is to make it inclusive for all majors. According to Munselle, many companies are looking for a variety of majors. For example, Friends of the Festival is a summer music festival, so students interested in music, radio and graphic design can learn more about positions available with them.

Munselle encourages freshmen and sophomores to attend the event even if they are not

looking for internships or jobs.

Aaron Patterson, who recently landed an internship with AdventHealth in the media production department, explained how important it is to attend this

event. He said Meet the Firms played a critical part in helping him get the internship.

"Networking is incredibly important, and meeting the firms allows you to get out there and meet people," Patterson said. "Put your best foot forward, wear your heart on your sleeve and show how willing you are to learn. I can't imagine an employer who won't want to meet that."

For more information about the employers that are attending Meet the Firms and the overall event, scan the QR code below. Students should be able to log into Handshake with their Southern email and password.



Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

For all advertising inquiries, email studentadmgr@southern.edu.

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BATES

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"I really appreciated the way that Stahl handled it," Bates said. "And essentially, I explained, I hate it 'here.' It's a colloquialism right now that says, 'I hate this moment in time and this situation.' And he said, 'Okay, cool, you're good. Just be careful what you post, and you're okay.'

"That situation was resolved," Bates continued. "But it was brought back up in the meeting with Jason as an example of my misuse of social media."

Bates said Merryman placed her on paid administrative leave indefinitely until the situation is resolved.

The Accent reached out to Merryman for comment. However, Merryman declined an interview at this time.

In addition to meeting with administrators in Enrollment, Bates said she also met with Alan Parker, senior advisor for sexual integrity, after Parker requested a meeting with her on February 7.

Bates said she and Parker met on Wednesday, February 9. During the meeting, Parker told her the university was working on updates to the Sexual Integrity Policy that would address transgender topics.

She said Parker told her the updates would require that individuals dress, use bathrooms and reside in dorms and other campus housing according to the gender assigned to them at birth. However, according to Bates, Parker said he couldn't disclose specific details because updates to the policy had not yet been implemented.

Bates said Parker told her that if she did not follow those guidelines if implemented, she would be requested to have a conversation with administration, which could be followed by disciplinary action. However, details of what disciplinary actions might be taken were not stated, according to Bates. An exact date of when the updates would be implemented were also not stated, she said.

The Accent reached out to Parker for comment about his meeting with Bates. Parker said he was unable to respond to

to go into effect, as it has been communicated, in order to protect myself and any trans student that comes out after me, I would be forced to proceed [with] legal action.

specific questions regarding the situation. However, he provided a statement about the updates to the Sexual Integrity Policy.

"For the past couple years, the Committee for Sexual Integrity has been developing a Sexual Integrity Policy based on biblical principles," Parker wrote in an email to the Accent. "It has been making its way through various committees. The policy will be published when it reaches approval."

Also in the email, Parker stated that the university is unable to respond to questions regarding Bates' employment situation due to student privacy and confidentiality. He also provided a statement on behalf of the university.

"As an institution of the Seventh-day Adventist Church, Southern Adventist University believes that God immeasurably loves each individual, regardless of their gender identity or sexual orientation, and that following the biblical principles that God set forth in His Word is an expression of our love for Him and each other," the statement reads. "We strive to follow the model of Jesus Christ, who was always focused on drawing individuals to Him. Southern welcomes

all students who commit to respecting the beliefs of the Seventh-day Adventist Church and abiding by the university's policies."

Bates said she is currently discussing options for her next step with a representative from the American Civil Liberties Union of Tennessee, and that she is not taking legal action against Southern at this time. However, she may take action if the updates to the Sexual Integrity Policy go into effect.

"If the policy were to go into effect, as it has been communicated, in order to protect myself and any trans student that comes out after me, I would be forced to proceed [with] legal action," Bates said. "Every decision that I've made in this process following the initial meeting on Monday has been a deliberate choice for the protection of anyone else in the community that is currently closeted and has any inclination of wanting to come out in the future."

COLLEGEDALE NEWS

Aggressive panhandlers operating scam in Collegedale

Alana Crosby <u>Collegedale News Edit</u>or

On Friday, February 4, Collegedale police intercepted four individuals who were asking for money at the intersection of Lee Highway and Ooltewah Ringgold Road, according to a police update.

"The four had reportedly been asking for money from stopped cars at the intersection, and while doing so, had found themselves partially inside the city limits of Collegedale," wrote Jamie Heath, a lieutenant in the special investigations department.

The update reported that the scammers had been collecting money in five-gallon orange buckets and were wearing orange reflective vests. The update went on to say that the scammers claimed to be affiliated with a church in Florida and were gathering money to donate to homeless families.

"They had no permits from any jurisdiction to solicit for money, and according to various reports, had been working at that particular intersection for a few days," the report stated. "Some reports alleged that the charities that they were collecting for were just as varied."

Upon investigation, Collegedale police found that the church was not involved and had not authorized any panhandling.

"Collegedale police attempted to make contact with the Florida church, but at first, received no answer," the update stated. "Several hours later, the pastor of the church called back and confirmed to local law enforce-

ment that the panhandlers were not affiliated with the church in any way, and that they were likely operating a scam."

However, the scammers had been ordered to cease panhandling within Collegedale city limits and had left the area when the pastor of the Florida church called back, wrote Heath.

The scammers were reportedly knocking on vehicle windows as cars were sitting at intersections.

Nick Helton, a police officer for Hamilton County Police Department and alumnus of Southern, was approached by the scammers on Friday, February 4, and was asked for money. Helton said one of the individuals knocked on his vehicle window as he sat at the red light, but he did not respond.

"They didn't have any marking of a church or any signs, nothing like that," Helton said. "They were just walking around with buckets."

The police update outlined the definition of aggressive panhandling, which is a Class C misdemeanor, and encouraged readers to reach out to local law enforcement should they witness the following behavior.

"Aggressive panhandling is intentionally obstructing the path of a person or of a vehicle, being solicited or by making any statement, gesture or other communication that would cause a reasonable person to feel fear of personal harm for refusing a solicitation of a donation."

Collegedale Municipal Court downgrades charge for student arrested for stabbing

Megan Yoshioka Editor-in-Chief

The Collegedale Municipal Court downgraded Christopher Jong-Jin Won's charge to simple assault, a misdemeanor, during Won's court hearing last Wednesday, February 9.

Won, a senior accounting major at Southern, was arrested for stabbing his roommate on December 11, 2021, and charged with aggravated domestic assault on the scene, as reported in a previous Accent article.

During the February 9 court hearing, Won's lawyer said Won will pay restitution through her office to the victim. She also said Won had been to counseling prior to the court date and will continue counseling. The length of counseling would be deferred to the counselor, but Won's lawyer said it would be for at least five weeks.

The court is requiring Won to provide proof of paid resti-

tution and of continued counseling. Collegedale Municipal Court Judge Kevin Wilson downgraded Won's charge to a misdemeanor with a possibility for dismissal if Won completes all court obligations.

Won's next court date is scheduled for September 14, 2022. The date of his dismissal is set for February 8, 2023.



Christopher Jong-Jin Won.

Photo included from CPD Facebook post about the panhandlers. (Photo courtesy of: Collegedale Police Department)

Collegedale police investigate phone scammer complaint

Elsie Pak Reporter

The Collegedale Police Department (CPD) issued a press release last week cautioning Hamilton County residents about a phone scammer impersonating a Collegedale police officer.

Last week, a Hamilton County resident reported receiving a phone call from an individual claiming to be "Sergeant Schneider with the Collegedale Police Department," the press release stated. The scammer told the resident that there was a warrant out for his wife's arrest, and they could avoid the arrest if they paid him \$500.

According to the press release, the resident did not pay the scammer. Instead he called the Collegedale Police Department to check the scammer's credentials.

"He [the resident] soon discovered that not only were there no officers with that name, but that he had almost been the victim of a scam," the press release stated.

According to police, the scammer has changed the phone number from which he called, and investigators are looking into the complaint. This particular scam has been recently reported in other nearby jurisdictions; and, according to the press release, in 2020 alone, the Internet Crime Complaint Center took in 12,827 government impersonation scams at the federal level.

To help avoid becoming a victim of these scams, here are some tips from the CPD.

1. Remember: Law Enforcement will NEVER solicit money or payments via gift or prepaid card from you over the phone.
2. Contact your local police department immediately to confirm the caller or to report the fraud. The Collegedale Police Department's non-emergency phone number is 423-396-3133.

3. Be cautious when answering phone calls from unrecognized numbers. Most of these scammers use internet-based or VOIP (Voice over Internet Protocol) phone numbers or another program that allows them to clone or spoof any number they wish.

4. Keep social media accounts private, and don't accept messages from people you don't



Photo included from CPD press release. (Photo courtesy of: Collegedale Police Department)

SA Candidate Q&A



Kenneth Bautista

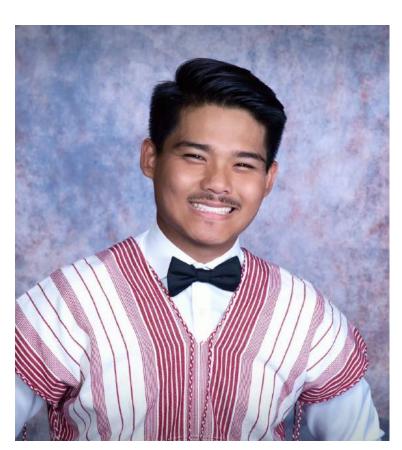
What inspired you to run for president? The ability to make a difference and the people who have supported me inspired me to run for president. I am passionate about being the voice for students on campus and empowering the entrepreneurial side of our school. I am forever grateful for the support of amazing friends and family who believed that I could run.

What changes do you want to make? My goal is to enhance the entrepreneurial spirit of Southern. There are many entrepreneurs on our campus, and I want to help them achieve their goals. I want to create an official Southern mascot. This playful addition can enhance school spirit by attending intramural games, school-wide events and giveaways.

What kind of leader do you hope to become? I hope to become a supportive leader by treating students with respect and ensuring they feel heard through this time of uncertainty

What kind of spiritual activities do you hope to implement? I believe that spirituality is a key part of college life at Southern. This past year, I aided Student Association (SA) Senators Lauren Lapham, Jomari Villoso and Sarah Manuel in supplying the Office of Ministry and Missions (OMM) with 103 Bibles for students on campus. I want to grow the connection between SA and OMM to find ways to support their ministry.

Why should students vote for you? This past year, I have had the privilege to lead the SA Senate. So far, we have spent the most on student projects in recent history (\$12,477.03), provided a fund for student entrepreneurs and championed the road behind Southern Village. I have advocated for students in the past, and I will continue to advocate on their behalf in the future.



Htet Myint

What inspired you to run for executive vice president? Honestly, Kenneth Bautista inspired me to run for executive vice president. I have had the privilege of working under Kenneth in the SA Senate and have admired his work ethic and his drive to make Southern a better place.

What changes do you want to make? Some changes I hope to implement are providing Southern students with more opportunities to use their skills and gifts to serve others. This is embodied by my vision for having two 423 Night Markets, with one having more emphasis on philanthropy.

What kind of leader do you hope to become? I hope to become a leader that serves. I believe that the most effective form of leadership is servant leadership.

What kind of spiritual activities do you hope to implement? Something that I believe Southern has a need for is providing students with more platforms to share their testimonies. Sharing our experiences with Christ not only inspires those around us but can serve to allow us to express our religion. Furthermore, I believe as a Christian campus, we should encourage accountability amongst ourselves. I would love to work with administration and my peers in brainstorming ways we can allow students to feel safer, enabling students to overcome trials that they may be facing.

Why should students vote for you?
Students should vote for me because I will put them first.



Lilly Jorgensen

What inspired you to run for social vice president? The decision to run for social vice president was God's. I have a strong desire to help those around me, and I know this platform will give me the opportunity. I had faith that if God wanted me to run for this position, he would move mountains for me.

What changes do you want to make? I am planning events to serve the students and community in exciting ways. I will create fun and welcoming events to encourage meaningful connections and lasting friendships. My focus will be on improving student life, community outreach and spiritual growth.

What kind of leader do you hope to become? The best leaders are those who lead by example. Through my example, I want to challenge you to improve our university and community, but most importantly to guide you to the ultimate leader, Jesus.

What kind of spiritual activities do you hope to implement? I am planning to create several outreach events. Some of our best spiritual growth happens when we do outreach and service for others. I envision Christmas caroling at nursing homes and children's hospitals. I also have in mind community service events for our local homeless people, refugee organizations and animal shelters.

Why should students vote for you? I value doing a job with excellence. As a leader, I want to hear your ideas and challenge each of you through my example to build positive relationships with each other and our community, as well as building a lifelong relationship with God. If given the opportunity, as social vice president, I will be fully committed to giving you the best experience possible.



Erla Trevedan

What inspired you to run for social vice president? I am currently a part of the Student Association (SA) as executive secretary; and this year, I have gotten front row seats to see what the social vice president does. Not only that, but I am currently planning an SA banquet alongside another SA member, and I realized how fun this process is. All these things, along with praying for God's guidance in this decision, is what inspired me.

What changes do you want to make? I want to potentially start a Southern Guinness World Record and hold an event where students compete to get their name included. This is something that another Adventist university has, and it is something that I think would stick well here at Southern.

What kind of leader do you hope to become? I want to become a leader that is constantly growing and learning. Someone who isn't afraid to take feedback and criticism. A leader who is guided by God.

What kind of spiritual activities do you hope to implement? An idea that I have is potentially having a concert with some sort of Christian artist. However, I am open to any suggestions as well.

Why should students vote for you? I truly have the students' best interest at heart. I want to ensure that they enjoy and look forward to SA social events and that they create memories that'll last a lifetime. I am also qualified and have the experience needed for this position because I have seen first-hand how to plan these events.

MENTAL HEALTH

Reclaiming meditation: Finding biblical peace in the storm

Kiana Oliver

Counseling Graduate Student

Editor's note: The following article is written by a counseling graduate student in partnership with Counseling Services and the Southern Accent.

Here's a statement we can all agree with: We want to feel less stressed. Whether you're an undergraduate student who's trying to survive those prerequisite classes or a graduate student with a new professional role to balance, you want to have more peace in your busy life.

If I told you there is a technique that has been scientifically shown to reduce anxiety and depression, you'd probably be very interested. However, upon hearing the word "meditation," there might be an awkward pause in our conversation. As Christians, our aversions towards meditation stem from its secular beliefs.

While writing this article, I'm reading meditation guides that contain terms such as "life force," "mantra," "transcendental" and other words that don't sound biblical. As a result, we often avoid the topic of meditation or completely reject its practice. But what if we were to reclaim meditation as a positive way to reduce our stress and strengthen our relationship with God?

Before we start rebuilding the connection between Christianity and meditation, let's look at

the research. Published in the Journal of the American Medical Association (IAMA) in 2014. researchers from Johns Hopkins University reviewed nearly 19,000 meditation studies to find 47 trials that met their mental health/psychiatric conditions criteria. The study by Dr. Madhav Goyal and others concluded that mindfulness meditation programs might lower levels of anxiety and depression.

In 2018, Heckenberg and others also found mindfulness-based interventions (MBIs) are effective in reducing cortisol, which is your body's primary stress hormone. In other words, MBIs show promising results in improving symptoms of stress.

Knowing these positive benefits, here are some ways we can incorporate our faith into meditation.

In 2015, Thomas Frederick and Kristen M. White from the California Baptist University proposed that mindfulness meditations can be adapted into the Christian faith. These therapeutic strategies would include scripture, breathing, body scans and loving-kindness meditation. Instead of focusing on their life forces or transcendence, the researchers found that Christians can benefit from mindfulness by surrendering themselves to God's will or presence.

If you're still feeling skeptical or you want to learn more about Christian meditation, check out J. Dana Trent's book, "One Breath at a Time: A Skeptic's Guide to Christian Meditation." To summarize her journey with meditation, Trent writes, "What I had been practicing every day on the cushion not only shaped me spiritually and allowed me space to hear God but also made God feel close and more readily accessible in times of duress."

Regardless of how you choose to practice faith-based meditation, remember Colossians 3:2-4 and set your mind on God to find peace in the storm.



Jesse Ross finds peace while enjoying the outdoor air and exploring the Biology Trails. Sunday, February 13, 2022. (Photo illustration by: Xander Ordinola)

SPORTS

Through thick and thin: The life of a sports fanatic

Jacob Nevis

Sports Editor

Hi sports fans. My name is Jacob Nevis, and I am the new sports editor for the Southern Accent. I am a sophomore journalism major here at Southern, and I am from Lodi, California. I love sports, and I love evervthing that surrounds them. My favorite sports include football, baseball and basketball.

Growing up, I remember one day when my dad had a 49ers game on the TV. The 49ers were playing the Miami Dolphins. I

was watching the game, and the colors of the Dolphins' uniform left me in awe. So, from that moment on, I was a diehard Dolphins fan. The Dolphins have definitely had their ups and downs (mostly downs) since I have been a fan, but I have never left the team.

I can get pretty heated when I am watching football, and I like to yell at the game hoping that the players can hear. Everyone in my family is a 49ers fan, and the team has been to two Super Bowls since I was born. On the other hand, the Dolphins have been to two playoff games and lost both of them in the first round. It's pretty rough always getting laughed at for still being a Dolphins fan, but true fans stay loyal.

Baseball is a sport that I hold close because I love to watch the games with my grandpa and my dad. We are all Oakland A's fans, and during the sum-

mer, we usually watch a lot of the games together. Just like the Dolphins, the A's have had their rough years. But also just like with the Dolphins, I stay a fan. I truly hope that the A's move from Oakland to Las Vegas, because that finally might get fans to go watch the games.

Basketball is my other favorite sport, and being from California, I am a fan of the Golden State Warriors. The Warriors is my only favorite team that has

been pretty good since I have been alive. I am just glad to say I have seen at least one of my teams win something.

Speaking of basketball, a very exciting event is coming up for the NBA. All-Star Weekend is always a fun time for all basketball fans, with many of the greatest players playing against each other. This year, the NBA All-Star Game will be between Team LeBron and Team Durant. LeBron James and Kevin Durant got to draft the players that were selected for the game.

Basketball is different from other sports' all-star games because players aren't required to play for their conferences' teams. Football and baseball organize teams in their all-star games according to the conference that players are in.

Another very exciting part of the All-Star Weekend is the 3-point contest and the dunk contest. Those events really show how athletic the players really are. The All-Star Weekend is set for February 18 to 20, and it will be played in Cleveland, Ohio.

I hope that reading about my sports journey gives you an idea about who I am as a sports fan. I want the sports section to not just be informative, but also to be interesting. If anyone has an idea for a sports article that they would like to contribute to the Accent, you can email me at jacobn@southern. edu. I look forward to keeping all of you in the loop of sports, and I hope you will continue to read the sports section.



Dolphins stadium. Sunday, December 30, 2007.

(Photo by: Isab3l on Flickr)

OPINION

Fear of war: The conflict between Ukraine and Russia

The Russian troops at the border of Ukraine are not merely a show of force

Naomi B. Daniels Contributor

An estimated number of 130,000 Russian troops (about the seating capacity of the John F. Kennedy Stadium) have settled right outside the Ukrainian border. The threat of a country so close to Russia's border joining NATO has riled Russia's leader into a frenzy.

This "show" of military occupation seems like a final effort to stop the encroaching West. After much thought, I believe that this could be Russia's way of starting World War III. Yes, this is a wild speculation, and the reasoning might not be sound, but we cannot afford to bypass any possibilities.

The troops at the border of Ukraine are not merely a show of force but the beginning of what might be a long and causalityfilled war...

It is unclear whether NATO will come to Ukraine's aid, but the U.S. has already deployed 3,000 troops to eastern Europe in anticipation of Russia's next move. There are many more on standby in the U.S. and in other European countries. Ukraine itself has promised to defend its home against the inevitable Russian invasion. So, from our vantage point, Russia has everything to lose, right? Can

Russia overcome these odds, and will they even try?

Here is the thing: Russia is not just a dead petrostate blowing smoke; it has one powerful ally that should not be forgotten -- China. China has been storing up its nuclear knowledge and artillery for years, and if they were to help Russia occupy and hold onto Ukraine, it would undoubtedly hold some power in Eastern Europe. Again, this is just speculation, but the facts are that Russia and China are indeed allies, especially against the United States. The state of China's military prowess is ambiguous, and that is a problem.

It may seem that Russia has a lot to lose if they decide to step foot into Ukraine, but I believe that this is Russia taking a step towards an unknown agenda. If the U.S. decides to step in to help Ukraine, Russia will simply bring more troops and when the troops see that they are outnumbered, Russia will run to China for help.

The U.S. will turn its wrath toward China. China will turn its nuclear weapons onto the U.S. And the world will be in the throes of a nuclear war. The troops at the border of Ukraine are not merely a show of force but the beginning of what might be a long and causality-filled war that will not end until the entire world is scathed.



The Russian and Ukrainian flag. (Illustration by: Nickolas Nieves)

Nonaggression continues to be the best option

Alyssa Rivas Contributor

Tensions continue to rise as Russia's estimated 130,000 troops surround Ukraine's border. For several weeks, Russia has continued to amass troops outside of Ukraine and Belarus. However, despite the continued urgency of the situation threats of invasion, increased sanctions and talk of war — all is at a standstill as the world waits on Russian President Vladimir Putin's next move.

Russia's interest in Ukraine is not a new appeal. The countries have a long history, as Ukraine was one with the Soviet Union until full independence was granted in 1991. Nevertheless, despite full self-governance, Russia continued claims that Ukraine was still a part of Russia. Putin annexed the Crimean peninsula from Ukraine in 2014 to further prove that Ukraine still belonged to Russia.

Why is Russia threatening the invasion of Ukraine today? In 2008, Ukraine applied to join the North Atlantic Treaty Organization, more commonly known as NATO. This organization is comprised of 30 countries that have formed a global alliance. Russia claims that Ukraine joining an organization such as NATO would be interpreted as an act of war, as NATO and the United States have allegedly defied agreements with Russia since the 1990s.

Many question the importance of the United States and

NATO defending the country of Ukraine.

In an interview conducted by NPR, United States Congressman Gregory Meeks said, "Democracy is at stake. If we allow Vladimir Putin to come into a sovereign territory and threaten its democracy or take its democracy, then we are allowing others to do the same, which in turn, reverberates on us. We've got to unite with one message to say that's not going to happen."

If Russia were to absorb Ukraine, there would be global long-lasting repercussions, one of which could possibly lead to China trying to reclaim Taiwan as China joins Russia in opposition to NATO expansion.

Putin has given the United States and NATO a list of demands and claims. If these claims are not met, Russia will not stand down. The United States, despite a push from Russia, is doing its best to de-escalate the situation and has given Russia a peaceful proposal. Nonaggression with Russia continues to be the best option as this could escalate to a world war involving NATO, the United States and Russia. Nonetheless, Russia holds the key to war or peace.

Editor's note: The above articles were written prior to February 14, 2022.

RELIGION

Answered prayers: An unlikely blessing from God

Religion Editor

I was desperate. When I was a freshman here at Southern, I wanted so badly to go to my first-ever academy alumni reunion, but it was looking less and less like I would be able to. I didn't have a car. My roommate did, but it had a manual transmission. And, despite my parents wanting me to learn, I didn't know how to drive one, at least not for 11 hours to Michigan by myself.

A few weeks before Alumni Weekend, I thought I had a ride, but it fell through. I texted and called everyone I could possibly think of who might be going — classmates, other alumni, a staff member who used to work there. Nothing. I even resorted to just randomly asking friends and acquaintances if I could borrow their car for the weekend. That went about as well as I expected. No one said "yes."

I was praying the whole time. It's not like this weekend was huge or anything. I just wanted to see my mom, my sister and my friends, and I wanted a break from being a lonely college freshman for a couple days. For some reason, when I was praying about it, I had a really comforting peace that if God wanted me to go for some reason, I'd go. But if He didn't, then I would be happier staying here. It was a cool feeling!

The days passed too quickly, and all of a sudden, it was Friday morning - basically the last chance I had. I woke up, had devotions, prayed again and decided to pack — just in case. I didn't have an overwhelming impression; I just thought if I did have to leave all of a sudden, it would be a good idea to be ready.

I had back-to-back classes from 8 a.m. to 11 a.m., and then I had choir at noon. In my morning classes, my professors asked if I had found a ride yet, and I said "no." Up in Michigan, my sister and her class prayed that I would be able to make it. I texted my mom and told her that if I didn't have a ride by the end of choir, I wouldn't be able to come. I walked to choir, and before I sat down in my usual seat, my friend Renée came and gave me a hug. She asked if I was doing ok, and I resignedly ex-

(Photo by: Maiya Banks)

plained what was going on. "It looks like I won't be able

to go," I told her. Another friend, Heather,

turned around and asked, "Are you trying to go to Michigan?"

"Yes," I responded. "I can take you halfway."

"Todav?!"

"Yes! I'm going to Alumni Weekend at Indiana Academy!"

I was so surprised and happv that I didn't know what to do. She told me when she was planning on leaving. After choir was finished, I called my mom with shaking hands and a breathless voice. I told her what had happened, and we began to figure out how I

would get the rest of the way up to Michigan. Now that I knew I was going part of the way, I wasn't going to let anything stop me!

The whole way up to southern Indiana, where my aunt was to pick me up, I thanked Jesus. On the way to Indiana Academy, where we spent the night, I thanked Jesus. The next morning, driving the five hours to Great Lakes Adventist Academy in my uncle's borrowed truck, I thanked Jesus. I got there about five minutes after Sabbath School started.

The weekend was fun and refreshing, even though I didn't get much sleep. I got to spend

time with people that I love, at a place I love, worshipping the God I love.

I still don't know if there was some big reason why God wanted me up there. Maybe it was just because I needed to know that He loves answering prayers. Maybe I really needed that break. Maybe I had a meaningful conversation with someone that I'll never find out about till Heaven. All I know is that the experience strengthened my faith like nothing else. I'm so grateful that He answered that prayer and showed me His love in yet another way.



Traffic at 3 p.m. near Collegedale Academy. Heavy traffic surrounds this area due to parents picking up their kids and students going to class. Thursday, February 10, 2022.

LIFESTYLE

'Wordle is less about winning and more about the friends'

Aaron Mumu Lifestyle Editor

If you've been paying attention, you've probably noticed people talk about Wordle all over Twitter, Instagram and even this newspaper.

In case you don't know what Wordle is, Wordle is a daily word game where players have six chances to guess the five-lettered word of the day. Each guess gives players clues on how close they are to the Wordle: A green highlight means that they've found the exact placement of a letter, while a yellow highlight means that the letter guessed is somewhere else in that word.

As an English major who has practiced plenty with words and phonemes, I thought this light brain teaser would be a relaxing way to start my day.

And then I lost two days in

Unable to handle the shame and disappointment that followed, I spent a couple days reaching out, researching and theory-crafting the best ways to beat Wordle on a consistent basis.

That's originally what this article was going to be about. But I discovered that winning at Wordle isn't that complicated. Wordle is simply about picking great starter words and eliminating letters with each guess. The wrong way to play Wordle is to feed your pride, try to figure out the Wordle in three guesses, have that backfire and throw away your pride forever.

More importantly, I discovered that Wordle isn't about winning at all. Wordle is about sharing your daily scores with a friend you haven't seen in almost a decade, about burning the first 10 minutes of your work meeting to discuss starter words and about laughing at an English major who is surprisingly not that good at this game. As cliche as it may sound, Wordle is less about winning and more about the friends we make along the way.

And, if you think I'm joking, then just ask Josh Wardle, the creator of Wordle who originally developed the game to play with his partner.

So, instead of breaking down how exactly to win at Wordle, I wanted to share some of the best responses I received when asking how to beat this simple and infuriating game.

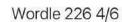
"Cheat," said Jamie Henderson, senior English major. Henderson later asserted that she was, in fact, joking.

"I let the universe tell me my first word and then try to eliminate the letters before giving a good guess," said Amy Van Arsdell, sophomore history major. "I love [Wordle] because it's a fun way to stay connected to my brother in the U.S. while I'm doing ACA in Spain. He's beating me, though."

"I usually stay up until 12 and do it before I sleep," said Josh Kim, senior biochemistry major. "It's become a daily ritual, and I keep playing to continue my streak."

"Just vibes on the first and second [guess], then activate brain powers, and panic through the rest," said Abby Hansen, alumni and Writing Center tutor. "I treat it [like] I'm cracking a code to save the word, but to be honest that makes it more fun."







Wordle 224 3/6



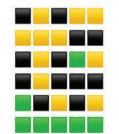


Aaron Mumu's Wordle scores.

#SAUlife

Wordle 220 5/6

Wordle 227 6/6



Wordle 233 5/6



Wordle 236 5/6



Wordle 230 6/6



Wordle 229 5/6



Wordle 234 6/6



Wordle 237 4/6



For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts!

SOCIAL

🔰 | Twitter

Q



not me, an english major, losing wordle two days in a row

Elise Deschamps @hippyleez

i take it so personally when someone sits in my unassigned seat in class... we are 5 weeks in who do you think you are and also why do you hate me



Me: *squishes a roach*

Kaiya: Life is sacred. Does that me nothing to you?

Karen Guerra @kfcguerra

Why does everything in the area close so early? i just want to be a quirky college student and get french fries at 10pm

Dan Catangay @dancatangay

Flannels are the Theo Major equivalent of scrubs. You cannot change my mind.

 \Diamond

Sam Kumendong @samm_ek

to the lady that started vibin with me while I was blasting music in the car, ty you made my morning

Congratulations @sierra_youreta, you found Kevin last week! Your prize is waiting for you in the Student Development office.

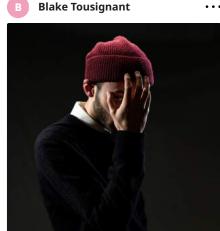


Kevin knows students need to fuel up with a meal for the week ahead, so he is offering a

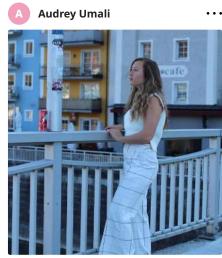
\$10 Panda Express Gift Card

DM us on Instagram with a photo of where Kevin is hiding!

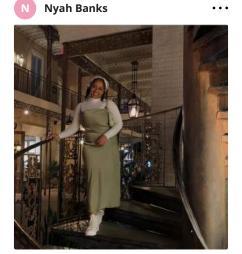




btouz14 The Light, Seeking To Emerge



audrey.sketchlife Austria is one of the most beautiful places on earth



nyah.ks today nyah is grateful for good food and friends who brave the cold





azurae photo Now this is a handsome





morasamuel646 Life with you just keeps getting better and better!



vivala_ni "if there is no struggle, there is no progress." – frederick douglass

Weekly Birthdays

CHATTER

Today — 16

Friday — 18

SA Senate Surprise Day 6:26 p.m. Sunset

Sunday — 20

Science Center

our Room 2820

12:00 p.m. Southern 6 Race, Hickman

2:00 p.m. PSYC Major Field Test, Summer-

7:30 p.m. Vespers, Joseph Khabbaz, Col-

tion, Gary Rustad

legedale Church

12:00 p.m. TechByte, Presidential Banquet Room

Thursday — 17



11:00 a.m. Convocation, SA Elections Speeches, Iles PE Center

7:00 p.m. Benjamin McArthur Lecture-Eric Anderson

7:00 p.m. Aaron Shust Concert, Collegedale Church, 1 Cultural Credit



Thursday | 17 Beth Reed

TODAY | 16

Rosario

Clarissa Alberto

Ethan Hasibuan

Jonathan Klingbeil

Rileigh Juba

TJ Simmons

Sherri Thompson Friday | 18 David Callender

Aubrey Farrow Elli Hanson Brooklyn Heatherly Eduardo Saldivar Nathaniel Simmon

Saturday | 19 Nestor Amparo **Bailey Bryant** Dominick Cheers Jordon Hyde

Sunday | 20 Nylia Bravo-Bussey Richard Major

Rachel Kowski

Monday | 21 Cam Clark Rhonda Grakov

Derek Schroer

Ryan Guild Erick Lajpop Kidist Lebso Larron Matheson Alliant Rehema Danielle Santana

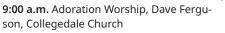
Mikko Villarin Tuesday | 22

Katherine Berrios Mizael Espinoza Tiffany Fuller Byron Montenegro Nick Radivojevic Hannah Shull

Chris Won

7:30 p.m. Ministerial Candidate Recogni-





9:00 a.m. Connect Worship, Elementary School & Livestream

9:30 a.m. Ministerial Candidate Recognition, Gary Rustad

11:45 a.m. Renewal Worship, Dave Ferguson, Collegedale Church & Livestream 11:45 a.m. Merge Worship, Lynn Wood

Hall & Livestream 6:00 p.m. Evensong, Collegedale Church, Julie Penner- Vocal Students

8:00 p.m. Pops Concert, Iles P.E. Center, 1 **Cultural Credit**



National Eating Disorder Awareness Week President's Day **Preview Southern** 6:50 p.m. E.A. Anderson Lecture Series,

Brock Hall Room 3205

SA Announcements

FAFSA - Remember to file for financial aid (priority deadline is March 1) http://www. fafsa.gov.

International Food Fest will be on Sunday, March 6. If you are interested in being a vendor, please sign-up using the link on the SA Instagram, @sa_southern. SA Talent Show will be on Saturday, March 26. Auditions are due by February 24 at 3:00 p.m. If you are interested in applying, please use the link on the SA Instagram.

SA Election Speeches will be on Thursday at convocation in Iles Gym. Come listen to the candidates to make an educated vote! Elections will be held the following week. SA Press Conference will be on February 22 at 7:00 p.m. in Lynn Wood Hall Chapel. Here you can ask the SA candidates any questions you may have. You will also receive one cultural credit for attending.

Check out our website! www.southern-accent.org



Tuesday — 22



11:00 a.m. - 2:00 p.m. Eating Disorder Awareness, Bietz Center 7:00 p.m. SA Press Conference, Lynn Wood Hall

8:15 p.m. SA Senate, Bietz Center - Testing Room



MASTER'S DEGREE IN COUNSELING

Let Us Help You Help Others

Southern's counseling program provides practical knowledge combined with a highly-supervised clinical experience.

Scheduled for Your Convenience

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Designed for Your Success

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Master of Science in Counseling

- Clinical Mental Health Counseling
- School Counseling





with a good laugh'

The story of Anna Knight: A missionary and pioneer Lifestyle | 7

Celebrating Black businesses on Southern's campus

February 23, 2022 Collegedale, Tennessee



Issue 16



BLACK HISTORY MONTH



Southern mourns the sudden loss of Professor Mark Peach



Mark Peach kayaking in South Chickamauga Creek. Saturday, July 6, 2019. (Photo courtesy of: Rachel Byrd)

Sarah Klingbeil Managing Editor

Southern Adventist University is mourning the sudden loss of Mark Peach, a beloved history and political studies professor who served the institution and its students for 35 years.

Peach passed away while at his home sometime during the February 11 to 13 weekend, according to Lisa Diller, chair of the History and Political Studies Department.

According to Diller, when Peach didn't show up for classes or answer any emails or texts on Monday, February 14, she went to visit his house. Since there was no response to her knock and the door was unlocked,

Diller said, she walked inside and found his body on the ground.

"I immediately called my husband," Diller said in an interview with the Accent. "He called 911."

On Tuesday, February 22, Hamilton County Medical Examiner Dr. James Metcalfe told the Southern Accent that he conducted an external examination of the body and found no suspicion of foul play. He said an autopsy was not conducted because of Peach's medical history with hypertension. He said the cause of death will be determined after he receives toxicology reports, which should be completed in about four weeks.

There will be a memorial service on March 6 at 10 a.m. in Lynn Wood Hall, according to Diller.

Peach is survived by his stepmother, three brothers and his son, Connor. According to an email sent to the student body by the President's Office, Peach graduated with a bachelor's degree from Walla Walla College, master's degree from Washington State University and doctoral degree from the University of Chicago.

He spent one year in Berlin, Germany, from 1996-1997, on a prestigious Fulbright Research Grant, according to Diller.

"He noticed things," Diller said. "When you walked into his office, he gave you his full attention. And, he would remember things that you said that you were interested in and bring it up again later and make connections over and over again."

Rachel Byrd, English professor, recounted her time co-teaching with Peach for several years.

"Dr. Peach had read a lot of books, and he had a good memory. He was a brilliant lecturer," Byrd said. "For years, he and I team-taught a class together. His broad grasp of the outline of history, his fascination with intellectual history, his wide reading and his capacious mind made his lectures interesting to me, year after year, always with a new spin and new information, always with perfectly formed sentences and dry wit."

Byrd also highlighted his love for nature.

See PEACH on page 2

National Eating Disorder Awareness Week provides support on campus

Maynard Wheeler III Staff Writer

Southern Adventist University is observing National Eating Disorder Awareness Week from Monday, February 21, to Friday, February 25. The awareness week was created to support the community by providing help and awareness to those that need it, according to Tami Navalon, a professor in the Graduate Professional Counseling Program.

According to an article written by the National Association of Anorexia Nervosa and Associated Disorders, eating disorders affect at least 9% of the population worldwide. Over 28.8 million Americans will have an eating disorder during their lifetime. Eating disorders affect every race and gender.

The theme for the week is about becoming an advocate for people going through these issues, according to Navalon.

"We will have social media posts with information about

See AWARENESS on page 2

SA election candidates share platforms during election speeches

Madison Wilcox Reporter

Student Association (SA) election candidates Lilly Jorgenson, Erla Trevedan, Htet Myint and Kenneth Bautista gave their election speeches at the 11 a.m. convocation at the Iles P.E. Center on Thursday, February 17. According to Assistant for Student Development John Boone, over 320 students attended the convocation.

In her speech, Jorgensen, senior fine arts major and candidate for SA social vice president (SVP), said she is excited to use her skills to create a "welcoming atmosphere" on Southern's campus. Jorgensen said she developed creative skills in the past year while working as a volunteer leader for the East Ridge Seventh-day Adventist Church young adult group and organizing programs for them.

Some of her goals as SVP include a Roaring '20s-themed welcome back party, Christmas caroling to local nursing homes and children's hospitals and a 5k fundraising event for lower-income students.

"The best form of leadership is through example," Jorgensen said. "I want to hear your ideas and challenge you to improve our university and community

while building a lifelong relationship with God. I am committed to creating the best possible experience for you this school year."

Trevedan, current SA executive secretary and junior accounting major, also gave a speech for the SA SVP position. Trevedan cited social events as "some of the most memorable events" of her college experience. She said she wants "every student at Southern" to be able to experience the same happiness that she did at SA social events.

Trevedan said she has been able to gain experience to take on this new role from her current role as executive secretary.

"I help on all the social events, and I have seen firsthand what it takes to run these," Trevedan said. "And it's not easy."

Trevedan said her skills in organization and planning "[fit] perfectly" for the role of SVP.

According to Trevedan, her plans as SVP include a World Cupthemed welcome back party, a Southern Guinness World Records and another banquet.

Sole candidate for SA executive vice president (EVP) and sophomore medical lab science major Htet Myint emphasized his motto, "Service, Accountabil-

See ELECTION on page 3

Students express frustration over textbook costs and distribution methods on campus

Madison Reinschmidt News Editor Megan Yoshioka

Editor-in-Chief

Various students on Southern Adventist University's campus have expressed frustrations over the extra book costs and fees for classes. According to Finn Knauss, senior business administration student, he has recently interacted with multiple students who complained about classes that rely on online learning platforms that cost extra,

such as Cengage and Pearson. "In general, students are totally fine paying for textbooks because it is usually possible to find them used or for a lower cost than retail price," wrote Knauss in an email to the Accent. "The issue with platforms like Cengage is that students have no choice but to buy the full-priced book because it is required to access course material like quizzes, homework and tests. Students feel upset that, while in addition to course fees and textbook fees, the cost of actual interactive course material falls on them.

Knauss compared the textbook scenario at Southern to his previous college, which, according to him, covered a lot of book costs and fees within the tuition.

"The reason I've noticed it is just coming from another university where a lot of this stuff



Incoming textbook orders found in the Southern Shoppe. Friday, January 28, 2022.

(Photo by: Nicole Sabot) was included, as well as being more in touch with my own finances, which some students aren't [and] some students are," Knauss said. "But for the ones who are, this is a bigger issue. The professors, they're iust teaching a class. They have a limited budget, and they want to use the best resources. But, obviously, the school isn't covering that, [and] they're having to put it onto the students."

Pubert Nkhono, junior business administration major, has also voiced his frustrations with

issues regarding book costs and access.

"Most notably, Cengage has been a financial burden and not the most convenient platform for what it is priced at," Nkhono said.

