

Practicing Kindness

From the desk of Henry W. Spaulding II, Ph.D.

Recently, MVNU set a day aside to practice kindness. I think this was a phenomenally excellent idea. Our culture is feeding us a constant diet of venom and vitriol these days. MVNU is better than this, and a day of kindness made that point. I enjoyed reading the Tweets (yes, Twitter can be gracious) as they flowed across my cell phone on that day. William Wordsworth wrote, “The best portion of a good man’s life is his little, nameless, unremembered acts of kindness and of love.” One of my favorite scenes in the recent movie, “A Beautiful Day in the Neighborhood,” involved

a conversation Fred Rogers had with Lloyd. Mr. Rogers asked him to pause for one minute and think of all the people who had loved him into existence. It is a

“If we dare to call ourselves Christian, we should practice kindness boldly.”

-- Dr. Henry Spaulding

moving scene because the people in the restaurant were family and friends of Rogers. It was difficult to see this scene without tears forming in my eyes. Kindness is

the key that unlocks our capacity to love.

The scripture places kindness in an important position. Paul writes, “As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness and patience” (Colossians 3:12). I believe that the love of Christ flows through our lives to others in kindness. If we dare to call ourselves Christian, we should practice kindness boldly. Admittedly, there are precious few examples of kindness in social media and politics. It is easy to dismiss or marginalize another person through mean tweets or vicious humor. My mother often quoted a bit of



University President Dr. Henry W. Spaulding II, Ph.D., celebrates Campus Kindness Day with a yellow tie.

Photo by Sharon Spaulding

popular wisdom to me when I was young. She said, “Sticks and stones may break my bones, but
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Near crowned MVNU Homecoming Queen

By Hannah Williams

The 51st homecoming celebration at Mount Vernon Nazarene University was one to remember as students, family and alumni gathered to make special memories. Senior Madison Near was crowned MVNU Homecoming Queen and was honored for her dedication to her academics as well showing a Christ-like spirit to those around her.

Each year, one student is selected from each class to represent their peers on the homecoming court. The six women chosen for court are not only admired by their peers across campus but

also display a Christ-like character, show dedication to the university and have maintained good academic standing.

Abbey Faucett, Laura Heussler, Ashley Weber, Ellen Baker and Cecily Leetch were also nominated for homecoming court.

Near is a senior Early Childhood Education major. She expressed her gratitude to the campus community, saying, “This experience means a lot to me. It is an honor and privilege to be a part of. MVNU has helped me grow and learn, not only through classes but through the experience that comes with the everyday college life.”



Madison Near was crowned MVNU Homecoming Queen for 2019.
Photo courtesy of MVNU SGA

Practicing Kindness

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words will never harm me.” She sought to comfort me from taunts and hateful speech with this little bit of wisdom. After many years of life and a few battle scars, I can confidently say that the little rhyme is false. Words matter! Kindness matters!

Perhaps all of us need to grow thicker skin these days. I know that university presidents need an extra layer of skin. Yet I know that our lives would be infinitely better if we learned to practice kindness. My prayer is that a “Day of Kindness” would grow to be a life of kindness. Might we use social media to bless and redeem rather than embarrass others? Could I be so bold as to

suggest that we learn the craft of “Practicing Kindness?” The Greek philosopher Aristotle linked virtue with habits/practices. He proposed that good habits lead to virtue and bad habits contribute to vice. Kindness is a good habit! The practice of kindness builds human excellence (virtue). Ultimately, kindness arises from gracious practice. Paul lists kindness among the Fruit of the Spirit. He contrasts kindness with enmities and strife.

It is my prayer that the MVNU Community will be an example of kindness in action. I know this will happen at the point we begin to measure our words by the vision of God’s love.

May it be so!



MVNU Homecoming Court

Members of the 2019 MVNU Homecoming Court with the escorts are (from left to right): Laura Heussler, Ellen Baker, Cecily Leetch, Ashley Weber and Abbey Faucett.

Ballenger leading efforts of The University Fund

By Hunter Dent

The University Fund at Mount Vernon Nazarene University establishes opportunities to make a difference on campus by funding grant scholarships, service-learning trips, faculty professional development and several other campus-wide events.

