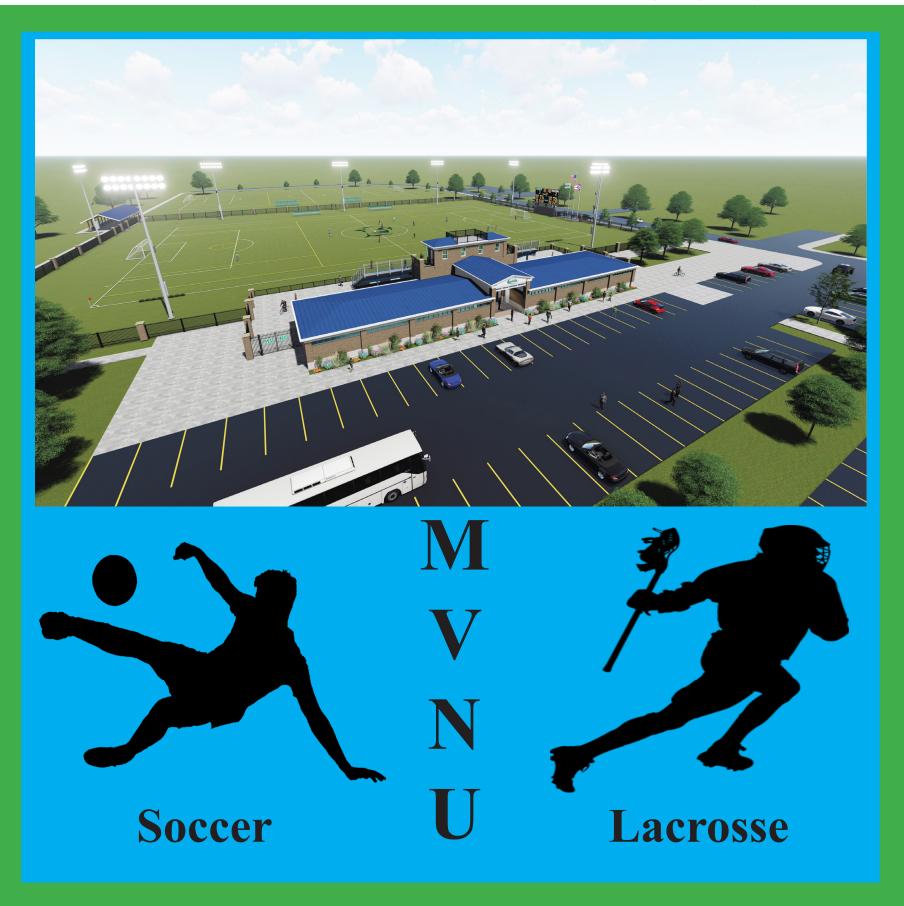


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MVNU soccer and lacrosse teams score a new home



The soccer and lacrosse teams at MVNU will have a state-of-the-art facility including turf field to begin competition in the fall of 2019.

THE VIEWER

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By Rachel Rinehart

The recent 50th anniversary celebration at MVNU has brought about discussion on the building of a new outdoor sports complex. Vice President of University Relations James Smith voiced the University's view for the project.

"We're going to build an MVNU outdoor sports complex complete with turf, lights, expanded seating, restrooms, concessions and more," said Smith. "It will be something that we will be proud of and one that will serve the needs of our teams and be an asset to our community. The dream is big, but we know we can get there."

The facility will have seating for 500 spectators and will include restrooms, concessions and locker rooms. There will also be a new parking lot dedicated to the field.

"It will be located in the large field beside Cougar Drive in the far southwest corner of that field," said Smith.

Smith believes that this new complex will meet the current and future needs of the lacrosse and soccer teams.

"The turf will provide a controlled and easily-maintained playing surface that can handle the wear and tear of multiple sports and teams," said Smith. "The lights will allow us to spread out practices and games and enable our student athletes to miss less class and expand their opportunities for field time."

Smith and the senior leadership team feel it's time to give the soccer and lacrosse teams the resources they need to continue to grow and enhance their programs. They feel it is the most immediate need for the campus of MVNU.

"It's time for us to invest in a soccer program that has seen both our men's and women's teams rise to place of national significance in the NAIA," said Smith. "It's time for us to invest in lacrosse, one of the fastest-growing sports in the nation, and this team has already begun to discover its potential."