Knauss identified Business Computer Applications taught by Michael McClung as one of the classes that had extra class fees as well as Cengage costs. After hearing of the complaints students had about the book

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"Dr. Peach was a finisher. I

"Dr. Peach was a finisher. I teased him that he had a PhD. because once he started something, he couldn't leave it alone until he finished," Byrd said. "He planned to hike the Appalachian Trail, and he made it as far as Mount Washington in New Hampshire. His journey up the Appalachian Trail is unfinished. His life is unfinished. He had so much more to give us all."

Students and faculty have also written memories and reflections on sticky notes and posted them on his office door. Here are some of the sentiments expressed:.

"This semester was my first class with Prof. Peach. His dry sense of humor and teaching style made learning about history fun. I wish I had gotten more time to learn about him."

"I am so heart broken. I'll never be able to take more classes from Professor Peach. He was always so kind, opening the reader office every time I didn't have my ID card. Truly a genius who always encouraged learning and curiosity in his class. Thank you Professor Peach for caring about us. Love, Anna."

"I'll never forget the passion and [intellect] Dr. Peach displayed in his classes. He was an inspiration! Thank you Dr. Peach for everything! Patrick and Julia Scriven."

"Dr. Peach, thank you so much for everything you did for Southern. From honors program to teaching history and philosophy, even honors seminars, you pushed me to be the best I could be. I appreciate you. I will continue to work hard and to make you proud. I will miss you. I will see you again. This is not goodbye. Aisie V."

"Dr. Peach seemed to have infinite knowledge on all manner of subjects. You could ask him about anything, and he could tell you something about it. He was incredibly witty and kind, you could always tell he was passionate about what he taught. I wish I had gotten to

know him a bit better."

"I had always heard that Dr. Peach was super intimidating and hard on his students. Yet, after taking multiple classes from him and getting to know him outside of the classroom, I realized that Dr. Peach was a very kind

individual who loved to teach. Peach truly enjoyed history and sought to learn throughout his career. His encouragement was clearly displayed."

Peach's office door is covered in more than 40 sticky notes, printed emails, Facebook messages, cards and poems. There is also a picture of him at the top of the door. On the floor are three flower arrangements. One arrangement holds a note that reads, "Dr. Peach, for an understated man whose impact can't be overstated."



Professor Keely Tary, chair of the English Department, places an Appalachian Trail sticker on the memorial for Mark Peach. The wall is adorned with notes from various students and faculty members. *Monday, February 21, 2022.* (Photo by: Xander Ordinola)

Duck Walk to be held March 1 and 2

Sierra Ureta Staff Writer

This semester, Southern will hold its annual Duck Walk on March 1 and 2 at the outdoor track, where there will be Amazon gift card giveaways.

Those who participate in the event, scheduled for 8 a.m. to 6 p.m, will earn cultural credit and a chance to win a prize.

Wellness Institute Director Leslie Evenson encourages students to participate in the activities.

"Take a break from studying, go grab a friend and walk," Evenson said. "Getting some fresh air to clear your head is beautiful."

According to Evenson, the Duck Walk started with the implementation of the Quality Enhancement Plan (QEP) for Southern in 2013 to provide a physical assessment event for the whole campus every semester.

"The event itself is still a

chance for us to gather data and to encourage physical activity among the student body and in the P.E. classes," Evenson said.

According to Evenson, the Duck Walk is meant to encourage students to simply start being active. She said the Duck Walk is a yearly event to remind people of the progress they have made or how they can improve their fitness.

AWARENESS continued from page 1

eating disorders and ways students can be advocates throughout the week," she said. "There will be an ongoing art installation, three giveaways and a booth that will be at the Bietz Center on Wednesday, the 23rd."

The booths will allow students to gain information about treatment options, speak with counselors, submit questions about mental health and enter to win the giveaways.

"Our goal is to provide each student with the knowledge and awareness to become an active advocate for others and themselves," Navalon said. "This avenue provides a safe space for students to express their feelings that they might not have expressed up to this point in their life. It is amazing to see how Southern has put an emphasis on mental health, and creating this event will hopefully give hope to students needing love and support."

John Kent, social work and junior international development studies double major, opened up about his battle with an eating disorder.

"I experienced anorexia nervosa my senior year of high school, and it took me about a year and a half to return to nor-

mal eating habits," Kent said.

Kent discussed how anorexia impacted not only his physical life but also his social life.

"I became more withdrawn, and I didn't hang out with my friends as much when, originally, I was involved in extracurricular activities like SA and was very friendly with everyone," Kent said.

Another aspect that Kent addressed was the stereotype that men don't have issues like anorexia or other forms of eating disorders.

"No one took the time to address how I had changed significantly and how I had become quite thin," Kent said. "This might have resulted from me being male, and teachers and other people not making the connection of what I was experiencing."

Although Kent faced difficult times, he said he wants everyone to know how much has changed since that period.

"I eat [a] plant-based diet, and I am also an endurance athlete," Kent said. "I run a lot, and I did a 50-mile race last semester and came in second. ... I just want people to know that they can really change their lifestyle and not have to worry about how they look or how 'fit' they are; it just takes a little time."



Tyler Lindo walks on the track outside the Hulsey Wellness Center *Monday, February 21, 2022*. (Photo by: Nicole Sabot)

Crumbleberry Market reopens after closing for renovations

Lucas Bueno

Crumbleberry M

Crumbleberry Market, an eatery owned by Southern alumna Nicole Gustman, reopened on February 15 at Fleming Plaza.

The market offers a variety of options, including gluten free foods, soy free products and dairy free cheeses.

Crumbleberry Market first opened in March 2021, Gustman said in an interview with the Accent; but it closed for the holidays and renovations.

Items on the menu include avocado toast, French toast bake as well as a weekly variety of bowls, salads and sandwiches. Everything is plantbased, and the bowls are gluten free, according to Gustman.

Gustman shared her inspiration for starting Crumbleberry Market.

"I love food," she said. "I started baking at home a lot. And then at some point, I was like, 'Oh, maybe I could make money doing this.' And I started by selling ... some products over at the Village Market."

According to Gustman, Crumbleberry Market does not currently offer a meal plan option to Southern students. However, Gustman said she is open to the idea.

"If we can figure it out in the future, we would be interested in [offering a meal plan option]," Gustman said. "I know it clearly is something that the students are interested in us doing. But even if for some reason we can't, I would love to have ... stuff affordable for the students, and maybe even specials or promotions."

In an interview with the Accent, Kristen Page, sophomore nursing major, shared her reaction to going to Crumbleberry Market. Page heard about the eatery from a friend and

went one morning.

"It's nice to go for breakfast before class because they open it ... [at 7]," Page said. "So, that gave me enough time to go there and have breakfast before my 8 a.m. class.

"It's just a really cute place," Page continued. "And the people are really friendly too. It's a very homey feel."

Crumbleberry Market is open Tuesday through Thursday from 7 a.m. to 4 p.m. It is also open on Friday from 7 a.m. to 2 p.m., Gustman said. Breakfast is served all day, and lunch starts at 11 a.m.



Nicole Gustman, owner of Crumbleberry Market, poses for a photo in the shop. The cafe-style restaurant is a plant based shop that recently reopened after completing renovations. It is located in Fleming Plaza. *Thursday, February 12, 2022* (Photo by: Maiya Banks)

Southern Accent

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However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

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ity and Artistry," in his speech, sharing his goals for each part of the motto.

Myint said he wants to encourage philanthropy through a second 423 Night Market focused on fundraising. He said he also wants to support an emphasis on accountability between students, peers and administrators.

"As a Christian, I feel called to stand up for things that are right," Myint said. "It is also my responsibility to encourage those around me to uphold a higher standard of living."

Myint also shared plans to encourage students to share their talents by utilizing the new recording studio built by the SA Senate in the School of Music.

"I hope to work with the

elected SVP in figuring ways we can accomplish appreciation and application of the many skills that you all possess," Myint said.

SA presidential candidate and junior management major Kenneth Bautista is also running unopposed. He summarized his accomplishments as the current SA EVP and outlined his plans for the following school year.

Bautista said that while serving as SA EVP, he "advocated for the construction of the road behind Village, the purchase of as many pepper sprays and whistles [that could be found] for the safety of women on our campus [and] the creation of \$1,000 fund that has supported five student led businesses."

One of Bautista's goals for the upcoming school year is to replace the lecture typically given at the SA convocation with a game show where students can participate and win prizes. He also said he wants to create a Southern mascot.

"When I was going through the hardest time in my life, Southern surrounded me, loved me and supported my journey," Bautista said. "Now, it's my turn to give back."

In addition to the SA election speeches, Vice President for Student Development Dennis Negron interviewed current SA officers at the convocation. The officers interviewed were the current SA vice president of finance, director for multicultural management, marketing director, communications director, parliamentarian, Southern Accent editor-in-chief, executive secretary, Southern Memories editor and Strawberry Festival producer. Each officer described the duties included in their position and their typical weekly workload, which ranged from five to 25 hours per week,

depending on the position.

Current SA President Josh Esten encouraged students to apply for SA officer positions through Southern's website at southern.

edu/studentassociation.

The general election for SA president, EVP and SVP will take place on Thursday, February 24.



Thursday, February 17, 2022. (Photo by: Maiya Banks)

"One person that came was

doing research on blunt head

Southern students attend annual Tennessee Women's Policy Conference

Celeste Brooks Staff Writer

Southern's History and Political Science department sponsored four students to attend the statewide annual policy conference for women on February 3, 2022. The policy conference for women brought experts from both inside and outside of Tennessee to analyze and inform on issues within the state.

"They were invited to talk about what's going on, like analysis of where women in Tennessee are economically, things that have to do with finances and debts, and things that have to do with crime," said Lisa Diller, chair of the History and Political Studies Department.

Diller said she believes it is important for students to be involved with the community around them, which is why the department decided to pay the \$100 ticket for each student to join.

"I was on the Mayor's Council of Women when it existed under Mayor Berke [former mayor of Chattanooga], and so I

knew about it," Diller said. "And, I started paying for students to go so that they can hear how they're processing policy changes, and what's the data out there in a variety of ways, and what are the laws or framework."

According to Olivia Fisher, sophomore international development major who attended the conference, no policies are passed or put into place at the event. It is a conference to inform women of what is happening for them in the state and higher levels of legislation.

According to Golda Ruckle, a junior history major who attended the conference, the conference covers a variety of topics, but this year's focus was sexual harrasment and domestic violence in Tennessee. According to the Women's Council's website, the presenters, all women, are made up of lawyers, teachers and experts in health, social issues and many other fields.

trauma in domestic abuse and domestic abuse victims," Ruckle said. "That's not really a thing that doctors or first responders think of immediately."

Fisher said there was another session where the presenter spoke about legislation.

"There was a session where the [speaker] was talking about the policies and how she's trying to get them through legislation, but also trying to encourage us as voters," Fisher said.

According to Diller, some of the policies made at the conference are issues that young

or college-age women should be aware of.

"Things that I imagine impact young women in college have to do with access to contraceptives," Diller said. "Policy that regulates sex ed in high schools and in our state, where you're not allowed to talk about sex ed, which deeply affects people. And when we think about laws that have to do with child care and child maternity leave policy."

Ruckle mentioned another policy dealing with sexual harrassment.

"Sexual harassment policy is obviously crucial, especially, in our age group," Ruckle said. "If you see something, say some-

In addition, Ruckle encouraged anyone interested in policies to reach out to legislation and to improve awareness of current situations.

"If you feel passionately about policy relating to human trafficking or domestic violence or anything like that, you can reach out to your legislators to make sure they know that you care about this stuff," Ruckle said. "... I mean, awareness is always important, especially when it's dealing with real people around you. Anybody at this university could be a victim and suffer from the policies around that."



(L-R) Golda Ruckle, Anna Bennethum and Olivia Fisher at the Women's Policy Conference. Monday, February 3, 2022.

(Photo courtesy of: Anna Bennethum)

BOOKS continued from page 1

costs in his class, McClung, also the associate director of Information Technology, responded. McClung explained that rather than having students purchase three textbooks and subscriptions to other programs such as Word and Excel, totaling around \$400, he decided to have students pay for Cengage material, which costs around \$90.

"I really want to do what's best for the students, and ultimately, that was Cengage," McClung said. "One really beautiful thing about Cengage is that it gives instant feedback. I feel like students learn better that way. I could have them just do this from scratch, send it to me, [and] I'll grade it. But then there's not that opportunity to learn as far as what they missed.

"When you [the Accent] sent me that the student was ... express[ing] concern about us, ... I was a little hurt by that because I know what I've done to decrease it from \$400 down to \$90," McClung continued in an interview with the Accent. "So, I'm very cost conscious when it comes to that. But that's been my goal the whole time: to make it as least expensive as possible."

Also according to McClung, the extra class fees go toward the use of the business computer labs, which make assignments and exams easier to take through Windows computers, specifically.

"One of the benefits of integrating some of the digital plat-

forms with eClass is that many textbooks come with additional resources, such as videos, practice activities and assessments, that a printed copy cannot provide," said Gus Martin, associate professor of Online Campus.

Nkhono believes there are better ways to provide students with valuable class resources.

"I would propose that we look at other more affordable options, and perhaps [carry] out a survey that would provide students with an opportunity to express their opinions on whether or not platforms like Cengage and Pearson should be the only ones offered to us," Nkhono said. "I believe this would contribute to Southern's history of serving the students and valuing our feedback as they've done considerably well in the past."

Many professors on campus use Cengage, including all of the speech classes taught by the School of Journalism and Communication, according to Associate Professor Lorraine Ball. While Ball finds online platforms to be convenient and rich with study resources, she has faced issues regarding the access codes for her Public Relations Principles and Theory class, in which she uses Pearson.

According to Ball, the access codes that the students ordered and received through mail didn't provide the correct access for several students in the class. By the time the first test of the class came, some of the students were still unable to access their books. Ball repeatedly contacted the publisher to retrieve the access codes for the students. But in some cases, students had

to purchase an additional hard copy book for it to work.

"I feel terrible for the students. I feel responsible," said Ball, who, in one case, gave her personal copy of the textbook to a student to resolve the issue. "I choose the textbook because ... it covers the spectrum that I need. I also looked for readability ... [and] the kinds of things that you want the students to know at the end of the semester. So, I liked what Pearson had in terms of their textbook. But the bottom line is, I can only hope that the next experience [will] be good."

66 Professors have great latitude in selecting text for use in their classes. This is part of the academic freedom that every college and university provides [to] professor[s] who are experts in their fields. ""

Students also have complained about book distribution on campus and some professors requiring or recommending the purchase of their published books for their classes, and in some cases, selling the books directly to students.

"As students walk into the professor's office, receive a book and then CashApp the professor, one can not help but feel there is a conflict of interest," Knauss said.

The Accent has received student complaints about a perceived conflict of interest regarding Michael Hasel, a School of Religion professor who has been selling a textbook he has written to his classes. Knauss was one of those students. However, the other students were not willing to be named.

Hasel responded to the complaints about him directly selling the book, "Jerusalem: An Illustrated Archaeological Guide," to students.

"When the university switched from the Campus Shop [now Southern Shoppe] to a centralized vendor some years ago, books were often not ordered on time by students or delayed by the vendor and did not arrive until weeks into the semester," Hasel said. "Students can freely go to bookstores, including the ABC; but then they face a profit margin and pay full retail price for the books. I tell students that if they wish to purchase them directly from me at wholesale, they can save the mark-up. That is a savings of 20%. In this way, students can avoid the middleman, save money as well as get their books more efficiently."

Hasel said he authored the book, and his wife, Giselle, a professor in the School of Visual Arts and Design, illustrated it. Hasel said he and his wife agreed to donate the money they receive from selling the book directly to students. Ten percent is tithed, 30% goes toward student assistantships and the rest is donated to charitable organizations such as It Is Written and Adventist Frontier Missions, according to Hasel in an interview with the Accent.

Robert Young, vice president of Academic Administration, also

responded to the complaints.

"Professors have great latitude in selecting text for use in their classes," Young wrote in an email to the Accent. "This is part of the academic freedom that every college and university provides [to] professor[s] who are experts in their fields. Professors will occasionally write a textbook for a particular class because the commercial books that are available do not meet the needs of the class. It is not generally a conflict of interest for the professor to have students purchase a text of this sort."

Jud Lake, another professor in the School of Religion, has also included his published work as a recommended course material. However, he informs his students of the least expensive way to acquire their course materials and encourages those who are tight with money to use a library copy.

"I would defend a professor's right to use a textbook that he or she has written for that class as long as it is affordable for the students," Lake said in an email to the Accent. "It would be a conflict of interest if the professor was seeking to make a profit only. But if the desire is to provide the best content possible for a particular class, and the professor, as a specialist in that area, wrote a textbook, should he or she not use the textbook because it is a 'conflict of interest?' Admittedly, this is a sensitive subject, both for the student and the professor. The larger issue is that all professors require the best textbooks for the class that are, as far as possible, affordable for the students."

LAC Night



People line up to get stamps on their wrists before entering the Iles P.E. Center so they can get food after the event. *Saturday, February 12, 2022.* (Photo by: Nicole Sabot)



The Iles P.E. Center is full for Latin American Club Night. Each year, LAC creates a night filled with skits, dances, music and food of the Latin culture for the student body to enjoy. Saturday, February 12, 2022. (Photo by: Xander Ordinola)



Dancers perform a modern style of dance. *Saturday, February 12, 2022.* (Photo by: Xander Ordinola)



Migdalice Ramos and Justice Welch dance on the runway. Ramos will be next year's LAC Night director. *Saturday, February 12, 2022.* (Photo by: Xander Ordinola)



The band, El Sazon, set up a human mic stand for one of the songs. The band played several songs of Latin culture, including recent hits from the movie "Encanto," such as "We don't talk about Bruno." Saturday, February 12, 2022. (Photo by: Nicole Sabot)



Several performers dance on stage during LAC Night. There were several forms of dance, including traditional styles and modern styles. *Saturday, February 12, 2022.* (Photo by: Xander Ordinola)



The crowd cheers as students see the flag of their culture. Toward the end of LAC Night, performers marched around the gym with flags from various countries. Confetti flew, the flags waved and the crowd cheered. *Saturday, February 12, 2022.* (Photo by: Xander Ordinola)



Ms. Brazil, represented by Stella Souza, poses for the crowd on the catwalk. She designed and made the dress she wore.

Saturday, February 12, 2022. (Photo by: Maiya Banks)

MENTAL HEALTH

'Take action today and start with a good laugh'

Delaney Harris

Counseling Graduate Student

Editor's note: The following article is written by a counseling graduate student in partnership with Counseling Services and the Southern Accent.

Laughter is universal. Author David Robinson said regardless of language, culture and religion, laughter is something we all seem to have in common worldwide. Robinson even cites research on laughter among other mammals such as elephants, monkeys, dogs and more. Laughter, or the rhythm of laughter, seems to exist in places beyond just the human experience.

Laughter has been shown to aid in many different mental battles, including depression and overall quality of life, according to researcher Daniel Bressington. An article by Balbinder Kumar and Swaran Lata states that laughter has even been suggested in aiding with the mental battle against COVID-19.

There is science behind laughter and its effects on the human body. Charmaine Liebertz discusses this science in an article titled "A Healthy Laugh" found in Scientific American Mind. Liebertz discusses that when laughter occurs, the pituitary gland releases a natural drug that suppresses pain. Additionally, laughter increases an individual's immunity levels, creating a healthier and more functional immune system. Antibodies rise, anticarcinogenic responses are accelerated and hypertension and heart failure risk is decreased. All this and so much more, results from a good laugh.

While laughter in and of itself cannot solve a problem, it can aid the subject combating the problem and reduce the tension around an issue. It can also lead to a healthier and happier quality of life, as discussed above. That begs the question, what can we do to increase our laughter experience here on campus?

In our history here at Southern Adventist University, there have been a lot of efforts made toward creating laughter on campus. From hosting

events such as the historic and retired comedy show Studio 4109 LIVE!, providing puppy petting in the first year experience offices, Student Association's famous Smile Initiative and so much more, we as students and faculty at Southern are constantly trying to create a laughter-filled environment.

In addition to these campus initiatives, you can also aid in increasing your experiences of laughter. One way to begin the journey is by taking advantage of the services provided by our campus in promoting laughter.

When you see an event published that might bring a smile to your face or chuckle to your chest, participate. Make time for these events knowing that it might aid in your mental health journey.

Another way might be to allow yourself to watch a funny YouTube video or TV show before bed and after a stressful day, or maybe calling an old friend or relative who you can catch up with and have a lighthearted discussion with, releasing those much-needed illness fighting chemicals into your system.

Laughter is such a useful tool for increasing quality of life and mental health. Take action today and start with a good laugh.



Zviko Chibaya laughs at a joke before driving from the dorm. Sunday, February 20, 2022. (Photo illustration by: Xander Ordinola)

SPORTS

Diversity in sports: The story of Jackie Robinson

Jacob Nevis

Sports Editor

In the world of sports, every race is represented by at least one athlete. There are people from all over the world that play sports because sports have no boundaries. Today, sports bring many people together, regardless of who that person is. The American sports world, however, was not always that way, and there used to be racism all over anything sports related. However, there was one trailblazer whohelped change the mindset of Americans and helped change the discrimination of African Americans in sports.

Sports would not be the same without diversity. In a world that is very divided on a lot of issues, sports can bring people together.

When baseball was getting more and more popular during the 1930s and the 1940s, Black people were not allowed to play in the MLB, which, at the time. was a white-only league. They had their own leagues called the Negro Leagues. These leagues were not even close to being as big as the MLB and not many people would go and spectate the games. There was a man, however, by the name of Wesley Branch Rickey who wanted to change the world of baseball and the MLB.

Rickey, who was one of the owners of the Brooklyn Dodgers, wanted to bring down the color barrier that had been the unspoken rule since the 1880s. He began searching for

the "right guy" and later found a player by the name of Jackie Robinson, Robinson, who at the time was playing for the Kansas City Monarchs in the Negro League, was signed to the Montreal Royals in 1945.

The Montreal Royals were the international affiliate of the Brooklyn Dodgers, and Robinson would play there in 1946. On April 15, 1947, he broke the color barrier, playing first-base for the Brooklyn Dodgers. That year, he would win the first



Jackie Robinson.

ever Rookie of the Year award and post some very good stats. He would go on to have an incredible career, making six consecutive All-Star games, while also winning the MVP award in 1949. In 1962, Robinson was inducted into the Baseball Hall of Fame.

Today, the MLB honors Jackie Robinson annually on April 15, when every baseball player wears 42, Robinson's uniform number.

During his first year, Robinson wanted to guit baseball because of all of the hate and discrimination he was receiving. But what he did would change not just baseball, but all of sports in the United States.

Today, leagues such as the NFL and the NBA are mainly composed of Black athletes. According to a survey conducted by Tides that was taken from the 2019-2020 seasons, 74.5% of athletes in the NBA identify as Black, while in the NFL the number is 58.9%. These numbers show how far sports have come since Robinson, and they help show what changes sports have gone through.

Sports would not be the same without diversity. In a world that is very divided on a lot of issues, sports can bring people together. This is because sports do not see color.

If you would like to watch a great movie about Jackie Robinson, I would suggest watching the movie 42. It stars Chadwick Boseman as Jackie Robinson, and it helps tell his story of baseball.

OPINION

Q&A with former SA President Phillip Warfield

Christina Cannon Opinion Editor

Former Student Association (SA) President Phillip Warfield was instrumental in raising awareness about racial and cultural topics on Southern's campus. Since the majority of students stay at any given university for only four to five years, collective student memory is very short. Looking to the past can help us better understand where we've come from and the issues we currently face. Warfield is currently pursuing his PhD at Howard University in United States history, which he describes as "being professionally trained to remember the stuff you forget and to remind you why it's important." The following conversation has been edited slightly for length and clarity.

Can you tell me a little about yourself and your connection to Southern?

My name is Phillip Warfield, and I was the 2017-2018 [SA] president. During my time as president, I dealt with one of the campus' worst public racist issues. As president, I chose to highlight, celebrate and think critically about race and culture on campus.

As I responded to our horrible situation in February 2018 (when an anonymous banned student disparaged Black and African American students celebrating their culture online), I continued to implement new ideas that I hoped would benefit our campus for years to come.

I was the senior class president in 2019. And during my five years, I also served in ministries and missions. I was an RA, a student dean and an actor in the great Studio 4109: LIVE! for two to three years; ... I was most known for playing characters like Barack Obama and Steve Urkel from "Family Matters."...Back then, I was an idealist, and I still kind of am in some ways. This may be random, but my favorite person to study isn't Dr. King Jr. or Malcolm X necessarily — it's Michael Jackson of all people. time we were calling it "diver-

When I watched his work, it inspired me to think about the ways I could think about and celebrate race and culture at a scholarly level and engage with the public.

Would you talk about a couple of the traditions and projects you initiated at Southern and what you hoped would come about as a result?

Yes, absolutely. I guess I should have mentioned earlier, this foreshadowed my history PhD here at Howard University. ... Some of the projects that I did are some that are hanging up right now. We've got those cultural banners for the three main cultural groups on campus. Whether it's Black History Month, Asian and Pacific Islander Heritage Month or even Hispanic Heritage Month, I wanted a physical reminder for the campus body and the community to know that we care about these students' cultures.

Also, I created what I called a multicultural performance night, 'This is Us.' I really wanted it as a one-night only event to showcase the amazing possibilities on campus when we take a chance to lean into difficult conversations concerning race and culture. That night, we celebrated through art, food, drama and popular culture. That was a culmination of all the hard work we did that year, hoping that maybe this could be one of many examples of the ways that we could address each specific culture's needs and prompt unity and difficult discussions.

... Earlier that year, I prompted the then-president David Smith to apologize for the 126 years of racist acts. Whether it was committed by this generation or not, I felt that an apology from administration was a pivotal move towards reconciliation. My idea was to film an apology video, which we did. The president also made a public promise to hire a vice-president for — at the sity and inclusion." that name has since changed a couple of times. But that was very important.

The last two things I'll mention were the curated media lists for the library. For Black History Month, for example, let's see Black history media lists that you're not going to get if you never take a history course or any other related course, for example. Whether people wanted to watch or they wanted to listen or they wanted to read, I connected with the library to make that happen.

As SA president, you get two convocations when you get to bring in whatever guest you choose. That year, I brought in Dr. Terrence Roberts, a member of the Little Rock Nine. Dr. Roberts further encouraged campus discussions surrounding race and culture. My hope was that this would help prompt a curriculum of inclusion going forward; I wanted to address that need.

Acknowledging that things can shift a little in even a year or two, how would you describe Southern's dynamic of racial/cultural relations? Have you seen progress in recent years, and where or how can it improve?

I graduated in 2019, which for some reason feels ike a very long time ago, and I still keep tabs. I still talk to professors all the time. I still have students who are friends of mine, students who came in in my last year that I still connect with, and I'm there every few months.

I'm reluctant to talk about progress or change in my eight years being in close proximity with Southern. But I will say that I'm happy to see more conversations surrounding race and culture with tangible goals in mind. I don't like having conversations just for having them. I always want to see results and changes. But, I think the biggest challenge for me — the thing that I'm still waiting for all these years later, along with many other alumni — is the fulfillment of the previous president's promise: a full-time vice president of diversity and inclusion who would sit on the President's Cabinet. I don't want to discount the intensely hard work by the senior advisor for di-

versity at all, but there was a promise made, a promise that should be kept.

Is there anything else you'd like to share?

Something that I'm doing right now in my academic research is uncovering the social history of Southern. And there are some things that I have found that deserve critical analysis. ... I learned about the origins of the first Black student on campus, and I've discovered why she was only able to attend for a single day. It's an important story that doesn't get a lot of love, and it's way back in the past, farther than people might think... it's a very important story.

I talked to a former SA president from the 1960s who dealt with repercussions for allying himself with the Civil Rights Movement — that was difficult. I've had conversations with the first Black professors at Southern about their times living in Collegedale and being some of the first Black people to move into that community.

Also, in my last two years, David Smith, the former president, and I had concurrently chased an informal end to the public showcase of the rebel Confederate flag by students on campus; for example, there used to be a pickup truck full of guys who would drive around with several of such flags flying and honking their horn loudly. And there were people that used to display the flag in their windows in the dormitory. So between him and me and other amazing staff members, we have seen those kinds of moments progressively less on campus.

As we reflect this month on Black history and remember stories both of sacrifice and success, let us also remember the students who came before us who shaped the culture we have inherited — we too will help form the culture we pass on, and how we shape that legacy is up to us.



Phillip Warfield. (Photo courtesy of: Phillip Warfield)

RELIGION

The story of Anna Knight: A missionary and pioneer

Victoria Mills

Religion Editor

"After much thought and continued persuasion, I have attempted to write a brief story touching upon a few high points in my experience as they appeal to me. ... I am now sending this story forth with a prayer that those who read it may be drawn a little nearer to the Lord because of the experiences herein related..."

So reads the preface to Rachel Anna Knight's autobiography, "Mississippi Girl."

Anna, as she was known, was born in Gitano, Mississippi, on March 4, 1874. Her parents were Newton Knight, a white ex-Confederate soldier, and Georgeanne, a mixedraced former slave. Growing up in her father's community called Six Town, she loved to learn, despite the challenge of being barred from the local school. She taught herself how to read and write with a stick in the dirt by the bank of the river by her home.

One day, an Adventist salesman came by offering subscriptions to the Home and Fireside magazine, and Anna begged to be allowed to get the lessons. Her mother allowed her, and Anna reveled in the magazines and additional reading materials she had ordered and started to fall in love with Jesus.

Through correspondence with an Adventist lady, Anna decided to take more significant steps in her faith, and she traveled from Mississippi to Graysville, Tennessee. She was baptized and started attending Graysville Academy, which later became Southern Adventist University. According to her biography in the Encyclopedia of Seventh-day Adventists, "Because of her light complexion, Anna's racial identity was not immediately obvious, and upon the advice of her father,



Anna Knight.

she had not spoken of it. But soon after her enrollment, some parents made angry demands and threats based on reports from their children.

Anna was prohibited from attending classes, though she remained at the school, sharing a room with the matron. The matron taught Anna individually, while Anna assisted the matron with her work."

After her short, disappointing time at Graysville, Anna returned home for a while. She then attended Mount Vernon Academy and the Battle Creek Sanitarium, graduating as a nurse in 1898. She founded and taught at a school near the one which she had not been able to attend as a child, and she also taught a course at Graysville for a short period of time in 1900, returning to the school that had barred her from attending classes.

In 1901, Anna went to India. She was the first Black woman to be sent to India as a missionary, the first Black Seventh-day Adventist woman to be sent anywhere as a missionary and the second Black Seventh-day Adventist to be sent to India as a missionary. She remained there for six years, serving as a nurse, teacher, bookkeeper and helper at the printing press.

In 1907, Anna returned to

the U.S. Until her retirement in 1945 at what is now Oakwood University, Anna was a champion for youth ministry, health ministry and social ministry. She opened the first Young Women's Christian Association (YWCA) in Atlanta, Georgia. She became an associate home missionary. She became the educational secretary for the Southeastern Union Conference. In "Mississippi Girl," she wrote, referring to the period of time between 1911 and 1952, "I have held 9,388 meetings and have made 11,744 missionary visits. My work required the writing of 48,918 letters, and in getting to my appointments I have traveled 554,439 miles."

This woman was amazing. I have grown up reading about her and admiring her perseverance and tenacity. She's one of my favorite Adventist historical figures.

Knight passed away on June 3, 1972, but her legacy lives on in the opportunities she created for others and in the witness she brought to India and the South. I can't wait to watch her meet Jesus when He comes and to hear Him say, "Well done, good and faithful servant... enter into the joy of your Lord" (Matthew 25:21).

LIFESTYLE

Celebrating Black businesses on Southern's campus

Kilah Runnels Contributor

Currently, #SupportBlackBusiness has 4.5 million tags on Instagram. As an African American myself, I became curious to discover the history and significance of Blackowned businesses.

From a historical standpoint, I discovered that supporting Black businesses would help narrow the generational wealth gap that made acquiring wealth for African Americans exceptionally more difficult. During the Jim Crow era, African Americans were ostracized and given lower paying jobs. Many were unable to purchase homes and acquire social security due to racial discrimination and segregation. This astronomical disadvantage has continued even to this day, where there is still a wealth gap.

Black-owned businesses also celebrate their vibrant and influential culture by selling products that are prevalent to their communities' needs and interests.

"It is not about refusing to support other businesses, but about reminding people that we're here and trying to build up wealth too," said Alexia Grosjean, sophomore psychology major.

Black-owned businesses also celebrate their vibrant and influential culture by selling

products that are prevalent to their communities' needs and interests.

So, during Black History Month, I want to celebrate and highlight Black-owned businesses on campus. Although I only had the opportunity to interview two Black-owned small business owners on campus, I want to encourage those who have one or who are in the process of creating a business to never give up and continue to do what they love.

unBEARable - Tenci Reid

Junior journalism – digital broadcast major Tenci Reid's business, unBEARable, sells tote bags, T-shirts and hoodies with her customized unBEARable logo. Her love for clothes and fashion was her inspiration for creating this business. Reid first launched her business at 423 Night Market last semester. Following that, her mother encouraged her to make the business a long-term hobby and continue creating merchandise.

Her long-term goal for the brand is to have musical artists wear her clothes on tours to promote her work. Reid is currently preparing for her springtime drop, tentatively set for May, where she will be selling new merchandise. Once the new drop releases, you can purchase and check out her merchandise using the link in her Instagram bio: @unbearable clothes.

By Design - Nina Reno Junior religious studies major Nina Reno creates vinyl stickers (\$2 to \$6) and tote bags (\$10 to \$20), and she hopes to also create apparel in the future. By Design is a Christian-based business that creates art designs that are inspired by people Reno has met and experiences she has gone through. The name she chose, By Design, is significant because she believes that everything happens for a reason, so it is "by design."

"God does not make bad things happen, but uses the bad things. He taught you a lesson despite the bad things," is a quote that Reno holds dear to her heart; it was shared to her by Associate Chaplain Anna Bennett and points to her belief that God is intentional.

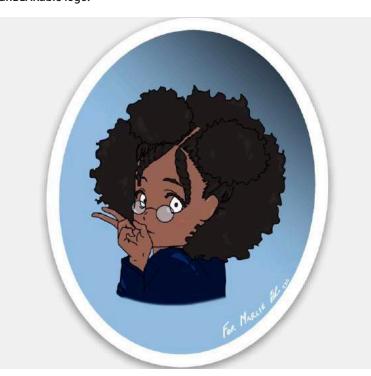
Reno had been wanting to create the business but did not feel she had the funds to do it.

Last semester, Bennett sent her the ad from the Lift Off Initiative, a Student Senate initiative that provided funds to student businesses to help them get started. Once Reno interviewed and got accepted, she was able to debut at 423 Night Market last semester.

Reno also values deep meaningful conversations, which she said can sometimes be hard to ignite, so her hope is that these stickers and designs will help start conversations around campus. To purchase her products, DM her business Instagram account @ he.is.intentional.



Tenci Reid's tote bags were sold at 423 Night Market with the current unBEARable logo.



Nina Reno created this sticker for her sister who loves anime. Since anime does not always have positive representation of black characters, Reno was inspired to create a black character sticker for her sister.

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts! **SOCIAL**



Bailey DuBose @bay_what

Lila Odhiambo @ineedaprivateac

you got a girl and i got a quesadilla. who's really winning

Lila Odhiambo @ineedaprivateac

Ew, love is all around

#SAUlife

Lauren Fenwick

laurenrfenwick on the bright side

Yosemy Chavez





talia.b 242

Karen Guerra @kfcguerra

nobody answer this

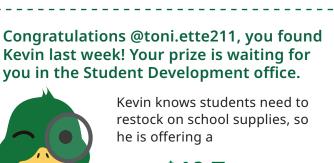
The ban on avocados might be the end for me

Dan Catangay @dancatangay I just wanna skip to the part where I'm financially capable of owning a comically large dog

ĹΊ

Hannah Cheneweth @h_cheneweth

Of course I would drop my phone and crack the whole actual screen of my phone rather than the screen protector



\$10 Target **Gift Card**

DM us on Instagram with a photo of where Kevin is hiding!



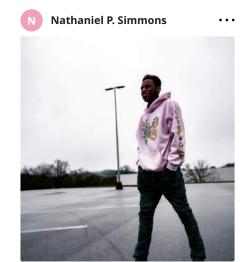
Laura Westberg

yoyo_chavez hi

notreally_vegan Slowly falling in love with



xander._o A few photos with @esecvbano always fun shooting with you man



king nathan24 lob 8:7 22 Never felt so good!

CHATTER

Tuesday — 1

Bietz Center

ing Room

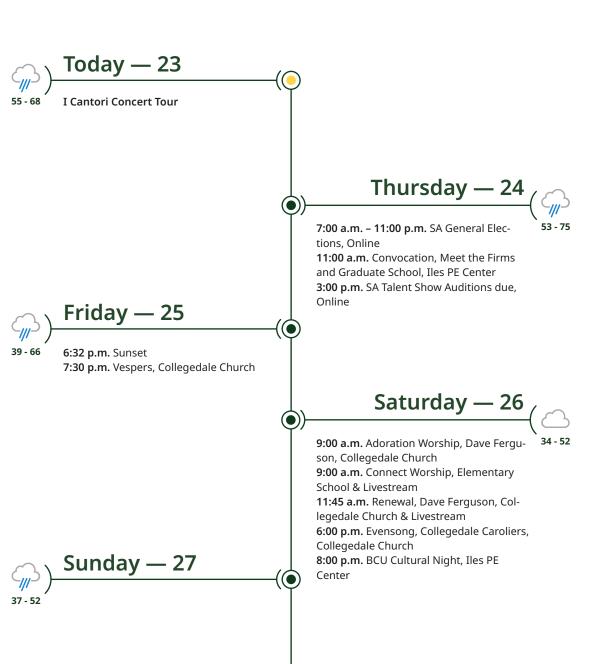
7:00 a.m. - 7:00 p.m. Duck Walk, Walking

11:00 a.m - 2:00 p.m Stress Out Week,

8:00 p.m. SA Senate, Bietz Center - Test-

12:00 p.m. Tornado Siren Test

8 | Wednesday, February 23, 2022



10:00 a.m. - 5:00 p.m. Education: Southern

11:00 a.m - 2:00 p.m Stress Out Week, Bietz

6:50 p.m. E.A. Anderson Lecture Series,

Union Interviews - Seniors

Brock Hall Room 3205

Weekly Birthdays TODAY | 23 Alicia Wyatt Sarah Borovic Saturday | 26 Daniel Im Artelia Green Meg Grey Pablo Bentancurt Tahkai Martin Ledesma Taylor Monday Jesse Ross Cecilia Garcia Edrian Sanchez Thursday |24 Allen Gustrowsky Wyatt Tracy Bianca Gomez Garrett Howe Tuesday |1 Alyssa Harriman Kc Alegrado Cabil Abigail Martin Sue San Kwon Dexter Smith Sunday |27 Emilia Balogh Hannah Cheneweth Cambria Donato Friday |25 Christina Cannon Zachary Cheneweth **Emily Garrett** Nyton Fullmer Ashtyn Hyde Dylan Day Daniel Morton Andrew Moyer Geneva Ferro Patricia Pakpahan **Emily Nogueira** Emrys Kim Minda Ruba Eleine Petit-Frere

SA Announcements

Ana Korac

Kyle Salas

Johnathon Merrills

FAFSA - Remember to file for Financial Aid (Priority Deadline is March 1st) http:// www.fafsa.gov.

Monday | 28

Elden Borillo

Ethan Stephens

International Food Fest will be on Sunday, March 6. If you are interested in being a vendor, please sign-up using the link on the SA Instagram, @sa_southern.

SA Talent Show will be on Saturday, March 26. Auditions are due by February 24 at 3:00 p.m. If you are interested in applying, please use the link on the SA Instagram. The prize for 1st place is \$2,000, the prize for 2nd place is \$1,000, and the prize for 3rd place is \$800.

SA General Elections are on Thursday, February 24 from 7:00 a.m – 11:00 p.m. Make sure to check for an email from Teri Reutebuch with a Survey Monkey to vote!

Check out our website! www.southern-accent.org





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- School Counseling



Overcoming the anxiety

of online learning

Spring cleaning: Your excuse to go thrift shopping

March 2, 2022 Collegedale, Tennessee



'All life is interrupted': Students, staff, faculty pray for Ukraine



Nataliia Irwin bows her head during prayer. Originally from Ukraine, Irwin pleads for the safety of her family amid the struggle. Friday, February 25, 2022. (Photo by: Xander Ordinola)

Xander Ordinola

Photo Editor

On February 23, Russian President Vladimir Putin declared war on Ukraine. Despite happening nearly 6,000 miles away, the global impact of Russia's invasion of the sovereign country made its way onto Southern's campus last week, drawing more than a dozen people to Brock Hall.

