

THE VIEWER



MVNU'S STUDENT NEWS SOURCE

The Guardians: MVNU Collegians Chorale Edition

by Ben Alexander

The Mount Vernon Nazarene University Collegians Chorale sang the National Anthem at the Cleveland Guardians baseball game on Sept. 16 against the Minnesota Twins. Dr. Bob Tocheff, a professor in the music department at MVNU, gave his thoughts about the event. “We obviously sing a lot of sacred music, and for good reason. But sometimes it’s important to get into another arena (pun intended) to share something like the National Anthem in front of a largely secular crowd. It is an honor for Collegians Chorale, music department, and MVNU.” He also said, “It is an exhilarating feeling to be on the field where the players actually play . . . We were projected nicely on the big jumbo scoreboard, which was very cool!”

You might be wondering how long it took for the Collegians Choral Choir to practice, and Tocheff said, “Half of the choir knew this arrangement from previous years, but the new freshmen had to learn this particular arrangement. Although everyone knows the national anthem, this particular arrangement has very specific parts that need to be learned well. We practiced it every day of rehearsal for the first three weeks of the semester.”

Singing the National Anthem at a professional baseball game also had a positive effect on the MVNU public relations department. Tocheff explained that “Having Mount Vernon Nazarene University up on the big jumbo screen was really special. You just never know the seeds that are planted when someone might start to investigate our Christian university.”

Tocheff explained that his favorite part of the night was both as a professor and an organizer of the trip. “In addition to the camaraderie building among the choir members and our alumni guests, it was a joy to hear all the positive feedback from stadium workers and the general public that shared the sentiment – ‘Now that’s the way the national anthem should be sung.’ Again, that speaks highly for Collegians Chorale and MVNU. Another serendipitous thing that happened was when I had the choir stop and sing the National Anthem again when we exited the stadium at the end of the evening. When we finished, the head of night-time operations for the Guardians told me he was greatly impressed and wanted to use our performance on his blog.”



The Guardians defeated the Minnesota Twins 4-3 on a wild pitch in the eighth inning to secure the win. They also climbed out of a 3-0 deficit to win the game. Overall, it was a great night of baseball and singing by the Collegians Chorale of MVNU.

New Faculty Profile: Carrie Vail

by Mallory Thomas

This semester, MVNU continues to expand offerings by welcoming several new full-time faculty members, including Professor Carrie Vail, who brings a refreshing perspective to both the Music and Christian Ministry departments.

Vail earned a bachelor of arts degree in Music Education from Northwest Nazarene University, and she recently finished a master of arts degree in Music Education from The University of Nebraska at Kearney. This semester, Vail serves as the full-time director of the Worship Arts program, the coordinator of vocal instruction, and an instructor of music, teaching a wide variety of music and ministry courses.

Although this semester kicks off her full-time journey at MVNU, Vail joined the community nine years ago as an adjunct instructor in the Music department. Vail’s familiarity with MVNU’s Music department gave her a “sense of security” associated with this new role, but Vail also spoke about her excitement surrounding the new Worship Arts program, remarking that “It’s preparing ministers for what’s needed right now in the church.”

In describing her passion for investing in the MVNU community, Vail looks forward to “being more present and doing life with students every day.” She added that she “especially loves when they stop by the office just to say ‘hey’ or tell me how their day’s going.” Ultimately, Vail sums up her motivation for pursuing this career path as a “love for these students and a love for this community.” The semester holds so much excitement, and Vail “can’t wait to take on this new challenge.”



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Pentz grows in strength and resolve with CrossFit

By Morgan Mills

Mollie Pentz is a sophomore at Mount Vernon Nazarene University. She is majoring in Early Childhood Education while also competing for the Cougar softball team. In addition to her normal practice schedule, she regularly attends the CrossFit 1808 gym in Mount Vernon. She attributes much of her success on the field to the extra time and energy she spends at CrossFit.

Pentz was in high school in 2019 when she was introduced to the fitness center by her sister, and she has since been grateful to have discovered a place where she can continually improve her athletic abilities, physical health and mental toughness. Prior to beginning her journey with CrossFit, her exercise routine was much less rigorous, so she was nervous about the intensity and time commitment. She was relieved to find herself rising to the challenge and mastering it. Her confidence and performance steadily improved as she progressed with the training. Before long, Pentz was preparing to graduate high school, and she was debating whether she should take her softball career to the next level. CrossFit and its accompanying lessons and lifestyle decisively cultivated her strength and conviction toward her goal of competing at the university level.

For those interested in trying CrossFit, there are classes available throughout the day on weekdays and for limited hours on the weekends. The coaches are accommodating, and the exercises can be tailored to fit any individual's needs. The owners of CrossFit 1808 nominated Pentz to be their Athlete of the Month while sharing her journey through the program. Her story demonstrates her resolve and determination as she faced the challenges of CrossFit and the trials of competing as a college athlete. When asked about what she would like others to know who are tempted to try the program, she said, "It changed my life. If you think you can't do it, you can. It can be modified to fit your needs. I encourage you to try CrossFit because it's different than any other fitness program I've tried. When I came here, it was a different environment. It's hard. But once you do it, you feel like you can do anything." Pentz hopes that through sharing her story, she has inspired others to go after their goals and never give up.



Check out our website for more stories!

- Fall 2022 Life Groups Commence
- Women's Lacrosse: "Family First"
- Excitement Around Men's Lacrosse



Cougar Classic Disc Golf Tournament

By Brandon Ehrenberg

MVNU's on-campus disc golf course saw a lot of action on Sept. 10 as a disc golf tournament took place throughout the day. The idea came from sophomore Wyatt Wagner, who during his freshman year noticed that our disc golf course could use some improvement, and he thought a disc golf tournament would be the best way to raise money to make improvements.

He called this event the Cougar Classic and wants to hold more events like it throughout the year, but he hopes to grow the Cougar Classic into an annual tournament that grows and improves every year. With over 70 competitors and over 100 volunteers, the event was very successful in its first year. With the 70 competitors split into seven divisions, there were seven separate winners. Marie Harrigan won the women's novice division with a score of +78, and Landon Rush won the men's novice division with -7. The recreational divisions were won by Landon Rush Landon with a score of -7 and Korrin Lillie with a score of +24. The winner of the intermediate division was Chase Ferguson with a score of -14; the advanced winner was Wyatt Wagner with a score of -23, and the pro division winner was Trever Goebel who finished at -14.

Wagner said that the event was a huge success, and the biggest improvement that can be made to the tournament would be by improving the course itself. With the money raised from the tournament, he hopes to have the course improved by tournament time next year.

