QINT

COMMUNICATING in the Midst of Conflict PART TWO

- > The Courage to Listen Well
- > In Sickness and In Health
- > Charlottesville: How to Heal









24/ Charlottesville: How to Heal

Dr. Rob Gailey shares his reaction to the tragedy in Charlottesville, and how to engage in conversations on such sensitive and important topics.

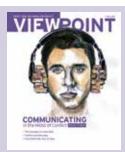
26/ In Sickness and in Health

Marriage and relationships can exist as a safeguard from harm, or they can be life-threatening. Read more about handling conflict with those closest to us.



Homecoming

Meet this year's Distinguished Achievement award recipients and make plans to attend this year's celebration.



ON THE COVER Illustrations by senior Katie Hibbard, who hopes they help readers "enjoy and understand the moving words in this issue."



18/The Courage to Listen Well

How do we listen to and receive others in dialogue with the radical love Christ asks of us, even when it's not easy?

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In June, the traditional Polynesian sailing canoe, the Hokulea, returned home to Hawaii from its historic trip around the globe – and alumnus Austin Kino (10) was a crew member.

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This year's General Assembly at the Church of the Nazarene saw many discussions and changes through important resolutions. Hear more from Dr. John Calhoun, director of PLNU's Center for Pastoral Leadership.

VIEWPOINT

POINT LOMA NAZARENE UNIVERSITY

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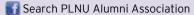
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THE VIEWPOINT

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oncluding this two-part issue, we discuss a main aspect of communicating through conflict: listening. We cover why it becomes so difficult to listen to others we disagree with strongly — whether we're discussing politics with an acquaintance, or our personal and emotional needs with our partner - and the courage it takes to choose to not close ourselves off but humbly hear another's perspective. Dr. Rob Gailey shares his experience learning about the recent events in Charlottesville, Va., that left thousands feeling unsafe and deeply concerned about overt racism and its existence today. and writes about how to have respectful conversations in the midst of this tragedy.

As it becomes more and more apparent how many people are deeply hurting in our world, our country, and our communities, it becomes more necessary and urgent for us as Christians to respond to that hurt and take action to bring about healing and reconciliation.

Often, I think many of us are not sure how to. Though we are willing, we may not know what steps to take to make a significant difference. There are many ways to respond, by volunteering or giving to organizations such as the International Justice Mission that are working hard to alleviate injustices in our world, or speaking up and sharing your opinions with state representatives to influence legislation. But perhaps we make the most tangible difference in our relationships with those closest to us and

By deeply loving our families, our neighbors, and our coworkers, we are taking care of those whose hearts have been entrusted to us, and impacting those we walk closely beside throughout our lives.

those we encounter. As we help build God's kingdom in and through our relationships, we impact the world. We change our own hearts.

If we want conflict to cease on a large scale, we must start by working to resolve it in our own lives. By deeply loving our families, our neighbors, and our coworkers, we are taking care of those whose hearts have been entrusted to us, and impacting those we walk closely beside throughout our lives.

But we can't stop there. May we do as much as we can to courageously love, taking action to stop injustices in our communities, country, and the world, and serving others as peacemakers to bring about God's kingdom. May we not sit back and only hope it will happen without us, but see our role within the body of Christ as it is: necessary and for a specific purpose. Everyone's story, calling, and perspective matters deeply. Our actions show this truth when we listen even when we feel the need to speak, and love even when we feel unloved. May we make the most of what we've been given by seeking to follow God in every moment, every relationship, every conversation — choosing to sacrificially love to help alleviate suffering and pain, for God's glory.

Sincerely,

Wendy Robinson

Wendy Robinson, Editor editor@pointloma.edu

>> headlines

What's in the news at PLNU? Check out our latest headlines at pointloma.edu/news.

NEWS



>>> PLNU's surf club held its inaugural event on April 6 at the Sator Hall Science Plaza. The club's kickoff, which had over 100 attendees, included a viewing of the movie "Surf's Up," a shaved ice vendor, and raffle prizes. The event was made possible by the support of Nicholson Commons Director Milton Karahadian, parent and supporter Jeff Bizzack, and Travis Carter (06), and companies such as Famous Surf Supply, Xterra Surf, Wailua Shave Ice San Diego, Oakley Sunglasses, and Firewire Surfboards.