On Friday, February 25, students and faculty gathered in a circle of prayer to intercede on behalf of those fighting, fleeing or simply trying to survive during this crisis.

Several of the attendees shed tears in the process, begging for the safety of their friends and family. Some Southern students and employees could not attend the prayer circle in person, but for Ukranians in the Angelia

an option to participate via Zoom was available.

"I'm hoping something happens soon to bring this to a stop," senior history major Christina Cannon said. "I don't know much, but I think it's a pretty ghastly, terrible situation, especially since it was so sudden; so many people didn't have time to prepare."

Nicole Parker, an adjunct professor in the School of Religion, and her husband, Alan Parker, a religion professor, adopted their daughter, Anya, from Ukraine three years ago. Parker said villages in the country are now overrun and destroyed, and a close family friend, Dr. Yury Bondarenko, is among those trying to help.

Bondarenko provided refuge

Adventist clinic in Kyiv, where he supplied food and warmth to children from nearby villages, according to Parker. Currently, he is at a different Adventist clinic, near the border of Romania, where he provides medicine, food and other supplies to refugees.

"I love the people of Ukraine," Parker said. "We need to realize these are real people. These are my friends, people with names and faces and personalities hiding in basements and having to walk because they're so cold they'll freeze. And we get so comfortable here, we forget that these people's lives matter just as much as ours. So when we pray, we need to pray for the people of Ukraine as other real people."

Nataliia Irwin, office man-

ager for the School of Journalism and Communication, moved to the United States from Ukraine 12 years ago. Her mother is currently with her in the U.S., but her brother, cousins and the rest of her extended family are living in Ukraine.

Irwin has been keeping in contact with her family. She said "all life is interrupted," and that bomb sirens go off several times

"My cousin told me that they're getting used to [the bomb sirens]," Irwin said. "Like, not every time the siren goes off, he goes to the shelter. He just stays, and he said, 'I'm tired. I'm exhausted. I don't want to go."

School of Business Professor Michelle Doucoumes said west-

See UKRAINE on page 2

SA launches International Food Festival event

Genesis Ventura Staff Writer

Student Association (SA) will launch a new event called "International Food Fest" on March 6 in Illes P.E. Center from 3 to 5:30 p.m.

The event will celebrate the diverse cultural groups on campus represented by student vendors selling food from their various countries.

Madeline Ro, director of SA's multicultural engagement, said there will be about 23 vendors from countries such as the Czech Republic, El Salvador, Jamaica, Korea and many more. Each vendor will receive \$50 to help with expenses.

Ro said each student will receive 15 free tickets. Each ticket is equivalent to a dollar. If students want more tickets, they will be available to purchase with cash and card.

Ro said SA had received feedback from students that they wanted a food festival because it is something that hasn't happened on campus. She said food is a big part of Southern's culture, and she was surprised that an event like this has not been held in the past.

The event can also be educational because food is one of the best ways to peer into another's culture, according to Ro. She said the food fest will promote diversity because students will be able to showcase their culture. And, while Southern has a diverse campus, she said, that aspect of the campus has not been showcased

enough. "There have always been

See FOOD FEST on page 2

Bautista, Myint, Trevedan secure SA elected positions; general election results in lowest voter turnout since 2013

Megan Yoshioka Editor-in-Chief

Junior management major Kenneth Bautista won the election for the 2022-2023 Student Association (SA) president. Sophomore medical laboratory science major Htet Myint and junior accounting major Erla Trevedan secured the positions of executive vice president and social vice

president, respectively. Running unopposed, Bautista received 95.56% of votes.

"I'm very excited for next year," the newly elected president said in an interview with the Accent. "Let's get to work."

Myint, who also ran unopposed and received 94.32% of the votes, expressed gratitude for his victory.

"First and foremost, I want to thank God for the opportunity to be able to run for this position," Myint said. "I can't wait to work alongside Kenneth and Erla and bring about some positive change to campus and a lot of fun! Thank you to everyone who voted, and thank you

Southern students for allowing me to serve you."

Trevedan received 73.89% of the votes. In a statement to the Accent, she encouraged students to reach out to her with suggestions for social events.

"I am so honored to have been chosen for this position!" Trevedan said. "I am so excited to start planning next year's social events. If there are any suggestions at all, anything students might want to see next year, please let me know! I hope that with God's guidance, we're able to have successful events, and thank you for electing me to be your SA social vice president!"

Trevedan's opponent, senior fine arts major Lilly Jorgensen, received 26.11% of the votes. In her concession statement, Jorgensen congratulated Trevedan on securing the position and thanked God for the opportunity to run.

"I am honored to have had the chance to run for social vice president," Jorgensen said. "I

See ELECTION on page 2

'America's Got Talent' finalist Kechi Okwuchi to speak at convocation



(Photo courtesy of: The Grable Group)

Lucas Bueno

<u>Reporter</u>

"America's Got Talent" finalist and singer Kechi Okwuchi will be speaking for Thursday's convocation at 11 a.m.

According to the biography on her official website, Okwuchi was a finalist on "America's Got Talent" in 2017 and was a finalist on "America's Got Talent: The Champions" in 2019.

Okwuchi released her debut single, "Don't You Dare," in 2018, according to her biography, and

she is scheduled to release her memoir, "More Than My Scars" on March 29, 2022. She is also working on the release of her self-titled debut album, as stated in the biography on her website.

Vice President for Student Development Dennis Negrón announced the convocation in an email to Southern News.

"This week's convocation is sponsored by Southern's Student Association President Josh Esten," Negrón wrote. "He has invited Kechi Okwuchi, a Nigerian-born woman, currently living in Houston, Texas, to be our speaker. ... In 2005, Kechi was one of two passengers who survived a plane crash that took the lives of 107 individuals, many of them [being] her closest friends.

"Kechi suffered third-degree burns on 65% of her body as a result of that accident," the email continued. "However, she refused to let that fateful day hold her back from her life calling. Kechi has earned an MBA, launched a singing

See OKWUCHI on page 2

UKRAINE continued from page 1

ern culture has "been removed from war" over the decades. The most recent conflicts have occurred on foreign soil and were quite small compared to World Wars I and II, which has severely detached people from the human aspects of warfare, she explained.

Doucoumes said people pleading for a better situation in Ukraine are fearful that those

with the resources to help simply do not understand the gravity of the invasion.

"It's a wake-up call that the developed world has not passed war, that war is a very real reality," Doucoumes said. "And I think that this — the pandemic we've been through — [and] all of these things are reminders of where our world is at in history. And we can't take for granted what we have."

For anyone seeking to help, donations are being collected through various websites and apps such as the International Rescue Committee (IRC), AdventHealth, UNICEF, ADRA and several others. However, according to Doucoumes, the situation will not improve without the belief that "God can intervene."

Parker agreed.

"Number one, I think we need God's intervention softening hearts," Parker said. "The people of Ukraine, from everything I'm seeing and from what I know of them, they fight together. They believe in community and [in] just loving and embracing others."



Michelle Doucoumes comforts Nicole Parker after she prayed and broke down crying. *Friday, February 25, 2022.* (Photo by: Xander Ordinola)

Music ensembles remain unwavering throughout COVID-19 pandemic

Stefanie Green Copy Editor

COVID-19 has impacted all parts of campus life in ways seen and unseen. After March 2020, the musical performance groups on campus found themselves in an unfavorable situation. It was no longer safe for large groups of people to congregate and enjoy music, nor was it safe for groups of musicians to be shoulder-to-shoulder on stage.

Yet, according to Peter Cooper, dean of the School of Music, the need for good music existed more than ever during unprecedented times.

"The most important element

for us has always been to keep people safe, and that includes not only the musicians but the audience members as well," Cooper said. "We've tried to be mindful and responsible citizens, while still creating music."

According to Laurie Redmer Cadwallader, Symphony Orchestra conductor, there were only a couple of live performances last year where guests were allowed to be in attendance, which took place outdoors.

The other performances were livestreamed and recorded. Additionally, because musicians had to be six feet apart, the full orchestra could not perform at one time because of the size of

the Collegedale Church stage.

Mask wearing, physical distancing and limited in-person rehearsal times were a few of the challenges that musical ensembles faced during the pandemic, according to Cooper.

Tyler Ronto, junior accounting major and trombone player, has been performing in the orchestra since the beginning of the pandemic.

"It felt sad performing without an audience because the whole point of making music is for someone to hear it in person and to be able to share that experience with them," Ronto said.

Despite the challenges, the music ensembles continued. According to Cadwallader, the first "normal" orchestra concert since the pandemic took place in October of 2021. An audience was present, although masks and social distancing were still in place.

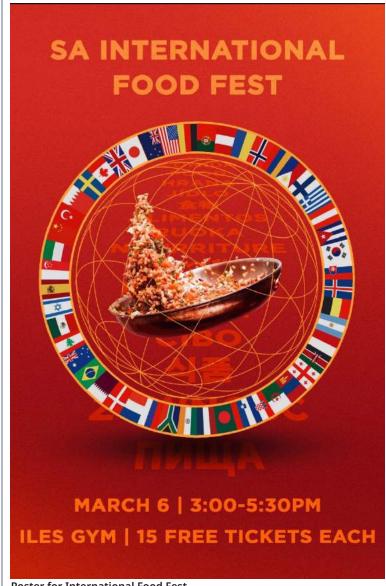
"We were all just so happy to be back and to have people behind us listening, and it felt like the audience was thrilled too," Cadwallader said.

The orchestra's first concert in 2022 took place at the Collegedale Commons for the grand opening of a new building in the community. Cadwallader said the musicians are looking forward to many more live performances this semester.

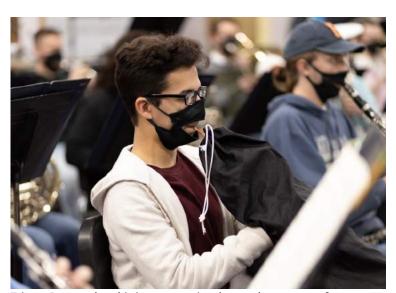
FOOD FEST continued from page 1

deep-rooted issues like racism and microaggressions on our campus," Ro said. "So, those are the things we are trying to address in different ways, though it can be hard."

Ro said the event will be lighthearted and can help students to increase awareness and appreciate each other's cultures.



Poster for International Food Fest. (Photo courtesy of: Student Association)



Tristan Ramey plays his instrument in a bag and wears a performance mask. These kinds of masks and precautions have been used by the School of Music to reduce the spread of COVID-19.

Wednesday, February 9, 2022.
(Photo by: Maiya Banks)

Voting Numbers Since 2013 949 1065 1104 967 1220 1390 1156 1022

According to Dennis Negrón, this year's voter turnout is the lowest since 2013 when Southern started voting online for SA elections. (Graphic by: Nickolas Nieves)

ELECTION continued from page 1

would like to thank everyone who has supported me through this process as well as congratulate Erla on winning the position. Overall, I am grateful that God has provided the other candidates and me with this opportu-

nity for growth and connection."
According to Dennis Negrón, vice president for Student Development, this year's voter turnout is the lowest since 2013 when Southern started voting online for SA elections. Only 563 students voted this year when typically SA elections would see around 1,000 votes, according to Negrón.

Negrón attributed low voter turnout to not having a "regular convocation" on Thursday. In past years, he said, there were reminders at convocation to vote, and many students voted during that time. However, general elections this year occurred on the same day as Meet the Firms and Graduate Schools, resulting in an atypical election. The highest voting times were at 7 and 8 a.m., according to Negrón.

OKWUCHI continued from page 1

career and [became] a motivational speaker."

Okwuchi is a burn survivor advocate for several organizations and an ambassador for some such as the Be Strong Global, WEMovement and the United Nations Foundation #TOGETHERBAND project. She is also an advocate of bullying prevention, sustainable living and youth empowerment, according to her website bio.

Esten said he is excited to have Okwuchi speak at convocation.

"Personally, it's great to have someone like Kechi coming to our campus," he stated in an email to the Accent. "She is an amazing individual with an unique experience, which she has used to change the lives of numerous of her audiences. ... I am ecstatic to have her come to our campus and know that we will be blessed by her message."

In an interview with the Accent, Okwuchi said she decided to speak at Southern to share her message with college students. "My focus has always been to reach out to young people," Okwuchi said. "I always try to use my platform to encourage young people who have gone through, or are going through, challenges or trauma of any kind, visible or invisible, that there is life after trauma and they should never be defined by their scars—visible or invisible.

"My mantra since the accident has been, 'My scars do not define me," she continued. "And I hope that after my speech, they will see that that's what I live by."

Isabella Miranda, junior management major, expressed excitement about hearing Okwuchi speak and shared her thoughts in an interview with the Accent.

"I watched her performances on AGT a few years ago, and I was inspired," Miranda said. "Her story reminded me how lucky and blessed I am. I'm moved by how much faith and thanks she has even though she's been through so much. I am looking forward to hearing her speak at convo this week."

Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

For all advertising inquiries, email studentadmgr@southern.edu.

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Photographer **Nicole Sabot**

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ACA Study Abroad Fest to hold round trip ticket drawing for prospective ACA students

Stefanie Green Copy Editor

The annual Adventist Colleges Abroad (ACA) Study Abroad Fest will take place online on Sunday, March 13, at 10 a.m. Prospective students will be able to interact with program directors representing the countries that hold ACA programs, take part in a Q&A session, watch footage from each program and participate in a grand prize drawing.

The grand prize includes 10 round-trip tickets for students to travel to and from the ACA program that they choose. Students who register for the Fest will be automatically entered in the drawing, according to the flier.

ACA gives students the opportunity to study in Argentina, Austria, Brazil, France, Germany, Israel, Italy, Spain, England or Lebanon.

While many of the ACA programs had closed due to the

COVID-19 pandemic, operations have returned to normal this year, according to Pierre Nzokizwa, ACA Campus Coordinator. He said he understands that students and parents may still have fears about travel as COVID-19 continues to be an issue.

"Life has to continue," Nzokizwa said. "There will always be some risk. Don't let concerns about COVID keep you from this experience."

Nzokizwa said he thinks all students should attend the Fest and get more information about ACA, even if they are unsure if they want to study abroad. He said he sees the study abroad experience as a "golden opportunity" that students should take advantage of.

"Studying abroad will benefit you in many ways," Nzokizwa said. "Nowadays, employers are looking for people who speak multiple languages. It can even open up opportunities to work internationally."

Anna Bennethum, junior history major, participated in the ACA study experience in Spain. She explained what the experience meant to her.

"I loved being able to go to the Mediterranean any day and be surrounded by the culture through architecture and language," Bennethum said. "I learned more about being independent. You grow a lot when you go on such an adventure without your family and friends."

Jake Miller, senior management major, studied abroad at Newbold College in England. He said he visited many countries during his time abroad.

"My favorite part of my experience was getting to travel to 17 different countries and make countless memories," Miller said. "I learned how to be better at traveling and gained a much bigger appreciation for



Flags from various countries in front of Miller Hall. Sunday, February 20, 2022. (Photo by: Xander Ordinola)

the customs, cultures and food of other countries."

Breanna Ermshar, junior nursing major, had the opportunity to study in Spain over the summer. She encouraged other students to participate, too.

"I went abroad not knowing anybody else that was going, but I think it really helped me grow as a person and be more comfortable in who I was," Ermshar said. "If you are thinking about going abroad, don't think, just do it! The memories you make and the people you will meet along the way will stay with you forever."

Registration opened on February 15. Register at ACAstudy-abroad.convene.com.

COLLEGEDALENEWS

Collegedale Police Department holds second annual awards ceremony



Collegedale Police Department awards ceremony.

Thursday, February 17, 2022. (Photo by: Alana Crosby)

Alana Crosby Collegedale News Editor

Officers, their families and a few guests gathered at Chattanooga Elks Lodge on February 17 for a celebration of the values and accomplishments within the Collegedale Police Department (CPD). The ceremony featured guest speaker and veteran Jack Carney, who spoke prior to the awards being handed out to officers who showed courage and bravery in their line of duty.

According to Jamie Heath, a lieutenant in the special investigations department, the CPD started the ceremony last year in the hopes of creating a special atmosphere for officers to be recognized and to celebrate with their spouses and significant others.

Also in attendance was Collegedale Mayor Katie Lamb, who spoke a few words at the beginning of the ceremony.

"I congratulate you tonight on the recognitions and the awards that you'll be receiving, and I thank you for your service," Lamb said. "I want to thank you for being willing to put yourself on the line every day of the year. So, thank you very much on behalf of the commissioners; we're proud of you."

Among the new traditions, the CPD started a ceremonial cake-cutting. Heath presented the first slices of cake to Carney, the keynote speaker; Assistant Chief Jeff Young, in celebration of his longstanding years of service for the CPD and Officer Sarah Tabor, in recognition of being the newest member of the force.

Jack Sapp, chief of police, offered a few words to honor

"Over the last year or so, it's just been unbelievable to watch everybody come together," Sapp said, "to watch you men and women go out and work every day and see how you lean on each other and support each other. Not only just at work, but I see it in your personal lives."

Many awards were handed out, including the Criminal Investigations Award, Merit Award for Excellent Arrest, Purple Heart, Life-Saving Award and General Commendation Award. The third highest military combat decoration that can be awarded to a member of the United States Armed Forces is the Silver Star of Bravery, which was presented to Lt. Burlon Hayworth.

Sapp closed by thanking those involved behind-the-scenes and those attending.

"I want to thank the spouses and the loved ones who were here tonight, who continually support and allow us to do what we do each day," Sapp said. "You're generally the unsung heroes who stand behind us at our moments of triumph and success, but also suffer with us during our difficult times. We simply couldn't do what we do without you. So, thank you."

Hamilton Flourishing hosts first county mayoral Republican primary debate

Alana Crosby

Collegedale News Editor

Candidates gathered at Hamilton Flourishing for the first Republican primary election debate for Hamilton County mayor on Monday, February 21. Running for the position are Republicans Matt Hullander, Sabrena Smedley and Weston Wamp. Also vying for the seat is Democrat Matt Adams, who did not participate in the debate.

According to Wamp, this is the first competitive mayoral election in 28 years. The debate was moderated by Douglas E. Daugherty Sr., the president of Hamilton Flourishing, a local organization dedicated to the "pursuit of a more peaceful and prosperous community," as stated on its website.

According to the Hamilton Flourishing website, early voting starts on April 13, and new voters must be registered by April 4.

Smedley is serving her second term on the county commission representing, according to her, the fastest growing district in Hamilton County. This district includes East Brainard, Apison, part of Collegedale and Ooltewah. Smedley is the owner of Sabrena Realty Asso-

ciates, LLC, and Pure Barre Fitness, a fitness boutique operating in two locations.

"It has been rewarding to serve the people of my district, and I look forward to moving on to the executive branch of Hamilton County Mayor," Smedley said in her opening statement. "I look forward to sharing my vision for Hamilton County when it comes to education, public safety, infrastructure, economic development and opportunities for Hamilton County citizens."

Hullander is a former business owner and entrepreneur. According to his campaign website, he has served on Chattanooga Chamber's board of directors and the board of Erlanger and Children's Hospital in the past. In addition, Hullander has been named "Hamilton County Businessman of the Year."

"This role needs leadership. I know how to lead. I know how to build teams, and I know how to get things done," Hullander said in his opening statement.

Wamp is the founder of The Millennial Debt Foundation, a nonprofit organization that seeks to solve the problem of national debt and wasteful government spending. In 2019, he

was appointed to the Tennessee Board of Regents, which oversees the state's community and technical college systems.

"For my wife and I, it really is about the dreams we have for the community that our four children will grow up in," Wamp said in his opening statement. "That's why we're running. And we've turned those dreams into a platform, really the only one this campaign has seen so far. ... It's a picture of what we as parents want to see the community our kids grow up in look like: a safe community, one with great schools where our values are preserved for generations to come."

In a short video shared on Facebook, Adams, a veteran and former candidate for U.S. House of Representatives for Tennessee, revealed that he valued his time speaking with citizens and discovering what they wanted from a mayor. When asked what he would do in the first month if he was elected mayor, Adams replied:

"I want to sit down with every person in county government and really get a feel for how we can all work together to make Hamilton County the best it can be."







Hamilton County mayoral candidates Matt Hullander (top left), Sabrena Smedley (top right) and Weston Wamp (bottom left) give their opening statements during the Republican Primary Debate.

Monday, February 21, 2022.
(Screenshots from: Hamilton Flourishing)



BCU NIGHT





At the end of the show, Lauryn Daniels delivers a prayer thank God for a successful night. Saturday, February 16, 2022. (Photo by: Xander Ordinola)



Kerby Desamour sings at the beginning of Black Christian Union (BCU) Night. Although recently graduated, Desamour came from his hometown of Orlando, Florida, to sing at BCU Night.

Saturday, February 16, 2022. (Photo by: Xander Ordinola)



One of the characters, originally from Africa, gets to experience what life is like in New York City. Saturday, February 16, 2022. (Photo by: Xander Ordinola)



Several dancers link arms. Saturday, February 16, 2022. (Photo by: Xander Ordinola)



Kimberly Cuevas and Jon Adams pose at the end of the runway. Toward the end of the show, several of the performers got to display clothing from various countries. Saturday, February 16, 2022. (Photo by: Xander Ordinola)



Elie Sagage welcomes the crowd as his character, Professor Archibald. In the story, he wants to show his students other cultures and he achieves this by switching their plane tickets to other places.

Saturday, February 16, 2022.
(Photo by: Xander Ordinola)



Ariel Lantigua plays the keys before the show begins. In addition to him and the band 2AM Curfew, jazz and steel drum bands performed during transitions between the skits. Famous songs, such as Alicia Key's "If I Ain't Got You," were played instrumentally. Those in the audience took out their phones and waved their flashes back and forth to the music.

Saturday, February 16, 2022. (Photo by: Xander Ordinola)

MENTAL HEALTH

Overcoming the anxiety of online learning

Shirali Pathak

Counseling Graduate Student

Editor's note: The following article is written by a counseling graduate student in partnership with Counseling Services and the Southern Accent.

Research conducted in 2021 by Xinyang Li and colleagues from Texas Tech University indicates that in a society with a growing rate of online learning, students are experiencing high rates of anxiety through online courses.

With the increase in internet and computer technology, we all encounter the impact of these sources each day, according to the published research titled "The scale of online course anxiety: Assess-

ing college students' anxiety in online courses." Since switching to online learning due to the COVID-19 pandemic, studies are showing that many college students have become increasingly anxious while academic performance has become detrimentally impacted, according to the researchers.

In the article, Li and colleagues also explain that psychologists have identified that anxiety due to online courses may come from the online environment versus a traditional classroom atmosphere that is more common, isolation from instructor and peers, the role of technology, a lack of two-way communication between stu-

dents and teachers and the student's personal environment.

The reflection of students' work ethics due to online learning has been expressed through behaviors such as postponing online exams, not attending classes and delaying assignments, according to a 2017 written article by Raafat Saadé and colleagues for the Informing Science Institute. It's important that professors and employers check on students' mental health by showing compassion, understanding and having a listening ear.

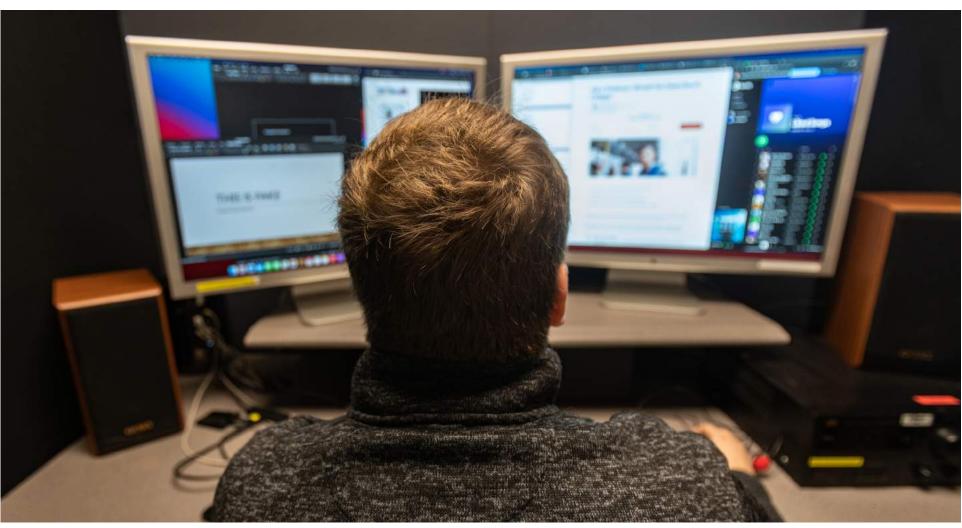
An article written in 2017 by Malia Keirsey titled "9 tips to overcome anxiety about the e-learning environment" talks about the struggles students face through online learning and ways to overcome feeling anxious and overwhelmed.

Talking with friends, family or someone that you can trust can be comforting when dealing with anxiety. Creating a personal schedule with sticky notes or a planner may help you space out your time so you're not as anxious and overwhelmed by all the tasks waiting to be completed.

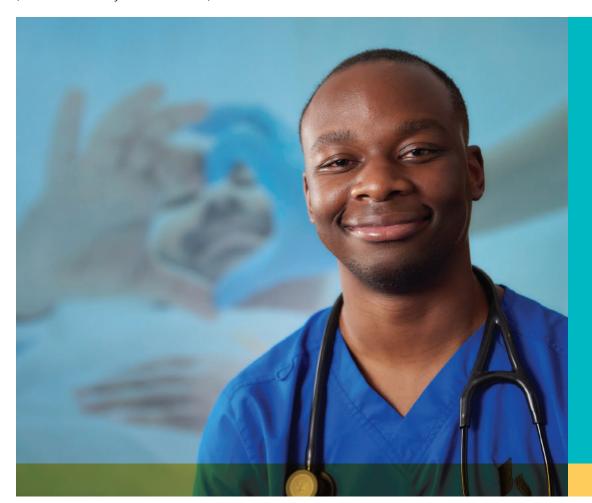
Taking breaks regularly is important for concentration and regaining energy to focus on class and assignments. If you're unable to step away from a class session online, take a couple of seconds to

turn your camera off and take slow, deep, steady breaths by inhaling for six seconds and exhaling for six seconds. This breathing technique, known as resonant breathing, can help calm your anxiety and bring you back into a relaxed state, according to an article in 2019 by Ana Gotter titled, "8 breathing exercises to try when you are feeling anxious."

As online learning continues to become more and more common, it's important to be aware of your emotional status and mental health while navigating the online environment.



Noah Bynum works on several projects at once. *Monday, February 21, 2022.* (Photo illustration by: Xander Ordinola)



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OPINION

Is it okay for Christians to date outside their faith?

Religious differences: It is possible to build a life out of two different root systems

Golda Ruckle Contributor

When we are planning out our lives, we usually picture falling in love in a cozy situation with someone much like ourselves, especially in faith. While relationships are certainly easier when people have their religion in common, people falling in love usually don't think very much.

So, what happens when someone realizes that life would somehow be emptier without their best friend as their partner, but they don't share something as foundational as faith?

Respecting boundaries and your partner's beliefs is essential. And, obviously, communication is key...

While interfaith relationships certainly aren't for everyone, it is possible to join lives with someone who has separate beliefs. Even though many Christians adhere to the advice in 2 Corinthians 6:14, which commands that followers of Christ stay within the borders of their own kind, believers of all creeds have more in common with each other than some would think.

If we allow God to be bigger than our churches, we believe that He is accepting and welcoming to people of every nation and religion. All of this is to say that if a person respects their partner and sees the beauty in any life of faith, they might find that a love of peace, justice, compassion, benevolence and God is far more important than doctrine in many cases.

I can't say that having an interfaith relationship would be easy, especially with family and life in the way. So what could make an interfaith relationship work?

The answer is many of the same things that keep any relationship between two imperfect people healthy. Respecting boundaries and each other's beliefs are essential. And, obviously, communication is key, especially when it comes to

families, holidays and kids.

Personally, I think it would help strengthen a person's relationship if they entered life with their partner with curiosity and an open mind. Maybe they can see parts of the Divine that they had not been exposed to, which might challenge and strengthen their faith in a deeper way than they would have known without them.

For lack of better words, if someone finds a person that makes their life more beautiful that they want to build a future with. I don't think they should let religious differences be the deciding factor. It is possible to build a life out of two different root systems, and it could be stronger and all the better with a little diversity.

Paul instructs believers to not be 'unequally yoked'

Aaron Buttery Contributor

The question of dating within our faith has caused much debate and hurt feelings among Christians, which is expected considering this can be a pretty sensitive issue. Despite all the debate, I believe that as Christians this issue should be addressed using the Bible. And I hate to break the news, but if the Word of God contradicts how people feel, God's Word should take precedence — every time. The principles found in Scripture are not just arbitrary commands; rather, they are there for people's protection and happiness.

Take the story of Samson, for example. This guy was God's anointed judge, yet his life turned into a never-ending tragedy because of his desire to be with a Philistine woman. His reason? "She pleases me well! We have

great chemistry!" Sound familiar?

There is also the story of Solomon, who had about 1,000 women in his harem, many of whom were from foreign lands. Even though he knew better, Solomon kept going down his sinful rabbit hole of polygamy until he had strayed from God almost entirely. Many people would believe it's okay to "flirt to convert." However, in most cases, like Solomon, it's the worldly spouse or partner who converts the Christian to the worldly lifestyle.

In 2 Corinthians 6:14-16, Paul instructs believers to not be "unequally yoked" to those who do not believe. It's understandable why he would say this, seeing as it's extremely difficult for a committed Christian to live with someone who has a completely different worldview.

Think about it. If a person is searching for someone who can be their life partner, why would they want to join lives with someone who disagrees with them on fundamental questions, such as what is right and wrong, where do we come from and what is our purpose?

I want to challenge people who are seeking a relationship with an individual to pause and consider if they could truly develop a deep bond with that person.

If they cannot honestly answer that question with a "yes," shouldn't they seek out someone with whom they can have a truly loving, godly and happy relationship?



Couple is sitting on bench and looking at the sea. Sunday, October 1, 2017. (Photo by: Joydip Dutt)

RELIGION

War and peace: The courage to live in tension

Opinion Editor

This morning, the little lone cherry tree outside the library is blooming, and the purple and gold crocuses down by the nursing building have just poked their glossy heads up into the world. I pried open my window early this morning to listen to a northern mockingbird warming up for the day, its voice ricocheting off the raindrops and the dripping branches of rain-blackened trees.

Spring has sprung, so it goes. This morning, students with masks and screwdrivers are stuffing Molotov cocktails to be sent splattering on armored tanks, and fire is seething through the twisted rebar intestines of Soviet-style cement apartment buildings. Parking garages serve as the grand halls and corridors of the lost, the broken, the breaking. The voice of a friend, a poet, sobbing through an email that her city has been bombed.

War has begun, so it goes.

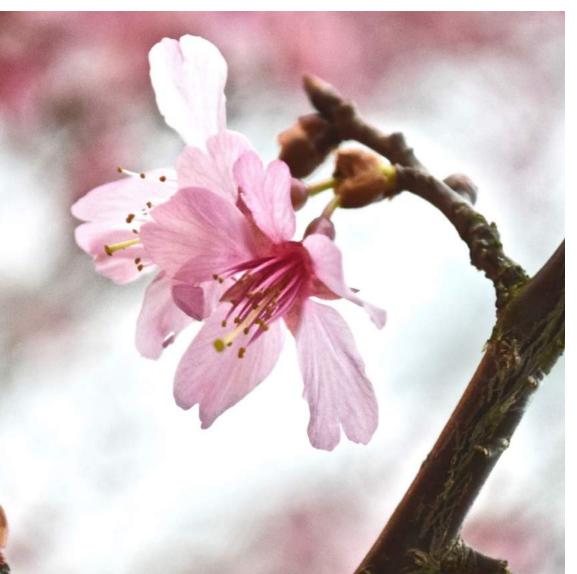
It is perhaps one of the cruelties of this life that the beautiful and the terrible are so inseparable. If we could truly live life in waves, riding to the top of a swell of water before plunging into a valley, we could rest. But with the terrible always comes some beautiful, sometimes relieving, sometimes mocking, like carnival music at a funeral.

It is said that we ought to mourn with those who mourn or to rejoice with those who rejoice. But when nature rejoices while its steward mourns, what

then? When brothers and sisters across the world are on their knees, hands clasped in prayer or clasped in handcuffs,

yet I am on my knees in soft, dark earth, hands dipped in exuberant daffodils and thriving weeds, what then?

Peace I leave with you, He said. My peace I give to you. Peace you were given — not complacency. Complacency is



Cherry blossoms outside the library. Sunday, February 27, 2022.

(Photo by: Christina Cannon)

something stolen, illicitly smuggled. It is something we have no right to keep written on our wrists and foreheads like the mechanism for some glowing blue force-field, a portable "hedge of protection" that keeps us from feeling the saliva spray from the shouts of Russian protesters and Ukrainian civilians.

Prayer is action. And it is not the only action. When we ask that the hand of God be moved, we often forget who it is that serves as the hands and feet of God, the body of Christ. "Thy will be done," we pray, but who is it that does the will of God?

When we are torn between two worlds, one of joy and one of pain, the answer is not to step out of one and into the other. It takes courage to live in both, to keep our eyes open to this beautiful and self-destructing planet. For only in this dark dynamism, the tension of beauty and ugliness, peace, not complacency, is able to take root and poke its glossy head up into the world, producing the powerful work of God.

"The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference." -Elie Wiesel in "U.S. News and World Report," October 27, 1986.

LIFESTYLE

Spring cleaning: Your excuse to go thrift shopping

Esther Ogoti Contributor

Throughout history, fashion has been a tool that reveals a person's social rank, wealth, marital status and more. Although remnants of this history are still prevalent today, modern fashion places self-expression and personal style in the front seat, allowing people to experiment with their clothes and accessories.

However, most people, including me, tend to lack creativity when dressing for warmth. Winter's cold weather elicits a primal instinct to survive. There's barely room beneath puffer jackets to be fashionable! Luckily, spring is around the corner, and with it comes warmth, sunshine and innovative ways of dressing.

The only spring cleaning I do is get rid of clothes that no longer excite me to make room for new treasures. It also helps that sorting clothes is like my version of free therapy. I hold each piece of clothing in my hands, recalling the memories and emotions I felt with it before placing it in a distinctive "keep" or "donate" pile on the floor, which somehow always extends to my bed and everywhere in between.

Though sorting my clothes is fun and necessary, the process of thrifting and finding new treasures is unmatched. As I walk through aisles in thrift stores, I am constantly reminded that each piece has a unique story, patiently waiting for its new owner to continue the legacy. And then

a particular piece catches my eye. It might as well have had my name written all over because I knew I'd be owning it from the moment I caught a glimpse. The same way spring allows me to bring life back into my style, thrifting puts life back into once discarded clothing items.

I deeply cherish many of my thrift finds, but my all-time favorite piece is a black shirt with the map of Africa on the back, flags of common countries on the shoulders and Africa's big five animals on the front. If I saw that shirt in a retail store, I probably wouldn't have bought it. But part of what makes thrift shops transformative is their ability to make you try things out of your comfort zone. Because of how unique each clothing item is in thrift stores, exclusively shopping there slowly accentuates a person's style. Soon, everything in his or her closet will be part of a mosaic that comes together to express their style.

Like retail shops, thrift stores come in many different forms, including online and in- person. For people who dislike sifting through a handful of clothes to find one they like, there are app alternatives such as Poshmark and Depop. These apps allow users to upload images of what they wish to sell, giving shoppers the experience of retail stores but with the benefits of thrift shopping.

Another common second-

hand clothing distribution method is hand-me-downs. With this method, friends and family can pass clothes down to the next person they fit. Regardless of the method. thrifting is a great way to keep one's wardrobe revived and to experiment with fashion.



Esther Ogoti sports her favorite thrifted T-shirt. (Photo courtesy of: Esther Ogoti)

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts!

SOCIAL



ع #SAUlife

Bailey DuBose @bay_what

Omg I'm going to end up on sau_cant_park and I promise you I actually can

K Karen Guerra @kfcguerra

it should be illegal to watch tiktoks out loud in front of people you're not

Andrea Stevens @estherstevens99

Our professor took a two minute break in class and this kid started doing pushups

0

Lila Odhiambo @ineedaprivateac

let the record show that i am over it

Sam Kumendong @samm_ek
it's times like these I ask myself why I'm left-handed



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Congratulations @its.elsie_like.lc, you found Kevin last week! Your prize is waiting for you in the Student Development office.



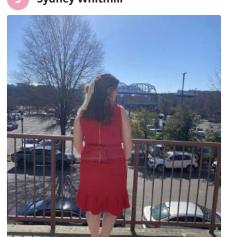
Kevin knows students need a snack to refuel for the week, so he is offering a

> \$10 Dunkin' Gift Card

DM us on Instagram with a photo of where Kevin is hiding!



S Sydney Whitmill



sydneywhitmill chattanooga I love you



kaleb.coleman_ Crimp or Die



jamielynn917 When you're vibing but mom says it's time for bed





n.lin.der Chattanooga, it's cool stuff, come visit me here sometime

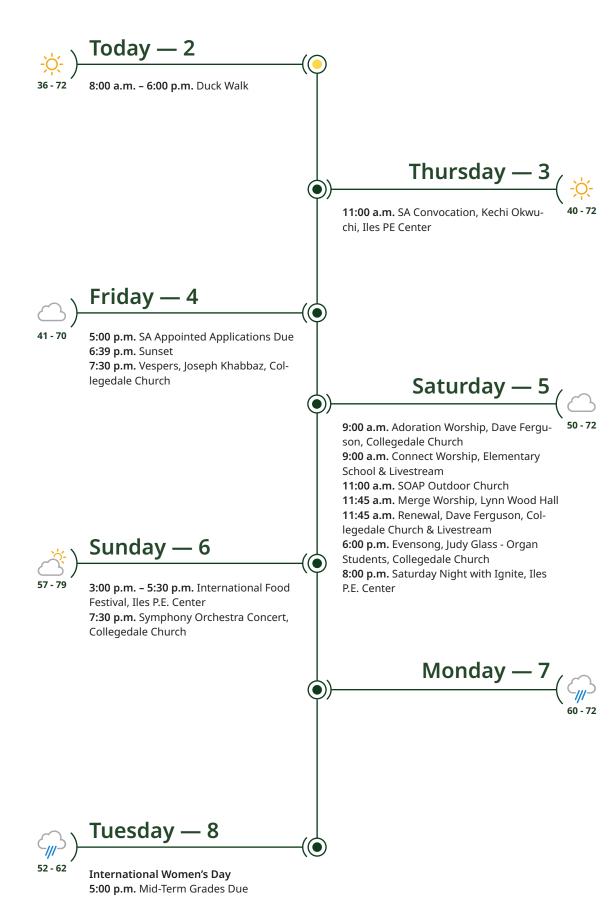


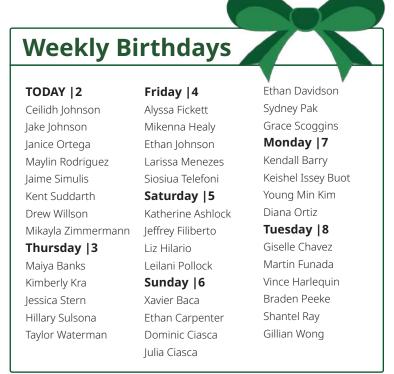
mr._wright1384 One of my favorite exer-



angels_aegis19 Finally chopped it off! It definitely took some hyping up, but I think it was definitely worth it.

CHATTER





SA Announcements

the Iles P.E. Center. Current students will get 15 free tickets and additional tickets will be available to purchase. Make sure to come out for some yummy food.

SA Talent Show will be on Sunday, March 27, in Iles P.E. Center at 7:30 p.m.

SA Banquet will be Sunday, April 10 from 6:30 p.m. to 9:00 p.m. at The Mill of Chattanooga. Tickets are \$25 and will be available to purchase in the SA office. If you are

International Food Fest will be on Sunday, March 6, from 3:00 p.m. to 5:30 p.m. in

tanooga. Tickets are \$25 and will be available to purchase in the SA office. If you are paying with credit card please come this week, February 28 to March 4, or the week of March 21 to 24. Cash is also welcome at any time. Deadline to purchase tickets is March 27.

SA Cabinet Positions are available to apply for at southern.edu/studentassociation. Positions available are executive secretary, assistant finance director, communication director, marketing director, parliamentarian, and director of multicultural engagement. The deadline to apply is this Friday, March 4, at 5:00 p.m.