The university has focused on developing other programs on campus but feels the outdoor sports teams have been left behind.

"We have invested in a lot of areas in recent years, specifically nursing, CSD, engineering, the video lab, Ariel Arena for indoor sports, etc.," said Smith. "One area we haven't invested in is our outdoor field space. In addition to this lack of larger investment, we have now expanded from two to five teams using that field. The field isn't adequate for the demands of our programs, and it doesn't provide opportunity for us to expand and add additional field-based teams."

The field is expected to be finished in the summer of 2019.

"We have made great progress in our fundraising for this project," said Smith. "If we're able to raise enough in gifts and pledges to cover the cost of the turf and lights, then we'll break ground in May or June. Our goal is for the turf and lights to be installed by Aug. 1 and ready for competition this fall for men's and women's soccer and men's lacrosse. We'll complete the rest of the facility, including the field building with restrooms, concessions and locker rooms, as soon as we're able to meet our fundraising goal of \$2 million."

Justice Project creates buzz on campus

By Walter Blanks

Something meant to divide campus may actually bring everyone closer together. The Justice Project on campus aimed to seek out and address issues concerning the well-being of humanity through education, discussion and positive action with the purpose of bringing the kingdom to the community. The Justice Project sought to distribute posters promoting a Justice Talk on the topic of immigration in our country and how individuals can do their part.

The posters were found torn days leading up to the event, while opposing and offensive posters replaced the originals in the stairwell of Hyson Campus Center. When asked about the situation, Justice Project student coordinator Brynn Vayda said, "At least three different posters were put up. Because of the insensitivity of the images and language used, The Justice Project is choosing not to repeat the specific content of them. Most of the posters had something to do with the deportation of immigrants and Trump's "deportation force."

When the torn posters were discovered, The Justice Project decided to refrain from commenting as to not bring attention to the act but still wanted to address the issue. Vayda also went on to say, "Hate was no longer solely directed at The Justice Project but to the MVNU campus community. Because of this, The Justice Project felt a responsibility and obligation to respond. The Justice Project removed the posters and made it known publicly that the talk is needed and that every person, regardless of opinion, was invited to the event."

Despite the opposition that took place, the talk went on as planned. A Justice Project member opened up the Immigration Talk with The Justice Project's guidelines of respect, mention of the torn posters, and a couple broad questions on people's perception of immigration.

Shortly after opening up, everyone was handed a five-question "quiz" on immigration and was asked to complete it. During this time, two people circulated around the room randomly asking students if they had their government-issued driver's license. If not, they were asked to leave the table and were brought to the back corner of the room which was surrounded with fencing and filled with milk crates.

Here, they were given the same quiz in Spanish and were directed to complete it.

A Justice Project team member then invited everyone back to their seats and explained the simulation was to represent the separation and treatment of undocumented people. The quiz questions were answered, and factual information was given in regard to the immigration process. The majority of the talk was given to the stories of immigrants. Team members read stories aloud of immigrants both known and unknown to campus.

Following these stories, one of the Justice Project coordinators led a discussion on what was striking, what was learned, and how perceptions may have been altered.

To close, the other Justice Project coordinator spoke on how we as Christians and a Christian community should respond and engage with immigrants of all kinds. "We worship a refugee," and so we should embrace, love and aid in the lives of immigrants.

Students filled out a survey at the end of the talk; and overall, the responses were very positive.

Pornography series an eye opener

By Nathan Parker

Pornography is a \$97 billion industry and is growing rapidly. Over the past few weeks, there has been a three-part video and discussion series here on the MVNU campus titled, "Destroying Selfish Love." This series addressed how pornography affects the brain, heart and the world around us. Each discussion took place on Thursday evenings in Foster Hall; and each week a new speaker came to discuss a different side on the effects of the pornography spectrum.

For each discussion, a 30-minute long video was shown regarding the topic from Fightthenewdrug. org. Testimonials were shared on the video from individuals who

have previously been addicted to viewing porn.

"It changed my mind . . . it changed the way I viewed people . . . it changed my expectations . . . it changed—I mean everything about me, besides my physical appearance. Mentally, it just ripped me apart," said Ryan, a young man who shared his story on the video. Porn causes the individual to see others as less human than they really are.