Jill Ballenger, a 1994 graduate of MVNU, has recently returned to the university in hopes of giving back to the community. As Director of University Fund and Community Relations, Ballenger understands the importance of the University Fund.

“Our goal is to help everyone understand that even the small recurring gifts add up and make a life-changing difference,” she said. “Our University Fund must dramatically increase to keep up with the vital needs of our growing campus.”

Being an MVNU alumnus has benefited Ballenger because she has had the ability to serve in diverse



Jill Ballenger

roles at the University. “During all of my time here I have come to understand how critical a strong giving program is,” she added. Ballenger previously served the campus community as an admissions counselor, marketing recruiter and resident director.

For more information, visit mvnu.edu/university-fund.

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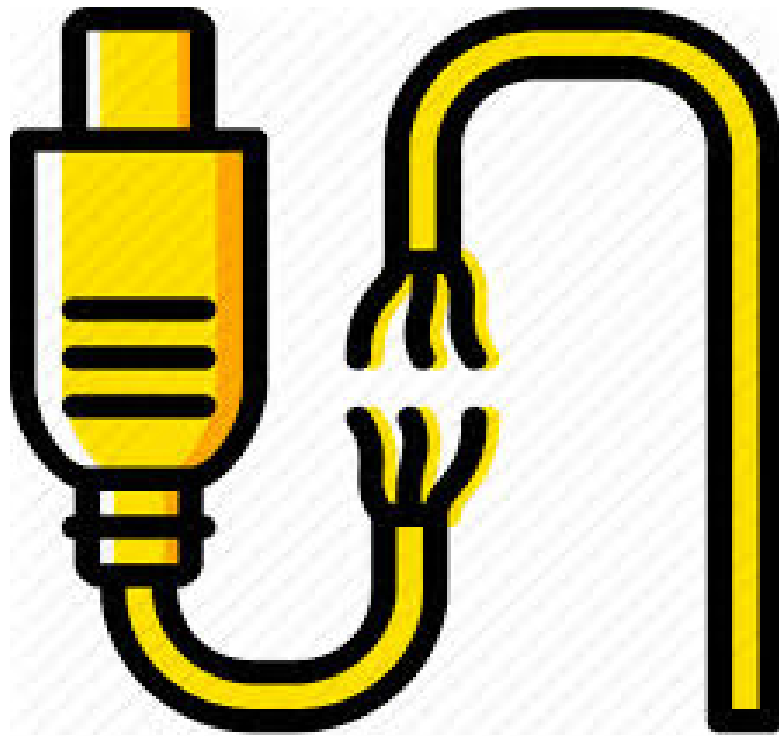
What happened to cable?

By Ellie Parker

Upon returning from summer break, students across campus discovered that cable access in their dorm rooms and apartments was no longer available. Many students were indifferent, but many others were confused and indignant, taking to social media to voice their concerns, feeling that they had been “ripped off” or “lied to.” Students believed that they had not been adequately informed on the removal of cable before returning to campus. While no announcement or notification was made to the student body in the form of a switchboard email or chapel slide, an official update had been posted to the Student Life Updates webpage, which can be found at mvnu.edu/updates.

The update read, “Due to changing technology needs and student input through the annual Motherboard technology survey, cable TV access points in residence area rooms have been discontinued. Because of increased demands from Hulu, Netflix, Amazon Prime, and other video streaming services, the internet bandwidth across campus has been increased. Cable TV is still available in lobbies and common areas on campus.”

“The idea was to better serve students with technology by responding to what information we had from students,” said Tracy Waal, Vice President for Student Life. Waal explained that while 96 percent of students, as indicated by the annual Motherboard technology survey, use wifi or broadband internet access for schoolwork and entertainment, “the number one challenge that students had with technology on this campus was wifi,” according to the data obtained through the Student Life survey. The combined results of these surveys would suggest that,



because students primarily use wifi or broadband internet access for entertainment and schoolwork, rather than cable, improving the reach and quality of the wifi on campus should be a priority. Updating infrastructure can be an expensive endeavor, and the decision was made to cut back on cable costs and dedicate those funds to making upgrades and improvements to the campus wifi network.