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How to support a loved one

who has bipolar disorder

'A smile of joy she wore': **Annie Rebekah Smith**

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Lifestyle | 7

5 things you should know were invented by women

March 23, 2022 Collegedale, Tennessee Southern Accent

Issue 18

Brooks and Rogers: Southern students share engagement story



Ted Rogers and Celeste Brooks pose for a photo after announcing their engagement. (Photo courtesy of: Ted Rogers)

Frank Canizares Contributer

"It was a rainy night and we were out walking," said Celeste Brooks, sophomore mass communication major, as she recalled the moment when she realized Ted Rogers, sophomore communication and history double major, was the one.

"He had dropped me off at the girls' dorm, and he was leaving," she said.

At that point, Brooks said, she wasn't sure if they were going to see each other the next day, or if Rogers was going to ask her out on another date. At that moment, all she knew was she just didn't want him to leave.

Southern Adventist University — affectionately called "Southern Matrimonial College" by many students, alumni and employees over the years is known for being the place where many have found the person they eventually married.

Brooks and Rogers met during their first week at Southern; and from there, their love

story ensued.

The child of Adventist missionaries, Brooks said she spent her childhood like a fish-out-ofwater, as her parents relocated constantly, answering their call to serve. Always the new kid in town, Brooks — influenced by her mother — loved romance movies and western novels.

She said she always dreamt about a movie-like love story; and by junior high, she started picturing her wedding day as a "sentimental day."

"A day to take in the moment where everyone and everything had meaning to be there, from the venue to the type of food, all the way down to the guests," Brooks said.

She met Rogers on August 22, 2020, at Vespers. Friends had asked her to come out and meet new people. She remembers everybody saying his name, "Hey Ted," "Have you seen Ted?" But it was dark, and that was that.

"I had never met a 'Ted' before." said Brooks, as she remembered the day she met her fiancé.

A week later, at the Blue

Hole at the bottom of Lookout Mountain, she sat on a bench waiting for friends. Suddenly, a car pulled up, and an enthusiastic guy got out and introduced himself.

Brooks and Rogers spent the day among friends, hiking and cliff jumping. As she saw him interact, she realized he was real and honest. She would look to see if he was looking. She thought he was cute and wanted to talk to him.

"There were butterflies," Brooks said.

"Hey! So, you are from California?" Brooks asked Rogers.

They had a moment to themselves to talk and connect.

"She had so much to say about culture, geography, about life," Rogers said. "You could tell in the way she talked, she was intelligent."

A few days before Winter break, 2020, Rogers planned a beautiful evening — a romantic night out in Chattanooga. The Christmas tree was up, and there was an outdoor ice skating rink. They spent the night ice skating in the snow. Brooks remembers it being cold, but a

"I've had such a great time," said Brooks, as they ran back to their car. "I just love you so

Rogers didn't react to it then, not until they were on a plane from Chattanooga to Chicago on their way home for Winter break.

He asked her, "Do you love

And she replied, "Yes, I do." On the 30-minute layover at O'Hare airport, they were grabbing bags and running through the station to their respective gates on the other side of the airport. They sat together on a bench. And when her gate called, "To Oklahoma," they got up, and Rogers finally said what he'd been thinking all along: "I love you."

They hugged tightly, not wanting to let go, as they were about to spend five weeks away from each other.

See ENGAGEMENT on page 2

Campus Safety updates emergency text app

Geoffrey Fowler Reporter

Campus Safety has a new updated feature on its app Omnilert. The feature will allow a user to enable his or her location with the press of a button.

Omnilert, formerly called EQCampus, has been used for emergency text service for Southern Adventist University since 2015, according to Shawn Haas, associate director of Campus Safety.

Campus Safety has been testing the app on the Biology Trails to make sure that it works correctly. According to Haas, the Biology Trails are the best place to test because of how often people get lost or hurt themselves in that area.

The app gives users three emergency options: call Campus Safety, call 911 or submit a silent alert. The silent alert takes the user's GPS location and sends it to Campus Safety.

Haas said the app allows a Campus Safety officer to respond to the number that sent the call or alert.

Even with this new feature, Haas said it is best to call 911 if in danger. He said the app timestamps the person's location when he or she presses the button. After pressing the button, if you're in danger, it is good to leave the dangerous situation as Campus Safety responds.

According to Haas, one of the obstacles Campus Safety is facing with the app is getting people to download it. He said some people are hesitant to use location services due to privacy reasons.

Another feature that will be added is the ability to send videos or pictures.

"There is a certain hesitancy to adding that feature because you see on the news that peo-

See OMNILERT on page 2

'Off the Grid' graphic design gallery opens

Celeste Brooks Staff Writer

The School of Visual Art and Design's (SVAD) annual Senior Gallery Show opened on March 10. According to SVAD Professor Joe La Com, this year's theme is "Off the Grid."

Berly Hernandez Ortiz, senior graphic design major, explained the backdrop for this year's gallery theme.

"As graphic designers here, when we first arrive, we don't really know anything about design," she said. "We're instructed by professors and begin to learn. Eventually, your junior or senior year, you start to get out from what is known to be 'right' in graphic design, like the rules.

" As designers, we kind of go off the grid, because we begin to do our own thing," she continued. "We're our own self. We do our own style of pieces. The event will also be showcasing how people are different."

According to Ortiz, the theme was decided by the senior

class. Growing from their own experiences, the theme of the gallery became personal and allows quests to walk through the walls of art following each student's passion.

"For us, it's because every single person has a different style," Ortiz said. "You're going to be able to see that when you walk through the show. You're going to be able to tell what makes each of us different. We're going to have an entrance where people are going to see a concise theme, [but] when you get to like the art pieces you can see the differences."

Ortiz said the event is an opportunity for senior graphic designers to showcase their best designs that they did over all four years. Ortiz described the showcase as a gallery-style event with an opening night where the artists will stand with their pieces and answer questions or speak with potential employers.

"We're going to be placed in our section, where we're show-

See GALLERY SHOW on page 3

Student Association's annual talent show to return this Saturday

Lesieli Savelio Staff Writer

Student Association (SA) will host its annual talent show on Sunday March 27 in the Iles P.E. Center beginning at 7:30 p.m.

SA has hosted the talent show for at least 22 years, according to Kari Shultz, director of student life and activities.

"I have been here 23 years, and we have hosted one all but the year that we were sent home for the pandemic," Shultz said.

This year's talent show will include prizes of \$2,000 for first place, \$1,000 for second place and \$800 for third place. Ari Rodriguez, SA social vice president, said these amounts are larger than last year's prizes.

If a group wins, they will have to split the prize among themselves. Ten participants will be chosen from those who auditioned to perform on stage and compete for the prize money. Applications and auditions closed on Thursday, February 24, at 3 p.m.

See TALENT SHOW on page 2



Talent Show poster. (Poster courtesy of: Student Association)

ENGAGEMENT continued from page 1

From then on, their lives started to merge. They would call each other every single night, prioritizing their romance. Their relationship got serious during the time they spent away from each other.

Last summer, Brooks and Rogers went to Charleston, South Carolina.

They had made reservations for an upscale restaurant on a particular evening and had plans to watch the sunset on the beach; but it was turning out to be an awful day. It was raining hard and storming, but then the rain cleared up just 40 minutes before they had planned on going to the beach.

Rogers suggested they stop by the beach to see the sunset and then go to the restaurant. On a local online forum, he had found a secluded spot to see the sunset on the beach. As they were walking out to the beach, which happens to be on a peninsula, they witnessed magic.

"We could see the ocean on both sides as we walked out," Brooks said. "On one side, it was all rainy, gray and stormy out on the ocean. And on the other side, the clouds were moving away, and we could see the sunset."

The sun bidding farewell to a lighthouse under a feverish sky, emulating a postcard scene, entertained the enamored couple.

"It was really pretty," Brooks said. "All orange and pink."

Brooks decided to capture the beauty of the moment with a picture. And through the phone's screen, she saw Rogers as he knelt down and pulled out a ring. She turned as a shaky Rogers proposed.

"She said she was surprised," Rogers said. "But she said 'yes' to marrying me."

Brooks and Rogers are getting married on June 12, 2022, in Placerville, California, at Rogers' family's property.

"This place is so pretty," said Brooks, when she spent this past summer at a nearby summer camp. Brooks had fallen in love with the way California looks.

"If I were to have my wedding soon, I think I'll like it to be here," she said.

The couple is planning on having an inexpensive wedding and building an outdoor sanctuary with pews donated by a local church.

They will be using flowers, grass and greenery for decoration, cooking their own food and building a playlist. Rogers' grandmother is baking the cake.

"Both of us like being artsy and creative in the way we use things," Brooks said.

At the moment, the future Rogers are working on a guest list of 350 people. They look forward to their honeymoon in Myrtle Beach, South Carolina.



Ted Rogers and Celeste Brooks pose for a photo after announcing their engagement. (Photo courtesy of: Ted Rogers)

OMNILERT continued from page 1

ple record crimes in progress for giving it to the police later, but they don't actually call the police," Haas said. "You wouldn't want to submit a video of someone being assaulted; you want to call 911. ... 911 is your best option, always."

Haas said there will be a convocation to go into more detail about Omnilert's new updates. The date is still to be determined.



Campus Safety app called Omnilert. (Screenshot of app)

TALENT SHOW continued from page 1

Most applicants like to show off their musical talents, but the talent show is open to other acts as well, according to Rodriguez.

This year's show will be a little different from last year's because students will not be the only people to show off their talents. According to Rodriguez, there will be a new, special section of the show for

professors to take the stage.

"We're having professors from different departments come out and showcase their hidden talents," Rodriguez said.

The talent show is not the last SA event of the year. There will be an SA hosted banquet on April 10 and the annual Strawberry Festival at the end of the school year.

To find out more about the talent show and other SA hosted events, students can visit @sa_southern on Instagram.

Get to know your chaplain: Pastor Joseph Khabbaz

Lizbeth Rodriguez-Diep *Staff Writer*

Many students have seen Chaplain Joseph Khabbaz preach at Vespers, but they might not know him or his story. Khabbaz is the vice president for spiritual life and chaplain at Southern Adventist University. He was born and raised in Sydney, Australia, and did not always work in ministry.

Khabbaz earned a bachelor's in accounting and worked as a chartered accountant for several years. Eventually, he was led into ministry.

Khabbaz worked as the youth and young adult pastor for Sligo Seventh-day Adventist Church in Takoma Park, Maryland. He said God led him to Southern back in 2019, and he has been serving here ever since.

"No two days in a week are really the same," Khabbaz stated in an email to the Accent, describing his average workday. "This semester includes [the President's] Cabinet meetings, giving Bible studies, meeting with the pastoral staff at Collegedale Church [of Seventh-day Adventists], teaching the intermediate youth ministry class, spiritual counseling with students, meeting with the Office of Ministry and Missions staff, working on strategic projects and planning for Vespers."

Some students said they have been impacted by Khabbaz, one being sophomore biology major and Vespers coordinator Emily Rojas.

Rojas works closely with Khabbaz and shares in a written response what she has learned from him:

"Pastor J has taught me that everyone is worthy of respect," Rojas said. "I have weekly meetings with Pr. J and other individuals to discuss Vespers. The ages and roles of us range [vary], but he makes sure to listen to each one of us. He creates a great atmosphere to openly share and, through his example, encourages us to respect one another as well."

Rojas said she most admires

Khabbaz for "his willingness to listen and receive feedback from students." One word she said she would use to describe him is "cheerful" because he leads the office with energy and encouragement despite having a time and energy-consuming job.

Similar to Rojas, John Kent, junior social work pre-med student and former Vision Trips assistant, said he has had wonderful experiences with Khabbaz.

"Pastor Joseph taught me [that] relationships are paramount in life," he said.

Khabbaz said his aim is for each individual to experience a vibrant and meaningful relationship with God.

"[My desire for the university is] that every student, faculty and staff experience a vibrant relationship with God that leads to a greater sense of their Godgiven calling," Khabbaz said. "My hope is they will discover their unique calling by connecting their vocation and faith."



Joseph Khabbaz. (Photo courtesy of: Joseph Khabbaz)

Southern Accent

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However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

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Southern's Enactus to host pitch competition

Charlene Arnold Staff Writer

Enactus' "Bring It" project will host a pitch competition on Tuesday, March 29. Entrepreneurial contestants will have the opportunity to win \$5,000 for expenses needed to make their business ideas a reality.

According to "Bring It" Project Manager Jacob Bradshaw, the event is Southern's version of the reality TV show "Shark Tank." It will give student entrepreneurs and those who have business ideas an opportunity to pitch their ideas to a panel of business professionals. Bradshaw said the event will take place in Lynn Wood Hall at 7 p.m. and enrichment credit will be available.

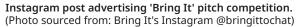
"The "Bring It" project aims to help prospective business

owners learn from the success of others by giving students an opportunity to network with graduates of Southern who are now successful entrepreneurs," said Bradshaw.

The project will provide resources such as marketing help, tax help and initial business start-up strategies. These efforts are in hopes of making small businesses viable and giving them the capital needed to get started, according to Bradshaw.

"The biggest thing we want people to know is that this is a project that can benefit anybody who has an idea for a small business on campus." Bradshaw said. "We want to be the place where students know that if they have an idea, "Bring It" is there to help them."







Opening night of the Senior Design Studio Art Gallery features work from (L-R) Cam Clark, Madi Sewell, Daniella Hasel, Berly Hernandez, Yosef Henry and Molly Untalan. All their work is displayed on the walls of the art gallery in Brock Hall. Thursday, March 10, 2022. (Photo by: Xander Ordinola)

GALLERY SHOW continued from page 1

casing our work," Ortiz said. "And we're just going to be talking to people, like if people have questions about our work, or if there's a potential employer who is going to come in to look at our work and try to hire us. It's a way to make connections for us as well as to showcase our talents."

La Com said the showcase is a requirement for senior graphic design majors. The students were in charge of planning, promoting and organizing the event.

According to La Com, the show opened at 6:30 p.m. on March 10. Ortiz said the event is open to students and anyone else who would like to view the gallery.

COLLEGEDALE NEWS

Collegedale Commission approves resolution to name an intersection or bridge after late Representative Mike Carter

Elsie Pak <u>Reporter</u>

On February 7, the Collegedale City Commission approved Resolution #531, a resolution to request the renaming of an intersection, bridge or section of roadway in honor of the late Representative Mike Carter.

Resolution #531 came as part of this year's bill package and was requested by current Representative Greg Vital, according to a recording of the Commission meeting.

It was moved by Commissioner Ethan White and seconded by Vice Mayor Tim Johnson to approve the resolution.

"He [Representative Mike Carter] has a long legacy in the Collegedale and Ooltewah area," said Mayor Katie Lamb in a written email response to the

Accent about Carter's influence attributed to the cancer. in the county.

Lamb wrote that Carter was raised on a farm located on Ooltewah Ringgold Road just outside the current Collegedale city limit and educated within the Hamilton County schools. He was also a General Session Court judge until he retired in 2005. Then in 2009, Carter was a special assistant to the Hamilton County Mayor Claude Ramsev, and in 2012 was elected as a state representative.

In November 2020, Carter announced on his Twitter account, @RepMikeCarter, that he had been hospitalized for COVID-19 in August 2020. Two months later, he was diagnosed with pancreatic cancer after going for a check about lingering COVID-19 symptoms that were then

He served as a member of the Tennessee House of Representatives representing District 29 from 2012 until his death on

May 15, 2021, when he lost his battle with pancreatic cancer.

The exact location of the to-be named roadway has not been determined yet. The



The intersection of Lee Highway with Edgmon Road. The intersection is being considered for Resolution #531, a resolution to request the renaming of an intersection, bridge or section of roadway in honor of late Representative Mike Carter. Monday, March 21, 2022. (Photo by: Xander Ordinola)

intersection of Lee Highway with Edgmon Road is being considered, as well as a bridge or intersection around Ringgold or Apison Pike, according to the Commission meeting recording.

"Representative Mike Carter was civic-minded and very interested in the welfare of the citizens in his district," Lamb stated in the email to the Accent. "He was instrumental in getting the red light at the intersection of Lee Highway and Edgmon Road where several individuals died due to accidents. I feel, along with the city commissioners, that naming a portion of a road, bridge or intersection would be a way of honoring him for his civic contribution to our area."

Video shows Collegedale police officer tasing DoorDash driver

Alana Crosby

Collegedale News Editor

On Thursday, March 10, a Collegedale police officer pulled over DoorDash driver Delane Gordon for speeding, according to an article published by The Washington Post. Video footage shows Gordon asking for the officer's supervisor before the officer tried to physically remove him from the vehicle and then used a Taser on him.

The article stated that the driver was on his way to deliver

a DoorDash order when he was pulled over a few hundred yards from his destination.

On the Collegedale Police Department's (CPD) daily report, which was posted on its Facebook page, the CPD said that the stop "resulted in the driver's arrest for failing to identify themself and failure to obey lawful orders."

Video footage shows Gordon sitting in his car and holding his driver's license in hand while asking why he had been pulled over and if the officer

The Hamilton County **Sheriff's Office is** conducting an independent investigation upon the request of **District Attorney** Neal Pinkston.

would call a supervisor.

According to the video, which was recorded by Gordon, the officer demanded Gordon get out of his vehicle, holding his stun gun. In the video, the officer said, "You refused to give your information. I told you to get out of the car. Now you're resisting. Get out!"

When Gordon did not move, the officer reached into the vehicle and tried to pull Gordon out. Gordon then stated that he was feeling "uncomfortable" and asked the officer to "please stop." The video then shows the officer stepping back, pulling his stun gun again, and tasing Gordon.

In a press release, the CPD said that the Hamilton County Sheriff's Office is conducting an independent investigation upon the request of District Attorney Neal Pinkston.

Collegedale "The Department has launched its own administrative review of the traffic stop and will release the results of that internal affairs investigation once it has been completed," the press release stated.

Elsie Pak also contributed to this report.

IGNITE LIVE



Former Harlem Globetrotter Melvin Adams answers questions. Co-hosts Aaron Patterson and Elise Deschamps asked him about his basketball career and spiritual life. Saturday, March 5, 2022. (Photo by: Maiya Banks)



Co-host Aaron Patterson gets dunked in an ice bath. Toward the beginning of the show audience members were asked to vote on Instagram for which one of the hosts should be dunked in the ice bath at the end of the event.

Saturday, March 5, 2022.

(Photo by: Maiya Banks)



Noah Bynum, a reporter for "Ignite," asks questions to audience members. Bynum, as well as Clarissa Osorio and Garrett Christensen, went into the audience, similar to the "On the Street" segment of "Ignite" the show.

Saturday, March 5, 2022.

(Photo by: Maiya Banks)



(L-R) Josue Vega, Kaitlyn Deaux and Michaela Hounslow act in a skit for "Extinguished." "Extinguished," a spin-off of "Ignite," uses fictional stories to tackle serious topics. Saturday, March 5, 2022. (Photo by: Maiya Banks)



Co-host of "Ignite Live" Elise Deschamps holds the microphone for Nikki Litten while waiting for Litten to answer questions. Various clubs participated in several games during the event, including answering questions in an ice bath.

Saturday, March 5, 2022.

(Photo by: Maiya Banks)



Josue Vega and Xander Ordinola entertain the audience during the lip sync battle portion of "Ignite Live." They performed the song "Never Getting Back Together," by Taylor Swift. *Saturday, March 5, 2022.* (Photo by: Maiya Banks)



(L-R) Roger Antigua, Mile Pinero and Migdalice Ramos performed "We Don't Talk about Bruno" from the movie, "Encanto." They and other members of the Latin American Club recreated the scene from the movie.

Saturday, March 5, 2022.

(Photo by: Maiya Banks)



Student Ministerial Association at the end of their lip sync performance. *Saturday, March 5, 2022.* (Photo by: Maiya Banks)

MENTAL HEALTH

Riding the highs and lows: How to support a loved one who lives with bipolar disorder

Kiana Oliver

Counseling Graduate Student

Editor's note: The following article is written by a counseling graduate student in partnership with Counseling Services and the Southern Accent.

Highs and lows, ups and downs. To describe her psychiatric disorder, author Alyssa Reyans writes, "Bipolar robs you of that which is you. It can take from you the very core of your being and replace it with something that is completely opposite of who and what you truly are."

Although the symptoms and their severity can vary, the National Alliance on Mental Illness (NAMI) stated that individuals with bipolar disorder may experience hallucinations, delusions and episodes of extreme moodiness.

One day, a person might feel invincible with endless energy and a heightened sense of self-confidence. They're ready to move mountains! But this "high" doesn't last forever; bipolar disorder also involves debilitating moments of depression and an increased risk of suicide. This disorder is often described as an emotional roller-coaster with its highs and lows, ups and downs.

As a person is going through these manic or depressive phases, there are other passengers on this ride: family, friends and partners.

Please note it is possible to have a happy and healthy relationship with individuals who have bipolar disorder. However, living with this condition

has its challenges, and this article hopes to bring awareness about ways you can support your loved one.

As with any psychiatric disorder, the first step in helping someone is to learn more about his or her diagnosis. There are various types of bipolar disorders: bipolar I disorder, bipolar II disorder, cyclothymia disorder and other types. Although these disorders involve changes in a person's mood, energy and activity level, it's important to recognize that they have different characteristics. Having this knowledge will better prepare you to look out for signs of manic or depressive episodes.

As emphasized by Traci Pedersen's article, "Tips for living with someone who has bipolar disorder," try to not take things personally when your loved one is in a state of depression, mania or hypomania. During these times, the person may lash out and say inappropriate things. Recognize that your loved one wouldn't normally express these hurtful comments when he or she is not experiencing an episode.

Most importantly, you must set limits and protect your well-being. It's never okay to endure physical or emotional abuse from another person.

An article published by the Recovery Village encourages readers to create a safety plan for when your loved one is acting recklessly. For example, if you notice that his or her behavior is becoming risky during manic an episode, insist on driving or avoid being

a passenger in the car. If the person becomes suicidal or violent, don't attempt to handle the situation on your own call emergency services.

It's not easy riding with the highs and lows, ups and downs of bipolar disorder, but remember: Never give up hope that your loved one can improve through treatment and therapy.

Thank you to local high schooler, Addison Carter, who suggested the topic for this ar-



Students pray in the student park pavilion. Thursday, September 17, 2020. (Photo by: Xander Ordinola)

SPORTS

Southern's basketball intramurals come to a close

Jacob Nevis

Sports Editor

The regular basketball intramural season has come to an end, and playoffs are now in full swing. The regular season occurred from February 14 to March 17.

Basketball is a popular sport at Southern, and Troy Walker, intramural director for Southern, said the season had significant participation.

"This year, we have had a very good turnout," Walker said. "We had 53 teams play, which is a record for basketball, and 21 Mens C league teams, which is also a record. The season has gone very smoothly."

Walker said he was glad that spectators were back in the gym to watch the games. This is a change from last year when only players were allowed into the gym due to COVID-19 regulations. Walker said basketball games typically have many spectators, and it might have the best attendance alongside volleyball.

Spectators back in the gym isn't the only change from last year; the rules of basketball were changed as well. Under past COVID-19 regulations, players were not allowed to shoot free throws for a foul. Instead, a foul just gave the opposing team one point. The rule was scrapped this year, which returned Southern's basketball intramural games back to the normal rules.

Past regulations affected the basketball scorers as well. Last year, only one scorer was allowed for each game instead of two, which meant that the scorers would have their hands full at times. During games, scorers are in charge of keeping track of the scorebook, having

the scoreboard accurate and running the shot clock.

Tylor Einhellig, sophomore political science major, worked as a scorer last year. She talked about the change from last year to this year.

"Last year, we couldn't do the shot clock most of the time because of only having one scorer and having social distancing in place," she said. "It was also a lot easier to focus on the game because students weren't allowed in the gym, which made

a lot less distractions. I love the social aspect of it this year, but it has made the job at hand much more difficult."

With every sport comes some minor problems, and basketball intramural games are no different at Southern. Players, at times, can get very competitive, and sometimes that might boil over in a game. However, if a player is ejected from the game, Walker said the player must speak with him, and he or she isn't usually allowed to play

in the next game with the team.

"Here at Southern, I really value sportsmanship," Walker said. "I really like to encourage it with the players."

Playoffs kicked off this week. After playoffs, the basketball season will come to an end, with soccer intramurals starting up right after.

Soccer intramurals are set to begin March 28 with teams needing to be created by March 23.

The championship schedule:

Mens B League Championship game, March 24 at 6:00 p.m.

Mens C League Championship game, March 24 at 7:00 p.m.

Ladies B League Championship game, March 26 at 8:30 p.m.

Ladies A League Championship game, March 26 at 8:30 p.m.

Mens A League Championship game, March 26 at 10:00 p.m.



Leo Dewe of the Beta Boyz goes for a layup in his intramural basketball game. Monday, March 7, 2022. (Photo by: Xander Ordinola)

OPINION

Why are many young adults leaving the church?

Two factors: Individual choice Religion should be and ineffective evangelism a deep relationship

John Kent *Contributor*

The phenomenon of leaving the church is not unique to young adults. The United States is progressively becoming a "non-religious" country. According to Gallup, in 2020, only 47% of U.S. adults had membership with a religious organization. Additionally, 51% of Millennials described themselves as unaffiliated with Christianity, according to data published by Pew Research Center in 2019.

The difficulty in answering the question, "Why do young adults leave the church?" comes not from a lack of reasons for leaving, but disagreement regarding which reasons are legitimate. Studies have documented why young adults withdraw from church, yet it is easy to dismiss these reasons and instead claim them to be aliases for "worldliness."

Instead of evaluating the validity of existing answers, I'd like to attempt to refrain from contributing my bias to a question already saturated with conviction. I'll provide two helpful paradigms for processing this question: a sociological perspective and a biblical perspective.

In sociology, socialization is the process of learning to behave in a way that is acceptable to society — or in this case, the church. The church presents biblical truth and its values, which young adults then interact with to understand how to be a Christian. In other words, "church socialization" is a form of evangelism, the spreading of Christian gospel.

I asked some of my friends why they thought many young adults leave the church. Some of their responses included: "The church isn't relevant to my life," "Members mistreated me," "Hypocrisy" and "I was irrelevant."

The causes of these reasons

are not inherent to the individual, but to the church. The socialization, or evangelism, that young adults experience seems to be ineffective, and young adults who leave may have never been truly a part of the church, as suggested by John Stonestreet, president of the Colson Center for Christian Worldview.

When on Earth, Christ exposed the fallacies of His people's interpretation of Scripture and held believers accountable for proper evangelism. The church is not exempt from Christ's rebuke. If the church's method of evangelism is faulty, it is irresponsible to attribute the cause of rejecting Christianity solely to those who the church is tasked with wit nessing to.

However, young adults are not free of responsibility. A useful framework for understanding individual responsibility is Christ's parable of the sower. Biblical truth is dispersed by the church to varying environments. Each individual, regard-

less of whether their conditions are "thorny" or "fertile," ultimately decides for themselves if they accept biblical truth. Yet Christ did not use this parable to attribute the cause of Gospel rejection to the individual nor to the church; He simply described circumstances that evangelism would encounter.

Perhaps the approach to answering this question should not be attributing blame but placing responsibility where it is due. The church should be held accountable for its quality of socialization. Similarly, young adults should be held accountable for their decisions regarding biblical truth—not by the church, but by God.

This question is not about others, but about us--we are the young adults of today. So, why do we leave the church? Ask yourself why you would, or perhaps, have left the church. You might find some insight into this polarized question, and possibly some compassion for others as well.

We all feel it in our bones. The Seventh-day Adventist Church (especially in North America and Europe) is aging. Why? Because as youth and young adults, we are forgetting that Christianity is about a dynamic, life-changing relationship, not a set of dry, brittle traditions. We seem to know intuitively that if we want friends, we must take time for them. And, we certainly seem willing to pour energy, creativity

Rhonda Grakov

Contributor

However, when it comes to the deepest, most long-lasting (think eternal) relationship a person could ever have — one with our Creator, God and Savior — we are suddenly struck with total amnesia about what makes a relationship tick. Worse yet, I think we even forget that it is a relationship at all.

and precious hours into pursu-

ing our romantic interests.

My friends, the time has come to change things. No matter what the authority figures in our childhoods did or didn't model to us, we are adults now. We need to take ownership of our connection with Jesus and

do whatever it takes to make sure it is the healthiest relationship of our lives. It will take daily time, thought and effort. But that's what any worthwhile relationship requires, right?

Without the intentional cultivation of a friendship, it will wither away and eventually disappear from our lives. We've all had this happen with other humans but somehow forget that a divine-human relationship works the exact same way. God will never let us slip out of His love and care, but we might let Him slip out of ours — and a one-sided friendship isn't a friendship anymore.

When we as young adults start treating our religion more like a relationship, going to church will cease being the issue it is.

This is the reason so many of our peers are also slipping out of church. A threadbare relationship cannot be sustained simply by maintaining the exterior trappings of a healthy one.

Christianity is a deeply personal faith, one that requires participation from the inside out, and one in which Jesus permeates the deepest, murkiest corners of the human heart. By God's grace, plus our cooperation, churchgoing must become a matter of the heart, not merely of habit. If we do not esteem our friendship with God highly enough to invest time in it every day, what makes us think that a church service once a week will keep us by His side?

When we as young adults start treating our religion more like a relationship, going to church will cease being the issue it is.



Blake Tousignant walks outside of the Collegedale Church of Seventh-day Adventists. *Sunday, March 20, 2021.* (Photo by: Xander Ordinola)

RELIGION

'A smile of joy she wore': Annie Rebekah Smith

Victoria Mills Religion Editor

Annie Rebekah Smith was born on March 16, 1828, in New Hampshire. She died from tuberculosis on July 26, 1855. She was 27 years old, just a few years older than many of us are

at Southern.
Since it's Women's History Month, I decided to write about Smith, who I believe exemplified what it means to be not only an amazing woman, but also a dedicated Christian and Seventh-day Adventist who blessed many during her short life. Most of this information is from the Encyclopedia of Seventh-day Adventists and a sketch of Smith's life by her mother, Rebekah Smith.

Smith had exciting ambitions. She loved music, writing, poetry and art, and she was talented in all of those areas. After the Great Disappointment of 1844, she turned to her studies and future plans to teach French and painting.

Then in 1850, she decided to sketch a landscape of Boston from Prospect Hill in Somerville, Massachusetts. The city was three miles away, and the strain on her eyes became so great that, for the next eight months, she could barely see. This was a huge disappointment to her, especially since she had to decline a position at a seminary where she had been wanting to teach.

Writing became her comfort. During this time, she sent articles and poems to magazines, getting published and unknowingly preparing herself for how she would minister in the future.

In 1851, Smith reluctantly attended a meeting led by Joseph Bates. The night before, she had a dream. In the dream, she entered a meeting room. There was a man up front, speaking. In the back, there was one empty seat by the door, and she sat down in it.

When she arrived at the real meeting, she was amazed to see the same situation she had seen in her dream.

From the front, Joseph Bates saw a young woman come in late and sit in the only seat left. After his sermon, he approached Smith with an even more amazing announcement. He had a dream the night before that matched hers and what had just happened exactly. This was the confirmation Smith needed to join the Advent movement again and rely on Jesus for her future.

The next four years were full of writing, friends and her newfound faith. Smith sent a poem to the Review and Herald, and James White was so impressed with her writing that he invited her to join the Review staff as a copy editor. She was given much responsibility, sometimes even editing the whole periodical when White was away. Her brother, Uriah, was also on staff at the Review and became its longest-serving editor.

The Whites took her under their wings, and they all became

very close. Smith was only one year younger than Ellen White.

During this time, it is supposed that J. N. Andrews and Smith became close and may have even fallen in love with each other, according to the Encyclopedia of Seventh-day Adventists. However, Andrews mar-

ried Angeline Stevens. In a letter to Andrews in 1855, Ellen White wrote that "Annie's disappointment cost her her life." Whatever the case, in 1854, Smith started showing symptoms of tuberculosis and returned home to be with her mother

and brothers.

The last few months of her life were spent in New Hampshire.
She died peacefully in her sleep on July 26, 1855.

Three of Smith's hymns appear in the 1985 SDA Hymnal that we use today. "I Saw One Weary" describes Bates and White in the first and second verses, but she used the third verse to describe herself, using masculine pronouns to be consistent with the other verses. I think it gives a beautiful picture of what Smith was like.

"And there was one who left behind

The cherished friends of early vears.

And honor, pleasure, wealth re-

To tread the path bedewed with

tears.
Through trials deep and con-

flicts sore, Yet still a smile of joy [she] wore; I asked what buoyed [her] spir-

'O this!' said [she] "the blessed

its up,



Portrait of Ophelia from Shakespeare's "Hamlet" painted by Annie Smith. It is believed to be a self-portrait.

LIFESTYLE

5 things you should know were invented by women

Aaron Mumu Lifestyle Editor

In honor of Women's History Month, here's a list of five items that were invented by women (and three examples of how women didn't get fair compensation for their efforts).

The Monopoly game

The board game by which you can buy property, charge your friends for rent and eventually ruin those friendships traces its origins to Elizabeth "Lizzie" Magie in 1904. Called "The Landlord's Game," Magie's creation was initially created to demonstrate the evils of unchecked capitalism.

According to an article by Mary Pilon, published in the New York Times, The Landlord's Game enjoyed popularity for about 30 years until a man named Charles Darrow learned how to play. Darrow then tweaked the game and sold the idea to the Parker Brothers under the name "Monopoly." Though the Parker Brothers eventually made a deal to purchase Magie's patent for The Landlord's Game, Magie reportedly made only \$500 for her creation while Darrow received guaranteed royalties for Monopoly.

The ice cream maker

Before the modern-day freezer, there was the double-cylinder hand-crank ice cream machine.

Invented by Nancy Johnson in 1843, this machine reduced much of the production time required for ice cream. According to an article from Different Truths, Johnson gave her idea to a man named William Young in exchange for \$200. Young went on to name it the "Johnson Patent Ice-Cream Freezer." Windshield wipers

Have you ever been in a car and clutched every possible handle because your driver is that dangerous? Mary Anderson, the inventor of the windshield wipers, would have probably related to that experience. According to a ThoughtCo

article by Mary Bellis, Anderson observed her driver constantly stick his head out the window or stop the vehicle to push snow off the windshield.

Taking matters into her own hands. Anderson drew up the design for the first windshield wipers and submitted her patent on June 18, 1903. According to the article, unfortunately, Anderson didn't make any money off the windshield wipers, as corporations apparently didn't see demand for the wipers until after her patent had expired.

The Laserphaco probe

Dr. Patricia Bath revolutionized cataract removal surgery in 1986 with the Laserphaco probe. Cataracts are the cloudy areas that form in the normally transparent lens and are the leading cause of vision loss. Doctors perform cataract surgery all over the world to prevent blindness (which is not to be confused with LASIK surgery, which corrects vision).

According to a Medical News

Today article, Dr. Bath's Laserphaco probe proved to be more precise than traditional methods and also lessened the surgery time for cataract removal. With this invention, Dr. Bath

also became the first black female doctor to receive a medical patent, according to the Medical News Today article. Kevlar

Kevlar, a fiber known best for bullet-resistant vests, was created due to the work of Du-Pont chemist Stephanie Kwolek in 1966, according to a Lemson Center for the Study of Invention and Innovation article.

Intrigued by its unique properties, Kwolek spent several days convincing her colleagues to spin and test it. The researchers at DuPont were all surprised at how sturdy and lightweight the material was.

Many people in dangerous professions owe their lives to this bullet-resistant material, although you might also have benefited from Kevlar in the form of tennis rackets, cut-resistant gloves, tennis shoes and more.

Historically, women didn't always receive credit or compensation for their contributions to the world. So during this Women's History Month, let's continue celebrating all the amazing ways women impact our lives.









(L-R) Ice cream machine, windshield wipers, kevlar sheet and a game of Monopoly. (Photo courtesy of: State Farm (Windshield wipers) and William Warby (Monopoly))

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts! **SOCIAL**



🄰 🛮 Twitter

#SAUlife



Bailey DuBose @bay what

There are people who actually really upset that Minnie Mouse has added a pantsuit to her wardrobe, y'all are just haters

Joel Guerra @j8war

The alphabet song might be the only song I know the full lyrics to

Andrea Stevens @estherstevens99

Does my boyfriend like bread more than he likes me? Yes.

Hannah Cheneweth @h_cheneweth

hannah's brain: you need to eat another meal today hannah: stress eats cake instead

Rence Arroyo @notrence

Looking at pictures of a beach rn because I don't get a spring break

Lila Odhiambo @ineedaprivateac WHY EVERYONE AND THEIR UNCLE IN FLORIDA

Lila Odhiambo @ineedaprivateac

ME INCLUDED

0 ĹŢ **Nyah Banks**

nyah.ks me and my nomies

Eunice Obispo

obispo00 cielo de mis pensamientos...





Will Wallace



will.wallace I don't know what was funnier. all the dad jokes or that boat honking in Colin's backswing

Emma Fenwick



emmseys cityscape

Congratulations @jessipie1, you found Kevin last week! Your prize is waiting for you in the Student Development office.



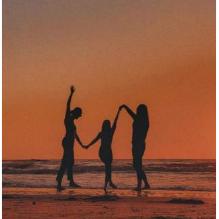
Kevin knows students need to restock on supplies after break, so he is offering a

\$10 Walmart **Gift Card**

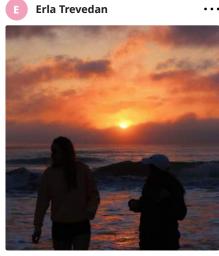
DM us on Instagram with a photo of where Kevin is hiding!



Sarah Kilroy



sarah.eilis happy tears



erla trevedan st augustine sunrise

Weekly Birthdays

TODAY |23

Alberto Balio

Aaron Buttery

Chad McNorton

McKenna Britt

Dyani Copp

Rosela Disla

Gabriel Reis

Ethan Smith

Christopher Viar

Tierra Washington

Casey Tull

Weiyi Li

CHATTER

Today — 23

Friday — 25

legedale Church 7:56 p.m. Sunset

Badminton/Singles Tennis Sign-ups begin, imleagues.com/southern

7:30 p.m. Vespers, Anna Bennett, Col-

11:00 a.m. SA Senate Surprise

5:00 p.m. Soccer Captains' Meeting, **Hulsey Wellness Center**





Last Day to Drop a 16-Week Class, "W" on transcript

Spring Preview Southern Symphony Orchestra Tour 11:00 a.m. Convocation, Hasel Lectureship, Paul Copan, Collegedale Church 7:30 p.m. General Recital, Ackerman



Tryg Stokes Thursday |24

Auditorium



Friday | 25

Breanna Ermshar Marc Guarino Jordan Lemon

Saturday | 26 Brandon Edelbach Anna Hunt Kristen Page Madison Wilcox Morgan Wilcox

Sunday |27

Brandon Familia

Juliana Wolf Monday | 28 Lilyann Adams Terry Bokombe-Bokefele Jessica Galdamez-Maravilla Sam Han

Elijah Oyoyo

Golda Ruckle

Natalee Townsend

Brad Stern

Alyssa Wolf

Tuesday | 29 Daniel Simmons



11:45 a.m. Merge Worship, Lynn Wood Hall 11:45 a.m. Renewal, Dave Ferguson, Col-

legedale Church & Livestream 7:30 p.m. Evensong, Judy Glass- Organ Students, Collegedale Church 8:30 p.m. Rees Series Basketball, Iles P.E. Center

SA Announcements

SA Talent Show will be this Sunday, March 27 in Iles P.E. Center at 7:30 p.m. Come enjoy Southern students' talents!

SA Banquet will be Sunday, April 10, from 6:30 p.m. to 9 p.m. at The Mill of Chattanooga. Tickets are \$25 and will be available to purchase in the SA Office. This is the last week to purchase tickets!

Sunday — 27

9:30 a.m. Senior Exit Exam, Bietz Center Testing offices

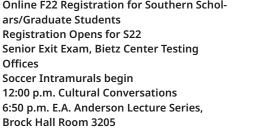
7:30 p.m. SA Talent Show, Iles P.E. Center



Online F22 Registration for Southern Schol-

6:50 p.m. E.A. Anderson Lecture Series, **Brock Hall Room 3205** 7:30 p.m. General Recital, Ackerman Audi-

torium





Check out our website! www.southern-accent.org





Tuesday — 29

Online F22 Registration for Returning Seniors > 93 hours 12:00 p.m. Deep Dive Cultural Conversation



MASTER'S DEGREE IN EDUCATION

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An online master's degree from Southern Adventist University prepares educators for success.

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- Literacy Education Outdoor Education



Preheating happiness to 350°F: The benefits of cooking

Opinion | 6

Women in ministry: 'Don't let anything stop you' Religion | 6

'Thank God for what He will do, not what He's already done' Lifestyle | 7

Rebuilding relationships amid social barriers

March 30, 2022 Collegedale, Tennessee



Vol. 77 Issue 19

Junior at Collegedale Academy in need of kidney transplant



(Photo courtesy of: Tami Lloyd)

Madison Wilcox Reporter

Seventeen-year-old Cooper Moore, a junior from Collegedale Academy, is in need of a kidney transplant. According to his mother, Tami Lloyd, live donors must be between the ages of 18 and 55 and have blood types Oor O+ to undergo the transplant process, which is free to the donor. They must also be physically and mentally healthy, with a BMI of under 35, and no history of diabetes, hypertension, cancer or other diseases.

