

We Can Do This!



Illustration by Liz Crosby

A Triumphant Return To The Vern

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

Students arrived on campus with a mixture of excitement and anxiety. Months before our students arrived, plans were in place. We looked at every angle in order to ensure the health and safety of our

students. As students arrived, there was nothing but sheer joy on the faces of our students.

I must admit that my heart soared as students returned. It was obvious that our students wanted to be here with their friends. I was cautiously optimistic, but then we had our first case of COVID-19. Others followed in rapid succession until we reluctantly tightened restrictions. No one wanted to do this, but it was the best hope to finish the semester.

We knew that our plan would only work if our students “truly” wanted to be here until Thanksgiving. Our students expressed their desire to be here by wearing

masks, social distancing and handwashing. It worked! I am proud of our students, staff and faculty who locked their arms and made a difference.

We have one of the best records of any college/university in the nation because our community responded,

“Yes, we want to be here.” I am encouraged by the way our campus responded. I hope our students understand that MVNU is a special place. The pride of the “blue and green” truly does “Shine Forth” on this campus.

Thank you!!

Illuminating Christ: Youth Group Led by MVNU Students

By Ellie Perry

Mount Vernon Nazarene University offers many opportunities for students to connect and worship God, but three MVNU students envisioned something more for the campus. That vision prompted sophomores Micah Tuggle, Luke Jungeberg, and Katie Cundiff to start a youth group for their peers, though they didn't plan on it specifically.

“It started off as us just playing music together,” said Micah Tuggle, an exercise science major. “Then we started talking about how cool it would be to get together and have a little small group, because we felt like it was something we needed and would help us.” He went on to say that they had no idea their gathering, which started out with a few friends, would turn into a youth group.

Luke Jungeberg, also studying exercise science, said that he believes God called him to MVNU for a purpose, but it was unclear to him what exactly that purpose was his freshman year. “However,” he added, “This year, I truly believe that this is what God

was talking about when I felt Him speaking to me on my visit here.”

Katie Cundiff, a communication sciences and disorders major, shared her experience. “Luke had talked to me in the summer about starting up a ministry that would operate like a youth group, and I jumped on board immediately.” Cundiff went on to say that her youth group back home played a major role in her walk with Christ and “shaping me to be the Christ-follower that I am today.”

As one can imagine, planning a youth group in the midst of COVID-19 might be difficult at times, given social distancing rules and masking, but the three students were up to the task. “We hold our group outside at Ariel Foundation Park,” said Jungeberg.

“The tables are 6 feet apart, and we encourage everyone to wear masks.” Jungeberg and Cundiff added that they encourage people to stick with their family groups as well.

The three students each had something different to share when asked how they managed to host a youth group on

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COVID-19 Catchup

By MacKenzie Holder

As students, faculty and staff kick off a new school year, despite the challenges of a global pandemic, you can still feel the familiar excitement of being back on campus and among the MVNU community. Along with the traditional emotions that are part of going back to school comes many new feelings as the result of COVID-19 that unfortunately sent us home unexpectedly in early March. Despite challenges, we all did it.

We finished up the school year a little differently than we would have hoped; but we succeeded, and most of us got to take a step back and enjoy a somewhat different kind of summer.

However, among the many MVNU faculty and staff working during the summer months, one person's job in particular has been impacted by the virus and he has worked nonstop since the day we got sent home with one goal in mind -- to allow us to be back on campus this fall.

In a recent interview with Tracy Waal, Vice President for Student Life, who is the point person for COVID-19 at MVNU, he talked about the changes the university has made to allow students to be back and get the full college experience, even though it may look different than previous years. Waal has been working hard to make sure students feel like we are informed and have a good understanding of what is going on around us and on campus. From the very first

day we stepped on campus in August, Waal has been saying the same thing -- "We can do this," which has become his mantra as he addresses different groups of students.

When asked about some of the precautions being taken on campus, Waal explained that plexiglass barriers have been added all over campus, and nine tents have been placed in various spots to allow students to interact but still remain socially distanced. Recently the cafeteria has been reduced to one-fourth capacity to eliminate large groups of people gathering, gyms and workout areas will have limited access, and classrooms will be evaluated to allow 6 feet between each student.

According to Waal, quickly after their return to campus this fall, students, faculty and staff showed interest in being updated on the number of

COVID cases being reported. As a result, you can now go to mvnu.edu/stayinformed to see the number of active cases, the number of people being monitored, and total cumulative cases. Waal explained his biggest challenge during this pandemic "...the fact that everything is constantly changing from one day to the next can make it very difficult to make decisions. I go to bed thinking about COVID; and when I wake up, I have to rethink all of the things I had done the day before."