“We were paying for every [cable] outlet, whether it was used or not,” said John Walchle, Director of Information Technology Services. Based on the high cost of paying for approximately 450 cable outlets, per month, all year, even when campus is closed for breaks, and coupled with decreased cable usage across campus, “We thought that the funding from that could be better used to make improvements to wifi.”

There are approximately 400 wifi access points on the main campus, with just over 500 access points across the university, all working “in tandem together,” said Josh Cunningham of Motherboard.

Since cutting the cord on cable, ITS and Motherboard have been able to upgrade or add 75 wifi access points, in both academic and residential areas. Several access points were added throughout Maplewood and Elmwood apartments specifically.

ITS is working hard to keep up with the increased demand for bandwidth in the digital age. Five years ago, campus bandwidth operated at 350 megabits per second; and with a 20 percent increase per year for increased streaming and multiple devices per student, currently functions at a significantly increased 1.8 gigabytes per second, or 1,800 megabits per second. That’s a high ceiling, explained Cunningham. “1.8 [gigabytes] is above what we’re using ... Even with all the students, 1.8 is still above and beyond what is actually being used.”

Students also play a role in making sure that the campus wifi functions at its best. “When we’ve got a large density of units like we have here, we’re using up a lot of those channels” or frequencies to

maintain the wifi footprint of campus, said Walchle. Rogue routers or rogue devices such as an individual hotspot or wireless printers broadcast their own signals and can essentially block or steal from campus wifi channels. “Think of it like a radio station in your car. Whenever you’re traveling and you’re listening to the radio and it starts to get fuzzy and you can hear a second station, it’s that overlapping signal,” explained Cunningham. “That’s one of the things that we deal with,” said Walchle, “In a residential area, if your neighbor turns on a wireless printer or turns on a hotspot on their phone, you’re gonna get bad wifi.”

“When people tell us they have bad wifi, it’s really an ‘in the moment’ thing,” explained Walchle. “There’s a lot of variables that go into it ... The important thing is that we need details. We need to know the details of the problems that you’re having, and we are more than willing and capable of helping; we just need you to let us know, because we don’t know unless you tell us.”

The Signal Team was designed as a quick-response team to deal with wifi issues immediately. Students can contact the Signal Team for on-call wifi help by texting (740) 324-5545 or emailing signalteam@mvnu.edu, or can visit wifi.mvnu.edu for troubleshooting tips. Their new office in the Birch E Lobby hosts full-time employees during the day, and student workers in the evenings from 5-8 p.m. to assist students if they’re having trouble connecting to the campus network.

Cable is still available in common areas around campus, including all dorm and apartment lobbies, the Prince Student Union and Ariel Arena, Central Complex and the Dwelling.



The Lakeholm Viewer Podcast

Episode 1: DJ NayNay

By Mark Wesley

Everyone on campus knows the name NayNay. As one of MVNU's most enigmatic students, Nathan Parker has been involved in several on-campus endeavors, including SGA and WNZR. As of this past summer, he recently ventured into the world of music with his DJ NayNay project. His experience has led him to host several events both on and off campus. Now, he is at the apex of releasing his very first

single for an upcoming EP. Nathan recently sat down to discuss his upcoming single titled "Ellipse," why he chose EDM, creative processes and the journey he embarked on to become a DJ. "Ellipse" dropped on Nov. 29 and is currently available on most streaming services. Stream the first episode of the Lakeholm Viewer Podcast now on SoundCloud @ The Lakeholm Viewer Podcast.

MVNU Theatre Department presents *Little Women*

By Ellie Parker

The MVNU Theatre Department had a busy fall semester with their production of *Little Women* on Nov. 14-16.

Little Women, written by Louisa May Alcott and adapted for the stage by Scott Davidson, is a "classic coming of age tale" and tells the story of the March family, four sisters and their mother, and the joys and trials they experience growing up during the American Civil War.

Leading the charge is Director Serra Barrett. "[Director] is a very broad term," she said. "I wear a lot of different hats." She oversees costuming and props and works alongside a lighting designer and scenic carpenter to bring it all together. Barrett's favorite part is watching her performers transform and "come alive onstage." She said that throughout the rehearsal process, "they come eager to learn and grow, and we go on this journey together, and I count that a privilege."