Lloyd said Moore has struggled since birth with chronic kidney issues resulting from an outlet obstruction in his urinary system during utero. Although the blockage was removed after birth, the

damage to both kidneys was extensive. Lloyd said Moore has depended entirely on the function of his right kidney since birth, though it was enlarged as a result of the blockage.

According to Lloyd, Moore's kidney function has declined within the last six months. By December 2021, function had dropped to between 15% and 20%. The kidney function level required Moore to be placed on the National Kidney Donor Registry. Lloyd said Moore was successfully added to the registry on Friday, March 25, but wait time for a donor can be up to one year, even though the process is expedited for pediatrics.

"If we don't do anything fast
— and it may not be fast —
then he may end up on dialysis

before we can get that transplant, because we don't have a living donor," Lloyd said. "Some people are lucky to find that living donor, but we haven't found one yet."

Lloyd said all her family members, including her, have undergone tests to see if they could be a possible match. So far, there are no potential matches within Moore's family.

Moore, who said he enjoys playing softball, football and video games and is considering studying history in college, shared his thoughts about his kidney issues.

"I've dealt with it my whole life," Moore said. "It's not really anything new. It's just one step more. Eventually, [the transplant is] going to happen. ...

It's like having a math test. ... You don't want to do [it], but [you've] got to do it."

Lloyd also recognized the inevitability of the transplant.

"We don't have a choice," Lloyd said. "I mean, he would prefer not to go through any of this. None of us would... But you're never ready. You're never ready when they say it's time. So now we'll be waiting for that phone call."

According to Lloyd, people interested in donating a kidney to Moore can visit tinyurl. com/findAMatchForCooper to fill out the living donor intake form. The form includes a medical questionnaire and will allow the donor to indicate that

See COOPER on page 2

Cafeteria struggles as student workforce declines

Stefanie Green Copy Editor

Service jobs, like those at the cafeteria, tend to feel the effects of low staffing the hardest, according to Teddy Kyriakidis, Southern Adventist University's Food Services director. He explained that the decline in student cafeteria workers has been occurring over the past seven years.

According to Kyriakidis, the reason for the worker shortage could be a combination of multiple factors, including COVID-19 and the fact that it is a hands-on job that many students may not consider.

Low-staffing of student workers in the cafeteria leads to various problems. The salad bar has had to be closed on Saturdays because there are not enough workers according to Kyriakidis. He said he believes that Sabbath observance has played a role in the lack of student workers on Saturday and that staffing on Sunday is also difficult because many students want to sleep in and don't like working on that day.

Milé Pinero, senior English literature major and a cafeteria cashier, said that since the cafeteria is understaffed, the student workers who already work there are given more tasks.

"From what I've noticed, because the cafeteria is often understaffed, more work falls on the shoulders of people with different job descriptions, and some people might not think that is fair," Pinero said.

Sophomore mass communication major Keishla Galán works

See CAFETERIA on page 2

Hulsey Wellness Center holds student-led exercise classes

Sierra Ureta Staff Writer

Hulsey Wellness Center is holding three student-led exercise classes this semester: Indoor Cycling, Cardio Beat and Core Strength and Stability.

Jack Wheeler, junior health science major, leads the Core Strength and Stability class every Monday and Wednesday from 3 to 4 p.m. He said he enjoys having the class to help others improve their fitness, and he gets a good workout into his day as well.

"The class is for stability and core strength," Wheeler said. "Stability is the most underworked part for the majority of people."

He said the reason for it being underworked for most people is because they don't know how to do core movements effectively.

"We'll do isometrics, which is just holding planks and different variations of that," Wheeler said. "We also do IT (intermittent training), where you go to one station, work for 30 seconds, then rest for 30 seconds."
Junior management major
Nicolas Rodriguez attends the
core class directed by Wheeler.

"I injured myself last year just by straining my back, so I went to the school nurse who told me that I was easily injured because I have a weak core," Rodriguez said. "Then my friend, Jack, told me he has a core class and that I can come join and build my core. I enjoy the class because I get to do it with friends. And, afterwards I get in my cardio, and I feel really good because I did my workout."

Another exercise class is Indoor Cycling, led by Katie Guild, junior health and physical education and recreation major. She said her favorite part of teaching the class every Monday from 5 to 5:40 p.m. is "getting to meet new people and the feeling of accomplishment after finishing a ride."

See EXCERCISE on page 3

Asian Club to present 'The Asian Bachelorette'



Poster for Asian Night. (Poster courtesy of: Bryant Oei)

Lucas Bueno Reporter

This year's theme for Asian Night is "The Asian Bachelorette," featuring junior allied health major Calyssa Gibbs as the bachelorette, according to an announcement posted on Asian Club's Instagram page. The post stated that one bach-

elor for each country will be revealed every day this week.

Asian Night is scheduled for April 2 in the Iles P.E. Center. Doors will open at 8:30 p.m., and there will be a pre-show until the main event starts at 9 p.m.

In an interview with the Southern Accent, junior nursing major and Asian Club President Charles Dugaduga shared details about

the upcoming event.

Dugaduga was in charge of last year's Asian Night, which was held at the Goliath Wall. This year, he is assisting with event logistics. He said the show will feature a lot of videos and coordinated dance choreography.

"We just really want to high-

See ASIAN NIGHT on page 2

SA banquet to be held on April 10

Genesis Ventura Staff Writer

On April 10, Student Association (SA) will host its first banguet since the start of the pandemic. The event will be held at The Mill of Chattanooga from 6:30 to 9:30 p.m. The theme is Enchanted Forest. Tickets are \$25, and the last day to purchase tickets at the SA office was March 25.

The banquet is being organized by SA Secretary Erla Trevedan and SA Parliamentarian Kaelin Djami.

Trevedan said the main entertainment for the night will be Brad Brown, a magician, in honor of the enchanted theme. She also said organizers hope to have a student-led band. Vegetarian and vegan food options will be offered, according to Trevedan. She said there will be photo booths and table games that will keep students entertained throughout the night.

Djami said she and Trevedan are currently working on details for transportation.

"We hope people carpool, but we are talking with our sponsors because we know there are students who don't have cars," Djami said.

Lauren Lapham, junior nurs-

ing major, expressed her excitement for the banquet's return.

"I am really excited because my first time going was my freshman year," Lapham said. "We didn't have one last year, so I was kinda disappointed. I am glad SA decided to bring it back. I am excited to see how it goes."

Julianna Alamo, senior health science major, said she is not attending the banquet, but she still showed support for the event.

"I absolutely love the idea of an Enchanted Forest," Alamo said. "I'm sure everyone is going to look amazing and have lots of fun."

Djami said a lot of single people are going.

"It doesn't have to be a couple's thing; you can just go with your friends," she said. "Ask your friends."

Trevedan encourages students to come because the goal of the banquet is for them to have fun.

"The night is planned out for you to have a good time and enjoy yourself," Trevedan said. "It's a good college experience. I feel like banquets aren't super common anymore. So I feel like it's a good time to take advantage."



SA banquet poster. (Poster courtesy of: Student Association)

CAFETERIA continued from page 1

as a cashier at the cafeteria. She agreed that student workers there are given a lot of work.

"As a student that has been working in the cafeteria for almost three years, I can testify that it is a lot of work," Galán said. "In my experience, there is always so much work, and unfortunately as workers we are not always compensated for that. Currently, I am a cashier at the cafeteria, which is a job that I'm enjoying more than my past ones."

Kyriakidis said there are benefits to working in the cafeteria.

"Students have the opportunity to learn many things while working in the cafeteria like time management, food service and how to have a strong

work ethic," he said. "It's also an opportunity to make friends with your co-workers."

The cafeteria offers very flexible hours, according to Kyriakidis. He said a student can work a minimum of just two hours at a time, and there are shifts available from morning till evening. The location is more accessible for students than off-campus work.

Kyriakidis said cafeteria work is "necessary and needed" and encouraged students to consider working there.



Stephanie Willison prepares the salad bar at the cafeteria. Recently, the cafeteria closed the salad bar on Saturday due to a student worker shortage. Wednesday, March 23, 2022.

(Photo by: Maiya Banks)

ASIAN NIGHT continued from page 1

light Asian culture," he said. "Our whole goal here on campus is to really bring and highlight everyone's heritage from Southern, so we [Asian Club members] want to highlight heritage from Southeast Asia, East Asia and West Asia."

There will also be food from seven different Asian cultures, according to Dugaduga. He said Asian Night will highlight the Philippines, Indonesia, Japan, Korea, India and Oceania.

"Asian Club basically is made up of seven different countries," Dugaduga said. "We have country leaders, so it's kind of like seven miniature clubs. ... [Each country] actually has their own little events that really facilitate the various different communities here on campus. So, those events are really perfect opportunities for you to talk to them and see if you can get involved. And, also, we have events throughout the year that have that opportunvity for you to reach out."

66Our whole goal here on campus is to really bring and highlight everyone's heritage from Southern. ??

Dugaduga expressed excitement for this year's Asian Night.

"This year will be very exciting," he said. "We have a lot of new decorations we get to feature, and we really want to facilitate a whole experience in the gym. So, when [everyone enters], you guys will be walking into something special."

COOPER

continued from page 1

they wish to donate to Cooper Moore. Potential donors will then receive a blood testing kit from Vanderbilt University Medical Center. If they have blood types O+ or O-, they will undergo a physical, further blood testing and ultrasounds. Once the transplant has taken place, living donors will spend two to three days in the hospital. Afterwards, their kidney function can be monitored by a primary care doctor.

Although the transplant process is free to the donor, according to Vanderbilt University's kidney donation video, donors will be expected to travel to Vanderbilt, attend pre-surgery appointments and take four to six weeks off work during the transplant process.



(Provided by: Blood Assurance)

HELP US FIND A MATCH!

Cooper Moore 17 years old Blood Type O+



Collegedale Church Member and Collegedale Academy Student

Cooper is in need of a kidney transplant. He can receive a transplant from O+ or O- donors. If you are O+ or O- please reach out to the contact info below to be matched!

Contact Vanderbilt to receive a test kit to determine if you are a match.

www.Tinyurl.com/FindAMatchForCooper

Donating a kidney is relatively safe, according to the Mayo Clinic and other sources, but it does pose some health risks. The following are some risks outlined by Weill Cornell Medicine, the medical college at Cornell University:

Immediate/surgical risks:

- Pain
 - Infection **Blood clots**
 - Reaction to anesthesia

Long-term/medical risks:

Developing a disease that could affect the function of the remaining kidney such as:

Diabetes High blood pressure Obesity

Natural decline in kidney function with age

Increase in the amount of protein spilled into the urine

Southern Accent

The Accent encourages readers to write articles and voice their opinions. However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

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Pre-med students studying for upcoming MCAT

Maynard Wheeler III Staff Writer

According to a study published by the Association of American Medical Colleges, medical schools saw an increase of 1.9% in applicants in 2021 compared to 2020. The same article states that since 2002 to 2003, the amount of students entering medical school has increased by 37.5%.

In order to apply for medical school, pre-med students are required to take the Medical College Admission Test, otherwise known as the MCAT. Southern professors use various curriculum and courses to prepare their students to take the test, according to Keith Snyder, dean of the Biology Department.

"We have booklets prepared for progression through all four years of the pre-med track," Snyder said. "Skills such as group work, planning and execution, problem solving and rigorous classes help students prepare for the MCAT."

These skills are vital for students hoping to score well on the test, according to Snyder. Southern also boasts extra-curricular avenues such as internships and teacher assistant positions that students can use to improve their portfolio.

Snyder discussed how Southern's spiritual aspect plays into success for these students.

"We are studying God Himself," Snyder said. "Every intricate design, every amazing detail, allows us to better understand the magnificence of our Creator God."

The perspective from some students echoes the same message. Jonathan Yoon, a biology - biomedical major, shares the same sentiment as Snyder.

"Even though it's only been about two months since I started studying for the MCAT, most of the concepts that have been covered on the practice tests have been covered in science classes at Southern," Yoon said. "I realized that the science classes provided at Southern do a great job of helping students learn the material that is emphasized on the MCAT."

Yoon said he is currently self-studying with a private tutor. He also uses study manuals such as Altius, Jack Westin and NextStep to study new material and practice critical analysis and reasoning skills.

Junior biology - biomedical major Noah Collins also discussed how Southern has helped him prepare for the MCAT.

"Southern offers an Intro to Medicine class that teaches the aspects of applying to medical school," Collins said. "The professors are always helpful and willing to talk; they really do care about us. The bio department gifted its pre-med students 10 free full-length practice exams, which was awesome."

Collins is hoping to attend Loma Linda for a few reasons.

"My networking all moves through Loma Linda," Collins said. "They also place a special emphasis on whole person care. And since they are an Adventist institution, they encourage Saturdays to be study free, which is huge compared to other universities that expect studies to be seven days a week."

Collins said he was inspired to pursue medicine through mission trip experiences.

"I was fortunate enough to go on medical mission trips throughout middle and high school and seeing firsthand how providing medical care to people who are in need is something that I want to be a part of," he said.

Collins also shared advice that he would give to future students considering the premed route.

"Take it one day at a time, focusing on what you can control today," Collins said. "It's okay to have doubts. It is important to think critically about whether or not this is something that you want to commit to."



Jonathan Yoon studies for the Medical College Admission Test (MCAT). There are several opportunities to take the test. Yoon has scheduled his for June 2022. Wednesday, February 23, 2022. (Photo by: Maiya Banks)

EXERCISE continued from page 1

Guild said teaching an exercise class has expanded her career options.

"It has given me another career option in group fitness classes, and it has also been a good leg workout [in which] I have learned a lot about spin workouts," she said.

The Cardio Beat class involves aerobic dancing. Senior Spanish major Ashley Hunte currently leads the class, and she shared why she decided to take the job.

"This is my fifth year being a student at Southern, and I started going to the Cardio Beat class when I was a freshman just dancing along, and I've stuck with it," Hunte said. "Last year, the instructor graduated, so she said to me, 'Hey, Ashley, you've been here the longest. You know ... all the moves probably better than me. If you don't teach it, the class dies. So if you're willing, you have the job."

Hunte said she decided to take it on and has been teaching the class for the past year.

"I felt it would be a good way to be able to stay active, meet new people and to be able to keep the tradition going," she said.

Cardio Beat is a dancing class with some pop and Hispanic dance influences. Hunte incorporated some flamenco moves into the class since she learned flamenco when she studied abroad in Spain.

"Sometimes people feel overwhelmed because they see everyone's dancing at the same time, like, 'How are they doing that?' 'How are they moving their arms like that?' Or, 'How are they doing these steps ... all together?' 'I can't dance.' And I tell people, 'I don't care if you're doing the chicken dance, everyone is learning.' And I always encourage people to just put their own flair on it."

Cardio Beat occurs every Tuesday and Thursday from 7 to 8 p.m.



Instructor Ashley Hunte teaching her Cardio Beat class in the aerobic room. Her students Valeria Izaguirre and Brittany Howard are improving their fitness by dancing to upbeat songs. Tuesday, March 1, 2022. (Photo by: Maiya Banks)

COLLEGEDALE NEWS

The Bakery launches vegan delicacies and ministry projects

Alana Crosby

Collegedale News Editor

The Bakery is nestled between King Nail Spa and Papa John's at Collegedale's Four Corners. The business, which has been open since June 2021, boasts an array of plant-based baked goods, including cinnamon rolls, brownies, breads, cheesecakes and muffins.

Dante Santana, owner of The Bakery, has been involved with bakeries for many years, starting his first business endeavors in Puerto Rico. He went on to run a bakery in Cleveland, Tennessee, for 14 years before moving to the Collegedale area.

Santana learned to bake while in Puerto Rico and continues to be involved in the business.

"I hired a baker to teach me baking because I couldn't attend a school as I was taking care of the business," Santana said. "He was with me for about a year. He was a teacher for a culinary school for years, and he taught me a lot."

Santana and his wife, Miguelina, moved to Chattanooga for to Collegedale as their daughters were attending Southern.

The couple was celebrating their anniversary on December 31, 2020, when they noticed that the preexisting bakery at Four Corners would soon be closing. Miguelina Santana had been urging her husband to look into that commercial space for a while, and the couple was thrilled to see God working out the details.

"God has been good. We love [that] we did it. And every time we prayed, something happened," Santana said. "And we learned that the main thing is business; [ministeries] need business to be successful. Yes, you can do the mission, but you need money."

According to Santana, he was initially worried about the reception the plant-based bakery would receive, based on past experiences. However, the couple said creating healthy options is important to them.

"Every time I had been feeling like, 'Okay, is it [going] to work or not [going to?]' Boom, something happens. I say, 'I

about five years and then closer need to work with my faith," Santana said.

When Miguelina Santana was finishing her Master's of Social Work degree at Southern, she visited the Dominican Republic and discovered a need for many things, including healthcare for children. The Santanas are currently helping Ceferina Guzmán through nursing school and her son, Joshue Taveras,

through medical school. Both attend Universidad Autónoma de Santo Domingo. Guzmán and Taveras hope to someday establish a clinic and provide the healthcare needed in the Dominican Republic.

"This young man that is going to college; he is going to medical school. And the plan is for him to work with the ministry," Santana said.



(L-R) Miguelina and Dante Santana are the owners of The Bakery. Sunday, March 27, 2022. (Photo by: Alana Crosby)

According to the Santanas, they encouraged Guzmán to pursue a career as a doctor. But she enjoyed working closely with patients, an element she felt most in the nursing profession.

"[She] liked to contact those people, and that's what she had always done," Santana said.

In addition, the Santanas are involved in three church plants. They have also purchased 40 acres in the Dominican Republic for their ministry. Santana said he and his wife plan to build cabins — Miguelina Santana added that they hope to use the land as a youth camp.

"The main point of our ministry," Miguelina Santana said, "is youth helping youth."

Miguelina Santana said students and church members in the Dominican Republic still need computers, evangelistic literature and instruments, and people in the Collegedale area

"We are excited; everything is happening," Santana said.

SOUTHERN'S GOT*TALENT*



Ashley Halvorson finishes her performance. She sang "O Mio Babinno Carro" by Giacomo Puccini.

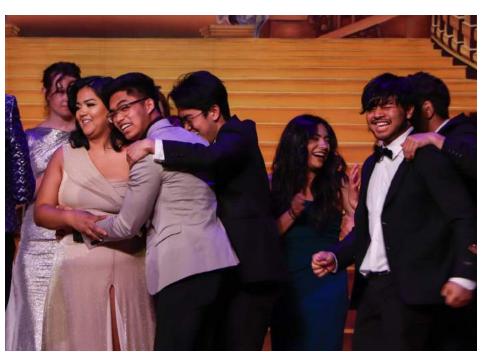
Sunday, March 27, 2022.
(Photo by: Maiya Banks)



The judges watch as students perform. Sunday, March 27, 2022. (Photo by: Maiya Banks)



Lucas Bueno plays the accordion. He has been playing for two years. Sunday, March 27, 2022. (Photo by: Maiya Banks)



The Mid-Day Blues jazz band won first place in the talent show, winning a total of \$2,000. *Saturday, March 27, 2022.* (Photo by: Keishla Galán)



Jenna Williams and Apollo Jayme, dressed as Mario and Luigi, duo the piano and play the Super Smash Brothers theme song. The pair have been playing together since high school. *Sunday, March 27, 2022.* (Photo by: Maiya Banks)



Andrew Estrada and Sierra Ureta sing "The Prayer." They won second place, winning a total of \$1000.

Sunday, March 27, 2022.
(Photo by: Maiya Banks)



Aaron Mariano and Eunice Obispo play the piano and saxophone. Sunday, March 27, 2022. (Photo by: Maiya Banks)



All the contestants line up at the end of the show to announce the winners of the talent show. There were first, second and third place winners, with a grand prize of \$2,000. Sunday, March 27, 2022. (Photo by: Keishla Galán)

MENTAL HEALTH

Preheating happiness to 350°F: The benefits of cooking

Kiana Oliver

Counseling Graduate Student

Editor's note: The following article is written by a counseling graduate student in partnership with Counseling Services and the Southern Accent.

Picture it: You feel the cozy warmth of the stovetop as you add chopped onions into a simmering pan. You shuffle through your spices to find the perfect combination — maybe some dried rosemary and a pinch of black pepper.

With those savory aromas in the air, you start craving something sweet. You do a quick search on Pinterest for a recipe for chocolate fudge brownies or an old-fashioned apple crisp.

Is your mouth watering yet? According to 2021 data from FoodInsight.org, approximately 44% of respondents in the United States reported cooking more often since the COVID-19 pandemic started. Because of lockdown restrictions, maybe you don't see this increase in home cooking as a positive thing. However, 25% of the respondents also revealed that they cook more with family members.

Although we can always appreciate the financial and health benefits of home cooking, studies have shown that there are also psychological benefits. According to a 2020 survey conducted by Mosko and Delach, using cooking as a

way to express creativity was a key theme among participants. The study's results also suggested that cooking may help improve moods, social connections and personal acceptance.

A recently published 2022 study from Edith Cowan University also found that after joining a seven-week cooking program, participants reported significant improvement in self-reported general

health, self-esteem, mental health and subjective vitality. During an interview, lead researcher Dr. Joanna Rees said she believed the findings emphasize the importance of diet for mental health.

"Improving people's diet quality can be a preventive strategy to halt or slow the rise in poor mental health, obesity and other metabolic health disorders," Rees stated.

Here are some tips to help you get started cooking:

Start simple. If you're a beginner, you're probably not going to be able to make a flawless cheesecake on your first try. Try something easy like tofu stir fry to build your confidence in the kitchen.

Carefully read the recipe. Even seasoned cooks make mistakes with ingredient quantities. Did you read a tablespoon or teaspoon of salt for your blueberry muffins?

Have fun. As previously mentioned, cooking doesn't always go as planned, so remember to enjoy the process. Once you become more comfortable with your cooking skills, you can share your newfound joy with a loved one.



Scrambled tofu. *Monday, June 11, 2018.* (Photo by: Kevin McCutcheon)

SPORTS

Baseball is back: The 2022 MLB season preview

Jacob Nevis

Sports Editor

After 99 days of a work stoppage, Major League Baseball and the MLB Players Association finally reached a deal so baseball could make a return. On March 10, both sides signed an agreement.

In the week leading up to the signing of the agreement, there were problems around how international players should work and if there should be a draft for international players. The MLB wanted a draft of international players, whereas the Players Association opposed such a proposal. The MLB and the Players Association agreed on a July 25 deadline to establish an international draft that would start in 2024.

In recent years, there have been international players who have taken the baseball world by storm, such as Shohei Ohtani, who is a two-way pitcher who can also bat.

Another issue that affects almost all sports is money. The Players Association wanted more money for the players, but the team owners didn't always like that.

Revenue for baseball is a little different from other sports, since revenue isn't always evenly dispersed among the 30 teams. Since teams can be different size markets, the team's payroll isn't always going to be the same. Therefore, players aren't always going to get paid the same amount, even though they might have the same amount of talent.

The owners of smaller teams have to make a decision where to spend the limited funds they have, which, in return, may end up lowering the players' salaries. The agreement states now that the minimum salary for major league players is \$700,000.

Rob Manfred, the commissioner of the MLB, had started to cancel games because a deal hadn't been reached. The two weeks that had been canceled by the commissioner will be made up, still making the regular season 162 games.

With the new agreement, there will be a few changes to the baseball rules. The MLB will be introducing a universal designated hitter, or DH for short. The DH position is unique because the player is part of the batting lineup but does not play in the field during the game.

In baseball, there are two conferences: the American League (AL) and the National League (NL). The AL has had a DH since 1973, while the NL had a different rule. The NL rule was that the pitcher would have to both pitch and hit.

If an AL team and an NL team played against each other, the game would follow the league rules of the home team. Most of the time, a pitcher is not usually the best hitter, and sometimes teams may get to the bottom of the lineup and would have to sub out their pitcher so they could get a pinch hitter. If a team uses a pinch hitter, the pitcher would no longer be able to go back in and play.

This scenario would no longer happen since pitchers in both leagues would never have to hit if they weren't the best at it. The universal DH might change the way the NL teams play, since they haven't had the position of DH, unlike the AL teams.

Another change is that instead of 10 teams making the playoffs, there will be 12.

Once the news broke that baseball would finally be making a comeback, free agency was abuzz all around the MLB. The free agency period for baseball is where players can look for new teams or sign another contract extension with their current team. Teams were getting ready for players, while also looking for some key players that they could pick up. These past couple weeks have been filled with breaking news about players finding new teams or getting a

contract extension.

One of the key players who were free agents include Freddie Freeman. Freeman was one of the biggest free agents after helping his team, the Atlanta Braves, reach and win the

World Series. The Braves, however, didn't sign Freeman to a contract extension, instead opting to trade for Matt Olson from the Oakland A's. Olson, a first baseman, received an eight-year contract to stay with the Braves. Since the Braves chose not to extend Freeman, he was forced to find a new team elsewhere. Freeman decided to sign a six-year contract with the LA Dodgers.

This year will be an exciting year for fans with baseball returning. Many teams are excited to return to the field, while many fans are excited to return to stadiums to cheer on their favorite teams. With 162 games under baseball's belt, fans always have many things to look forward to with opening Day scheduled for April 7.



Baseball returns. Friday, March 3, 2017.



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OPINION

Women in ministry: 'Don't let anything stop you'

Anna Bennett Associate Chaplain

As the professor drew our class period to a close, he posed a question: "What needs to be reformed in our church today?"

Mind you, he invited 40 pastors to weigh in on this topic. Was he crazy? We were on day three of our intensive exploring of the history of Christianity, specifically discussing the Reformation period. Making the topic applicable to today, the professor invited students to share their thoughts. Of course, things like women's ordination, race relations and perspectives on LGBTQIA+ were all mentioned along with a litany of other organizational and functional elements.

I can be very, very passionate about some of the reformation I believe our church needs to experience. As I felt this wave of passion, anger, empathy and discontent wash over me, compelling me to speak, Jesus shut my mouth.

The Holy Spirit prompted me with His own questions: "Anna, how open are you to the Holy Spirit reforming you? Are you willing to experience potential loss to speak truth and do what is right? Are you quick to critique power, authority, church organization and function, etc. but resist what God wants to do in and through you?"

I will have served as a pastor and chaplain in the Seventh-day Adventist Church for 10 years this May. It is a milestone I am both deeply proud of and extremely humbled by. I am proud to be one of only a little over 100 women serving our church in this way. I am humbled by the fact that I wouldn't still be here if not for God's overwhelming love, grace, mercy and empowerment. I am humbled to be used by God to help make a way for other incredible women to also serve God in full-time ministry as pastors, chaplains and one day as conference, union and division leaders.

While my experience has not been without its challenges and opposition, what in life hasn't? In some excruciating circumstances, I have been tempted to get out, change direction and

take what might appear to be a less difficult road. I have discovered, however, the people I respect the most are those who walk toward difficult challenges with the conviction and empowerment of the Holy Spirit to kickstart reformation just as courageously as they are willing to be reformed themselves.

So, if you are a woman who

feels called to full-time ministry, don't let anything or anyone stop you. If God has called you, while there will be challenges, there will also be incredible, beautiful experiences. If God has called you, nothing and no one can stop you except a distrust that God will be faithful in all things. Your gender, race, ethnicity, education, etc. is not something that will keep the Almighty God from calling you and providing a way for you, even at times when there seems to be no way.

If you are quick to critique and criticize the church just as I can be prone to do, I would ask you: 1) How open are you to the Holy Spirit reforming you? 2) Are you willing to experience difficulty, challenge or loss in order to speak the truth and do what is right and what is needed? 3) Are you willing to step up as a modern-day reformer according to the conviction(s) God has placed in your heart?

I have not set out to be a pioneer or infamous reformer, though God has placed strong convictions on my heart. The longer I serve in ministry, the more I understand that I must set out to be baptized by the Holy Spirit. I invite you to pray with me and to be reformed first in order for God to use you to reform our church in the ways that are needed right now.



Anna Bennett. (Photo courtesy of: Anna Bennett)

RELIGION

'Thank God for what He will do, not what He's already done'

Victoria Mills Religion Editor

came across something really amazing in a book I am reading called "God in Pain" by David Asscherick.

It was quiet, and my sister and my grandpa and I were sitting in my grandparents' living room, and this concept just jumped out at me and totally changed how I think about faith and hope.

But before I attempt to explain it, I want to review the concept of faith itself. The definition of faith, as stated in Hebrews 11:1, is, "Now faith is the substance of things hoped for, the evidence of things not seen" (NKJV). This means that it isn't something that can be perceived with the five senses.

2 Corinthians 5:7 says, "For we walk by faith, not by sight" (NKJV). It's much more complex

Verses like Galatians 2:16 and Hebrews 11:6 confirm that.

OK, so back to "God in Pain." Asscherick starts this chapter by describing how the Israelites must have felt right before the way through the Red Sea was opened by God. God had led them, but that knowledge didn't seem to change the fact that they were completely trapped and afraid. Then, their deliverance came. No one was harmed, everyone was saved.

And the next morning, after trudging through blueish-gray walls filled with fish and other sea creatures, they had a concert on the beach, complete with tambourines and dancing. They were thankful to God for their deliverance. Completely natural. But then Asscherick says something a little weird.

On Spring break, during my and abstract. We can know that "Too bad they had so miserably Monday morning worship, I our salvation depends on faith. missed the opportunity to sing before the deliverance!"

> What? They were terrified before, exactly as I would have been! I wouldn't have wanted to sing. If I really think about it, I probably would have been just as panicked and confrontational as the worst of the Israelites!

> Then Asscherick starts telling another story, this time from 2 Chronicles 20. Jehoshaphat, the king at the time, hears the news that a huge multitude of soldiers, made up of three armies, is coming to make war with Judah. After a lengthy, pleading prayer and a prophet's assurance that the Lord would be with them, the army of Judah and Jerusalem marched to battle. When they arrived at the mountain overlooking the valley where the enemies were, they saw that

their enemies were no longer alive. The three armies had attacked each other, with a little help from some angels, and literally every single one of them was dead. The deliverance was incredible, just like it had been at the Red Sea.

I left one important detail out of that story, though. The army of Judah also sang to God, thanking Him for His salvation, only they didn't do it after. They sang before. Jehoshaphat put the choir out in front, leading the army to its deliverance.

Asscherick completes his point with these two paragraphs:

"What takes more faith, more trust: to sing of God's deliverance from affliction and trial before or after it has taken place? Romans 8:24 says that 'hope that is seen is not hope.' In fact, it took exactly no faith for the Israelites to sing

while looking down at the watery corpses of Pharaoh's formerly feared soldiers.

"Mark that: it takes no faith to sing of deliverance past."

Wow. How amazing is that? Looking back over what God has done for us is fine, good even, but it won't grow our faith or give us hope. The real faith and hope that will burn brighter and brighter, drawing others to us, asking why we go through life as if we're expecting the biggest most amazing surprise ever, is what comes from thanking God for what He will do, not what He's already done.

This is not a totally new concept, but the way it was presented and stated was really compelling and made me grateful for God's leading in my past and in my future. I'm trying to thank Him more for His future leading. I hope you will, too.



I Cantori sings at the Collegedale Church of Seventh-day Adventists. Saturday, January 22, 2022. (Photo by: Xander Ordinola)

LIFESTYLE

Rebuilding relationships amid social barriers

Lifestyle Editor

For my last semester at Southern, I had a secret resolution to invite my friends over an undisclosed number of times and cook delicious, aromatic Asian food for them. It seemed like a safe, simple and wholesome goal, but I quickly realized that this was going to be a lot more challenging than I expected.

Putting aside the normal obstacles — scheduling conflicts, missed assignments from senioritis and the fact that I'm an introvert — the hardest part of this resolution was finding friends to host for a meal.

I know that some of this is simply due to circumstance. Some of my closer friends had graduated and since moved away, and my new friends are so fresh that I struggle inviting them over to try my Indonesian stir-fry.

But mostly, I've drastically grown and changed over the last couple years in ways many of my old friends would struggle to accept. This never involved any infighting or drama between us. Instead, I gradually spent less and less time with these friends. I still haven't found anything with which to replace this old community.

It's so easy to blame the pandemic. Not only has it been so influential in the ways I've changed, but as restrictions are slowly lifted and as society begins to rebuild, I know my social connections haven't been able to go through that same rebuilding process.

There's apparently a term for

this kind of experience: ambig-

According to the official Ambiguous Grief website, it's "the feeling experienced from the loss of a loved one who is still living, accompanied by a change in or death of the relationship."

This experience isn't limited to just the pandemic. However, it's an experience many of us share, as illustrated by a recent study in Australia, where participants felt more disconnected post lockdown.

While reading online stories

about ambiguous grief made me feel less alone, it also made me realize how much this experience surrounded my own life.

During the few times my cooking-for-friends resolution actually panned out this semester — whether it was between breaks of homework or driving back from an ice cream run my friends and I almost always found a time to sit in silence before admitting to each other, "Yeah... we need friends."

In a weird way, I think we connected most over those words. They served as an acknowledgement of the past relationships we've lost and are mourning, despite those people remaining alive and well. Those words also formed a connection over the awkward pressure of "Wow, I haven't casually socialized with another human since longer than I care to admit."

It may seem depressing, but I look at these experiences with a hopeful lens. Even though it can be awkward and mournful, this is what rebuilding my social network looks like for me.

I don't know what that rebuilding process will look like for you. But it's okay if it takes a while for you to find your new normal. The world is taking its pretty time after a traumatic pandemic. It's okay if you take your time too.

(Also, if you think re-socializing yourself might involve allowing me to cook up tasty rice and tofu for you, please send me a DM.)



Kedrick Larson hugs Will Mitchell after Gym-Masters practice. Monday, March 28, 2022. (Photo by: Xander Ordinola)

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts!

I know I've been living in the South for a while now because I'll see TikToks

Only way to find parking on campus is to bust your own kneecaps and use

mocking the South's stereotypes and feel a little offended

SOCIAL

🧿 | Instagram



Joel Guerra @i8war

nerdlegame 65 3/6

Bailey DuBose @bay_what

Dan Catangay @dancatangay

#SAUlife

Erick Flores



i.am.sam.13 Physically, I'm back...mentally, I'm still there.

Rhett Seitz



4rthur03 Late post but it was a fun spring break with amazing friends

the handicap spots ĹΊ Lila Odhiambo @ineedaprivateac hey God... Lila Odhiambo @ineedaprivateac hey Lila Odhiambo @ineedaprivateac Lila Odhiambo @ineedaprivateac

HEY!!!

Congratulations @grant_milano, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need a good morning snack before class, so he is offering a

\$10 Starbucks **Gift Card**

DM us on Instagram with a photo of where Kevin is hiding!



rhettnseitz Spring Break Mission Trip to

the Dominican Republic

Elizabeth Mills

elizabeth.d.mills CHOP!!

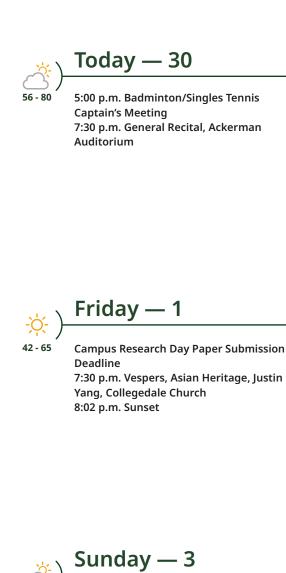


emily3liz No question is a dumb question



sophcirig Chasing sunsets w m

CHATTER



Today — **30**

5:00 p.m. Badminton/Singles Tennis **Captain's Meeting** 7:30 p.m. General Recital, Ackerman

Badminton/ Singles Tennis Tournament

1:00 p.m. Psi Chi Induction, Lynn Wood

5:00 p.m. Senior Recognition Banquet,

Tuesday — 5

12:00 p.m. Tornado Siren Test 8:00 p.m. SA Senate, Bietz Center

Chapel

Dining Hall

Thursday — 31

Online F22 Registration for Returning Juniors > 54 hrs & Seniors 11:00 a.m. Convocation, Asian Heritage,

Justin Yang, Collegedale Church

9:00 a.m. Adoration Worship, Tony Dennis, 41-66 **Collegedale Church** 9:00 a.m. Connect Worship, Elementary School & Livestream 11:00 a.m. SOAP Outdoor Church 11:45 a.m. Merge Worship, Lynn Wood

11:45 a.m. Renewal, Tony Dennis, Collegedale Church & Livestream 7:30 p.m. Evensong, Brass Ensemble, Collegedale Church 9:00 p.m. Asian Cultural Night, Iles P.E.

Center

Monday — 4

May graduates deadline to finish incomplete & home study correspondence Online F22 Registration for Returning Sophomores > 23 hours, Juniors & Seniors

Weekly Birthdays

TODAY |30 Friday |1 Jared Barlow Amanda Ballew Daryl Illangovan Jonathan-Paul Kulicki Isaiah Lawrence Delaney Malin Saturday |2 Jae-Yong Lee Jeremiah Madrigal Somer Batten Jacquelyn Mannerberg Luke Cotton Ian Mosquera Hannah Hayton

Shirley Sanchez Alexandra Leonor Thursday |31 Gloriana Phan Yoo-Hyun Ha Andrew Sangar Andrew Harris Nick Viar Hannah Reimche-Vu Sydney Whitmill Larnell Samuel Sunday |3 Mark Simushov Kevin Bartolome

Lois Sam-Nwaomah Kevin Zapata Monday |4 Ari Bates Joel Guerra Ethan Jiao Gabrielle Macri Tuesday | 5 Kara Arnold Colin Glenn Michelle McCurdy Andrew Pakkianathan Madi Sewell

Heather Longtin Joey

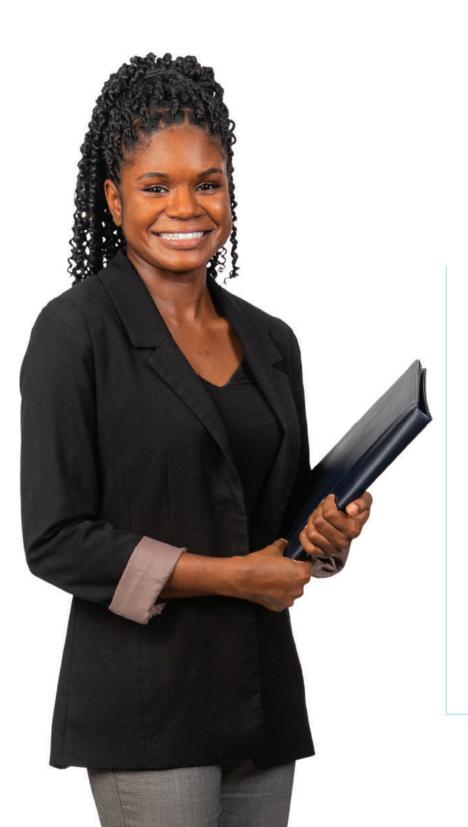
Naibaho

SA Announcements

SA Senate Applications are now open! If you are interested in applying, go to southern.edu/studentassociation.

Check out our website! www.southern-accent.org





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Counseling: Why it's important and what to be aware of

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I don't feel Asian enough for rendang curry

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Reconnecting with my Japanese roots through dramas

April 6, 2022 Collegedale, Tennessee Southern Accent

Vol. 77 Issue 20



'It was no longer just a war over the seas': A glimpse into Ukraine



Refugees wait in line in an attempt to leave Ukraine through Romania. (Photo courtesy of: Alan Parker)

Xander Ordinola *Photo Editor*

It has been over a month since Russia invaded Ukraine, yet the struggles of the citizens have not ceased. Several countries and organizations have provided aid and medical assistance to refugees fleeing from danger, but what do these hardships really look like?

Alan Parker, a professor in the School of Religion, and his daughter, Anaya Parker, provide a glimpse into the harsh reality. Unlike a majority of other students and faculty, the Parkers spent their Spring break in Ukraine. Traveling the country and others nearby, they assisted in many ways and participated in evangelistic meetings where Parker preached.

"One morning, I woke up and said, 'Instead of getting so frustrated with all of this, why don't we do something?" Parker said. "So, I started connecting with a few people over there, and things started to fall into place."

Once in Ukraine, the Parkers further understood the reality of the situation. According to them, Adventist doctors were seeing patients for mental health, gynecology and other medical care without charging anything. The lines extended outside these clinics with 50 to 100 people waiting hours in freezing cold temperatures.