>>> On May 7, PLNU faculty members Brenda Martin, pianist, and Dr. Philip Tyler, violinist, participated in a benefit concert with their chamber ensemble, The Seaside Quartet, at the home of cellist Cecilia Kim. The quartet also includes Kim and violinist and violist Päivikki Nykter. The benefit concert



>>> Dr. Jaeyoon Kim, professor of history, and Dr. James Wicks, associate professor of literature and film studies, successfully organized this summer's China and Korea scouting trip, which occurred from July 12-24. The scouting trip was completed to prepare for the upcoming study abroad trip, which will take place in summer 2018 and offer two courses, "Early East Asia" and "World Literature," which will be taught by Kim and Wicks, respectively. Stops along the trip included Beijing and Zhengzhou in China and Seoul. South Korea.

raised a significant amount of money for The Tremble Clefs of San Diego, a nonprofit organization that provides therapeutic singing for people living with Parkinson's disease. The Seaside Quartet also gave performances at PLNU, Mesa College, and Palomar College this past spring.

- >>> On May 11-13, the Department of Literature, Journalism & Modern Languages hosted the Western Regional Conference on Christianity and Literature. The theme of the conference was "Crossing Borders, Exploring Boundaries."
- This summer, Sandy Soohoo-Refaei, director of the Office of Global Studies, and Dr. Lindsey Lupo, professor of political science, traveled to Prague in the Czech Republic on a familiarization trip with Cultural Experiences Abroad, a study abroad organization. They visited the Anglo-American University, the oldest private university in Prague, and participated in a weeklong seminar with faculty and staff representing selected universities in the U.S.



- >>> Dr. Brandon Sawyer, associate professor of kinesiology and biology, took current kinesiology graduate student Brett Baughman and alumni Jenny Beers (15) and Kirbie Huwa (15) to the national conference for the American College of Sports Medicine in Denver, Colo., in May. The group gave four presentations on research conducted in Sawyer's lab, focusing on obesity, high-intensity interval training, artery health, and maximal exercise testing.
- >>> On June 6-8, Nick Wolf, director at the Offices of Strengths & Vocation, attended the National Association of Colleges and Employers (NACE) annual conference in Las Vegas. NACE provides professional development and advocacy resources for university career centers.

>>> On June 8-10, the PLNU Center for Pastoral Leadership and the Southwest Field Nazarene Youth International partnered to host their annual retreat for pastors' kids, known as PK Retreat. Each year, pastors' kids ages 12-17 are invited to PLNU's campus for a time of worship, fun, and meaningful connection. This year's activities included spending a day at the beach kayaking, visiting the National Comedy Theater, and playing capture the flag in the sand dunes of Coronado, as well as engaging in intentional times of reflection and discussion, which provided attendees the needed space to connect on topics that matter to them.



>>> Nina Evarkiou, adjunct professor of writing, literature, and humanities, and Dr. Carol Blessing, chair of the Department of Literature, Journalism & Modern Languages and professor of literature, led a 25-day trip over the summer called "Literature in Greece." Those who attended, which included 13 students and Charlene Pate, associate professor of writing, traveled more than 1,700 miles throughout Greece, making stops in towns such as Athens, Corinth, Delphi, and Olympia, as well as the islands of Naxos and Santorini.

Over the duration of the trip, Evarkiou taught "Greek Drama" and Blessing taught "Journeys through the Ancient World," while Pate researched backgrounds to mythology for her children's literature class. Custom-curated for PLNU students, the trip not only emphasized the historical, artistic, cultural, literary, and religious aspects of Greece through the ages, but also gave students the opportunity to follow the footsteps of the Apostle Paul.

Journalism Students Visit Zeta

BY TIFFANY MUSICK



On May 5, journalism professors Stephen Goforth and Dr. Dean Nelson took six students from the "Advanced Reporting" course to meet with the staff of the internationally acclaimed *Zeta* newspaper in Tijuana, Mexico. The day-long trip offered students the opportunity to meet with three of *Zeta*'s top editors, who provided a tour of the facility and discussed key components of their jobs, such as the dangers of what they do, how they stay safe, and why they do what they do.

"They know they aren't going to change the world, and yet they keep reporting because they feel that it is their obligation," said Nelson, the founder and director of PLNU's journalism program. "They aren't doing it for personal gain. They are doing it because they know that their fellow citizens deserve to know what is happening."