Barrett is passionate about the value of theatre in education. She believes that theatre teaches skills "that translate into every area of life," like critical thinking,

teamwork and problem solving. "Theatre is a unique art form," she said. "Nothing is ever the same; it happens live, it happens with an audience. It teaches you to think on your feet and to be confident and sure of yourself, and it's just all the best kinds of things rolled into one."

Little Women is sophomore Min Leinbach's third production with MVNU Theatre. She plays the role

of eldest sister Jo March. "I relate to Jo in a lot of ways," said Leinbach. "She's more of a tomboyish type of character . . . and likes to do her own thing." Leinbach has enjoyed getting to know her fellow cast members throughout the rehearsal process. "It has been very interesting to see everybody's artistic process of how they develop their character.

"We have put a lot of work into it," said Leinbach. "It is a timeless classic . . . It's tragic, it's dramatic, it's comedic, it's everything! The cast has done an amazing job, and I'm excited for people to see their hard work." Barrett added that the show had something for everyone.

Little Women ran Nov. 14 -16. To watch a promo video, visit lakeholmviewer.com.



Cecily Leetch, Laura Beth Fraley and rest of the cast rehearsed for several months for a weekend of performances in November for the fall production *Little Women*. Photo by Ellie Parker

Cedar, Birch and Redwood welcome new RD

By Jaxon Yoder

This year is a new beginning for up and coming Residential Director Kirsten Umphryes.

Umphryes started as a Residential Assistant at Olivet Nazarene University and then moved to Colorado with her husband, working full time for the Salvation Army until eventually returning to Ohio.

“My freshman roommate, Madalyn Booher, who is the first lady of Oakwood, texted me and told me about this position right before they closed the application process,” she said. “It seemed like a long shot, but I love college students and thought it could be fun. As I moved along in the process, I really felt the Lord leading us here, and here we are.”



Cedar, Birch and Redwood student staff and RD are (from left to right): Scott Maurer, Cole Hale, Caleb Bicknell, Erin Adkins, Hannah Kutz, Mitchell George, Kirsten Umphryes and Taylor Jobe.

Photo courtesy of Kirsten Umphryes.

Umphryes oversees three residence halls at MVNU: Cedar, Birch and Redwood. Umphryes noted that working with so many residence halls is challenging but rewarding. She said, “There are a lot of students, and of course, everything and everyone is new for me. However, it has been so fun getting to know students and getting the chance to hear their stories. I potentially gained like 230 friends. It has been so fun.”

Looking toward the future, Umphryes said, “I’ll be here until the Lord leads me somewhere else. I always strive for longevity in whatever I do, as I believe that’s how relational ministry happens; however, I want to follow the Lord’s leading wherever I go.”

Cheerleading squad focuses on service and competition

By Hannah Barco

MVNU is home to multiple sports teams ranging in size and athleticism, including a cheerleading squad. The cheerleading squad serves as a way for students to get involved in supporting other athletics at the school.

Prospective cheerleaders must complete a tryout and meet certain requirements, explained cheerleading coach Jill Spearman-Macklin. “Members of the team complete a tryout that includes showcasing their cheers, chants, dance routines, jumps, stunting, and tumbling skills. They also have academic requirements that must be satisfied to tryout and maintain their status on the team,” said Macklin.

The cheerleading season begins in the fall semester with cheer activities and even community service. “Already this year, the cheerleading program has been involved with the Dan Emmett Fes-

tival Cheer Competition, holding a mini cheer clinic, judging local cheer tryouts and competitions, assembling shoe boxes for Operation Christmas Child, helping the cross country and track teams with the homecoming 5K, and decorat-

ing the chapel for Christmas, with additional activities yet to come,” said Macklin.

Not only do the cheerleaders do a lot for the community but cheerleading itself also provides its members with skills that can last a

lifetime. Macklin said, “Cheerleading builds confidence, poise and leadership skills, and it strengthens their ability to be an effective team member within any career field they may choose.” There have been

(See Cheerleaders on Page 6)



The MVNU cheerleading squad is already involved in a busy year of serving the campus as well as the local community.