Furthermore, they noticed how men ages 18 to 60 are forced to stay, but are not conscripted. Those outside that range must provide birth certificates as proof of age in order to leave the country, with the only exemption for men between those ages being if they are the sole provider of

three or more biological children, according to Parker.

"Some women are divorcing their husbands so that they can go across the border," Anaya Parker said. "Then their husband comes with their kids so the whole family can get across, because that's the only way that they do that."

While in Ukraine, the Parkers visited Masha Shumskaya, a resident of Ukraine, and more importantly, caregiver of their other daughter, Anya,

See UKRAINE on page 2

Night of Worship to be held Saturday

Lizbeth Rodriguez-DiepStaff Writer

Southern will host its first Easter-themed Night of Worship in collaboration with MERGE Worship and Engage Worship on Saturday, April 9. The event will be held at 7:15 p.m. in the fellowship hall of the Collegedale Church of Seventh-day Adventists.

The idea for creating a night of worship emerged after a group of musicians from Southern attended a local worship night. They thought "it would be an amazing opportunity and ministry to create something similar at Southern," according to David Johnson, senior biblical studies major and one of four Night of Worship organizers.

The other organizers are senior nursing majors Desther Rey Camacho and Nathanya Vidal and sophomore theology major Karl Camacho.

Night of Worship is "a worship initiative to bring a blend of worship styles and provide students and worshippers an experience that connects them with God and leaves them wanting more," according to a mission statement facilitated by Karl Camacho.

See WORSHIP on page 2

'Finish Strong': Gym-Masters annual home show set for this weekend

Lesieli Savelio Staff Writer

Southern Adventist University's gymnastics team, Gym-Masters, is set to have its annual home show this weekend at Iles P.E. Center. According to Coach Richard Schwarz, the event will have two showings, one on Saturday, April 9, at 9 p.m., and another on Sunday, April 10, at 2:30 p.m.

This year, the team's theme is "Finish Strong" based on Hebrews 12:1: "... And let us run with perseverance the race marked out for us..."

"We are all invited to be part of the race of life, and the finish line is Heaven," Schwarz said.

Team members have found both spiritual and physical meaning in the theme. Girls' captain and senior health science major Mariana Velasquez said the end of a race is often the hardest part, and it is important to finish strong.

"Finish Strong' to me means never giving up and being faithful all the way through the end," Velasquez said. "Just like it takes discipline and determination to finish strong in a race, it also takes these qualities to finish strong in our spiritual race."

The theme is also fitting for this chapter of Gym-Masters history as this is Schwarz's last year with the team and his final home show.

With this being Schwarz's last hurrah, the pressure is on for the team. Velasquez said she feels both nervous and excited about the event.

Team member and sophomore nursing major Shannon Bradshaw said the team wants to do its best in honoring Schwarz with the event.

"As this will be coach's final home show, we are all working hard to give the best pos-

See GYM-MASTERS on page 2

SonRise resurrection event returns for the first time in two years

Charlene Arnold Staff Writer

On April 16, Collegedale Seventh-day Adventist Church will host the SonRise Resurrection Pageant for the first time since the COVID-19 pandemic began in 2020. The event will take place in a combination of indoor spaces, including the sanctuary scene in the church and the burial scene in the Iles P.E. Center. Other performances will continue across the Southern Adventist University campus.

According to Executive Director Randall Van Dolson, the mission of the event is to share the good news of Jesus with non-Adventist and unchurched people in the greater Chattanooga area through dramatization of Christ's last few days on earth.

"It seems [that] people are very ready to have SonRise back again," Van Dolson said. "Not having it for the past two years has increased anticipation."

Casting Director Aaron Patterson, a junior mass communication — media production major, said the event tells the



SonRise helpers lower School of Visual Arts and Design Professor Jesse Rademacher. He will play one of the Jesuses in SonRise on April 16. *Thursday, March 31, 2022.* (Photo by: Keishla Galán)

full story with biblical accuracy of what it must have been like for Jesus during His last days.

"It's not holding back," he explained. "It's telling the full story and telling it to the best as

story and telling it to the best as we can [with] biblical accuracy." In addition, Patterson said, the event is very real and impactful, and he has enjoyed

working behind the scenes

with cast members.

Van Dolson described the event as enormous, demanding and inspiring. Coordinators of the SonRise event are also interested in helping other entities create their own resurrection pageant by providing helpful information to assist in future endeavors.

Biology professor publishes rattlesnake research

Maynard Wheeler III Staff Writer

Professor Aaron Corbit of the Biology Department recently published a scientific paper on the impact of removing rattlesnakes and relocating them away from human interaction. Corbit has had a long history of studying these animals.

"When I was a graduate student at Loma Linda University over 10 years ago, I studied rattlesnakes," he said. "This was my doctoral research, and it focused on the conflict between rattlesnakes and humans in Southern California."

Corbit also researched what factors determined the severity of a bite using data from medical records at the Loma Linda University Medical Center and how human-rattlesnake conflict can be mitigated when a snake is found in someone's backyard. This led Corbit to study the effects of moving the snake away from the encounter at varying distances.

"The basic findings were that, unlike some other studies, we did not find that moving rattlesnakes increased their mortality and that snakes seemed to acclimate to their new locations about a year after being

moved," Corbit said. "This may mean that, for the population that I studied, moving snakes away from homes may be a useful tool to deal with human-rattlesnake conflict."

Not only has Corbit been doing his own research on rattlesnakes, but he has also collaborated on research with David Nelson, who is another professor in the Biology Department.

"In 2020, we published a scientific paper on the defensive behavior of the local species of scorpion," Corbit said. "This was our first peer-reviewed scientific paper that featured research done by SAU students."

Three former Southern students - Emily M. David, Chad N. Harty and Joseph B. Hector were co-authors on the project, according to Corbit. Moving forward, Corbit will again work with Nelson who is spearheading a research project on the Joro spider. The spider established itself around the Atlanta area in 2014 and has been spreading from there ever since, according to Corbit.

"This project will be directed toward documenting the spread and seeing whether it impacts the native species of spiders,"

Corbit also has information

about the snakes in the Tennessee area and what to do if a person encounters one.

"My experience is that the kinds of snakes most often encountered by homeowners are harmless, non-venomous snakes," he said. "These include the gray ratsnake, which can get up to six feet long; the common kingsnake and the northern watersnake, which is often mistaken for a copperhead or a water moccasin."

The best thing to do if you encounter these animals is to leave them alone, since they don't pose any risk to humans, according to Corbit.

He also gave tips on how to interact with the poisonous snakes in the Tennessee Valley.

"Sometimes people encounter copperheads, which are venomous," he said. "Though I think the best policy, even for these snakes, is to leave them alone, I do understand why people might be nervous about having them on their property."

If done carefully, the snake can be captured using a broom to sweep it into a large trash can and relocating it to the nearest natural habitat, according to Corbit.

"Though, it should be kept in mind that those who attempt to capture or interact with the snake in any way are placing themselves at a significantly greater risk of being bitten," Corbit said.

The timber rattlesnake also lives around the Tennessee Valley. Its venom is more deadly than the copperhead, but it is

much less common, according to Corbit.

"Move it only when absolutely necessary," he said. "If someone is in Collegedale and finds a snake in their yard, I'm happy to come out to capture it if I'm able to."



Professor Aaron Corbit poses with his pet Rex, a Pueblan milk snake. 2018. (Poster courtesy of: Aaron Corbit)

UKRAINE continued from page 1

pre-adoption. Shumskaya lives in Northern Ukraine, near the border of Russia and Belarus, and has experienced the invasion from its beginning.

"I remember my mom's call at 5 a.m. She told me, 'Masha, dear, get up and don't panic — the war started.' I couldn't believe it," Shumskaya said in an interview with the Accent. "[I am] waiting for all this nightmare to cease as soon as possible as I want to go home to hug my relatives and say to them, 'How I love you.'

We could understand that there is nothing more important than our families and friends; material things don't matter anymore."

Parker noted that members of the Seventh-day Adventist Church, as well as Adventist organizations such as the Adventist Development and Relief Agency (ADRA), have been a significant help to the people in Ukraine. ADRA President Michael Kruger released a statement on February 25 declaring that ADRA will not stand idle and will ensure that its "humanitarian aid can quickly reach those in need."

In several small churches

near the border of Ukraine, pastors and their congregations help refugees in trouble.

"They have taken all the pews out of the church," Parker said. "They've got beds down, and the members are now meeting in the pastor's home so that the refugees can sleep in the church. It was just amazing to see how the church had responded, and it was making a practical difference."

During the summer, Parker said he hopes to create a partnership between the Evangelistic Resource Center and Vision Trips to send students as aides and evangelists for refugees.

"We know there is transfor-

This night of worship in

particular will have variety. The

mission statement said that the night will launch with big, soul-

ful, gospel praise ministered

by MERGE Worship, transition-

ing into fun familiar songs from

Rend Collective, followed by an

environment of intimacy through

songs designated by the Holy

Spirit. Throughout the night, there will be pauses for reflec-

tion, prayer and spoken words.

mative power in worship," Karl

WORSHIP

Camacho said.

Specifically, he would like to send students to Cluj Napoca, Romania, from May 11 to 29; Bucharest, Romania from June 2 to 12 and East Hungary from June 9 to 20. He plans to bring several nursing, religion and any other students willing to help.

"We've been having meetings with them [ERC and Vision Trips] to kind of plan this together," Parker said. "You don't have to sit on the sidelines; you can do something. No matter what our sphere of influence, when you see a tragedy, when you see a war, it's worthwhile doing something.

"We don't know what the

next steps will be, but I realized at any moment, all of life could change," Parker continued.

Despite visiting for less than a week and spending several days traveling on planes, trains and cars, the Parkers witnessed the human impact of war.

"It's not just a war happening in Ukraine; it affects all of us," Anaya Parker said. "There [are] so many people [who] are just like us that are over there. And I think it's important to take the war out of it and think about the people — the individuals — that are personally having to do things. It's no longer just a war over the seas."

GYM-MASTERS continued from page 1

sible final performance," Bradshaw said. "He will be missed immensely, and we are so grateful for his many years of dedication to Adventist gymnastics."

The team has been dedicated in its preparation for the event, according to Velasquez. She said gymnasts practice two hours a day, four days a week, and sometimes team members practice for longer than two hours.

"Practice consists of lots of reps of moves in group routines as well as time for working on individual routines," Velasquez said.

Bradshaw said, for the team,

"We have been building towards this all year," Bradshaw said, "and this is where the many hours of hard work will pay off."

More than anything, Gym-Masters' purpose is to be a ministry for God, according to Velasquez.

"Coach always starts our practices with worship time and emphasizes that we want to show God's character and love through our gymnastics, " Velasquez said. "I am looking forward to this year's home show and being able to share God's message through our program."

Paul Wear plays the role of Jesus in the Gym-Master performance. They were practicing for their upcoming vespers performance that will precede their Home show the following day. This performance will be the final of Coach Richard Schwarz. Wednesday, March 30, 2022. (Photo by: Maiya Banks)

Southern Accent

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home show is the highlight of the year.

Vidal explained why she thinks Southern needs a worship night. "All the stress that a college student has to endure goes overlooked," she said. "This is an opportunity for us to cry out to God and be open and vulnerable about our burdens, the trauma that we have been through and are currently going through."

Vidal said her desire for those in attendance is "to finally understand how beautiful and easy accepting salvation is.

"My prayer is that it will be a night of not just conviction but conversion," she continued. "I want each student to be

NIGHT OF WORSHIP 04.09.22 COLLEGEDALE CHURCH FELLOWSHIP HALL 7:15 PM

Night of Worship poster. (Poster courtesy of: Desther Rey Camacho)

ENGAGE

inspired to commit their lives,

plans and future to God."

Karl Camacho and the rest of the team said they want an atmosphere for students to freely express their need and love for Christ, not only during worship night but even after the event. Johnson said he is most excited to see how God is going to lead in people's hearts after the event. If one person gets a clearer picture of just

how wonderful Jesus is, Johnson said the whole thing will have been worth it.

The organizers emphasized that the event will not be a concert, but rather a night of

"There is no worship credit," Desther Rey Camacho said. "Come because you want to sing, worship and be vulnerable with like-minded image bearers."

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History chair visits students studying abroad in Spain

Celeste Brooks Staff Writer

Lisa Diller, chair and professor of the History and Political Science Department, spent her Spring break in Spain visiting some family and a few of the students from Southern who are in the Adventist Colleges Abroad (ACA) program.

"We have three students from our department who are currently there," Diller said, "one history minor, Meg Ermer, and then two history majors, Xavier Snyder, who's graduating in May, and Amy Van Arsdale, who's a sophomore."

Diller said students are able to study in towns that are both rich in history and set in beautiful locations.

"We often refer to the Adventist school there as 'Sagunto' because the town that it's near is called Sagunto," Diller said. "This town has been through every bit of history in Spain. And

I think it's one of our only language schools that's that close to the ocean; you can see the Mediterranean Sea from the dorm rooms."

Meg Ermer, a double major in computer science and Spanish, is doing her year abroad in Sagunto.

"There are so many palm trees and orange trees, and the weather is perfect," Ermer said.

As an advisor, Diller encourages students from Southern to attend ACA their sophomore year of college so they can complete their general education requirements.

Studying abroad also allows students experience in taking other classes and may even give them a chance to change majors or add minors, according to Diller.

"If you study abroad an entire year, you basically have three or four extra classes you have to take and you have a second major," Diller said. "Studying abroad makes it very easy to get a minor with nothing extra, and you can easily get a second major in that language or international studies emphasis in that country's language."

Ermer talks highly of her experience in Spain.

"The classes and teachers are amazing, and being able to immerse myself in Spanish culture while studying the language has helped me so much with my fluency and understanding," Ermer said.

But a year abroad does not only consist of studying.

"I have loved being able to make friends with people that I otherwise wouldn't have met. We have gotten so close, especially through travel," Ermer said.

Studying abroad also allows for students to see life in other

"Since flights in Europe are so cheap, we flew to London for \$8, and were able to see cities like Budapest, Munich and Paris on the weekends," Ermer said.

Diller described a year in Spain as a "transformative experience." She said students are able to go and experience something new and make changes in their majors if they want to.

"Studying abroad has made me a much more confident person, and I have learned so much about myself," said Ermer.

"When you go as a student, you say, 'I am submitting myself to being transformed by this culture, and I am learning from them, and I'm getting actual skills that are useful in the world," Diller said.

Ermer said her year abroad is an "amazing experience" that she will "always look back on as the best year of her life."



(L-R) Tommy Diller, Lisa Diller, Amy Van Arsdale and Xavier Snyder pose for a picture in Spain. Tuesday March 15, 2022.

(Photo courtesy of: Lisa Diller)

Giving Day to hold interactive events for students

Sierra Ureta Staff Writer

The Southern Adventist University community will unite once again for an annual fundraising blitz that has raised more than \$1 million for university projects in recent years.

The two-day Giving Day event will be held today and Thursday with a variety of activities to encourage alumni, employees, students and other university supporters to donate to the academic departments of their choice over a 28-hour period.

The fundraiser will begin today with donuts for students on the promenade from 7:30 to 8:15 a.m. It will end Thursday with a grand finale block party from noon to 1 p.m. in the lower parking lot of the Collegedale Church of Seventh-day Adventists.

"We need faculty, students, alumni and friends to all come together over a few hours to fund these campus projects," said Vice President for Advancement Ellen Hostetler in an interview with the Accent. "But with everything going on in our lives, it's easy to forget to give or to forget to tell your friend. So, we

have events planned around campus all day Wednesday up until our after party on Thursday to remind everyone about the impact they are making for Southern and to say 'thank you' for supporting [their] school."

While employees, alumni and other outside donors donate most of the funds, Hostetler said students also play a significant part in the annual fundraiser. She said most students are on campus because someone gave to help them be here, and Giving Day is a fun way to pay that forward and give to another student who needs the

"I heard a story recently that years ago the students in Talge Hall raised over \$700 to buy shoes for people who had lost everything in a fire," she said. "The shoe store was so touched, they matched the gift and doubled the number of shoes the students were able to give."

In addition to the free donuts and block party, the event will

also include "FundRides" from 8:45 a.m. to 3:05 p.m.

According to Annual Giving Manager Sandra Delgado, "The FundRides are an opportunity for students to learn about the impact of gifts, Southern's history and [to] win dollars for their favorite project." Individuals can catch a ride on a golf cart, answer trivia questions, and if they answer the question correctly, they can designate money donated by other donors to the project of their choice.

While the Fundrides are going on, there will be a Giving Day booth in the Bietz Center on Wednesday from noon to 6 p.m. It will be for students who want to participate in Giving Day.

"At the Bietz Center, students can play different games, take on challenges and win dollars for their academic area, club or mission project," Delgado said.

She said the Thursday block party will be the largest campus-wide event of the two-day fundraiser.

"We are inviting the entire campus to come celebrate God's goodness and the generosity of the Southern family," Delgado said. "We'll have lunch by local eateries, live praise music, and winners will be announced."

Ari Rodriguez is the social vice president for Southern's Student Association. She said the interactive events will make Giving Day more memorable for

"I think it's important, honestly, because it just reminds the students that there are various organizations on campus and in the community that they can support financially," Rodriquez said.



Students pose for a Giving Day photo. This year, Giving Day is April 6 and 7. Wednesday, March 23, 2022.

(Photo by: Xander Ordinola)

COLLEGEDALE NEWS

Ooltewah Farmers Market supplies seasonal local goods

Elsie Pak Reporter

Every Thursday from 3 to 6 p.m., the gravel back lot of Ooltewah Nursery and Landscape transforms from an empty space into a farmers market that specializes in products produced by local farms and food artisans.

On Thursday, March 31, 13 foldable tables stand under the warming sun, decorated with tablecloths and sporting colorful blackboards and laminated signs displaying their business names and the products available. Spread on among these tables are a cornucopia of edible and handcrafted goods.

Some tables offer seasonal veggies and greens, while others are dedicated to artisan cheeses and dairy products like cow, sheep and goat milk. Another table sports a wide variety of gourmet and medicinal mushrooms, jams, jellies and syrups while the booth next to it sells herbs, meats and locally roasted coffee. Kettle corn, homemade baked sourdough and handcrafted soaps are also among

the multitude of products being sold at the market.

Angel Miller, the market manager and founder of the Ooltewah Farmers Market, sits at her own table with signs reminding shoppers of the extended summer hours from 3 to 6 p.m. starting in April. The table also displays info for the upcoming "Spring Fling" event on April 7 and 14. According to Miller, there will be an arts and crafts show those days as well as a door prize drawing every 15 minutes to celebrate the start of the tenth season for the market.

The Ooltewah Farmers market originally opened in April of 2013 as a community service initiative by the Ooltewah Nursery.

"It's a way that the nursery can use the 16 acres that God has blessed us with to give back to the community," said Miller about the lot. "It's a wonderful situation where we can support local family farms which are family-owned agricultural businesses just like the nursery — as well as serve as a platform and an opportunity where people can come in and have access to healthy fresh vegetables and produce."

According to Miller, the types of booths and businesses selling at the farmers market vary naturally with the season.

"For example, strawberry season will be coming up soon," Miller said, "and we have three strawberry producers including Smith-Perry Berries who will soon be attending the market with their fresh strawberries."

Kayla Dean is one of those many food artisans who participates in the farmers market. For five years now, she and five of her daughters have run their business, The Cupcake Club and More, at the Ooltewah Farmers Market. Dean's business specializes in creating food conscious possibilities and makes over 125 flavors of cake, 40 different types of pies and cupcakes in many different flavors.

"Our products can be gluten-free, soy-free, corn-free, peanut-free, have no sweeteners, no artificial flavors or colors, preservatives and cater to specific allergy panels," Dean said. "We're located in Cleveland, but we make it a point to drive to the Ooltewah Farmers Market because it is one of the few yearround markets in the area."

Dean likes the Ooltewah Farmers Market because of its purpose and sense of community.

"We are like a community within a community that seeks to serve the needs of those in the area," Dean said. "What's here is unique, and that's why I'm committed."

The market can be found at 5829 Main Street in Ooltewah on Thursdays year-round. More information about the market can be found on their website www.ooltewahnursery.com/ farmers-market/ or on their Facebook page @Ooltewah-FarmersMarket.



Sharon Hogan buys lettuce from vendor Ron Shaffer at the Ooltewah Farmers Market on Main Street. The marketThey opens every Thursday from 3 to 5 p.m. during the winter and 3 to 6 p.m. during the summer. "We started this market 10 years ago, and it is a community service initiative by Ooltewah Nursery. Everything here is truly locally grown and raised," Marketing Director Angel Miller said. Thursday, March 31, 2022. (Photo by: Xander Ordinola)

ASIAN NIGHT



Seven bachelor contestants represent different countries in the Asian Bachelorette stage play. Saturday, April 2, 2022. (Photo by: Adam De Lisser)



A series of dances were performed for each of the seven countries. (L-R) Preston Sopandi, Justice Welch, David Oh and others wore red and white for the Indonesian performance, representing the colors of the flag. *Saturday, April 2, 2022.* (Photo by: Adam De Lisser)



(L-R) Ji Lian Firman and Himari Tono sing the Japanese song "Betelguese" by Yuuri. They greeted attendees at the door with live music and singing, coupled with handmade décor. Saturday, April 2, 2022. (Photo by: Adam De Lisser)



(L-R) Danny Oh, Darren Butar and Ashelen Rojas dance on stage, representing Japan while acting out several gestures from Japanese pop culture.

Saturday, April 2, 2022.
(Photo by: Adam De Lisser)



(L-R) Molly Untalan, Migdalice Ramos-Nieves, Mile Pinero, Allyn Follette and others gather on stage in traditional Indian attire and bindis to dance.

Saturday, April 2, 2022.
(Photo by: Adam De Lisser)



(L-R) Josh Pong, Chance Hernandez and others perform a traditional Maori haka dance, representing Oceanic Islanders Club.

Saturday, April 2, 2022.
(Photo by: Adam De Lisser)



Sam Han performs on stage, representing Korea. Saturday, April 2, 2022. (Photo by: Adam De Lisser)

MENTAL HEALTH

Counseling: Why it's important and what to be aware of

Shirali Pathak

Counseling Graduate Student

Editor's note: The following article is written by a counseling graduate student in partnership with Counseling Services and the Southern Accent.

Counseling is known to be a specific mental health discipline that uses guidance and psychotherapy to improve the well-being and quality of life in both individuals and counselors. As relational beings, we experience a variety of emotions and desires while striving to live a life with purpose and meaning.

For many, living life day-today is a battle. According to the National Institute of Mental Health, it was reported in 2020 that nearly one in five U.S. adults live with a mental illness. That doesn't account for the rest of the world that is also suffering with mental illnesses.

As for college students, 44% have reported symptoms of depression and anxiety, according to an article written by the Mayo Clinic Health System in 2021. Overall, with these statistics in mind, there is a growing increase of mental illness and a need for help that is important to keep in mind.

Seeking counseling services does not mean you have to currently be experiencing a major crisis. Counseling is an effective tool that can help improve individual wellness. According to an article written in 2020 by Sara

Lindberg for Healthline, titled "The benefits and options of therapy," improving your communication skills, learning how to make healthier choices, developing coping strategies to improve distress and discovering ways to support yourself and those around you are all factors that counseling professionals can assist with.

Finding a therapist that works for you can be difficult, especially for those who prefer to speak with individuals from similar cultural or racial backgrounds. Although every counselor should be culture-conscious, there are professional therapists that have culture as their area of focus. A Healthline article written in 2020

by Rebecca Joy titled "9 tips for finding the right therapist," lists sources to consider when looking for a culture-conscious therapist, such as online support groups and therapy for Black women and men, Native American tools for holistic health and mental health resources, Asian American Pacific Islander mental health resources, therapy for Latinx community and so much more.

For many of us that are Christians, it is important to recognize the dangers of darkness in this fallen world that have and will infiltrate all areas of our lives. Counseling is an incredibly great and useful tool, but we must keep in mind who we are choosing to see as our ther-

apist and how they are leading and guiding us. Every technique and intervention that is used in therapy has great meaning and history behind its use. It is vital that we take time to assess what is feeding our bodies and minds, and if it aligns with what God is trying to speak to us through His Word.

As Scripture says, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will." (Romans 12:2).



Cecilia Moreno speaks to Counselor Brandon Grentz. *Friday, April 1, 2022.* (Photo illustration by: Keishla Galán)



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OPINION

I don't feel Asian enough for rendang curry

Aaron Mumu Lifestyle Editor

Rendang is a traditional beef curry that is a staple of Indonesian cuisine. And let me tell you — it's glorious.

About a dozen different spices and ingredients make up the bulk of rendang's flavor, which are mashed together into a brown paste. Then, the rendang paste is slow cooked with beef and rich coconut milk. This process can take hours, but that just ensures the entire dish will absorb every ounce of flavor from the rendang paste.

My mouth is salivating just writing about it.

While I recognize that my own rendang uses a pre-blend packet with most of the spices, I still like to think that cooking rendang is one of those things connecting me to my Asian heritage.

However, the last time I raved about rendang with my Indonesian family, I apparently offended my cousin.

"Aaron, you're vegetarian," she said. "You can't like rendang."

Let's put aside the fact that veggie meat is something that exists, or that the majority of the rendang flavor comes from the vegetarian spices — my cousin's response perfectly illustrates my personal struggle as an Asian American. Somehow, my other identities have become obstacles and road-

blocks that prevent me from being "truly" Asian.

You might call it imposter syndrome; other Asians like to call it "white-washed" or "a banana."

I prefer describing it as if I'm caught between two worlds, and I don't completely belong in either. It's more complicated than just my Asian and American sides — it's pitted against every identity I hold (like being vegetarian).

Whether it's true or not, I feel like many of these identities ostracize me from the rest of the larger group. Even though my brain tells me there has to be other Asians struggling through the same questions, it often feels like I'm the only one.

I sometimes wish one of my competing identities would win and dominate my personality, yet I never know which identity would be victorious.

And that leads me back to rendang. Because rendang says that my competing identities don't actually have to compete.

There are an excessive amount of spices and flavors that make Indonesian rendang so addicting. These ingredients often include candlenut, galangal, white pepper, shallots, chili, lemon grass, coriander and umami (or monosodium glutamate, better known as MSG). Each of these ingredients have their own claim to flavor, but on their own, they don't make rendang.

Rendang is the combination of all these spices. In fact, in some sub-cultures, the skill of finding and mixing these flavors into delicious rendang paste is considered wisdom. So let me reapply some of my culture's wisdom.

I'm starting to think of each of my identities as an ingredient in rendang. Because I am more than just Asian, and I am more than just American. Rather, they are just two of the many ingredients that make me, me.

So rather than let one single identity dominate my core essence, I'm going to let each of them slow cook together into a rich curry. I'm hoping I'll be all the wiser for it.



Rendang, a traditional beef curry and an Indonesian staple. Sunday, April 3, 2022. (Photo by: Adam De Lisser)

RELIGION

What I learned in the 'Land of the Rising Sun'

Victoria Mills

Religion Editor

When I was 7 years old, my dad went into active duty as a Navy chaplain, and his first duty station was Marine Corps Air Station (MCAS) Iwakuni, Japan. Iwakuni lies on the coast of Hiroshima Bay, about an hour and 45 minutes from the city of Hiroshima. Compared to the rest of Japan, Iwakuni is considered rural, although it didn't seem like it to us after living between cornfields in Durand, Wisconsin.

Japan became our home and the place where I grew up; my family and I loved living there. We were ministering to those on MCAS Iwakuni and to lapanese friends off-base. We learned a lot and made friendships that have stayed strong to this day. When the earthquake and tsunami struck in 2011, we were there, and my dad was instrumental in sending 59 tons of disaster relief supplies up to the Sendai region where it was distributed to those in need.

My mom homeschooled my sister and me, which gave us the opportunity to go on "field trips" to museums, shrines, landmarks and many other places. One of the attractions we visited was the Peace Memorial Park and Museum in Hiroshima. It was horrifying, especially to a 7 and 8-year-old. I felt sick the whole time I was there, and I couldn't fall asleep for about five hours after I went to bed that night. I clearly remember an oboe playing in the background of one of those sickening exhibits, and it was years before I could listen to

oboe music comfortably again.

Though that experience affected me deeply, I didn't fully grasp the meaning of it, and maybe I don't even now.

When I was in Japan, I rarely thought about the fact that the country I was from had been at war with the country I now lived in. I just accepted both as home. Now, thinking back, it seems different, especially since war is on everyone's mind much more recently.

We moved to Cape Cod, Massachusetts, from Yokosuka, Japan, in 2013. After Massachusetts, then Rhode Island and Washington state, my parents moved back to Japan, this time to Okinawa, a group of islands 400 miles southwest

of the southern tip of Japan. Since my parents moved there in February of 2020, my sister and I have only visited twice. This past summer, we traveled to the mainland and saw some of the places and people that we love so much. This summer, we hope to do the same.

But after August 1, our parents are moving back to the U.S. A long, beautiful chapter in my life will be finished. What

will it be like to say goodbye? I'll bid farewell to a country that welcomed me and my family. I'll say goodbye to people who were never mean or disrespectful, hardly even impolite. Despite history itself, the people of Japan embraced us and gave us so many reasons to love them, even when the people from our country had done the opposite. The Peace Museum sickened me because it was real, and it cataloged an event that cannot be erased. Yet, the people of Japan extended such forgiveness that it seemed as if it had never happened.

I know that this is a faulty comparison because our world is still sinful and will continue to be until it's remade, but it really reminds me of the forgiveness and love of God. It's unconditional, even in the face of absolutely horrifying and crippling realities. He still loves us. He still wants us to come home to Him. He still can't wait to teach us things, show

us things and spend time with us. He continues to love us, no matter what we've done.

In the mournful book of Lamentations, Jeremiah writes a few verses that illuminate the darkness around them:

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. 'The Lord is my portion,' says my soul, 'therefore I will hope in him" (Lamentations 3:22-24).

I'm going to cling to that love whenever and wherever I see it, whether that's in my beloved Japan, or from the God of the universe.



Kintai Bridge, a popular landmark in Iwakuni, Japan. Thursday, July 8, 2021. (Photo by: Victoria Mills)



LEAVING CAMPUS?

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LIFESTYLE

Reconnecting with my Japanese roots through dramas

Megan Yoshioka Editor-in-Chief

Whenever I feel nostalgic, I watch Japanese dramas. I've never been to Japan, and I don't even fully understand the language, but for some reason, watching those shows is comforting to me.

My grandma used to watch Japanese dramas nearly every day. Some of the shows were interesting, and others were boring. I used to sit down and watch the interesting ones with her.

I always had to give my full attention to the screen to read the English subtitles and understand what was happening. My grandma, on the other hand, would sometimes do other things like sewing or writing while watching the show. She understood basic Japanese, so it wasn't as much of a brain activity for her as it was for me.

Japanese was actually her first language, but she was forced to learn English during

World War II. I don't think her understanding of the language ever surpassed an elementary level because of that situation. I suspect part of the reason she watched dramas was to make sure she didn't lose what she already knew.

I used to ask my grandma to teach me Japanese, and she would teach me some common phrases. I got excited whenever I recognized a word or phrase that she taught me on one of

the shows we watched together. That's the closest I've ever gotten to becoming bilingual.

She also taught me how to write my names in katakana and kanji. Katakana is one of four Japanese writing systems, and it's used to write foreign words. My English name is written in katakana. Kanji is another writing system that is adapted from Chinese characters, and that is the system I use to write my Japanese name.

I've been trying to learn more Japanese and retain what my grandma taught me, but that's been more difficult to keep up since she passed away five years ago.

Rewatching the dramas I watched with her helps me to remember both the language and her memory. It's more than just entertainment. In a way, it reconnects me with my culture and my roots.



Blake Tousignant watches "Ohisama," a Japanese drama series. Monday, April 4, 2022. (Photo illustration by: Xander Ordinola)

For a chance to be featured, use or tag **@sauaccent** on Instagram or Twitter in your posts! SOCIAL

Sammie Romashko



🍠 🛮 Twitter

#SAUlife



Aaron Mumu @Aaron notArron

asian night really said "maybe the real bachelor is the friends that we made

along the way" and it totally worked.

Lila Odhiambo @ineedaprivateac

i will cook and clean for ANY man who did the haka tonight

Rence Arroyo @notrence

I know I played an influencer for asian night but please do not look for my tiktok I'm begging you to let it fade into obscurity

Bailey DuBose @bay_what

It's going to be okay SAU

Hi Bailey. This is the Humanitarian Engagement office. Could you please communicate with us about your plans to fulfill your community ce requirement? Text us back ASAP. Thank you!



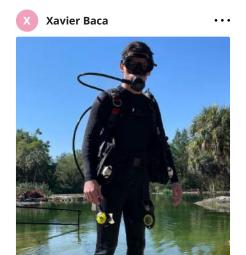


 \boxtimes ĹΊ

🧿 | Instagram **Nyah Banks**



nyah.ks when roommates attempt to be productive



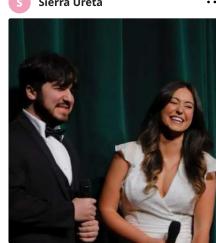
x_baca The ocean/springs has a new certificated diver today! New adventures await.

heyitsashleylynn thankful for my roomie:) Sierra Ureta

sam.ashko Praxis 🔽 . Senior Recital 🔽 .

edTPA <a>Image, Graduation <a>Image

Ashley Halvorson



sierra_youreta pushin P





destini_in_zambia Just chillin'

Congratulations @coletteewilliams, you found Kevin last week! Your prize is waiting for you in the Student Development office. Kevin knows students need a good meal for late night

> studying, so he is offering a \$10 Chick-fil-A **Gift Card**

> > DM us on Instagram with a photo of where Kevin is hiding!



CHATTER



Friday — 8

Collegedale Church

Sunday — 10

nooga - must present ticket

Concert, Ackerman Auditorium

Tuesday — 12

Brock Hall Room 1010

6:30 p.m. SJC Lambda Pi Eta Honors,

inee, Iles P.E. Center

Student Workers Appreciation Week

2:30 p.m. Gym-Masters Home Show Mat-

6:30 p.m. SA Banquet, The Mill Chatta-

7:30 p.m. School of Music Choirs Spring

8:07 p.m. Sunset

7:30 p.m. Vespers: Gym-Masters,

Online F22 Registration for Returning Freshmen <24 hours, Sophomores, **Juniors & Seniors Southern Giving Day**

Thursday -

Southern Giving Day 11:00 a.m. Convocation, Origins, Collegedale Church

9:00 a.m. Adoration Worship, Dave Ferguson, Collegedale Church 9:00 a.m. Connect Worship, Elementary **School & Livestream**

Wood Hall

11:45 a.m. Renewal, Dave Ferguson, Collegedale Church & Livestream 4:00 p.m. Wind Symphony Concert,

P.E. Center - must have ticket

Offices Last day to order May Graduation regalia online, www.cbgrad.com Online F22 Registration for New/Transfer

11:45 a.m. Merge Worship, Lynn

Collegedale Church

9:00 p.m. Gym-Masters Home Show, Iles

Monday — 11

GRE Subject Exam, Bietz Center Testing Students

Weekly Birthdays

TODAY | 6 Saturday | 9

Martina Croft Zach Bradley Keanne Fisher Ethan David Michael Villalobos Callie Dickson Evana Vivas Palacios Matt Dizon Thursday | 7 Fernando Portillo

Michelle Adalbai Abigail Quintana Lauran Cho Will Showalter

Alyssa Graham Sunday | 10 Abigail Bates Mina Kim Martha Bonilla Ari Loreto-Cortez **Destiny Nunez** Celeste Lee Friday |8 Sangjin Lee

Jonathan Amarandei Charlene Chigano Andrew Hansbury Elora Horsley Seth Ream

Tania Moorooven Soko Paongo Mayanne Quion Tori Waegele

Sarah Williams Ethan Wu

Monday | 11

Elizabeth Brito Adam DeLisser Jourdan Mandujano Violet Petrikas Samuel Rivera Kelly Sandel Paul Schafer Jake VanBeukering Satoshi Yamashita

Tuesday | 12

Felix Gillett Giancarlo Leonor Eric Rivera Abby Tishaw Preston Waters

SA Announcements

SA Senate Applications are now open! If you are interested in applying, go to southern.edu/studentassociation.

Giving Day will be on Wednesday and Thursday of this week (April 6 and 7). This is a great way to give back to your favorite clubs, get a few treats for yourself and get to know your SA and Senate members.

Check out our website!

www.southern-accent.org



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Religion | 6

Lessons from C.S. Lewis: Don't

let your mind drearily flicker

Lifestyle | 7

Climbing the stairs: How do I practice being brave?

April 13, 2022 Collegedale, Tennessee

Southern Accent

Vol. 77 Issue 21

'We all loved her': School of Nursing Dean JP remembers professor Bonnie Hunt Mathis



Bonnie Hunt on her 80th birthday. *Thursday, February 2, 2012.* (Photo courtesy of: Connie Cash)

Madison Wilcox

Reporter

Bonnie Hunt, a former longtime professor at Southern Adventist University's School of Nursing, passed away on Wednesday, March 30, after 45 years of service at Southern and almost two months after her 90th birthday. She was survived by two sons, a daughter and five grandchildren, according to previous School of Nursing Dean Barbara James.

James said Hunt began serving as a professor and upper division coordinator in the School of Nursing in 1977 and, after retirement in 1997, founded and coordinated the nursing student success program, Assisting Students to Achieve Professionally (ASAP), where she worked hourly

until early January of 2022. She also guest lectured frequently during this time.

According to James, Hunt offered ASAP as an optional study aid to several nursing classes, including Fundamentals of Nursing and Adult Health I, II and III, holding biweekly tutoring sessions to help students review for their tests. She also offered tutoring for the NCLEX-RN.

At the group sessions, students would bring their books and notes, and Hunt would ask questions and draw on the whiteboard to review concepts taught in class. Hunt even held Saturday night study sessions several times when students requested extra help before facing big exams.

"Many students credit her

with helping them get through," James said.

Yet, Hunt's goals for ASAP went further than helping students pass their exams, according to James.

"Assisting them to achieve professionally ... goes beyond just passing the next test and passing NCLEX," she said. "It's truly helping to model what professionalism is and what a nursing professional ... should be."

James remembers Hunt as a "huge student advocate" who lived her Christianity with "amazing energy" and a passion for helping students. Hunt knew how to laugh with her students and used her knowledge and humor to bridge the generational gap.

Several students who knew Hunt responded to an Instagram poll with their own stories of Hunt's influence in their lives.

Senior nursing student Hannah Cheneweth described Hunt as having a "kind and loving nature," which "made a lasting impact on everyone she came into contact with."

"One time I went to Bonnie's house with a friend of mine who was getting tutoring from Bonnie individually," Cheneweth said. "Bonnie opened up her home for us and even offered us food. She just wanted the best for each student she came into contact with, and I will never forget her lasting impact on my life as a future nurse."

Another senior nursing student, Desther Camacho, said he knew Hunt from ASAP sessions.

See HUNT on page 2

Dean JP Mathis to leave position in June

Lucas Bueno Reporter

JP Mathis, an associate dean at Southern Adventist University, will be leaving her job at the end of June this year. Mathis and her husband will be returning to Highland Academy, where Mathis had once served as a dean from 1994 to 2008. Mathis said she will be serving as dean once again in her new position.

Mathis' main responsibilities at Southern are currently with the Southern Village apartments; however, she also works with Thatcher, Thatcher South and Talge halls. Her office is in Thatcher South.

In an interview with the Southern Accent, Mathis said she began working as an associate dean at Southern in 2008. However, that was not her first time working at Southern.

"I worked for the Physical Education Department full-time in 1989 and then part-time teaching racquetball, basic tumbling and helped in the custodial department [from 1990 to 1993]," Mathis said in a statement to the Accent.

After working at Southern the first time around, Mathis and her husband went to Highland Academy to work as deans. According to Mathis, God called them back to the university, which is why they eventually moved back to Southern.

Mathis stated that some of her favorite experiences while

See JP MATHIS on page 2

University Assembly approves updated Sexual Integrity Policy, transgender policy guidelines

Megan Yoshioka Editor-in-Chief

On Monday, April 11, the Southern Adventist University Assembly approved updates to the institution's Sexual Integrity Policy along with transgender policy guidelines. As reported in a previous Accent article, the university's policy on public display of affection (PDA) is now more clearly defined, and policy on pregnancy, pornography and transgender tonics were added.

transgender topics were added.
According to the PDA part of the policy, the university does not condone PDA that may be sexually suggestive, including but not limited to intimate touching, fondling and prolonged kissing.

Although the pregnancy section states that the university does not condone extramarital sexual relationships, the university will provide support and/or resources to pregnant students, according to the document.

The new policy on pornography defines pornography and declares that accessing, creating, viewing or distributing pornography is unnacceptable on and off campus.