When asked about how he felt we are doing as a campus, Waal explained, "We are trying to starve the disease, and we are doing a good job so far." Waal went on to suggest some things students can do to give us the best chance of staying here the full semester. He emphasized that filling out the daily symptom check and

self-reporting symptoms are so important because that is how they are catching cases early. One of the main points Waal emphasized was students need to be physically distancing whenever possible, because that is what will keep our number of cases down. "We can do this. Remember to stay safe, especially when outside and always wear your mask," he said.

The numbers as of Sept. 25 are zero active cases, three currently being monitored and 17 cumulative cases. Make sure to watch for Waal's videos for more information on where we are as a campus in terms of COVID. Also check out mvnu.edu/stayinformed for updated numbers every day at 4 p.m. and keep your eye on the Lakeholm Viewer social media pages where we will keep you updated as we know more.



Illustration by Liz Crosby

Reopening the Gyms

By Colin Berg

Even during difficult times, there are so many people who want to exercise in a gymnasium to forget about their problems and to stay healthy and active. After a few weeks of closing off workout areas on the MVNU campus, the gymnasium is finally reopened for anybody who wants to work out.

According to the MVNU's men's and women's track coach, Ellis Galion stated

in the video update for Student Life (<https://vimeo.com/458616282>) that, "The gyms on the weekdays will be open from 11 a.m. to 3 p.m., and then there will be a break between for the athletic teams, and then they will reopen again from 8 to 10 p.m. On the weekends, Saturday and Sunday, they will open up from 1 to 6 p.m.

Galion also stated that, "There is an option to play four-vs-four volleyball, no contact; and for basketball it is

limited to three per hoop, also no contact." So how can you go about going to the gym and finding space?

The track coach answered this question by saying, "You've got two options. The big thing we want to push is to reserve your spot online. The way you can do that is to go to gyms.mvnu.edu, and it's super easy to go on to reserve your spot.

"Now if you forget, you can go down to a check-in point, and that'll be the entrance to

gym one. So if you don't apply online, it'll be first come, first serve; and there will be a gym attendee, so you can sign in with them."

It's been pretty difficult trying to accomplish our goals as students during a terrible time like this. But as we continue to be responsible by wearing our masks, washing our hands and staying a respectable distance from each other, I believe that not only will places like the gym reopen up, but our hearts will reopen up as well.

Illuminating Christ: Youth Group Led by MVNU Students

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top of their schoolwork and other campus activities. "This has proven to be the biggest challenge yet," admitted Tuggle. "It was very stressful getting started. There is always going to be problems and conflict, but when we work through it and see what God is doing in the group, it makes it all worth it."

"I think I speak for all of us when I say that we feel blessed and are thankful to have God's light be shed!" said Cundiff. She also mentioned that they wouldn't be able to pull it off without two of their friends, Madison Powers and Drew Aljancic, who work behind the scenes for them. They help come up with ideas for the group, driving them back and forth, and help carry all the supplies needed to make the youth group happen. "Basically they are great support

systems and we couldn't do it without them," added Cundiff.

Their youth group, which they named Illuminate, meets every Sunday night at 8:30 p.m. at the event center in Ariel Foundation Park.

Go check out their page on Instagram: [@illuminate3_](https://www.instagram.com/illuminate3_)

Group leaders of the MVNU student youth group Illuminate are, left to right, Drew Aljanic, Madison Powers, Katie Cundiff, Micah Tuggle and Luke Jungeberg.



Robbins Leading Upperclassmen Life Groups

By Grant Stelzer

Here at Mount Vernon Nazarene University, faculty, staff, and students work together to create the best possible campus experience even in the tough and confusing times of COVID-19. Many new procedures and restrictions have been put into place; but one addition, Life Groups, is looking to bring students closer together in uncertain times.

The formation of Life Groups for the 2020-2021 school year, according to Life Group coordinator Noah Robbins, was due to the “absence, among upperclassmen, of the sense of community that comes from gathering together in a tight-knit group studying the Word.” Earlier this year in the spring of 2020, the concept of Life Groups was suggested

but was not a solidified idea for the fall semester until July.

Some may be confused at the concept of Life Groups and may find it to be extremely similar to small groups. Robbins then explained that “Life Groups are aimed at upperclassmen who have gone to MVNU for a full year” and shortly after explained that there is “no relationship between them.” Robbins then continued to explain some

good qualities and what to expect when getting involved in a Life Group. “They will discuss Christian Life, Vocation, Relationships, and Books of the Bible as a group.”