Zeta, which is known for its investigations into drug cartels and government corruption, is located in one of the most dangerous places in the world to be a journalist, resulting in the deaths of some of their writers in recent years.

"The journalists at *Zeta* are the bravest people I have ever met; I wanted our students to interact with people who are committed to telling true stories despite the high cost," Nelson said.

Nelson — who met *Zeta's* editor-inchief, Adela Navarro, at a meeting of the Society of Professional Journalists held to honor her courage and commitment to journalism — arranges this trip each year

during finals week to remind his students of the importance of honest journalism and open their eyes to the privileges they have as reporters in the U.S.

"Showing students the conditions journalists have to work in just a few miles from where we live is a great way to alert them to the remarkable press freedoms and protections we have in the U.S.," said Nelson. "We tend to take those freedoms for granted, which made this trip not only inspiring, but also a big wake-up call for us to use our freedoms aggressively and responsibly."

Among the students who attended was senior journalism major Victoria Davis, whose experience at *Zeta* not only opened her eyes to the advantages of being a journalist in the U.S., but also the significance of her obligation as a storyteller.

"Our loyalty has to be to the story — it's the whole reason we do what we do — and this trip reminded me of the importance of that," she said. "It was inspiring to see writers so committed to sharing stories with the world and being so unafraid to do so. They are dedicating their life to the truth and that's magnificent to me."

PLNU alumna Marshela Salgado Solorio (01) accompanied the group and served as a translator, while her husband, Carlos Solorio, photographed the trip.



Dr. Bill Wood Conducts Summer Research in Manchester

BY WENDY ROBINSON



Over the summer, Dr. Bill Wood, professor of history, spent two months in Manchester, England, as a visiting research fellow with the Manchester Wesley Research Centre. His research, which primarily focuses on the Soviet Union and the Middle East, involved three distinct tracks: exploring the activity of the Weslevan Methodist Missionary Society in the Islamic World, specifically Central Asia and South Asia, in the 19th and 20th centuries; taking a close look at the Brethren Archives held at the University of Manchester to again focus on missionaries active in Islamic Central Asia and South Asia; and diving deeper into an older research project of his focused on Jewish convert and missionary Rev. Joseph Wolff, who traveled throughout the Islamic world in the 19th century.

On the first track, Wood identified key individuals, J.A. Elliott of Faizabad in northern India in particular, through the rare published materials held in the John Rylands Library collection. However, because key information regarding Wesleyan missionaries is likely to be found in the School of Oriental and African Studies archives in London, he

hopes to make a follow-up visit to England to explore this collection and supplement the work he began this summer.

According to Wood, his second track proved especially rich, as the center's staff directed him to uncatalogued journals and diaries produced by Brethren missionary E.H. Broadbent during two visits to Russian Turkestan (in 1900 and 1907), as well as correspondence from Mennonites in Central Asia centering on the October Revolution.

On his third and final research track. Wood said he was able to consult letters and other archival material concerning Wolff during day trips he took to the archives in Birmingham and Nottingham, and in a weeklong trip to the British Library in London to consult the India Office holdings archived there.

According to Wood, the welcoming scholarly environment he experienced at the center was unmatched. "Throughout my time in Manchester, I enjoyed the excellent hospitality and stimulating intellectual environment of the Wesley Research Centre and the Nazarene Theological College, with both staff and faculty," he said.

PLNU alumnus Geordan Hammond (00), director of the Manchester Wesley Research Centre, was happy to host a PLNU faculty member, and his former professor.

"We've benefited greatly from PLNU visiting fellows like Dr. Wood who have come to Manchester most summers since 2005." said Hammond. "This has been made possible by the generous investment of PLNU's Wesleyan Center to the program. Personally, it was a pleasure to host Dr. Wood, one of my former professors, and give something back to someone who has invested so much in me."



- >>> On June 19, the PLNU surf team took home its third consecutive national champion title after competing in the National Scholastic Surfing Association National Championship at Salt Creek in Dana Point. Freshman Nick Holdman took second place in the men's division, while sophomore Andrew Niemann took third. Darsha Pigford (17) took second place in the women's division, and senior Lily Whatley took sixth in the longboard division.
- >>> On July 10-14, computer science professors Drs. Lori Carter and Benjamin Mood and mathematics professor Dr. Catherine Crockett, along with senior Haley Fuller, facilitated a computer programming workshop, titled "Preparing Teachers to Inspire Future Coders," for K-12 teachers. Twelve teachers from the San Diego area gathered to learn how to present coding to their students and gain enough background information to answer questions that might be posed during those presentations.