Season concludes for MVNU tennis teams

By Hunter Dent

The MVNU tennis teams have concluded their fall seasons. The men's tennis team finished their season with a final record of 3-10, winning their final match against Shawnee State. The women's team finished with an overall record of 4-11 after splitting a doubleheader. They were able to defeat the Capital University Crusaders but were unable to hold onto that momentum in their final match against the College of Wooster.

Interim head coach Alvin Cheng is in his second season with the Cougars, and his first as head coach. Coach Cheng is very proud of his teams, and said, "We were able to defeat Capital... that had to be one of the highlights of this season. We performed beyond expectations. We won our first ever conference men's match." Coach Cheng believes that having a growth mindset is very important, so the teams will be participating in a strength and conditioning

program during the offseason. "It allows our players to continue to grow and continue to get better."

The MVNU tennis teams will continue their season with matches

over spring break. Coach Cheng is looking forward to the trip and says that the Cougars could also play "a tentative match against Wittenberg University shortly after." The

Cougar tennis teams will definitely be an exciting team to follow in the spring of 2020.

The full schedule and roster can be found on mvnucougars.com.



The 2019 season of competition recently concluded for the MVNU men's and women's tennis teams.

Photo courtesy of Ohio Corporate Photographers

Cheerleaders

(Continued from Page 5)

many cheerleaders to go through the squad with multiple different majors, but they all come through the program with skills and the confidence to propel them into their career field.

In the spring semester, the cheerleading squad will be involved in competition season. "We will travel to Point Park University on Jan. 17, Siena Heights University on Feb. 15 and to the regional competition at Siena Heights on Feb. 29." Each individual team member is judged on their skills, dancing, jumping, basket tosses, overall performance, routine composition, running and standing tumbling, ability to en-

gage the crowd, motion technique, the flow of the choreography, as well as difficulty and execution of stunts and pyramids.

The cheerleading doesn't end with the completion of competition season. It leads to opportunities for the squad members after leaving college. Macklin said that she has used cheerleading in her life after college, even making a career out of it. "Over the last 28 years I've coached here, I also coached 10 years as a middle school cheer coach. My background in cheerleading has afforded me opportunities to travel all over the U.S. as well as Canada, Mexico, Malaysia, and Colombia teaching and judging cheerleading," said Macklin.

Men's volleyball new to MVNU campus

By Hunter Sutyak

Men's volleyball is a new addition to the sports here at MVNU.

The team will start out as a club and switch over to a varsity sport for the 2020-2021 season. This startup season has seen a great turnout already. Head Coach Doug Sherer said, "It has been actually very encouraging because in our first meeting we had 30 guys come out showing interest in playing."

Becoming a varsity sport next year will come with transition. Coach Sherer said that as a club, they are practicing two times a

week. When the team becomes a varsity sport, "we will be practicing five to six times a week." As a varsity sport, the team will be part of the Wolverine-Hoosier or Mid-Valley conference.

This club season, Coach Sherer said the team is in need of setters and will most likely only have one team that will travel, with the lineup changing week to week. Coach Sherer is looking forward to this club season and is excited to get the guys competing after all the practices. "I want to keep them hungry to play. Come tournament time, I want them to be hungry."

Esports has strong showing in first season

By Jaxon Yoder

The MVNU Esports program has had a strong start so far this semester, with plenty of challenges.

According to MVNU Esports Coach Justin Nowicki, the first season “has been great! It’s been a lot of fun leading this pioneer group of esports players.”

One of their main successes this season has been with their Rocket League team, going 4-1 in the Great Lakes Esports Conference, just finishing their first tournament series with the National Association of Collegiate Esports with a 50 percent win rate.

The team has also seen some success with Overwatch and Fortnite, with their Overwatch team going 3-2 in the conference, and some of their Fortnite players being highly

ranked as well, with Spencer Smith and Keylor Vega running in second place.

Of course, with a new program also came some new challenges. “I’d say the biggest challenge has been building the framework for something new. Esports is a new category of collegiate competition, so we have had to build a lot of competition infrastructure in this first year,” Nowicki said. “We joined the Great Lakes Esports Conference for regular season play in the fall, with a LAN tournament to be held in the spring. We’re competing against some really great teams, including Tiffin University, Aquinas College and Trine University. Our players have really risen to the occasion and are representing MVNU very well.”



Members of the MVNU Esports team recently completed their inaugural season of competition.