According to the Brain Heart World video, pornography and human trafficking have a "symbiotic relationship." Modern porn depicts violent behaviour that has an effect on both the men and women who watch it. It tells the men that is it OK to be violent toward women, and it tells the women that it is OK

for a man to act that way toward you. Obviously, this is wrong and not the way that we should act toward others.

At the end of each video, the speaker for that day would come and answer questions that the students anonymously would ask through a phone number that they could text. A chapel credit was offered.

Attending the discussion was MVNU student Alexander Young.

"Porn really does alter your brain, and I didn't realize that unitl after I attended," said Young.

If you want more information on how to overcome issues such as pornography, visit www.fightthenewdrug.org.

Catch up on all recent news around MVNU by going to www.lakeholmviewer.com

Wetzel addresses local drug epidemic at Lecture Artist Series



Knox County Common Pleas Court Judge Richard Wetzel addressed the local of drug abuse as part of the MVNU's Lecture Artis series on Jan. 24 at the R.R. Hodges Chapel Auditorium. Photo by Lexie Merritt

Hemkin explains effect of drugs on our bodies

By Jordan Lewis

On Jan. 26, in the Thorne Performance Hall as part of the MVNU Lecture Artist Series, Sheryl Hemkin, associate professor of chemistry at Kenyon College, discussed how bodies react from sugar to drugs as well as offering perspectives to make healthier choices.

When discussing how sucrose interacts with the body, Hemkin described that sucrose interacts with receptors on the tongue. The interaction sends a signal to the brain and is interpreted as a "sweet sensation."

Hemkin explained nicotine is naturally produced in the tobacco plant where it serves as an insecticide. Nicotine can paralyze or kill an insect if it ingests enough. In humans, high doses of nicotine can cause death and paralysis. Typical doses of nicotine from cigarettes, vape, chew, etc., do not reach lethal levels.

Nicotine hijacks the acetylcholine receptor. The number of available acetylcholine receptors is reduced after a cigarette. This is linked to nicotine interaction with receptors. Depending on the location of the interacting receptor in the body, short term effects can be stimulatory, anxiety relief and an increase in focus at certain small doses.

Hemkin explained that exercise can raise endorphin levels, hugs can raise oxytocin level, treating depression and anxiety, eating a good diet and meditation were all positive ways to elevate your mood without the use of illegal drugs.

By Mark Wesley

As the national drug epidemic grows increasingly more serious, different individuals have brought forward solutions to fix this seemingly monumental situation. One of those individuals would be Knox County Common Pleas Court Judge Richard Wetzel, who conducted a presentation in the R.R. Hodges Chapel entitled "The Difference Between Calling and Life."

Judge Wetzel's presentation covered a myriad of different topics, ranging from the rampant drug abuse being reported in Knox County to need for the younger generation to step up and speak out against drug use. The statistics he listed were very alarming, to the say the least. According to the judge, there has been a huge spike in felony cases in recent years, and the majority of those turn out to be drug related.

"This problem goes to the very core of our society," Judge Wetzel stated. "We are in a cultural crisis, and we are at war with ourselves."

An issue that Judge Wetzel frequently referenced was, what he referred to as, "the erosion of values" in our society today. He attributed this societal shift, among other things, to a generational change and the introduction of technology into the lexicon of our daily lives. While it may have seemed that Judge Wetzel is solely focusing on the younger generation, he assured the audience that the intention was to inform, not lecture.

Wetzel mentioned several books that discussed the aforementioned "erosion," including "The Death of the Grown-Up" written by Diana West and "The Morality of Law" by Lon Fuller. Both of these books, ac-

"We must act.
This is a
ground war,
and we'll need to
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help in
the effort."

-- Judge Wetzel

cording to Judge Wetzel, expound on the notion that society has lost its sense of values over time.

The presentation also contained some clips from a documentary titled "Hit Back on Heroin", which was created by Steve Feazel, a local filmmaker from Knox County. All throughout the clips, there were young men and women detailing their accounts with drug addiction and how it affected them. One individual in the documentary mentioned the easability in which a person could potentially become addicted and the subsequent life changes that followed.

Judge Wetzel wrapped up his speech by thanking local business and institutions for their help in the fight against drug abuse. "We must act," Judge Wetzel said. "This is a ground war and we'll need to have soldiers to help in the effort."