Robbins continues, “(Life Groups) generally meet during chapel hour, 10:20-11:20, on Wednesdays and allow for an opportunity to earn 10 spiritual formation credits.” According to Robbins, there will be around 21 groups that will

meet weekly on Wednesdays.

There have also been some speed bumps along the way, but Robbins explained “...we have been able to work around those issues. There is the issue of starting a whole new campus ministries department essentially from scratch. We had to come up with resources, study guides, topics, structure, (etc...). It has been a challenge sometimes, but God has been faithful to see us through it.” Due to the restrictions of COVID-19, meetings will have to limit the number of people meeting in person and will sometimes have to resort to online Zoom sessions or outside meetings.

Robbins is excited about the first year of the program and explained that there are plans for it continuing into the many years to come.



Another Season Kicks Off For The Justice Project

By Zoe Bricker

The Justice Project has started a new year at Mount Vernon Nazarene University. With 2020 being an election year, as well as having COVID-19, Black Lives Matter movement and police brutality being more prevalent, there has never been a better time to talk about Justice.

“This semester, the Justice Project will host Justice Talks over various themes such as the Bible and violence, race, homosexuality, stewarding privilege, human trafficking and policing in communities. According to the campus ministry website, this is what they

strive to accomplish.

On a logistical level, the Justice Talks are made up of a moderator (Hank Spaulding)

and a panel. The latest Justice Talk, entitled “Policing,” had a panel of professors, former law enforcement officers and

MVNU’s own Intercultural Life Director to deal with the topic of race and police brutality.

“As someone who wants to have an unbiased opinion but also wants to keep up with what is happening in the world, going to Justice Talks is a great way for me to stay informed,” said graphic design major Liz Pound. “I would highly encourage anyone who wants to understand all sides of the story to attend.”

Spaulding added, “If people want to get more involved/learn more, then they need to come to our education center (the second floor of the Hyson Campus Center).”



Local Athlete Shines Forth

By Matt Harden

For MVNU women's basketball Senior Taylor Gregory, the road to MVNU wasn't a direct route and included a detour to Akron, Ohio. The former Mount Vernon High School basketball standout had multiple offers including from MVNU to play college basketball.

MVNU Women's Basketball Head Coach Amanda Short was heavily recruiting Gregory. "Taylor came to numerous open gyms in our postseason and some in the summer months as well," said Short. "We built a good relationship with her through that time." Ultimately, Gregory would commit to the NCAA Division 1 University of Akron.

"When we found out that she went to Akron, we stopped recruiting her," said Short. However, Gregory didn't stay away from MVNU.

"She continued to come and play in our open gyms in the off season," said Short. The relationship between Gregory, the team, and Coach Short grew.

It hasn't been easy for Gregory and it has taken a lot of hard work and practice to achieve the success she has reached. "In high school, I had a lot of great teammates to look up to and help me along while I was on varsity as a freshman," said Gregory.

"Sierra Basista and Rachel Parks really helped me," Gregory continued. Teammates haven't been the only important people in her journey.

"My dad was always coaching me and giving me tips, and my high school coach always drilled the fundamentals

which helped us to a conference league title my freshman year," Gregory said. "I also was in the gym a lot with my dad, and my AAU team over the summer helped me gain confidence, and that led to me scoring 1,000 career points in high school."

Then came the detour to Akron, but something wasn't right. "That wasn't the right fit for me personally, and I felt that I needed a place where I could grow in my faith," said

our decision very easy when the opportunity presented itself to offer her a roster spot," said Short.

"The people here brought me back to MVNU, after I spent five weeks in Akron," said Gregory. "I instantly felt at home here at MVNU, and the people made me feel so welcomed; I knew then it was the perfect fit."

It wasn't just a perfect fit for Gregory. It was for Coach Short and the team as well.

Gregory has become a team leader and someone her teammates can turn to, both on and off the court. "Her teammates look to her on the court, but they also know they can go to her off the floor for advice," said Short. "She is a great leader on and off the floor." Trying to juggle classes and sports can be tough and challenging, and Gregory recognizes that.

"These last few years have been extremely challenging but rewarding," Gregory said. "There's many long days of long days between travel, classes, and practice, but basketball has allowed me to compete at a high level and make lifelong friendships."

Those long travel days can lead to a lifetime of memories, and that's true with Gregory. "Last year, we had the chance to play in Florida; and while it wasn't the sunniest trip, we made memories by jumping in a cold swimming pool, hitting a volleyball around in the ocean, escaping out of an escape room, and bringing home two wins," said Gregory.