"Computing jobs are the number one source of new wages, but students will not choose to learn computing if they know nothing about it," said Carter. "K-12 teachers are the perfect people to introduce it to their students. Our workshop was designed to help those teachers build knowledge of and confidence with computer programming concepts."

The workshop, which consisted of a variety of online modules, presentations, and hands-on time for teachers to become practiced and comfortable with coding, was funded by a grant from the PLNU Alumni Association.

- >>> Debra Lively attended the annual conference of the Western Association of Student Employment Administrators from July 26-28 in Las Vegas. She serves as the student employment coordinator at the Offices of Strengths & Vocation, serving more than 1,000 student employees and more than 120 hiring managers on campus.
- >>> From July 31-Aug. 4, PLNU's Fermanian School of Business and the Center for International Development sent junior Caden Proctor, senior Cesia Velasco, and graduate student Jasmine Sadler, along with alumnus Nate Stewart (17) and MBA alumnus Jonathan Lackie (17), to attend the annual Praxis Academy hosted at Biola University.

PLNU's affiliate partnership with Praxis Academy gives students and recent graduates the opportunity to hear from and engage with leaders in the field of Christ-centered entrepreneurship and social innovation, such as authors Andy Crouch, Peter Greer, and Dave Evans.

The annual conference also gives students the opportunity to network with peers from across the world who share the same goal of creating a better world through business, social innovation, and nonprofits.



>>> This summer, Dr. Mike Mooring, professor of biology, and student researchers senior Abner Rodriguez and Wyatt Garley (17) ascended Mount Chirripó, the highest peak in Costa Rica, as part of their study of the elusive mammals of the Talamanca cloud forest. After reaching the summit, the research team went on to explore even more rugged and remote terrain along the El Uran ridge. The El Uran trail traverses a treeless, high elevation habitat known as "paramo," where the team collected scat samples of wild cats (felids) such as jaguars and pumas for a nationwide population genetics study.

This was the third time Mooring's research team topped the summit of Mount Chirripó and the second time they have traversed El Uran. This time, they were accompanied by Tico dog trainer Carlos Orozco and scent detection dog Viper, who is trained to locate and identify felid scat. The scat samples they collected, which are now at the Wildlife Genetic Laboratory of the University of Costa Rica, will undergo analysis that will contribute to the conservation of jaguars and other elusive predators of Costa Rica. Mooring's team hopes to return to Chirripó next year to sample other remote locations.



>>> On Aug. 25-27, PLNU welcomed approximately 620 first-time freshmen to campus at the annual New Student Orientation (NSO). The new undergraduate class also included approximately 190 new transfer students. Students and families were welcomed to campus with cheers and excitement, as student leaders helped direct families and unload their belongings into the dorms. The Offices of Strengths & Vocation hosted a virtual NSO experience, called Point Loma Go, which allowed new students to explore the campus and receive prizes. New and returning students also enjoyed meals in the newly renovated Dining Hall located in Nicholson Commons.

>> headlines

ACCOMPLISHMENTS

- >>> Ashley Camac, a student in PLNU's Master of Arts in Organizational Leadership program, was selected as the 2017 Military Spouse of the Year for Naval Base Point Loma. She was awarded this honor by the Armed Forces Insurance and Military Spouse Magazine in March, and attended the festivities held in Washington, D.C., for the winners of each installation in May. Camac volunteers with the San Diego Military Family Collaborative, is chair of the San Diego Chief Petty Officer Spouses Association, and works full time for the downtown San Diego USO.
- >>> In April, Dr. Alan C. Hueth, professor of communication, moderated a presentation, called "Service-Learning in the Academy: A Primer on Service-Learning and Its Benefits Within the Media Curriculum," at the annual Broadcast Education Association (BEA) convention in Las Vegas. The session led to the creation of a service learning interest division in the BEA, which will be accessible to over 2,500 professors, students, and media professionals, and approximately 275 college and university departments and schools around the world.
- >>> On April 13, Dr. Katie Manning, associate professor of writing, received the Felicia Campbell Area Chair Award for outstanding work as chair of the poetry studies and creative poetry area of the Popular Culture Association/American Culture Association National Conference. Also in April, she was the featured reader at the New Alchemy Poetry Series in San Diego. Her poems "Tough Choice" and "The Book of Icons" have been published most recently in the San Diego Poetry Annual and UnLost Journal in February and May, respectively.
- >>> Dr. Walter Cho, professor of biology, was selected to participate in the "Teaching with Data Workshop" focused on chemical oceanography, held May 19-21 at Rutgers University in New Brunswick,