No more cafeteria trays at MVNU

By Jehane Hoagland

In the fall of 2018, MVNU students, faculty and staff saw a major change in the MVNU dining commons with the removal of the trays.

MVNU joined the growing movement of tray removal from colleges and universities. MVNU is one of the last Pioneer catering schools and the last Nazarene school to do away with trays according to Rob Stiltner, MVNUs food service director.

The removal of the trays from the cafeteria was an idea brought fourth from the sustainability club. Paige Gutai, president of the sustainability club, spearheaded the project.

"This has been a goal since last year," said Gutai. "I had a meeting with Rob, and he was super onboard with the idea."

The club had done a lot of research and hoped by eliminating trays they would cut down on food waste in the cafeteria.

The club then took the idea to student life who also agreed.

Stiltner says the change brought benefits to the cafeteria.

"We can stop the dish machine," Stiltner said. "It used to run the

whole day. Now we can stop it. Even if it's for 15 minutes at a time, we can save water and electricity."

The dish room is also able to use less dish soap.

The trays are currently in storage in the cafeteria.

"Some trays are available for those who need them," Stiltner said. He wants to have them available for the elderly and those with disabilities.

Overall, the reaction to the removal of the trays has been overwhelmingly positive, but there have been some who have voiced their complaints to both the cafeteria staff and the sustainability club. Stiltner received some negative comments in emails from students as well as in person.

Despite the criticism, Stiltner does not see the trays returning in the future and is trying to get more student voice into cafeteria issues with things like a food committee.

"We want the cafeteria to be a reflection of you guys," Stiltner said. "I'm all about you guys not being ignored. This is your guys' school. I'm just here to make sure people get food. If you are passionate about something, who am I to say no."

LEGOs build a bridge between students and the community

By Ellie Parker

More than 60 community members and college students united over construction and creativity at the second LEGO Club event on Jan. 16. LEGO Club is a partnership between the Knox County Board of Developmental Disabilities and MVNU, designed to "bridge the gap between individuals with disabilities and the general community."

Event coordinator Brody Boggs of Knox DD said that everyone who attends LEGO Club events is on one of two paths. "Either they like to do their own thing and be creative, or they like to follow directions on a book and build that specific thing," he said. To account for this, there are hundreds of "random pieces for people who just want to build," and also several full construction kits.

CoSMO student coordinator Mike Mohnasky said that the community members who attend the event "have a lot of fun, and they really look forward to it," and that LEGO Club is a great opportunity for MVNU students to "connect with and spend time with people who we might not otherwise interact with."

The next LEGO Club event is being planned for mid-February and provides a "cool opportunity to meet others and to be kind, compassionate, and have a good time," said Boggs. "Everybody's different, but yet, we're all the same, we're all God's children." Mohnasky encour-

ages the campus community to get involved. He said, "The point for us is inclusion. It's a fun and easy way to learn how to be sensitive to and appreciate our differences. We all love LEGOs."



A connection between community members and students to understand topics related to 0 those with disabilities is being forged by members of MVNU's LEGO Club.

Photo by Lexie Merritt

Faith - Family - Basketball

By Walter Blanks

Coach Jared Ronai and the MVNU men's basketball team are well into the 2018-19 season, and the team has been focused on building chemistry since early last summer. "This year's team is our oldest and most experienced group", said Ronai, "with this year's seniors being our first recruiting class. It started in the summer with our annual summer shootout in Chicago and continued with our team retreat in August." Although the roster is a huge aspect to the success of this team, Ronai wants to ensure other aspects are taken care of.

Along with being a full-time basketball coach, Ronai also takes pride in being heavily involved at home just as much as he is on the court. With the arrival of Kamryn Joy just over a little ago, Ronai now has his hands full with two children. He fully believes family helps



Coach Jared Ronai gives some instruction to members of the Cougars' men's basketball team during recent action at Ariel Arena.

Photo by Gerod Harder

him on the court as well. "Our players know that our team focus, in this order, is our relationship with Christ; our family; the team; and then self. Living out those

priorities starts with me, and I want our guys to know that being a great husband and father means much more to me than being a great coach. I truly believe that if I am

MVNU bowling looking to build successful program in first year

By Matt McKenzie

The Mount Vernon Nazarene University athletic department launched the bowling program in January 2018 as a club sport to help create new opportunities for prospective students.