Then there's the memories of beating tough teams. "During my career, we have upset Taylor University and Indiana Wesleyan, and those games have been some of the very fun ones to play, and the excitement that followed in the locker room will be something I'll never forget," said Gregory. Through all of her success, she's quick to shift the credit for it. "Success has come in the form of lots of hard work, but there's been people pushing and encouraging me from all sides" said Gregory. "God gave me this opportunity to play

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MVNU senior Taylor Gregory and the rest of the Lady Cougars are busy preparing for the 2020-2021 basketball season.

Photo courtesy of MVNU Sports Information Office

Gregory.

Coach Short jumped at the chance to get Gregory to come to MVNU. "Taylor was very comfortable with the team and with our campus, so it made

"We knew that she was a great basketball player, but knowing that she would fit into our culture we were building was even more important," said Short.

Cross Country Teams Approach the Starting Line

By Matt Harden

It's cross country time here at MVNU as both the men's and the women's teams are well into their seasons. Head coach Simon Taylor is looking forward to seeing the improvements that have been made by the athletes on the course.

"Both of our men's and women's teams got better from where we were last year," said Taylor. "Both teams should be good this year; our men are young but have a lot of talent, and our women have a nice mix of youth and senior-leadership." That leadership is something that senior Kayla Shackelford embraces.

Even with the excitement and expectations, there have been some challenges trying to put together the teams. COVID has brought many challenges this year, which has led to finding a balance of safety and athletics. When speaking on the precautions the team will be making, Taylor said, "Masks will be required on the bus rides, but not while our athletes are competing. It would be a safety hazard to have runners wear masks while they race."

COVID presented additional challenges Coach Taylor had to face. "COVID made recruiting difficult," Taylor said. "We were unable to have recruits on campus, which is normally a big part of the process." Explaining the recruiting process, Taylor stated, "We were unable to attend track meets in the spring of this year, and normally I go to meets and watch recruits race."

Coach Taylor is often faced with the question of why we



Members of the MVNU women's cross country team pause for a photo during a recent practice.
Photo by MacKenzie Holder

never have home cross country meets. The simple answer is we do not have a home course here at MVNU. We only have away meets every year due to that reason. One good thing about away meets is the chance at making memories with your teammates. When asked what her favorite memory was from a meet, Shackelford has a hard time picking her favorite. "There are too many memories to choose from, but I'd say that our meet in Michigan with Aquinas College was so much fun and a lot of shenanigans happened on that trip," said Shackelford.

As the sun sets on her cross country career, Shackelford offered advice to the underclassmen, "I would tell the underclassmen to cherish these days. Everyone says that these years go by quickly, and it's true. The miles are not going to be what you remember. The time spent laughing with your teammates, making ice cream runs after practice, team dinners, and everything in between will be what you'll remember, so make sure to make the most of it and be fully present with them."

Coach Mosher Returns Home

By Dana Hicks

There is a new sheriff in town heading up the volleyball program at Mount Vernon Nazarene University. Alumna Kendra Mosher has been hired as just the fifth head coach in the history of the program.

"I struggle to put into words how I feel to be back at MVNU," said Mosher. "The biggest thing that comes to my mind is peace. Peace knowing that I am where I am meant to be. Peace knowing that I am where I love. And peace knowing I am back home!"

Mosher was a four-year member of the volleyball program during her tenure from 2010-2014. She is 10th all-time in program history in kills with 1,527. As many as 350 of those came during her NCCAA All-American campaign in 2013. It is safe to say that she knows what it takes to compete at the collegiate level and, thanks to a stint at Kenyon, she knows what it takes to coach at the collegiate level as well.

"I was pretty blessed to have been able to get into college coaching as quickly as I did. I was an assistant coach for a year and was an interim head coach at Kenyon for several months before being given the head coaching position there," explained Mosher. It wasn't exactly an easy switch for her. "The transition from a player to coach was difficult at first, because I really missed playing and wanted to get back in the game. Thankfully I have been a coach constantly after graduation, so I am still able to be part of the game . . . just in a different way!" she exclaimed.

Coach Mosher led the Kenyon College Ladies to a 25-32 record in two seasons as the head coach with appearances in the conference semifinals each year. But, that is not where her coaching career began. She began coaching after her graduation in 2014 when she became the head coach for the volleyball team at Cardington-Lincoln High School. In 2016, Mosher led them to

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Local Athlete Shines Forth

(Continued from Page 6) and compete, and my goal is to use that for his glory; my teammates, coaches, friends, and family have always been there for me and pushed me to pursue God and to be the best that I can be.”