Photo from MVNU Sports Information Department



Thrift items fill “Suburban Outfitters” inside Galloway Hall with proceeds benefitting Knox Needs. Photo by Hannah Barco

“Suburban Outfitters” supports Knox Needs

By Hannah Barco

MVNU is an institution very much focused on the care of the community – both the campus and the surrounding community outside of the university. There are several different CoSMO groups and other organizations that provide volunteer work and even charitable fundraisers to raise money for many different organizations that help to make a better life for those not only in Knox County, but all other sorts of other places around the world.

One group on campus that has achieved some of these goals is M2540. This group is involved with Knox Needs and has been raising money for the organization since they started. M2540 has created a thrift shop on campus to bring in donations for Knox Needs. The thrift shop, “Suburban Outfitters,” is run by two students, Katie

Durben and Brianna Baldwin.

Durben and Baldwin explained that “Suburban Outfitters” was opened over two years ago in the back of Galloway Hall. It was created to bring people in and give them a way to not only find affordable clothing for themselves, but also to provide a place to donate clothing towards a good cause. “Suburban Outfitters” relies on donations from students in order to stock their shop and earn money for M2540.

“Suburban Outfitters” is located in the backside of Galloway Hall, to the left-hand side of the rear entrance. The shop is open on Tuesdays and Wednesdays from 4 to 7 p.m., and on Thursdays from 4 to 6 p.m., and always welcoming in any new donations and new customers! Stop in for a spell to look through the clothing racks and try to find something cute and new to you!

Dan Behr retires from MVNU to go worldwide

By **Jaxon Yoder**

Dr. Dan Behr has retired after more than 30 years with the university, and his absence is sorely felt.

“He has a quick wit and can hear a bad pun coming from a mile away,” said Dr. Yvonne Schultz, Dean of MVNU’s School of Arts and Humanities. “When one arrives, he delivers it impeccably, to requisite groans.”

“I know that students who took his classes found them lively and engaging, and I regret losing his presence there,” Dr. Schultz said. “He really knows his speech communication discipline, and he knows how to teach it.”

Since Dr. Behr’s retirement from MVNU, he has been teaching at Asia Pacific Nazarene Theological

Seminary (APNTS) in the Philippines.

“I always wanted to be a missionary,” Behr said, “In college, God called me into Christian higher education, but I still had a heart for missions, so I got my PhD in 1998. And in 1999, I went into LeBron Fairbanks’ office and said, ‘Dr. Fairbanks, I want to take a sabbatical and teach at one of our overseas schools and give my family a mission experience.’”

From here, he was initially led to APNTS to teach for a semester, returning around every other summer to teach, becoming a part time professor in 2014.

Behr decided to retire from his position at MVNU and work for APNTS full-time as their Dean of Students. Dr. Behr said, “We’ve

been changing the curriculum here at MVNU and they only needed me here half time as it was. They really didn’t need me as much as they used to, so it was really just good timing from both directions.”

“So here I am,” Behr said. “Now that I’m retired, I’m now achieving my life’s dream of being a missionary.”

Pondering what he misses about MVNU and America, Behr said, “I miss the students, of course, because I always have so much fun with the students in the classes. [I miss] some foods, like ice cream. The ice cream [in the Philippines] is made from water and powdered milk. I miss Taco Bell, but plenty of American foods are available as

well.”

“As Dean of Students I’ll be working with student body organizations,” Behr noted, extending into areas like housing and orientation. “I really look forward to bringing my years of expertise in intercultural communication to try and make [potential culture shock] for incoming students smoother and better and less stressful for them.”

“If I could leave one word, I would like MVNU students to prayerfully consider a call into missions. Seek that out,” Dr. Behr encourages. “If God wants you to go to other lands, He will give you the skills that you need to succeed... Not just preaching missionaries, we need all kinds of missionaries.”



By **Hannah Barco**

The Free Application for Federal Student Aid opened for students to start filing on Oct. 1.