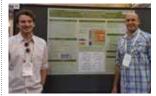
- N.J. The workshop was sponsored by the Ocean Observatory Initiative (OOI) and brought together undergraduate professors from six states to learn the software and explore pilot content developed by OOI to augment teaching of core oceanographic concepts.
- >>> Dr. Maria Zack, chair of the Department of Mathematical, Information & Computer Sciences and professor of mathematics, gave a talk, titled "Manuscript Transmission of Mathematical Knowledge in Eighteenth Century Portugal," at the annual meeting of the Canadian Society for History and Philosophy of Mathematics, held May 28-30 in Toronto, Canada.
- >>> Members of PLNU's Department of Mathematical, Information & Computer Sciences and the Department of Engineering & Physics gave talks at the biennial meeting of the Association of Christians in the Mathematical Sciences, which took place in Charleston, SC, May 31-June 3. The talks included "Hybrid Courses Across the Curriculum: What Works and What Doesn't" by Dr. Catherine Crockett, associate professor of mathematics; "Including a Writing Project in a Service Learning Course for Mathematics and Computer Science Students is a Win for Both Students and Professor" by Dr. Lori Carter, professor of computer science; "The Set of Zero Divisors of Factor Rings" by Dr. Jesus Jimenez, professor of mathematics; "Using Real-World Team Projects: A Pedagogical Framework" by Dr. Mike Leih, associate professor of computer information technology; "A Practical Mechanism to Perform Secure Computation" by Dr. Benjamin Mood, assistant professor of computer science; "Using Inertial Navigation to Demonstrate Basic Calculus Concepts" by Dr. Ron DeLap, professor of engineering and physics; and "Portuguese Mathematical History" by Dr. Maria Zack, professor of mathematics.
- >>> On June 1, Sandy Soohoo-Refaei, director of the Office of Global Studies, chaired and co-presented a session in

Los Angeles at the NAFSA: Association of International Educators annual conference, the largest international education gathering in the world. Titled "Chasing Impact: Women in International Education Successfully Navigating Career Transitions," the presentation featured interactive selfreflection exercises aimed at helping women manage and utilize change in the advancement of their careers. Over 150 new and mid-career women attended the session and it received excellent ratings.



>>> On June 14, Dr. Denise Nelson, instructional services librarian, presented a session, titled "Turning Expectations Into Experience: Revising Information Literacy Curriculum to Reflect

the Framework," at the Association of Christian Librarians annual conference at Cornerstone University in Grand Rapids, Mich. The presentation was co-authored by instructional services librarian, Robin Lang. Nelson also presided over conference events as president of the association.



>>> In June, Dr. Ryan Botts, associate professor of mathematics, and Dr. David

Cummings, professor of biology, copresented two posters at the ASM Microbe Conference in New Orleans. Their first, titled "Characterizing the Need for Standardized Nomenclature of Plasmid Backbone Genes," was presented with Lucas Ustick (17), senior Zac Lindsey, and Kristen Petersen (14). The second poster, "Four New CTX-M Plasmids Captured From Urban Wetlands Along the US-Mexico Border," was presented with the help of Lucas Ustick (17), Claudia Castilleja (17), Victoria Guzman (17), Samantha Hall (17), Jacob Henderson (17), senior Zac Lindsey, C Joy Walters (14), Rachel Platz (17), and senior Sarah Pyle.

- >>> Dr. Victor Labenske, professor of music, had Sunday Morning Christmas Praise Companion published by Alfred Music in June. The book includes 31 arrangements of Christmas praise songs, all of which were arranged by Labenske.
- >>> Dr. Jose Munoz, associate professor of business, presented a paper on the U.S. stock markets, titled "An Alternative Explanation for Stock Price Increases Among the S&P 500 Following a Stock Buyback Announcement," at the second International Research Conference on Economics, Business, and Social Sciences, held in Penang, Malaysia, in July. The conference was co-sponsored by the Center for Sustainability Research and Consultancy, and the School of Economics, Finance, and Banking at the Universiti Utara Malaysia.
- >>> On July 29, Dr. Tanna Thomason, adjunct professor of nursing, presented at the 28th International Nursing Research Congress sponsored by the Sigma Theta Tau International Honor Nursing Society in Dublin, Ireland.