Coach Short sees that growth on the floor and off. “Every year, she has grown a lot as a player and as a young woman of God,” said Short. That makes it easy to coach a player like Gregory.

“It is a lot of fun coaching someone with this caliber of talent, a player that is so versatile and has a high IQ, said Short. “Her goal is to make

others around her better, and she does that in so many ways; she verbally encourages the team regularly.”

“She’s a great player who wants to win. She came in as a freshman and took on a huge role. She has played through so many games of being double- and triple-teamed these last few years. She plays through all of these games and still continues to make others around her better,” said Short.

In the spirit of making others around her better, Gregory has some advice for the younger players. “I would say to enjoy your time here. While some days are really long,

you’ll look back and see how fast time has flown by,” said Gregory. “Give it your best effort every day, invest in the people around you, and enjoy every minute of it.”

As the final tip-off, made basket, team win, and locker room celebration fast approaches, Gregory reflected on what it’s meant to attend MVNU.

“It will always have a special place in my heart,” said Gregory. “I knew my college decision was important because there was something that could really affect the person I would become, I wanted a place that would strengthen

my relationship with God. I am beyond thankful for MVNU, the faculty, staff, and students that have poured into my life and helped shape the person I am today.”

Coach Short offered her own reflection, “The MVNU women’s basketball team is truly better in all aspects having her in our program. We are very thankful that God led her to us.”

The MVNU women’s basketball team is awaiting word from the NAIA and the Crossroads League on when the 2020-21 COVID-19 shortened season will begin.

Coach Mosher Returns Home

(Continued from Page 7) their first winning season since 2016. When asked about the biggest difference between coaching high school and college, she really highlighted the commitment level. “In college, most of the players chose MVNU because they wanted to be a part of a high-level volleyball program. They are willing to put in the extra hours, effort and energy it takes to succeed at this level. The preparation for the season doesn’t stop for my players once they leave the gym; it is a constant part of their life during their four years here,” she said.

With COVID-19 being as prominent as it has been since it was upgraded to a pandemic in early 2020, there were lots of wrenches being thrown into many people’s plans. The recruiting season was no different with all athletic events cancelled due to the

shutdown. Mosher was in complete agreement, acknowledging the difficulties she faced over the offseason. “I am having to rely on film much more than I normally would,” she admitted.

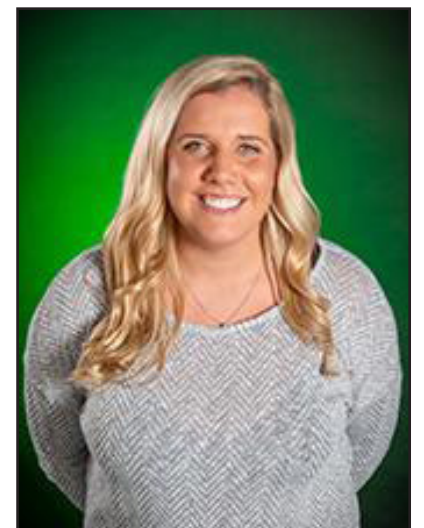
Coach Mosher is taking over the program after Paul Swanson’s retirement. Swanson leaves behind quite a legacy at MVNU with over 1,000 career wins and a winning percentage of over .700, but there is no pressure felt by Mosher to fill his shoes. “I am a different coach, so I try not to compare myself and allow myself to get caught up in pressure. I am working to create something great here at MVNU which is easier for me since it has already been built up so much in the past!”

The season is already underway for the Cougars. And now that Coach Mosher has seen her team in action, she opened up about the most promising

thing she sees in them. “This team is so hungry for success. They are goal-orientated and want to accomplish so many things,” said Mosher who has high hopes and added the ultimate goal for her inaugural season is to finish in the top three in the Crossroads League. “Our conference is so competitive in volleyball, so if we can earn one of those top spots, I know our team and coaching staff will feel very accomplished!”

Mosher credits her Christianity and her father for the coach she is today: “Being a Christian has strongly impacted the way I try to coach. I work to be a positive role model and example to my players. My dad and I have always shared our passion for volleyball with each other. He coached me throughout high school and has always been a part of my volleyball journey.”

While she gets to coach



Coach Kendra Mosher

these athletes and make a positive impact on their lives, they get to do the very same thing for her. “Coaching has allowed me to combine my two biggest passions, the sport of volleyball and building relationships with people,” she said. “It brings me so much joy to work with my players, and I hope they are getting a meaningful experience playing under me.”