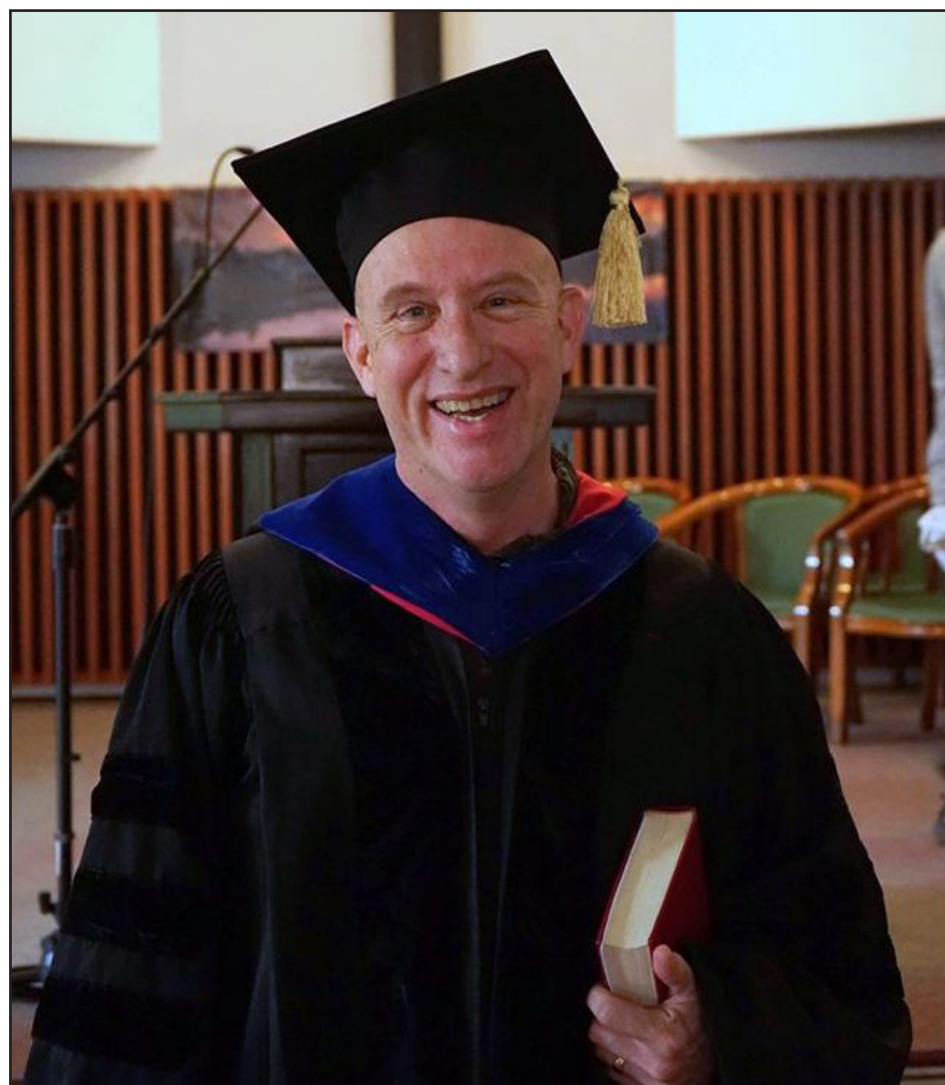
The FAFSA is a government aid for college students to apply to receive loans that can help get them through higher education. Jared Sponseller, director of Student Financial Services, explained why it’s important for students to be aware of the FAFSA.

“Students should file their FAFSA because the FAFSA is used to determine eligibility for a wide variety of financial aid awards,” said Sponseller. “The results of filing the FAFSA determine eligibility for need-based grant aid from MVNU,

certain endowment scholarships from MVNU, along with federal and state grants, federal work study and federal student loan eligibility.”

The FAFSA only stays open for a small window of time. “I recommend that all students file as soon as possible,” said Sponseller. “For most students, filing the FAFSA is a joint effort between the students and their parents, so I encourage students to get the application filed when they are home for breaks.”

Students should expect to see their financial aid award packages for the 2020-2021 academic year sometime after spring break. Sponseller recommends that “the [FAFSA] paperwork be filed by March 1 at the latest.”



Dr. Dan Behr recently retired from MVNU to accept the position of Dean of MVNU’s School of Arts and Humanities at Asia Pacific Nazarene Theological Seminary.

Photo courtesy of Terence Lustañá