Under the new transgender policy, bathroom and locker room usage, housing situations and intramural participation would be determined by an individual's biological sex.

The policy and guidelines will undergo a final legal review before implementation, according to Senior Adviser for Sexual Integrity Alan Parker in a statement to the Accent. Parker said the updates will be implemented in the next academic year if they go through the approval process in time.

Implementation guidelines for the transgender policy is considered a separate document from the Student Handbook policies, but the handbook will contain a

See POLICY on page 2

SonRise props subjected to minor damages from storm, tent still being assessed



The worship tent, which was storing SonRise props, collapsed during a storm. Wednesday, April 6, 2022. (Photo by: Alva Johnson)

Megan Yoshioka

<u>Editor-in-Chief</u>

As reported in a previous Accent article, the worship tent next to Hulsey Wellness Center collapsed during a storm on Wednesday, April 6.

According to Sherrie Williams, assistant director of SonRise and communication director for the Collegedale Church of Seventh-day Adventists, the SonRise props that were being stored in the tent

experienced little damage.

"Minor repair will need to be done to the Last Supper stairs, one of the side stages for Judgment and a couple of panels for Marketplace," Williams said in a statement to the Accent. "Marketplace fabric (for the shop structures) needed to be dried out as well as some of the wood."

The tent is still being assessed for damage, according to Service Department Director Donald Lighthall. Mike Fisher, preventative maintenance technician for Plant Services, said there were some tears. Assessments will not likely be completed until after graduation, according to Lighthall.

Lighthall said prior to the storm, the tent was scheduled to be taken down on April 25. He said the tent will stay down during the SonRise program and throughout the summer.

SonRise is still scheduled as planned for this Saturday, April 16.

HUNT continued from page 1

"She helped us when we struggled," Camacho said. "She was there to alleviate our stress. And after an ASAP session you would leave being a little more confident in the material."

Hunt's granddaughters, Cassie Williams and Krista Davis, described who Hunt was to them.

"It's hard to put into words what she meant to us," wrote Williams and Davis in a statement to the Accent. "While she invested so much into her nursing students, she put her all into being our Grandmama.

"From the time we were little, we loved being around her," Williams and Davis continued. We would hang out in her office, have sleepovers at her house and invite her to any event we were a part of. She was spunky, generous, accepting and always up for a good time. She saw the best in us, and we were always proud to let people know that, yes, Bonnie Hunt was our grandma. We already miss her dearly and can't wait to see her again."

Students and faculty at the School of Nursing celebrated Hunt's 90th birthday about two months before her passing. Students wrote notes to Hunt and enjoyed cupcakes while wishing her happy birthday through FaceTime.

"It was very special because

students just idolized her," James said. "We all loved her."

According to James, the School of Nursing had developed its Giving Day plans since late 2021 in honor of Hunt's 90th birthday. The goal was to raise \$90,000 from 900 donors to fund the purchase of new simulation equipment for the school. According to Southern's Giving Day website, 497 donors contributed to the School of Nursing April 6 and 7, raising a total of \$42,800.



Bonnie Hunt. (Photo courtesy of: Connie Cash)

POLICY

Nursing professor Christine

Moniyung acknowledged Hunt's

significant impact on her life

and the School of Nursing in a

written statement to the Accent.

a legacy," Moniyung said. "She

was a dear friend and men-

tor to me and many others.

Her contributions to Southern and dedication to student suc-

cess are beyond measure. I am

blessed to have had Bonnie in

my life and will miss her wit

and wisdom."

"Bonnie Hunt has left behind

continued from page 1

link to the guidelines. One of the listed guidelines state that special housing considerations may be considered for certain transgender students.

The guidelines document further states that clothing and dress should reflect an individual's biological sex. Dress that is intended to represent the opposite sex would be considered incompatible with the university's biblical principles, as stated in the document. Parker said because intentions are difficult to assess, that area would require further legal review.

Another guideline called for student leadership positions to be reserved for students who abide by the university's policies and respect the Seventh-day Adventist Church's stance on the congruence between biological sex and gender.

Biological sex refers to the sex an individual was assigned at birth. Gender refers to "the behavioral, cultural or psychological traits typically associated with one sex," as defined in the Merriam-Webster dictionary.

According to a General Conference of Seventh-day Adventists' statement regarding transgender topics, the church does not recognize the separation of an indivudual's gender identity and biological sex.

"From a biblical perspective,

the human being is a psychosomatic unity," the statement reads. "For example, Scripture repeatedly calls the entire human being a soul (Gen 2:7; Jer 13:17; 52:28-30; Ezek 18:4; Acts 2:41; 1 Cor 15:45), a body (Eph 5:28; Rom 12:1-2; Rev 18:13), flesh (1 Pet 1:24) and spirit (2 Tim 4:22; 1 John 4:1-3). Thus, the Bible does not endorse dualism in the sense of a separation between one's body and one's sense of sexuality."

The guidelines for transgender policy implementation would not apply to individuals who have been medically-identified as intersex, according to the document. Guidelines for personal pronouns are still in development.

In a statement to the Accent, Parker said he does not believe policies "adequately describe an institution."

"Policies are boundary-markers, expressing what is allowed or not allowed according to the institution's values," Parker said. "If you drive through a city, you may notice there are speed limits (boundaries for how fast you can go), but these limits tell you very little about the city and its culture. In the same way, policies don't fully describe Southern. The richness of our diversity, the caring and compassionate people you find here, the depth of our faith, the excellence of our academics and the commitment to our mission are what make Southern what it is."

JP MATHIS continued from page 1

working as associate dean are working with students.

"I really, really enjoy working with the RAs (resident assistants) — being a mentor for them and a prayer warrior," she said. "I have really enjoyed my conversations with students."

In a statement to the Accent, senior English major Katelynn Webster shared one of her encounters with Mathis.

"One experience that stands out to me is when I moved to the Village this semester," Webster said. "I was new to the way getting into the Village worked, and especially so since it was the middle of the school year. But Dean Mathis made it easier for me. She walked me through everything that needed to be done in terms of moving out of the dorms and moving into the Village. I really appreciated how

she was there if I needed her."

Senior social work major and Village RA Seth Bermudez also said he enjoyed interacting with Mathis when the deans took Village RAs to the gym to play basketball and other sports.

"For me, personally, seeing Dean JP take time out of her day to just play sports with us and have fun means a ton," Bermudez said. "It showed me that she really takes her job seriously and really wants to be there for her workers and students. You could see the pure joy on her face playing those games with us. Seeing that showed me that she loves her job so much, but I know she loves the residents and RAs even more."

Mathis has mixed emotions about leaving Southern.

"Whenever you make a change ... wherever you go, it's always the unknown," she said. "So, there's a mixed emotion. But ... I trust God with His calling, and [know] He'll provide."



JP Mathis speaks to Lucas Bueno during an interview. Wednesday, March 23, 2022. (Photo by: Adam De Lisser)

Humanitarian Engagement welcomes new director

Lizbeth Rodriguez-DiepStaff Writer

Cheryl Craven has accepted the position of Humanitarian Engagement (HE) director. According to Craven, HE's previous director, Melissa Moore, is pursuing a new job at Child Impact International.

Craven had been working as the School of Social Work's office manager for the past 11 years. She was not only an employee of the School of Social Work — she was a student as well. She recently graduated with a Master of Social Work degree in December.

As many graduates do, Craven prayed that God would open a door, but not just any door — one "of greater responsibility and influence for Him." During that time, the HE department had an opening for a new director.

"The Humanitarian Engagement department equips students to serve others both locally and around the world," Craven said in a statement to the Accent. "Local Engagement provides opportunities for community service in the greater Chattanooga area, while Global Engagement covers everything beyond Chattanooga."

Craven said she accepted the position because she believed it was God's will for her at this time. This was not the first time she had heard about the position, but she said she decided to wait on His timing.

"When the position was not offered before, I accepted that it was not God's timing and focused on a goal of completing a master's," Craven said.

"The Lord speaks to us in different ways. He spoke to me through people, circumstances and through a general sense of peace that this was His will for me at this time."

Through her experiences, Craven said she is learning to trust in God.

"God is teaching me to sit with others in their joy or disappointment and to take time to celebrate or grieve myself, and through it all, to trust Him and press on as He leads," she said.

Through all of the "exhilaration and disappointment," she said the team in the Office of

Ministry and Missions "has been a delight to work with and [has been] very supportive."

Craven said her prayer for every student is "to embrace the concept that we are saved to serve."

"We become like Jesus when we serve as He did," Craven said. "I want everyone to experience the happiness that comes when their service becomes a way of life. Our goal in HE is to help students embrace a life of service, using what they've learned in the classroom to help bring others closer to Jesus."



Cheryl Craven (Poster courtesy of: Cheryl Craven)

Southern Accent

The Accent encourages readers to write articles and voice their opinions.
However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

For all advertising inquiries, email studentadmgr@southern.edu.

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New eatery opens at KR's Place location

Lucas Bueno Reporter

A new eatery called "The Garden" opened on March 29 in the location where KR's Place used to be. The Garden is open on Tuesdays and Thursdays from 11:30 a.m. to 1:30 p.m.

The Garden's manager, Maggie Pickens, described the new eatery as "plant-centered" but not "plant-based."

"We don't necessarily want to categorize it as plant-based because [there are] so many different views and branches that come from plant-based," Pickens said. "So, we like to categorize ourselves as plant-centered like freshness, vibrancy, all the colors, basically food as God designed it to be."

Pickens said everything is 100% vegan.

She also said many people were involved in creating and launching The Garden.

"It started long before I came into the picture," Pickens said in an interview with the Accent. "This is a collaboration between a lot of departments, mainly between culinary arts and the nursing department. [They are]

people [who] have vision and dreams and a passion for quality food at a good price and people [who] care about our students."

Those who helped form The Garden are Cindi Young, administrative assistant for Financial Administration; Tom Verrill, senior vice president for Financial Administration; Beth Snyder, associate professor in the School of Nursing; Bonnie Musgrave, assistant professor in the School of Health and Kinesiology; and Teddy Kyriakidis, Food Services director.

Pickens was hired at the beginning of March. She graduated from Southern in 2015 with a degree in vegetarian culinary arts. She also obtained a bachelor's in physical education, health and wellness. After graduating, she became an assistant food service director at Shenandoah Valley Academy in Virginia.

Before The Garden opened,

students were invited to numerous taste tests, according to Pickens. She said the menu is constantly changing.

"Currently [the menu is] changing weekly. It's happened so fast that I haven't really had the time to sit down and create a solid rotating menu," Pickens said. "So right now, it's all about creativity — trying to offer new things to students and also getting their feedback on the pitch as well."

Pickens said feedback has

been positive so far.

Sophomore nursing major Kristen Page shared her reaction to The Garden in an email interview with the Accent.

"I am so glad there is finally a whole foods eatery on campus," Page said. "Their [The Garden] staff are so friendly and helpful. When I was coming back from clinicals on Thursday, I got there just a few minutes after they closed. But they still took my order!"

Freshman mass communication major Micah Norwood also shared her experience with The Garden in an email interview with the Accent.

"I really appreciate what The Garden is doing," Norwood said. "They make simple meals, which is more like the home cooked meals I'm used to. I feel like they also give a nice option for less processed [and] more healthy food with a good mixture between cooked and fresh. I also appreciate that they give a large amount of food for what I feel like is a good price. I've eaten at The Garden three times now, and every time it has been delicious. I can't wait for more. "



Robert Moore orders from Karen Guerra at The Garden at KR's Place. Sunday, April 10, 2022. (Photo by: Adam DeLisser)

Congratulations to all of the 2022 Legacy Writing Contest winners! **2022 Poetry Winners 2022 Nonfiction Winners**

1) Reflection on the Word Almost

by Madison Wilcox

2) If he were not a boy

by Aimee Hunt

3) PeachFarmsandPromises

by Paula Macena

1) More than Enough

by Jamie Henderson

2) Life Lessons in the Meadow

by Jamie Henderson

3) Suck It, Kid!

by Paula Macena

Spring / 2022

2022 Fiction Winners

1) The Ghost

by Jamie Henderson

2) On Popcorn

by Colton Davis

3) First Kiss

by Mile Pinero

COLLEGEDALE NEWS

Update on incident involving a Collegedale Police officer using a stun gun on DoorDash delivery driver

Alana Crosby

Collegedale News Editor

The incident involving Collegedale Police Officer Evan Driskill using a stun gun on delivery driver Delane Gordon occurred on March 10. Since then, new information has surfaced concerning the case from the perspective of the officer.

According to an affidavit written by Driskill, Gordon was pulled over around 12:48 p.m. in an area near 5700 Tallant Road for going 59 mph in a 35 mph zone. Gordon claimed he had not been speeding and asked to see the radar, after which Driskill told him he would have to go to court, according to the affidavit.

The affidavit states that Gordon became argumentative, and since Driskill's portable radio had no signal, Collegedale Police Department (CPD) Chaplain Gangl, who happened to be in the patrol car at the time, requested additional units using the in-car radio.

In the document, Driskill disclosed his version of what happened after the video footage, which was being recorded on

Gordon's cell phone, ended. After Gordon was tased, Driskill wrote that he was again asked to exit the vehicle.

"When he refused, I once again ordered him to exit the vehicle or he would be tased again. He stepped out of the vehicle, and I assisted him to the ground," the affidavit stated.

Driskill then handcuffed Gordon, who was hesitant to put his hands behind his back, according to the affidavit. After helping him sit up, Driskill noticed that vehicles had stopped due to what was happening.

"At this time, I was able to learn Mr. Gordon's name. I also learned there were multiple motorists stopped in the roadway due to what was occurring," the affidavit stated.

Soon after, CPD units, Hamilton County Sheriff's Office and Hamilton County Emergency Medical Services (EMS) arrived on the scene. After Gordon was cleared by EMS, he was taken to the CPD. He has been charged with speeding, resisting arrest and disorderly conduct, according to the affidavit.

In a press release dated March 18, Gordon's attorney



Screenshot from video.

Ryan Wheeler stated, "The video shows a traffic stop in which Delane Gordon, an unarmed DoorDash driver, in an affluent neighborhood who was only 300 yards from his destination to drop off food is pulled over

for speeding. "Mr. Gordon never believed he was speeding," the press release stated. "He politely and repeatedly asked for a supervisor as he had been instructed to do whenever uncomfortable. This is an instruction that has been given by other law-enforcement agencies as a way of avoiding this type of violence that is unacceptable in our community."

According to an interview with Wheeler conducted by News Channel 9, he said Gordon has no criminal history and was scared. The article also said Gordon was hoping to have a cordial conversation about why he was pulled over, but when things began escalating, he started recording with his cell phone.

More details about the initial incident can be found in a previous Southern Accent article found in issue 18. The full video footage can also be found on the Southern Accent's website.





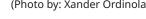




Coach Richard Schwarz, who retires this year after 22 years of service, addresses his current Gym-Masters as well as others from years prior at the gymnastic team's annual home show held in the Iles P.E. Center. Several Gym-Masters and those from previous years sent in videos telling Schwarz how much they appreciated him. All the videos were compiled and shown to Schwarz towards the end of the night. Saturday, April 9, 2022. (Photo by: Xander Ordinola)



Connor Collins celebrates as Schwarz tells him, "You did it!" Schwarz said he could retire after the gymnasts performed the routine perfectly, which he said they did. Saturday, April 9, 2022. (Photo by: Xander Ordinola)





Jared Houghtaling juggles machetes over Micah Louden, Cheyenne Hyde and Logan Johnson. Later in the show, he juggled the machetes blindfolded, but with no one underneath him. Saturday, April 9, 2022. (Photo by: Xander Ordinola)



The Gym-Masters perform with the Mario Bros. theme song. Some of the performers wore costumes mimicking the classic Mario outfit. Saturday, April 9, 2022. (Photo by: Xander Ordinola)



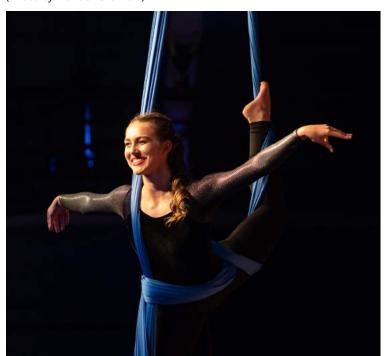
Tim Suzuki and Hannah Shull perform aerial acrobatics. Saturday, April 9, 2022. (Photo by: Xander Ordinola)



Schwarz watches in amusement as his students from previous years come together for a final routine. This is the last home show for Schwarz, as he is retiring this year. Saturday, April 9, 2022. (Photo by: Xander Ordinola)



Several of the Gym-Masters line up and spell out "STRONG," part of their motto — finish strong. Saturday, April 9, 2022. (Photo by: Keishla Galán)



Cheyenne Hyde uses ropes to perform. Saturday, April 9, 2022. (Photo by: Xander Ordinola)



After finishing his jump routine, Connor Collins poses at the end of the trampoline. The Gym-Masters' motto "Finish Strong" is reflected in 2 Timothy 4:7. Saturday, April 9, 2022. (Photo by: Xander Ordinola)



Shannon Bradshaw soars over the crowd using an aerial hoop. Saturday, April 9, 2022. (Photo by: Adam DeLisser)

MENTAL HEALTH

What are we reading? A few book recommendations from the Master's in Counseling graduate program

Shirali Pathak

Counseling Graduate Student

Editor's note: The following article is written by counseling graduate students in partnership with Counseling Services and the Southern Accent.

Name: Kiana Oliver (Clinical Mental Health)

Book title: Psychopath free (Expanded Edition): Recovering from emotionally abusive relationships with narcissists, sociopaths and other toxic People (2015)

About the author(s): Jackson MacKenzie believed he would never be happy again after experiencing a relationship with an ongoing cycle of emotional abuse. However, thanks to a Google search where he learned about psychopathy, MacKenzie became a co-founder of an online recovery community, PsychopathFree.com, where members can share their stories.

Why do I recommend this book? It's important to understand that not everyone who is selfish and manipulative can be diagnosed as a psychopath. Nevertheless, "Psychopath Free" offers its readers hope and validation.

Favorite quote: "You are no longer a pawn in the mind games of a psychopath. You are free. And now it's time for your adventure." (p. xvi).

Name: R. Delaney Harris (Dual Masters in Clinical Mental Health and School Counseling)

Book title: How we love: A revolutionary approach to deeper connections in marriage (2006)

About the author(s): Milan and Kay Yerkovich are a power couple in the counseling field. Together, they have written this book and developed a course to accompany it. Learning about their relationship and attachment patterns has provided them learning and growing journey.

Why do I recommend this book? This book is a deep dive into attachment patterns, love styles and the trauma roots. Reading "How We Love" opened my eyes to the harmful ways I dealt with stress and handled the important relationships in my life. After reading this book, my relationships, communication patterns and friendships

improved dramatically.

Favorite quote: "We are not born knowing how to understand and express what is inside our souls. That kind of knowing ourselves requires contemplation and reflection. We have to learn to notice and be aware of our internal experiences, to search our hearts and find words for what is inside us. Being fully known and understood requires that we say aloud to someone else what is going on within our

Name: Shirali Pathak (Clinical

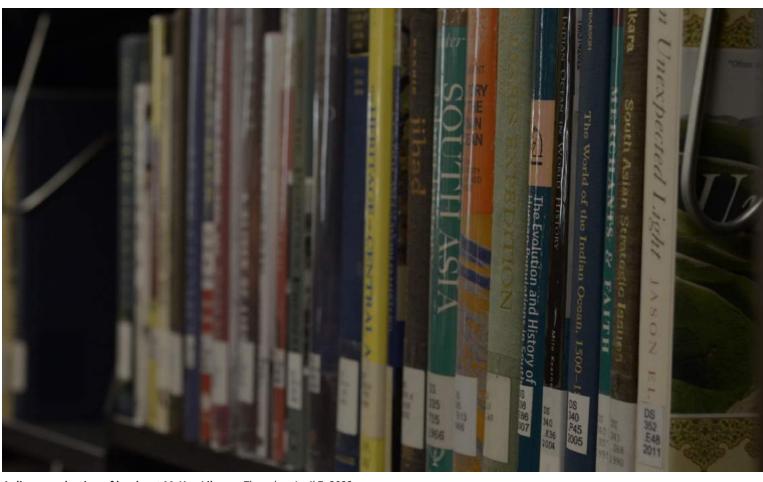
Mental Health Counseling)

Book title: The teenage brain: A neuroscientist's survival guide to raising adolescents and young adults (2015)

About the author(s): Dr. Frances E. Jensen is a renowned neurologist and researcher who has created this book for a deeper insight and understanding of the teenage brain from a neurological and psychological point of view. The teen years include vital stages of development that Frances uncovers while also offering practical advice to teens, parents and teachers.

Why do I recommend this book? Reading this book will help individuals understand how the brain works and develops in the teen years. It can also answer questions about those around us in their teen years, ourselves and why we made certain decisions when we were in our teens. "The Teenage Brain" can help individuals better understand teenagers or prepare for this stage of development in the future.

Favorite Quote: "The truth of the matter is... adolescents are not an alien species, just a misunderstood one."



A diverse selection of books at McKee Library. Thursday, April 7, 2022. (Photo by: Adam De Lisser)

SPORTS

Mike 'Coach K' Krzyzewski retires from Duke

Jacob Nevis

Sports Editor

If I were to tell you that Coach Mike Krzyzewski would no longer be coaching Duke's men's basketball team, you probably wouldn't believe it. Since I have been alive, Coach K has always been Duke University's coach, making the team a dominant force in March Madness.

As a kid, my dad would have March Madness on the TV. One of the main things I will always remember is seeing Duke's team with Coach K on the screen.

Duke has always been a good team in the NCAA basketball world. And, while I may not be the biggest Duke fan, I believe Coach K will go down as the best men's college basketball coach in the history of the sport.

Since Coach K became the coach at Duke in 1980, he led the Blue Devils to five national titles, while also leading his team to 13 Final Fours in the tournament.

Just getting to the Final Four is an incredible feat because the March Madness tournament is a one-and-done tournament. In a bracket with 64 teams, a school would have to win four games against other good schools just to get to

the Final Four. For a team to win the whole March Madness tournament and win the national championship, it has to win six games without losing.

Duke's basketball program is very successful largely, in part, because of Coach K. Sixty-eight of his players during his career were drafted into the NBA, with 42 of those players selected in

the first round. These numbers show not only how good the players were in college, but also how good of a coach Coach K really was. He knew how to recruit players for his team and turn them into stars for the NBA.

During Coach K's career, the Duke basketball team saw its rivalry with the University of North Carolina (UNC) grow into

one of the biggest rivalries in all of sports. Duke is also located in North Carolina, and this helped the rivalry grow into something big.

Like Alabama and Auburn in college football, schools in the same states see their team matchups with the most excitement. These games developed school pride for each of the respective schools.

Coach K went 36-22 against UNC, which would mean he made Duke the better school between the two during his tenure as the head coach.

For college basketball fans, it is going to be very hard to not see Coach K coaching Duke. Whoever replaces him will have a difficult time filling his shoes.



Duke University Head Coach Mike Krzyzewski talks to his team during a timeout. Thursday, January 12, 2012. (Photo by: D. Myles Cullen)



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OPINION

Seventh-day Adventism and literature evangelism A brief history Advocating for change

Natalia Nino

Contrbutor

Christina Cannon Opinion Editor

Literature evangelism, known more widely in Adventist circles as "colporteuring" until the 1980s, has had a long history in the church. Ellen White's book, "Colporteur Ministry," served as a field guide for many, extolling the activity of "missionary work of the highest order."

Southern students historically have been very involved in canvassing, many paying their way through college in the earlier part of the 20th century from funds gleaned from this activity. Scrolling through a digitized edition of an old Southern Accent issue from October 24, 1952 yields numerous references to students taking part in a colporteur club and annual colporteur rally.

An article about the disappearance of long beards among Southern's administration by A. W. Spalding, previous namesake of Southern's adjoining academy, cites colporteurs as "veomen of the church's army ... deployed in front" and working arduously in years past to increase the population of Adventists in southern Tennessee, to the point where a university was needed.

Many students continue to work as literature evangelists in the summers or during school semesters. Some have come away proudly with success stories and significant others. Others have come away with far more questions than they answered for people. The percentage of those who dedicate significant time and years of life to this particular method of outreach has significantly declined. The question remains after looking over the history of literature evangelism: Is it still relevant, and is all as it should be? Or is it time to re-think the motive and method of a business that has helped our church to grow in the past, but may no longer have the same effect?

Editor's note: If you would like to contribute an opposing article to the opinion section, contact the opinion editor, Christina Cannon, at ccannon@ southern.edu.

house to house knocking on doors, spreading the gospel through literature evangelism with the principle of "leaving books on a donation basis." Although there had to be an exchange of money for a product, we were not salesmen, we were



SALT students go door to door, handing out flyers and brochures for It Is Written. Friday, September 11, 2020. (Photo by: Xander Ordinola).

It was a tremendously hot summer day in the Southern states. Sweat constantly dripped down every surface of my body. The nylon straps of my heavy canvassing bag dug into my back as I walked over hills and down long driveways while simultaneously dodging dogs and angry residents with uncomfortable frequency.

Perseveringly, I went from literature evangelists. For 10

weeks, I would drag myself out into the field, put a smile on my face and march myself out to do God's work.

I had been told by elders and spiritual leaders in my life that literature evangelism was an amazing opportunity to challenge and share my faith. To my young mind, this sounded like an amazing opportunity, and I accepted with zeal. However, once my feet hit the concrete, I found out that the world of literature evangelism can be far from what it seems.

To make a long story short, my summer of literature evangelism taught me valuable lessons, yet it came with a great cost. As a zealous Christian coming to spread the gospel, I was shocked when I discovered that my work focused on money rather than souls.

I was taught to move quickly, even if it meant cutting a conversation short once it was clear they were not going to leave a donation for a book. I was dropped off in parking lots and gas stations and instructed to stop everyone I could and leave them a book for a donation. If they refuse, try at least two to three more times.

All this haggling was justified with the excuse of doing God's work, a concept my mind could not justify. It was my understanding that these books were simply a means toward salvation but not salvation itself. For me, it was more important to leave a person

at the door with a prayer and a good conversation about spiritual matters than to leave them with a book they bought to get me off their porch.

My resolve to canvass for the people instead of book goals meant that I ended every week hundreds of dollars behind my goal. In a place where book goals and money are associated with God's blessings, I felt like a failure. I left that summer disillusioned with ministry and religion. What started as a crusade for lost souls ended in a battle for my faith that continues to this day.

Despite all these struggles, that is not to say that I oppose literature evangelism. This ministry has been instrumental in spreading the gospel. Thousands of people need the gospel. Sometimes the only way to reach them is by going to their houses and workplaces and leaving them with a book that can change their lives. However, this opportunity is often missed because more value is placed on getting a book in their hands than on taking the time to minister to their needs.

In conclusion, my canvassing summer challenged my faith in an unexpected way. In some cases, it left me with more guestions than answers which sent me down a dark path. Even so, I do not despise this work, I simply advocate for change.

RELIGION

Lessons from C.S. Lewis: Don't let your mind drearily flicker

Victoria Mills

Religion Editor

The first books I read by C.S. Lewis were those "The Chronicles of Narnia" series. I had known about them for a while, and then one day I found the whole collection in one volume in one of my family's many bookshelves. I dove headfirst into the world of C.S. Lewis' writings.

A couple of years later, my friend in the academy, Natalie, showed me her Christmas present: another collection of C.S. Lewis' writings, this one including more of his nonfiction, apologetic books. However, there was one fiction book in the collection, and Natalie urged me to read it. It was called "The Screwtape Letters."

It was the most convicting book I had ever read. After almost every sentence, I felt like I needed to stop and reread it, not because it was hard to understand, but because there was so much to unpack, so much truth staring me in the face. It was one of those books that I wanted to reread the second I finished it.

The premise of "Screwtape" is very unique for not only a fiction book, but also for spiritually enriching commentary. The book is a collection of "letters" written from an evil angel to his nephew, another evil angel who is tasked with securing the damnation of his "patient," a young man living in England during World War I.

Screwtape, the uncle, offers advice, rebukes and explanations to Wormwood, the nephew. Since it's from the perspective opposite to Christianity, everything is turned on its head. It's a very unfamiliar take on the familiar theme of the Great Controversy that many of us have grown up

reading and hearing about.

Screwtape discusses everything from prayer to food to temptation to sex to war. It's a unique way to explore not only spiritual issues and challenges, but those of life itself.

Fast forward to last semester. Through a lot of prayer, I decided to start a LifeGroup that studied "The Screwtape Letters" in depth. Since then my group members and I have really enjoyed reading and discussing.

Like I said before, this book can be enjoyed over and over again. And there is one particular chapter that I keep going back to.

Chapter 12 starts with Screwtape congratulating Wormwood on doing well (which, remember, means the "patient" is not doing well spiritually). He then cautions Wormwood to make sure that the "patient" doesn't wake up and realize how bad he's doing. He must have so many distractions that he is unaware of his condition and just has a "vague ... feeling that he hasn't been doing very well lately."

Then Screwtape goes deeper, describing this terrifying mindset that isn't even terrifying if one is experiencing it because of its stupor-like quality. He says it's strong, "... strong enough to steal away a man's best years not in sweet sins but in a dreary flickering of the mind over it knows not what and knows not why ... in the long, dim labyrinth of reveries that have not even lust or ambition to give them a relish, but which, once chance association has started them, the creature is too weak and fuddled to shake off."

I almost wish I could include the whole chapter in here, but I'll just touch on one more subject. In one of the most convicting sections of the chapter, Screwtape talks of spiritual and religious duties. He says:

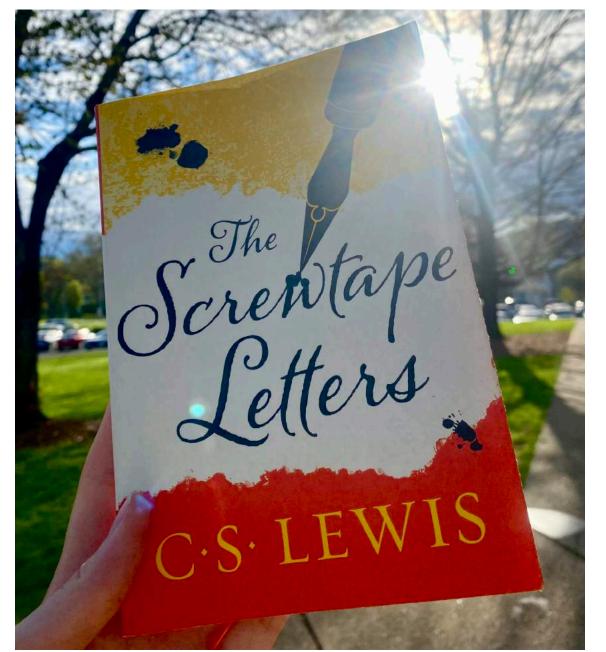
"In this state your patient will not omit, but he will increasingly dislike, his religious duties."

Then, "A few weeks ago you had to tempt him to unreality

and inattention in his prayers: But now you will find him opening his arms to you and almost begging you to distract his purpose and benumb his heart."

Read that sentence again. What an utterly relatable and frightening thought. I've had trouble feeling distracted during prayer many times, and

the thought that sometimes I welcome those distractions makes me want to immediately reevaluate my relationship with God and give Him control. I can't keep my mind on Him if I am relying solely on myself. But, thankfully, He has the strength to fix my mind on Him. I pray that I'm never unaware of Him



"The Screwtape Letters." Friday, April 8, 2022.

(Photo by: Victoria Mills)

LIFESTYLE

Climbing the stairs: How do I practice being brave?

Aaron Mumu Lifestyle Editor

In the 20 minutes it takes to walk from the Southern Village apartments to Lynn Wood Hall (I know how long it takes because of the Fit for Hire Polar watch), I almost turned back. At around minute 18, my strides began shrinking, and I realized it would be much easier to walk back home and skip my counseling appointment. It's not like it's the first time I've bailed on my counselor like this.

Even though the counseling session would be with a licensed professional, my mind couldn't let go of the notion that I would be sharing my baggage with a relative stranger. For most of my life, I've been uncomfortable and misunderstood in new situations. Often, I felt as if others weren't listening, or worse, that I wasn't explaining myself properly enough so they could even begin to understand.

I knew from how depressed I was last semester — the nonexistent social life, the burnt-out senioritis, the occasional inability to get out of bed — that I needed to at least see a mental health professional and try. But I couldn't let go of nagging questions like, "What if I can't open up to my counselor?" Or "What if I can't even bring myself to talk about my baggage?" Or "Even if I could, what if after a near hour of emotional dumping onto my counselor, I still felt misunderstood?"

There's a quote on the internet that helps when I get anxious like this. It says, "Courage is not the lack of fear. It is acting in spite of it."

There are variations of this quote from famous individuals such as Mark Twain, Franklin D. Roosevelt and Ambrose Redmoon, but I like this anonymous internet version better because, without the grand fanciful wording, it feels like anyone could have said it.

It reminds me that there is nothing wrong with feeling scared, even if that fear is about something that I know is ultimately good for me. Fear doesn't make me cowardly: rather, facing my fears head-on is what true courage looks like.

That week, I didn't skip on my counseling appointment — and wow, did I need it. February proved to be one of the toughest months of my life (one of my friends said my life was uncharacteristically drama-filled during this time).

My counseling appointments

didn't just give me space to air out my frustrations. It was also a conversation with someone who knew how to ask the right questions and dig deeper into who I am and what I believe. Ultimately, I think I'm stronger for it.

There are plenty of scary things you might be facing as this semester ends. You might be facing big changes such as graduation and job hunting (like I am). You might be anxiously delaying to shoot your shot with that attractive person or you might be procrastinating by not asking for help from your professors or other campus resources. It's okay to be scared of all these things.

But if I can climb those Lynn Wood Hall stairs and show up at my counselor's office, and even reschedule an appointment with them, I think you can do scary things, too.



Casey Scavella stands at an intersection of two roads. Monday, April 11, 2022. (Photo Illustration by: Xander Ordinola)

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Hannah Cheneweth @h cheneweth

want to eat half the bag the same day you buy it :)

Andrea Stevens @estherstevens99

 \square

don't buy the dark chocolate covered pretzels from Trader Joe's unless you

My daily entertainment is watching my boyfriend finish wordle after I've

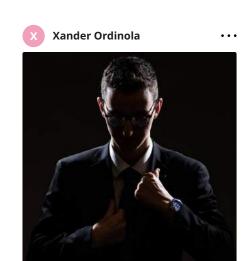
#SAUlife

Shayla Moguel-Coronel



yosoyshayla it's 54 degrees but my heart warms up at the sight of you

Hannah Wailgum



xander._o Dope photo w @tyler_ronto

Lila Odhiambo @ineedaprivateac I gotta stop being embarrassed to do basic necessity things. like

walking on campus ĹŢ

already finished.

Lila Odhiambo @ineedaprivateac

don't perceive me pls

ĹŢ

Karen Guerra @kfcguerra

taking out the trash is the most embarrassing thing ever

Dan Catangay @dancatangay

I want the work ethic that 15yo me had. Honestly don't know where dude went, guy was a legend fr

Congratulations @mason_gray.0112, you found Kevin last week! Your prize is waiting for you in the Student Development office.



Kevin knows students need a good meal for late night studying, so he is offering a

> \$10 Target **Gift Card**

DM us on Instagram with a photo of where Kevin is hiding!

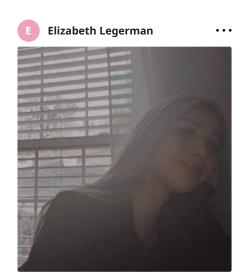


hannah_010102_ Here's to nights turned to

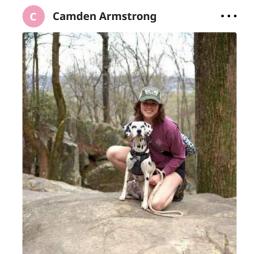
mornings with friends turned to family:)

Andrew Pakkianathan

apakk10 Forbes

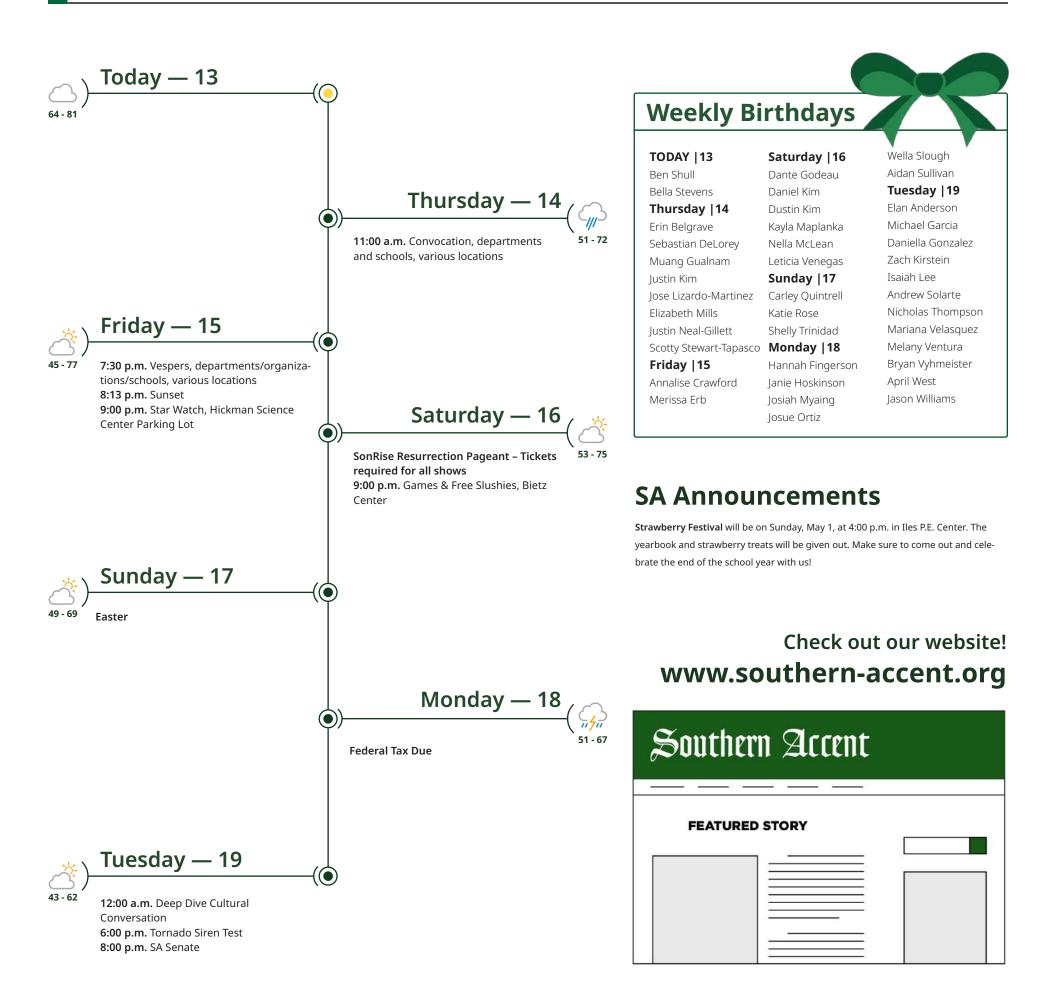


elizabeth_legerman a happy child



camden.armstrong88 favorite hiking buddy:)

CHATTER



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| Religion | 6 | Fare thee well': Saying goodbye

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Four ways to be eco-conscious as a student

Lifestyle | 7

April 20, 2022 Collegedale, Tennessee Southern Accent

Vol. 77

Nine employees to retire at the end of the Winter 2022 semester



Mathematics Professor Ron Johnson at his retirement party in the Presidential Banquet Room. He and his wife, Associate Dean of the School of Nursing Frances Johnson (seated), talk to Dean of the School of Nursing Holly Gadd (L) and School of Nursing Office Manager Conni Cash (R). *Tuesday, April 12, 2022.* (Photo by: Xander Ordinola)

Lucas Bueno Reporter Madison Wilcox Reporter

This semester, nine employees will retire from Southern Adventist University, according to Director for Human Resources Amy Steele. Steele said the number of retirees varies annually, depending largely on when employees reach retirement age.

One of the retiring faculty members is Sylvia Mayer, who served as an associate professor at the School of Nursing for 21 years.

In an email interview with the Accent, Mayer described her students as being the most enjoyable aspect of her job.

"There is nothing quite as rewarding as seeing the metamorphosis of a young person as they become a professional and competent nurse," Mayer said.

Mayer's husband, Professor Harold Mayer, is also retiring in May. He started his job in the School of Health and Kinesiology in 2004 and stated in an email interview with the Accent that his time at Southern "... has given [him] good experience in the field of metabolic efficiency."