The addition of bowling was a way that MVNU wanted to try to help increase student enrollment and give high schoolers a chance to continue their athletic career after high school. Bowling is one of many sports the athletic de-

partment added to the collegiate athletic experience on campus.

Other sports MVNU has added are: competitive cheerleading, men's lacrosse, men's volleyball and E-sports.

The men's and women's bowling programs are led by first-year coach Ron Garlinger, who is assisted by his daughter, Amber Brubaker. Coach Garlinger comes from Highland, were he coached there 14 years prior to coming to MVNU.

The team consists of nine males and eight females. On the current

roster, the team has only one senior on both sides, and that is Elijah Arms. The inaugural meet for both teams was at the Halo Classic hosted by Siena Heights on Sept. 29. At that meet, Madi Sherer and Dana Hicks were the leading bowlers for MVNU.

Trevor Monk is part of the men's bowling team, and he says there are growing pains for a brand-new program.

"It's a learning experience. We're a very young team with very little

(Continued on page 7)

striving to be the best husband and father that I can be, then I can truly pursue being the best coach I am capable of becoming."

In addition to having such strong expectations for himself, Ronai also expects the same out of his players. "It is by far the most important aspect I emphasize in the recruiting process. I tell our players and recruits in that process that I was a "coach's son," and my dad's players were bigger than Michael Jordan to me." The idea that the greatest influence is the people around you is evident in Ronai's life. "For my kids, our guys are going to be on the same level as LeBron James and Steph Curry. So, as a father and coach, I have to seek out high-character people in the recruiting process, because I know my kids are going to be looking up to them and imitating them while they are a part of our program."

Even with family and basketball keeping his hands full, Ronai still makes time for the most important thing in this life: his relationship with God. "My relationship with Christ is at the core of every area of my life. When Christ is at the center, I really feel that my marriage, family, and career can be at its best." When asked about tangible things in his life, he added, "I want to pursue Jesus first; and when He is first, my other passions have the ability to flourish. I do this by trying to carve quiet time every day, spending time in prayer, and reading scripture and my "Jesus Calling" devotional. I also love Christian music, and listening to WNZR gives me a boost throughout the day."

Ronai firmly believes that faith, family and basketball is the best way to live; and when God is at the center, everything else will fall into place.

MVNU athletics a family affair

By Matt McKenzie

One thing that makes Mount Vernon Nazarene University special is the influence of family throughout the campus atmosphere and athletics is one area positively affected.

The Gaines family consisting of Freshman Colin Gaines, Sophomore Alyssa Gaines, and Senior Maddie Gaines have the influence in four sports here at MVNU consisting of Maddie in Women's soccer, Alyssa in Cross Country/ Track and Colin in Men's Soccer.

The Gaines family went to high school at Cuyahoga Valley Christian Academy before coming to Mount Vernon Nazarene. Maddie started 16 games for the Women's Soccer team this year, while Colin started 10 games, and Alyssa is a huge contributor to both the Track and Cross-Country programs.

Maddie is very appreciative for having both Colin and Alyssa here with her at MVNU.

"Having Alyssa and Colin here made soccer even more fun," Gaines said. "I'm so thankful I was able to have their constant support and I've loved being able to support them as well."

Maddie was pleasantly surprised when Alyssa and Colin followed her to MVNU because the Gaines family is super close.

"I was really excited when they both decided to come here. We didn't plan for that to happen, so it was cool watching the ways God faithfully brought them here," Gaines said. "I am incredibly close with my family, so I've loved being able to see them everyday and get closer to them because of MVNU".

Another family having a significant impact on athletics is the brother duo of Junior Jacob Paul and Freshman Justis Paul. Jacob is a member of the Men's Basketball Team, as well as the Track and Field team in the Spring. Justis is a main contributor for the Cross Country and track teams.

Jacob and Justis went to high school at Louisville St. Thomas Aquinas near Canton, Ohio. Jacob has started the past two seasons for the basketball team and is a significant factor in their impressive season so far. Justis is coming off a national qualifying season in Cross Country and being only the second sub 26:00 guy in the history of the cross country program.

Other than his impact in basketball Jacob was part of the school record breaking 4x8 team at the Crossroads League Championships last year at Marian University.

The programs of Men's and Women's Soccer, Cross Country/ Track and Men's basketball are thankful to have contributors like the Gaines and Paul families, and have them help influence the family atmosphere within the athletic department.