Harold Mayer said he will miss sharing this learning with his students.

In retirement, he looks forward to "a ministry to travel and teach metabolic efficiency to those whom I come in contact with," he said.

Mathematics professor Ron Johnson will also retire this May, after 16 years of service at Southern.

Johnson said he will miss working with the students and the other "terrific teachers" in the department. He also said he

would miss biking the 25 miles round trip to work every day, though he plans to continue enjoying the hobby in retirement.

Chair of the Mathematics Department Kevin Brown expressed his appreciation for Johnson's contributions to the department in a written statement to the Accent.

"Dr. Ron Johnson has been an integral part of our Math Department — a valued friend and colleague," Brown said. "He has contributed significantly to the department through his participation. He has always been very friendly to our students, and his cheerful disposition will be missed."

After 21 years at Southern's School of Journalism and Communication, Professor Pamela Harris will also retire this semester.

School of Journalism and Communication Dean Rachel Williams-Smith expressed her appreciation for Harris' contributions at Southern.

"Dr. Harris [has been] a highly creative, caring faculty member to work with over the past five years," said Williams-Smith, who has headed the department since 2017. "I appreciate being able to turn to her for a listening ear, a caring heart and great advice from time to time when I've needed it. And I'm going to miss that."

Janita Herod, office manager for the School of Religion, will also be retiring this semester.

"For the last 23 years, Janita R. Herod has been a blessing to the Southern Adventist University campus, first as office manager in the School of Journalism and Communication for 17 years, and for the last six years as office manager in the School of Religion," School of

See RETIREMENTS on page 2

Southern student, Christian Teal, set to graduate with four majors

Lesieli Savelio Staff Writer

Southern Adventist University student Christian Teal will graduate in May with a quadruple major in archaeology – Near Eastern studies, biblical studies, history and international studies – German.

Teal did not start his college career with four majors. He said the process of becoming a quadruple major was gradual.

"In my junior year of high school, I enrolled in a program that allowed me to take full-time college courses for both college and high school credit," he said. "So, by the time I arrived at Southern, I already had an associate's degree."

Teal said he started at Southern with three majors: archaeology, biblical studies and history. After spending a year in Austria, he decided to add the fourth major, international studies – German.

Lisa Diller, chair and professor of the History and Political Science Department, said quadruple majors are rare.

"Every three or four years, we have triple majors in our department, but I've never heard of a quadruple major," Diller said.

Diller said Teal loves discussion, especially on the topic of science fiction, and finds ways to incorporate his experiences with his different majors into all his studies.

See TEAL on page 2

Bautista confirms next year's Student Association team; Memories editor position unfilled

Sierra Ureta <u>Staff Writer</u>

Junior management major and 2022-2023 Student Association (SA) President Kenneth Bautista confirmed next year's SA team.

The student body voted Bautista into his position in February during the SA election alongside sophomore medical laboratory science major Htet Myint, who will serve as executive vice president, and junior accounting major Erla Trevedan, who will be the social vice president.

Junior accounting major Briana Collins will transition into the vice president of finance position from her current position as assistant to the vice president of finance. Junior finance major Zach Kirstein will take over Collins' current role.

Junior biology major Alexis Im was hired as the executive secretary, according to Bautista. Senior chemistry major Issac Abraham will take on the position of cultural liaison. The parliamentarian will be junior music major Aron Mariano, and sophomore management major Vanisha Bonilla-Downs will be the communication director.

Junior English major Alana Crosby was recently selected as next year's Southern Accent editor-in-chief. Junior mass communication – photography major Xander Ordinola will fill the position of Strawberry Festival producer. The SA media board is still searching for a Memories editor.

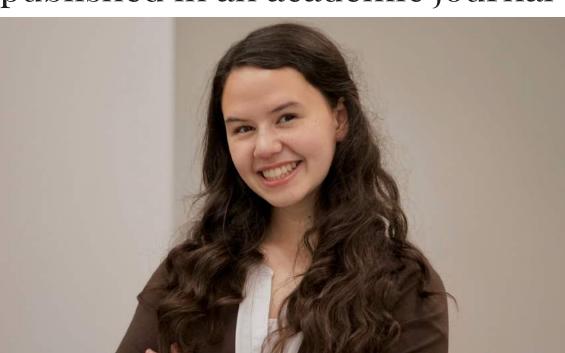
Bautista said his main goal for next year's SA team is to provide support to the team members.

"My main goal right now is to support my team in everything they do," Bautista said. "Once they feel supported, we can really grow."

Bautista said he had previously joined clubs such as Asian Club and SMARRT, a business club that practices financial investing. He said the experiences he gained through those

See SA TEAM on page 3

Recent Southern alum's research published in an academic journal



Trisney Wiedemann. (Photo courtesy of: Trisney Wiedemann)

Charlene Arnold

Staff Writer

Southern Adventist University December 2021 graduate, Trisney Bocala, now Trisney Wiedemann, conducted academic research as a Southern scholar that significantly surpassed her expectations.

According to the Southern Scholars website, the program is an enhanced interdisciplinary educational involvement that provides an environment for academically responsible peers through enriched experiences both in and out of the classroom.

Wiedemann's research, titled "Social media as a tool for evangelism among youth and young adults," was recently published by the Great Commission Research Journal, a peer-reviewed publication focused on church-based ministry, according to information on its website.

"This school assignment has carried me further than I ever expected," said Wiedemann, who married Randy Wiedemann shortly after graduating from Southern and is currently living in Battle Ground, Washington, and working as a public relations account coordinator for Matter Communications PR agency.

Wiedemann was a School of Journalism and Communications student who majored in mass communication – advertising. As a Southern Scholar, she was tasked with research-

See RESEARCH on page 2

Strawberry Festival to be held on Sunday, May 1

Celeste Brooks Staff Writer

Strawberry Festival is Southern Adventist University's endof-school event where memories that have been made throughout the year are shared through visual media. This year, it will be held in Iles P.E. Center on Sunday, May 1.

"People hear 'Strawberry Festival' and they think of it as an event where you eat strawberries," said Mitch Bunch, this year's Strawberry Festival producer. "It's literally the last event of the year; people can expect to see photos and videos taken throughout the year."

Individuals wanting to attend the event will not need tickets. All people are welcome, according to Bunch.

"It's open gym, no tickets, just like any other SA [Student Association] event," Bunch said.

"Really, everyone's welcome, even people from the community."

Yearbooks will be passed out to students at the event. This year's yearbook has been designed in a lookbook style, according to Memories Editor Molly Untalan.

"It was very coffee-table-book inspired," Untalan said. "I wanted it to be something that you could leave out on your living room table or shelf and not have it look like your typical yearbook."

Untalan said something new to look forward to in this year's yearbook are the student highlight pages.

"We interviewed and showcased some of the work [students] are doing relating to their major or interests," Untalan said.

According to Untalan, students do not need to purchase yearbooks since the yearbook fee is already included in their tuition.



Last year's Strawberry Festival was hosted in the worship tent. Sunday, May 2, 2021. (Screenshot sourced from: Collegedale Church of Seventh-day Adventists livestream)

TEAL continued from page 1

Teal has left quite the impression on his professors.

Moritz Wieser, professor in the Modern Languages Department, said he was never late for class. Wieser said Teal was very knowledgeable about Austria after having spent a year there. He said they enjoyed having in-depth discussions on the culture, history and economics of Austria.

School of Religion professor Michael Hasel said he believes Teal's motivation and determination will take him far.

"He maximized what Southern had to offer in his areas of interest and is finishing with a broad base that will prepare him for many options in the future," Hasel said.

Teal is set to graduate at the end of this semester in May. He said he plans to stay on the East Coast after graduation and find a job in writing or research. After that, he hopes to begin working on a graduate degree in either archaeology or anthropology.



Christian Teal, a senior quadruple major, walks up to receive his award during the Senior Recognition Banquet. Sunday, April 3, 2022. (Photo by: Xander Ordinola)

RESEARCH continued from page 1

ing an area in her major. Wiedemann chose religion as her interdisciplinary focus.

She reasoned that social media has become the most popular medium for mass audiences and ideally is the best platform for evangelizing to the rising generation of future church leaders. According to Wiedemann, her topic of research is particularly valuable due to the COVID-19 pandemic and the creative communication methods churches have adopted because of the public health crisis.

"It's been super rewarding to see my undergraduate research get peer-reviewed and go through [the] process to be accepted for scholarly publication," Wiedemann said.

According to Wiedemann, the experience was filled with academically enriching moments that led to greater holistic lessons. She explained that through the process of conducting research and accomplishing

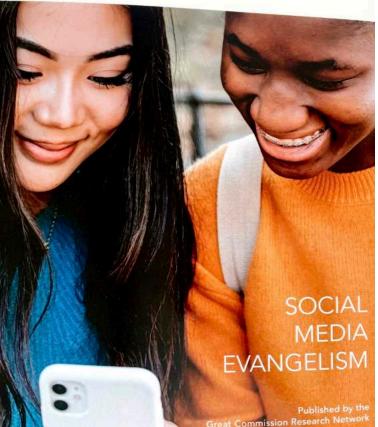
an unexpected milestone, she has demonstrated that there is a science behind being disciplined and being a purpose-driven professional. Wiedemann believes the greatest potential gained is understanding how to strategically utilize a resource such as social media for God's mission.

"Southern Scholars provided me with a variety of wholesome opportunities to take ownership of my education and pursue deeper growth," she said. "By incorporating interdisciplinary classes and sponsoring out-of-the-classroom experiences, Scholars introduced me to concepts I wouldn't have otherwise explored in my communication courses.

"Best of all, through Scholars, I found myself empowered to work alongside students with a shared value for intellectual growth," she continued. "I was able to fellowship with other high-achievers, engage in impactful discussions, foster relationships that enriched my college life and network with people that will likely continue to have an impact throughout my career."

VOLUME 14 • ISSUE 1 • SPRING 2022 **GREAT COMMISSION**

RESEARCH JOURNAL



Great Commission Research Journal recently published Wiedemann's research on social media evangelism in its Spring 2022 issue. (Photo courtesy of: Trisney Wiedemann)

RETIREMENTS continued from page 1

Religion Dean Greg King said in an email to staff and faculty. "She has been a real ray of sunshine, illuminating the campus with joy and unselfish service!"

Another professor who will be retiring this semester is Ruth Williams, professor at the School of Education and Psychology. According to an email sent to Southern staff and faculty by the School of Education and Psychology Dean Tammy Overstreet, Williams has served at Southern for more than 26 years.

One of Williams' students, senior psychology and industrial organization major Ion Pinero, described Williams' influence on him personally.

"Growing up, I was taught to put all your heart and soul into anything that you do; however, I have never seen anyone that lives out these words more than Dr. Williams," Pinero said. "She has a way of teaching difficult and boring topics through the lens of inspiration and intriguing insight. Furthermore, she has such a caring heart for her students that I have not seen elsewhere. From the bottom of my heart, I will forever be thankful for the contributions Dr. Williams has given to our department."

School of Health and Kinesiology Professor and Gym-Masters Coach Richard Schwarz will retire as well. Schwarz led Gym-Masters for 22 years and hosted his final Home Show on April 9 and 10.

Other staff and faculty members retiring this semester include Circulation Manager for the McKee Library Carol Harrison and Director for Alumni Relations Evonne Crook.

Southern President Ken Shaw expressed his appreciation for the retirees in an email statement to the Accent.

"For those who have decided to retire this year, thank you for the many years you have provided Southern Adventist University and for your dedicated service and care in the mission of transforming lives for eternity!" Shaw wrote. "I wish you God's richest blessings in the years ahead."

Southern Accent

The Accent encourages readers to write articles and voice their opinions. However, the views expressed do not necessarily reflect the opinions of the Accent, Southern Adventist University or the Seventh-day Adventist Church.

For any questions, comments and article submission information, email the editor at myoshioka@southern.edu

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Southern to hold two commencement ceremonies for May 2022 graduations

Geoffrey Fowler Reporter

Editor's note: This report has been corrected to say that university administration did not receive nor decline a petition requesting an alternative graduation location. A previous version stated that the petition was received and declined by administration.

Southern Adventist University will hold two commencement services for graduation in the Iles P.E. Center on Sunday, May 8, according to the graduation page on Southern's website. The first service is scheduled for 9 a.m., and the second will be held at 1 p.m.

President Emeritus Gordan Bietz is scheduled to speak at both services. Tickets are required.

Southern alumnus Nadine Peteros, who graduated in December and plans to march at one of the May graduation ceremonies, said she launched a petition on change.org in January requesting an alternative graduation location so the university could host one commencement service in a larger venue rather than having two services

in the Iles P.E. Center.

However, according to Peteros, a friend told her that Vice President for Student Development Dennis Negrón questioned the validity of petitions posted on the change.org website since the petitions could be signed by people not associated with the university.

As a result, Peteros decided not to submit the petition to Academic Administration as it needed to be a petition exclusive to Southern students.

Referring to another petition posted on the change.org website last year, Negrón said in a statement to the Accent that he believed "petitions that allow only members of our Southern community to sign are a more effective medium to show support for an idea."

Peteros said she started the petition because she thinks having two ceremonies seems unnecessary since COVID-19 restrictions have relaxed on Southern's campus.

"A lot of students that I've talked to wanted it to be in the convention center, or possibly outside [on] the track and field," Peteros said.

According to Eve Knight,

Past graduates from the December 2020 graduation. (Photo courtesy of: Marketing and University Relations)

assistant director of Academic Administration, her office never received nor denied a petition. She said the Academic Administration never received a request to hold graduation outdoors on the soccer field, either.

"An outdoor graduation has historically not been attempted due to the unpredictability of the weather in this area in May," Knight wrote in an email to the Accent.

Knight also wrote that the pandemic influenced the decision to hold commencement services on campus since reserving a venue in downtown Chattanooga requires planning for a minimum of a year

in advance. Two commencement services will be held to allow graduates more tickets for quests, according to Knight.

"We are having two services because the capacity of the gym is such that attempting to put all the graduates in at one time would drastically reduce the number of guests each graduate could have," Knight stated. "By having two services, we are able to grant more seating per graduate. The past few graduations held under [COVID-19] circumstances have taught us that our graduates actually appreciate having shorter services and being able to celebrate on campus."

In addition to the two commencement services on Sunday, there will also be a senior dedication Vespers at the Collegedale Church of Seventh-day Adventists on Friday, May 6, at 8 p.m. School of Religion Professor Michael Hasel will speak at the Vespers, according to the webpage.

The webpage also lists several dedication ceremonies and honors induction programs for individual schools that will be held between Friday and Saturday.



Thursday, February 17, 2022.

(Photo by: Maiya Banks)

SA TEAM continued from page 1

opportunities will help him in his new position.

"It really helped me learn valuable experience that I think I'm going to use as president, like how to plan meetings, how to meet people, how to assemble a good team and how to advocate for students," Bautista said.

Bautista said he initially ran for president after much encouragement.

"My brother [Kyle Bautista, Southern alumnus] has always been there," Bautista said. "He actually did most of my campaign. In California, he would call me [as] I read through all my speeches with him and my girlfriend. She's always support-

ing me in everything that I do."

Bautista said he received that same encouragement and support during his battle with cancer. He said he wants to give back to others as a result of his experiences.

"There were so many people that supported me, and my family showed me so much love that I want to give back," Bautista said. "My perspective has shifted to give back to others more often and be grateful for what I have."

Bautista expressed a desire to be a voice for the students of Southern.

"No matter who you are, send me an email," he said. "Come into the office at any time. If you have a concern, if you have complaints [or] a problem, let me know. I'm here for you."

COLLEGEDALE NEWS

Upcoming Southern fried food truck festival

Elsie Pak Reporter

The second annual Southern Fried Food Truck Festival will take place on May 7 from 11 a.m. to 7 p.m. and May 8 from 10 a.m. to 5 p.m. Over 100 food trucks, commercial and craft vendors will be parked at the Collegedale Commons for attendees to enjoy. Free admission and free parking will also be available for this event.

Alongside these attractions will be features such as inflatables, pony rides, a petting zoo, face painting, trackless train rides and other entertainment for friends and families to enjoy, according to Shannon Wright, coordinator of the event and founder of Touch the Sky Events and Promotions.

Touch the Sky Events and Promotions is sponsoring the festival for a second year.

"The inspiration behind [the festival] is that people love food trucks and festival foods," Wright stated in an email to the Accent. "So, what better way to put the two together to create the Food Truck Festival!"

Wright founded Touch the Sky Events and Promotion, LLC in July of 2016. She said she attended many craft shows, festivals and other events throughout her childhood. In 2015, she was asked

to coordinate a Christmas craft show in Birchwood, Tennessee.

"It went so well that my husband encouraged me to do this full-time," Wright said about the company's origins. "I prayed about it for seven months, and the Lord woke me up one night and spoke to my heart."

The name of the company is based on Wright's favorite song "Touch the Sky" by Hillsong United. Since the company's creation, Wright has promoted and coordinated over 50 events.

According to her company website, the profits made from the events go toward supporting the free mentoring services Wright offers to people struggling with issues of addiction, abuse, adultery, depression and self-harm.

Wright stated that the proceeds from the food truck festival will be directed to help the people of Ukraine through the Cleveland Church of Evangelical Faith.

Wright encourages people to attend the Southern Fried Food Truck Festival with their family or friends.

For more information about this upcoming event — as well as past and future events — visit the company's website, TouchTheSkyEvents.com, or its Facebook page, @touchtheskyeventsandpromotions.



The Collegedale Commons on Swinyar Drive. The second annual Southern Fried Food Truck Festival will take place here on May 7 from 11 a.m. to 7 p.m. and May 8 from 10 a.m. to 5 p.m. Sunday, April 17, 2022. (Photo by: Keishla Galán)

SonRise 2022



Ethan Wu, an actor who played Jesus, finishes the first portion of SonRise in the Collegedale Church of Seventh-day Adventists. This section featured various actors standing still in several situations, such as at a grave site or Planned Parenthood. They posed twice, once by themselves and then again with actors of Jesus or angels. *Saturday, April 16, 2022.* (Photo by: Xander Ordinola)



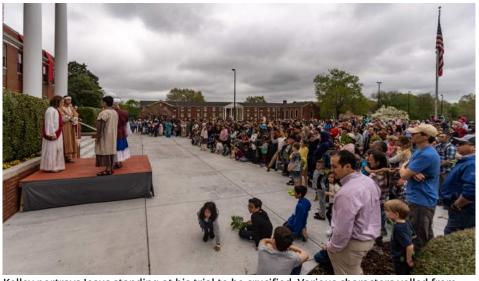
Wilson Kelley portrays Jesus sitting with his disciples at a reenactment of the Last Supper. Saturday, April 16, 2022. (Photo by: Maiya Banks)



Wu portrays Jesus riding on a donkey through the crowd. *Saturday, April 16, 2022.* (Photo by: Xander Ordinola)



Girls dance during the marketplace portion of SonRise. Beginning at the entrance of Thatcher South and ending at the front of the Ulmer Student Center, actors lined the walkways portraying market people. Some of the items for sale included swords, staffs, wine, felt, bricks, brass and more. Saturday, April 16, 2022. (Photo by: Xander Ordinola)



Kelley portrays Jesus standing at his trial to be crucified. Various characters yelled from the crowd supporting or negating Jesus. *Saturday, April 16, 2022.* (Photo by: Xander Ordinola)



Actors portray the angel Gabriel casting Satan away from Jesus. *Saturday, April 16, 2022.* (Photo by: Keishla Galán)



Kelley portrays Jesus reuniting with Peter after rising from the dead. Saturday, April 16, 2022. (Photo by: Maiya Banks)



Roman soldiers drag Kelley's portrayal of Jesus after he couldn't carry his cross anymore. Saturday, April 16, 2022. (Photo by: Xander Ordinola)



Jesus actor Jesse Rademacher washes the feet of a disciple, portrayed by Allen Gustrowsky. *Saturday, April 16, 2022.* (Photo by: Keishla Galán)



Kelley portrays the crucifixion of Jesus and screams as the cross is being lowered into the ground. Saturday, April 16, 2022. (Photo by: Xander Ordinola)



Collegedale Church Senior Pastor Dave Ferguson speaks at the introduction of SonRise. During his speech, he stated that SonRise is "our gift to you." Saturday, April 16, 2022. (Photo by: Xander Ordinola)

MENTAL HEALTH

Positivity and optimism as they relate to mental health

Delaney Harris Counseling Graduate Student

Editor's note: The following article is written by a counseling graduate student in partnership with Counseling Services and the Southern Accent.

What are positivity and optimism as they relate to mental health? According to an article published by the Indian Journal of Positive Psychology, optimism is typically recognized as looking at the best possible outcome in a given situation. The Journal of Counselor Practice states that positivity is looking at the good in any situation, even a "bad" one. Positive attitude plays a huge role in mental health.

In an article published by the Journal of Social Psychology, author Shannon Moore states that your attitude impacts behavior towards a situation and decisions that you make, impacting the outcome of that given situation. The article goes on to say that attitude does not just impact you; it also impacts whom you will select as a partner and the compatibility of that partner.

Optimism itself has been referenced as necessary to survive extreme conditions, such as surviving the COVID-19 pandemic, according to the article included in the Indian Journal of Positive Psychology.

It is clear that positivity and optimism impact our mental health. This may seem challenging for us at this time of vear. As the end of the semester has arrived, our routines are about to be broken. Our environment will change as we return to home or work away from campus, and our lives will be disrupted.

This chapter in our lives may seem daunting and discouraging. It's possible you are failing a class, or maybe you are dreading returning home and leaving the independence of college life. Maybe your friends live across the country, and you have to say goodbye. Or,

perhaps you are graduating and preparing to embark on the challenges and changes of adult life. Either way, looking at the positive and remaining optimistic may determine the next chapter of your life.

But how do we gain this positive perspective and optimistic attitude?

It starts with simple situations. Next time you are faced with a small disappointment, look at the positive. Maybe what's on the menu at the cafeteria or the Deli isn't what you had hoped to eat that day. Look at what is there instead, and find at least one good thing about the change. Maybe it

starts pouring rain when you are trying to get from Brock Hall to Hickman Science Center. Look at the beauty in the rain.

As said by American writer Kurt Vonnegut, "Enjoy the little things in life, for one day you'll look back and realize they were the big things."

By practicing positivity in the little things such as this, you will be able to gain perspective in the big things and increase your quality of life. Start today by looking at the positives in the little situations. Work towards the big situations, and see how your life changes.



Kenneth Salmon (middle) shares something funny with his friends, Josué Vega (L) and Tyler Lindo (R). Monday, April 18, 2022. (Photo illustration by: Xander Ordinola)

SPORTS

Summer sports events to look forward to

Jacob Nevis

Sports Editor

The winter semester of 2022 for Southern Adventist University is winding to an end, and summer is just on the horizon. While school may be finished for most students, summer sporting events will just be starting for sports fans. There are going to be plenty of events to look forward to this summer in the sports world, and they will continue all summer long.

The National Basketball Association (NBA) regular season came to a close on April 10, and playoffs have already started. The respective eight teams from the Western and Eastern conferences vying to win the NBA Finals creates a very exhilarating atmosphere for basketball fans. The NBA Finals start on June 2 and have the potential to run to June 19 if necessary. The NBA playoffs will run all the way through May.

With the many sports events happening, sports won't be slowing down this summer. There is bound to be something exciting for everyone.

Additional playoffs are also on the horizon with the National Hockey League (NHL) regular season coming to a close. Just like with the NBA, the playoffs are a very exciting

time for hockey fans across the United States and Canada.

The NHL playoffs start on May 2 with eight teams from each conference, the same as with the NBA. The teams will compete for the Stanley Cup, and the playoffs could run all the way to June 30 if there is a game seven in the Stanley Cup Final.

The U.S. Open, the next big golfing event of the season, will take place in June. The U.S Open is one of the four major tournaments for golfers. One of the most appealing aspects of a golf tournament is its ability to make a lesser-known golfer into one of the biggest names in the golf world. The U.S Open this year will be held in Brookline, Massachusetts, on June 16 to 19. Many golfers will try to win the U.S Open with fans being able to relish every minute of it.

Major League Baseball's regular season is already underway and will be running all summer. Fans are able to watch their favorite teams almost

Summer is a great time for fans to go to watch their favorite teams play. The 4th of July has special appeal for fans because sporting events often have fireworks in addition to the game.

With the many sports events happening, sports won't slow down this summer. There is bound to be something exciting for everyone.



Fourth of July Fireworks at Coors Field in Denver, Colorado. Monday, July 3, 2017. (Photo by: Larry Goodwin)

EDITORIAL

Letters from the incoming and outgoing editors

Grateful for the challenges and experiences that helped me grow the new opportunity

Megan Yoshioka Outgoing Editor-in-Chief

When I applied to be editor-in-chief over a year ago, I had no idea of the challenges I was about to face. This position tested my limits (and at times, my patience), forced me to make tough decisions, pushed me out of my comfort zone and allowed me to grow.

I am proud of the overall result. I believe that the Southern Accent has established itself as an objective, reliable news source, and I am grateful for the opportunity to have been a part of it.

We at the Accent have covered breaking news, crime, wavering and waning COVID-19 restrictions, cultural movements and more. Each member of the team played a crucial role, and I want to thank everyone for their hard work. I've seen the hours everyone put into making each issue as accurate, fair and balanced as possible; and I am truly grateful for each one of you.

I especially want to recognize Alana Crosby, next year's editor-in-chief. Thank you for taking on the role and for your dedication to student journalism. I've seen you grow in your position as Collegedale news editor, and I have full confidence that you will continue the Accent's mission to provide objective, accurate news and to be the voice of the student body.

I also want to thank Professor Alva Johnson for her support, guidance and mentorship. She always made time to sit down and talk whenever I needed help or advice, and she has been a strong advocate for independent student journalism.

I also need to give a shout out to my "co-editors" and housemates, Camryn Clark and Bailey DuBose. They helped me in nearly every aspect of the newspaper — finding stories, sources and news angles; helping me make administrative decisions; and listening whenever I needed to talk things through. Thank you for being there for me.

And finally, I want to thank

God, because it is only through divine intervention that I have survived this year. I have seen His hand work through several difficult situations regarding the newspaper, and recognizing those works confirmed my faith.

challenging, but I've personally and professionally grown as a result of it. The experience was stressful in the moment, but now that it's over, I am grateful for it. Thank you, Southern Adventist University, for having entrusted me with

This year was extremely this responsibility.

Looking forward to

Alana Crosby Incoming Editor-in-Chief

When I first arrived at Southern, I would never have believed that one day I would be sitting here writing this letter. As I look ahead to the future, I am full of anticipation and excitement. I am truly honored to be in a position to work with the Southern Accent team to create a newspaper that continues to be an important part of the university experience.

It is a privilege to be able to work with the Accent's dedicated team of writers, reporters, copy editors, distribution staff, editors, photographers and designers. I am confident that,

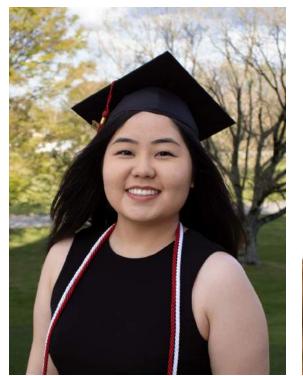
with this team, we can produce a student newspaper that is the voice of the students and contributes to the learning community and family experience we share at Southern.

My vision for the Accent is to see it expand, both in critical news stories and feature articles.

I greatly appreciate what I have learned through the leadership of past editors and team members. I would like to especially recognize Megan Yoshioka and Professor Alva Johnson for their guidance, as well as the professors in my academic career who have given me the chance to learn and grow.

My vision for the Accent is to see it expand, both in critical news stories and feature articles. My main goal is to maintain the accuracy and fairness of this newspaper, ensuring that students look at our newspaper not only as entertainment but also as a reliable news source.

I have learned so much from my time at Southern and from my years of writing for the Accent, first as a contributor and then as Collegedale news editor. I am thrilled at the opportunity to learn from this experience, as well as use the skills I have acquired in the past as I step into the position of editor-in-chief.



Megan Yoshioka. Saturday, April 9, 2022. (Photo by: Bailey DuBose)



Alana Crosby. Monday, August 23, 2021. (Photo by: Xander Ordinola)

RELIGION

'Fare thee well': Saying goodbye with a sweet melody

Victoria Mills

Religion Editor

Throughout my time as the religion editor for this pretty amazing little newspaper, I have seen several themes emerge in my writing. I can't stop writing about books and music and the beauty of Jesus and His love. So even though I've written about it before, I'm going to revisit the theme of music once again in this last article.

On Sunday, April 10, Bel Canto. Die Meisterzinger and I Cantori (Southern's choral groups) performed for our spring concert that was aptly named "Wisdom, Wit and Wonder."

Dr. Gennevieve Brown-Kibble, our incredible director, has been planning the concert for months, and we've been practicing some of these pieces since the beginning of the semester. We sang everything from humorous folk songs and nursery rhymes to deeply stirring spirituals and lyrical pieces. It was a really special experience.

One of the pieces that we sang affected me so deeply, and it fits so well with the end of the year that it's perfect to write about here. It's a love song, but it doesn't just apply to lovers. Here are some of the lyrics:

"Far away love, Far away love O'er the mountains and country wide

Take my heart love, Take my heart love No one knows, the tears I've

Oh come ye back love, Oh

come ye back love The sun and moon refuse to

Since you have gone away, This lonely heart has had no peace of mind

O love my time I'll bide 'Till you are by my side

Fare thee well love, Fare thee well love

Far away, you must go Take my heart love, Take my heart love

Will we never meet, again no

Fare thee well"

When we first received the piece of music during practice. Dr. Kibble told us that she had debated whether or not it was a good idea for us to learn and perform it, partly because we wouldn't have as much time to practice as she would have liked and partly because it's a really difficult song. The harmonies are dissonant at times. But those harmonies, along with challenging intervals and the soaring tenor solo, reflect the words of the song perfectly.

We practiced long and hard, and I'm so proud of my friends, these people who have shown what it's like to be in a Christled, Christ-praising group. Performing this piece was one of the best musical experiences

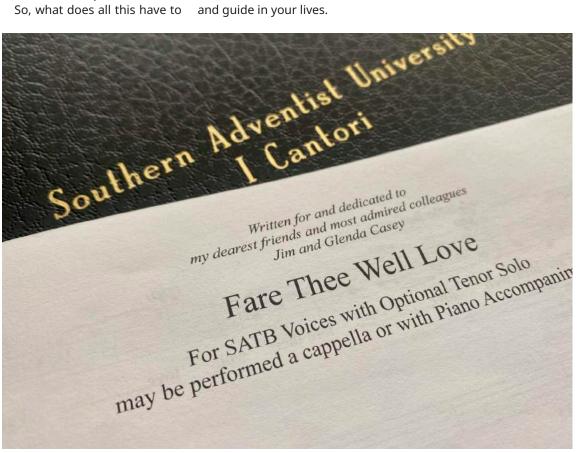
I've ever been a part of. So, what does all this have to do with the end of the year? I just want to say, "Fare thee well." To all of the graduating seniors (especially those in choir; love you guys), transferring students and faculty, retiring faculty and staff, and whoever else is not coming back next year, "Fare thee well." I have confidence that God will continue to lead and guide in your lives.

"The Lord bless you and keep

The Lord make His face shine upon vou.

And be gracious to you; The Lord lift up His countenance upon you,

And give you peace" (Numbers 6: 24-26, NKJV).



Southern Adventist University I Cantori folder and music. Friday, April 15, 2022. (Photo by: Victoria Mills)



LEAVING CAMPUS?

DONATION DOCK HOURS MON.- THURS. 8 A.M. - 5 P.M. FRI. 9 A.M. - 3 P.M. SAT. CLOSED SUN. 12 P.M. - 5 P.M.

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LIFESTYLE

Four ways to be eco-conscious as a student

Olivia Fisher Contributor

Climate anxiety might be something you're experiencing if you chose to read this article, and that is fine, good even. It means you're concerned about the state of the world right now, and your body is emulating that. The negative side-effects of climate anxiety don't exactly make up for this, though. So, here I am to help you get out of that mental-spiral and help the community around you.

First, it's important to realize that you cannot single-handedly solve this problem. I know that might sound scary, but there are steps that everybody can take on the individual level to help make an impact on the ecological state.

To combat climate anxiety, you can post about your concerns online, or you can repost things that you find interesting on other people's accounts. I know that this might not sound like a big impact, but it spreads awareness to your friends and family who might not know what is going on otherwise. This can also help build a sense of community around the people you know and who are concerned about the same things you are.

Since spring is already here, spring cleaning might be on your mind. Besides cleaning your room, there is much more you can do for your community with stuff you have, but might not need. There are numerous shelters in the Chattanooga area that could benefit from that random can of soup on

your shelf that you never ate, or that body wash that you bought but didn't really like the smell of.

Chattanooga Room in the Inn, the Maranatha Rescue Mission and Family Promise of Greater Chattanooga are just some shelters that you can donate to. You do not have to make a big show or donate hundreds of dollars' worth of stuff to make an impact. These shelters simply need things you might have an excess of. If you have cleaning products, hygiene products or an excess of toiletries, these people could really use them. Everybody benefits from this; you get to enjoy a cleaner space, and the shelters get to provide for their people in need.

Another way you can help is by getting involved with cleaning up your community. You could organize a clean-up of a local park or highway through a school club or on your own.

If you do not want to organize one by yourself or with friends, Southern has many different service projects already planned that you can help with (and you might receive service-learning or community service credit as a bonus, too). This also creates opportunities to socialize and make friends with people who share the same interests.

If you are feeling particularly unmotivated, here are some steps that you can take just from your room. You can call your local representatives and let them know your opinions about the policies they support and what they should do to help the climate crisis.

You can also reuse what you already have. Instead of buying single-use plastic, you can use the silverware or plates you may already have in your room or reuse the plastic water

bottle on your desk. You do not have to go out and purchase a bunch of stuff to be eco-friendly — you can just reuse what you have without creating excess waste.

As you take these steps towards becoming more ecofriendly, it is important to remember that you won't be perfect all the time. Even making small strides towards using less plastic or eating less meat is making an impact. Remember to be kind to yourself and know that no one can be perfect all the time.



Milé Pinero recycles her water bottle. Tuesday, April 12, 2022. (Photo by: Keishla Galán)

For a chance to be featured, use or tag @sauaccent on Instagram or Twitter in your posts! **SOCIAL**



#SAUlife

Nyah Banks

nyah.ks

🧿 | Instagram



Fernando Portillo

fernandogportillo I can proudly say we survived a 12 mile hike



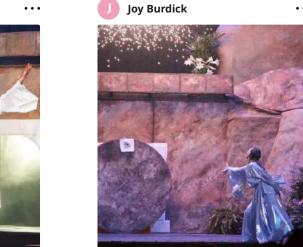
_wuzer HE IS RISEN!



bling experience



x_baca Such an honor to "live" this transformational story at Sonrise.



joyburdick ARISE my love! What a hum-



Elizabeth Mills

elizabeth.d.mills 20! Thank you everyone for the birthday wishes!!!



Bailev DuBose @bay what

I've been parking in different spots around my Village apartment to make sure I feel like I have ulilized all the different options

M

Lila Odhiambo @ineedaprivateac

it's wild how hard i just started craving waffle house

Joel Guerra @i8war

Just realized that my parents, sister, and girlfriend all got me clothes for my bday...message recieved

Dan Catangay @dancatangay

Aight, that's 7 tweets in the @Southern_Accent



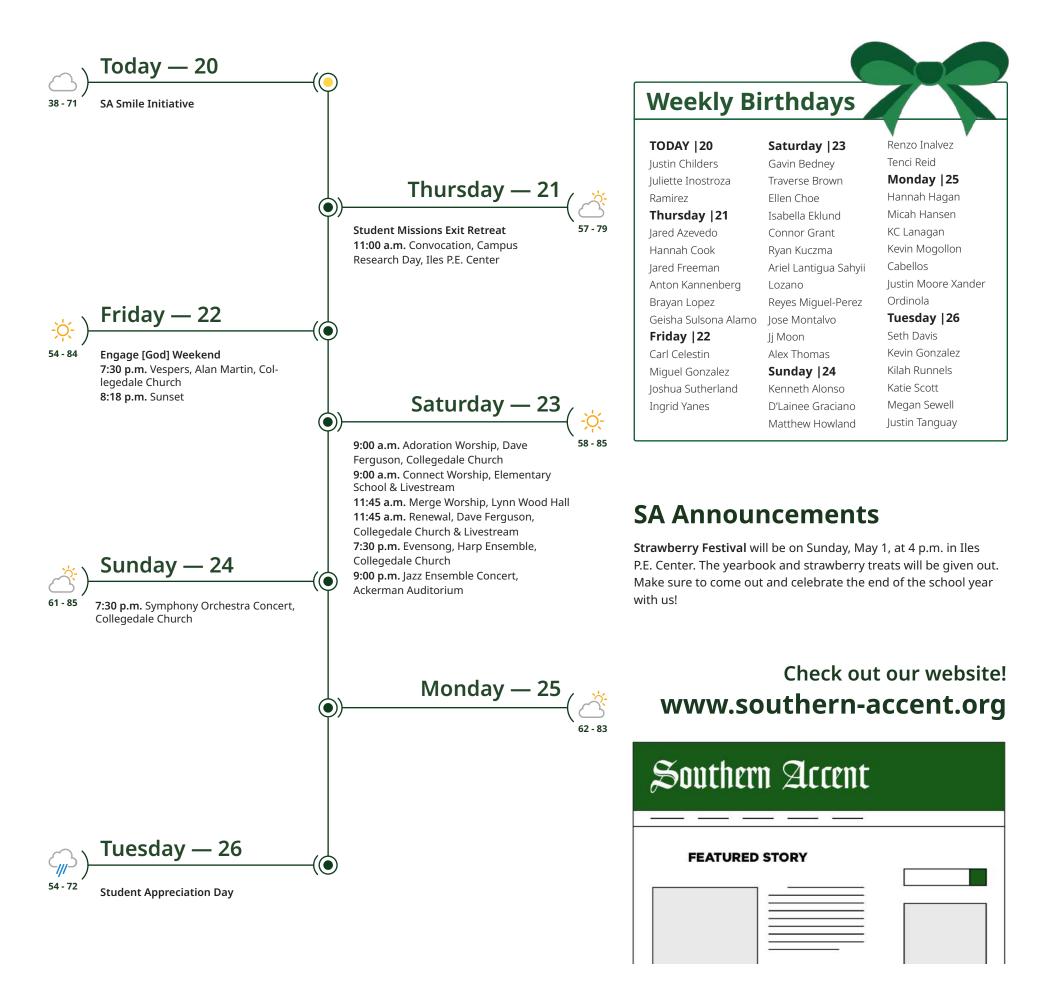
Congratulations @jennaafaithh, you found Kevin last week! Your prize is waiting for you in the Student Development office.

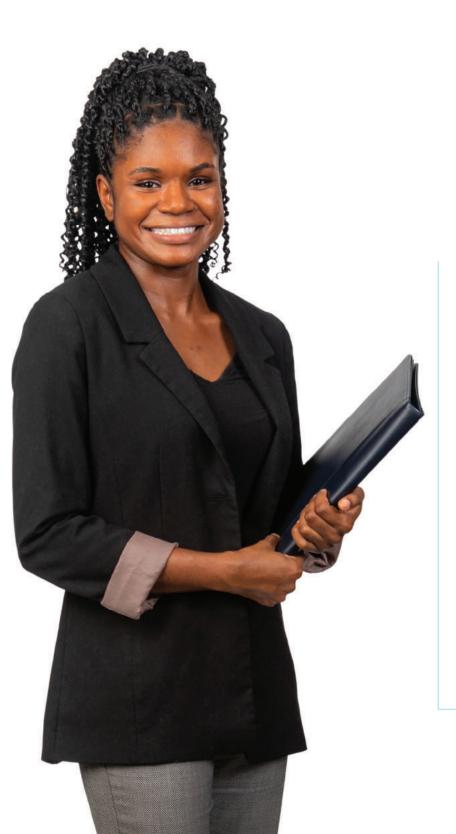


Kevin knows students are getting ready for the end of school, so he is wishing everyone a good rest of the semester!



CHATTER





MASTER'S DEGREE IN SOCIAL WORK

Facilitate Positive Change in People's Lives

Southern's Master of Social Work program prepares you for excellent service and leadership positions.

It works

Our evidence-based program equips you with effective intervention tools.

It's convenient

Classes meet all day Sunday, twice a month. With careful planning, you can complete a bachelor's degree AND a master's degree in five years!

You'll be ready

Our approach is competency based. That means you get hands-on skills and experience in social work practice while you're in school.

Master of Social Work

With a multi-disciplinary approach and a variety of concentrations, an MSW from Southern prepares you to serve a wide variety of people in need.