Bowling team off and rolling

(Continued from page 6) high school experience" Monk said.

The team practices are held at Colonial City Lanes in Mount Vernon. In bowling, the team has two different formats, which are Baker games and team games. A Baker game is where five members of the team will bowl two frames. An example is a bowler will bowl frames one and six, and the most consistent bowler will bowl frames five and 10 because there is an opportunity to get three strikes. A team game is complete with the added score of all the bowlers.

The team recently competed Feb. 2 at Norse Collegiate Classic at Northern Kentucky, where they played five team games and 12 Baker games.



Members of the MVNU men's club bowling team are, from left: Assistant coach Amanda Brubaker, Desmond Rapp, Trevor Monk, Stephen Butsko, Nick Kerman, Matt Dorow, Bailey Bonin, Dana Hicks, Elijah Arns, Seth Monk and head coach Ron Garlinger.

Lacrosse experiencing much growth in popularity

By Matt Harden

Lacrosse is becoming a very popular sport, and programs are being added from high school to college. MVNU is one of those colleges that has decided to add a men's lacrosse program.

It's hard to be successful starting a program from scratch that can compete at a high level. MVNU men's lacrosse head coach Ryan Farr understands the challenge.

"The next part that will be a challenge will be how to reach smaller schools and population markets, such as the ones we have in Mount Vernon and the surrounding areas," Farr said.

MVNU's lacrosse program has started out as a club sport to ensure long term success.

It was a "big" decision to start at the club level and something that Farr, "knew" would end up being successful. "We made the decision to start lacrosse as a club sport in order to give the program a solid foundation for success," Farr said.

Farr went on to say, "Starting lacrosse at a club level would be helpful for any new players, and those players were brought in with our first two recruiting classes before going to a varsity level for the 2019-2020 school year." Farr continued, "Recruiting a whole team in one year is a challenge and is why we opted to start at club level."

Making sure the right culture and solid foundation can be challenging for a fresh program, and Farr acknowledged that challenge. "Setting culture means building a foundation of who we are, establishing our identity as a team, and consistently living up to the mentality that we commit to," Farr said.

As much of a challenge it is for the coach, the players face challenges themselves, and some are looking forward to the challenge. Junior Jake King said, "I always like to challenge myself, and this sport is both a mental and physical game, and it is unlike anything I have played before, and the coaches are pushing us all to be better everyday."

Having key leaders on any college team is very important, and having that is something that Farr is looking for. "The kind of leader we want to have is someone that can lead by example, is accountable for his teammates and strives for greatness even in the midst of difficult situations," Farr said.

Having teammates that you work well with is extremely important, and sophomore Ian Ranck is thankful for that. "Being on a team is the best part about playing lacrosse at MVNU," Ranck said.

Being able to work well with his teammates is something that Ranck also enjoys. "The team is really starting to work well together; and we're starting to gel as a team this spring and are all very excited to start our first season together," Ranck said.

King acknowledged the team chemistry can be challenging but is something that is improving. "We have far surpassed where we were in the fall and with each practice, I can see the improvement everyone has made," King said.

Ranck acknowledged the improvement. "We have already seen an unbelievable amount of growth as a team, and have seen each other improve skill wise tremendously," Ranck said.

With a new club sport on a

college campus, it can be different than other college sports. But Farr wants people to know there's not a lot of difference with lacrosse. "There's not a lot here at MVNU with lacrosse that separates it from being varsity," Farr said.

He also said that he has players that practice five times a week, and study film just like any other varsity program. Putting in the work will lead to competitiveness, and Farr expects the team to be competitive.

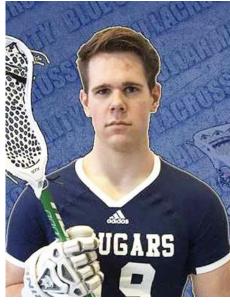
"We've set the bar high even as a first-year program," Farr said. "Even as a first year team, we have high expectations for ourselves, and we have players that have worked very well to get to a place where they can compete at a college level."

He also said that he has "high hopes for this year and beyond" and the future looks bright for MVNU lacrosse. Ranck agrees and is "excited" to see what the future holds.

King agreed saying, "I think we are going to shock even more as this program takes off, and we get more and more athletes that want to continue what we've started here."



Coach Ryan Farr



Jake King



Ian Ranck