She presented her research findings, titled "Interprofessional Collaboration: Nurses and Physicians Continue to View Collaboration Differently."



>>> In July, Dr. Brent Alvar, professor of kinesiology, was awarded The Journal of

Strength and Conditioning Research Editorial Excellence Award in recognition of his service to the National Strength and Conditioning Association (NSCA). In the same month, he also gave a presentation, titled "Tactical Strength and Conditioning Opportunities," at the NSCA National Conference in Las Vegas.

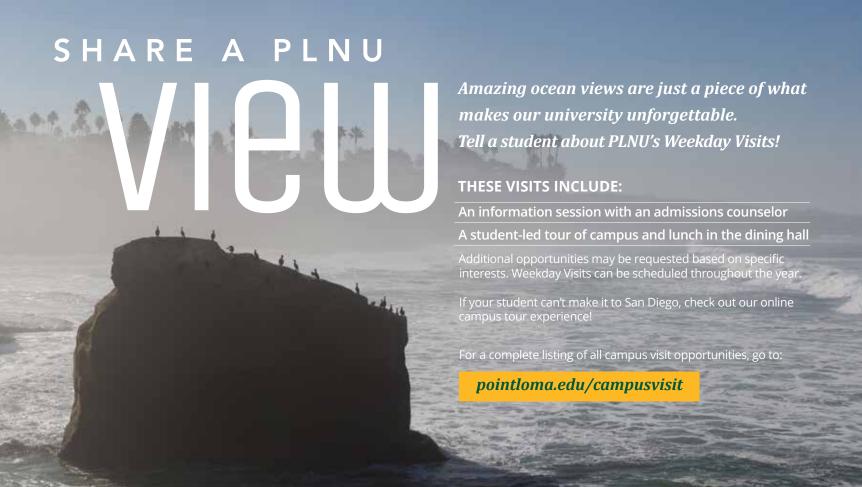
>>> Dr. Daniel Davis, professor of sociology, was awarded the James Coleman Best Article of the Year award by the Sociology of Education section of the American Sociological Association for his co-authored article, "Career Funneling: How Elite Students Learn to Define and Desire 'Prestigious' Jobs."

The article was published in the journal *Sociology of Education* in 2016. The award was given at a reception at the American Sociological Association's annual meeting in Montreal, Canada, in August 2017.



>>> On Sept. 4, Jessica
Matthews, professor
of kinesiology, was
featured in the San Diego
Union-Tribune in an
article, titled "Medley
of Moves Keeps Fitness
Ace Focused." The article

details Matthews' professional and personal wellness journey. Recently, Matthews led the development of PLNU's new Master of Kinesiology in Integrative Wellness program, which began its first cohort this fall semester with 25 students. In addition to being a faculty member at PLNU, Matthews is also a senior advisor and consultant for the American Council on Exercise (ACE) and a yoga instructor.



Full STEAM Ahead

BY TIFFANY MUSICK



As a young girl, Jasmine Sadler took a dance class for the first time and immediately fell in love with the finesse, expressiveness, and artistry of the movement. As a middle school student, she found she enjoyed tutoring her peers in math and was constantly sought out to help with their algebra homework. And in high school, after witnessing the Space Shuttle Columbia disaster, she became inspired to pursue a career in aerospace engineering.

With age, Sadler, who studied as an engineering student at the University of Michigan, found herself increasingly pulled to this wide array of interests, while also strongly encouraged to pick one route: dance, math, or engineering. But now, as a PLNU MBA student, a senior quality engineer at Solar Turbines, a business owner, and an avid dancer, she not only rejects the "choose one" mentality for herself, but for everyone.

Sadler believes so much in combining the arts with the sciences that she started her own business, Adorn The World, which aims to push science, technology, engineering, art, and mathematics (STEAM) education to younger generations. She hopes to do this by way of a few primary tactics: offering STEAM camps, creating a curriculum for teachers of STEM fields that will advise on how they can bring arts into their classes, and offering consulting to schools and companies that are interested in implementing their own STEAM program. This labor of love is one Sadler believes in wholeheartedly, as it is this approach to learning, she says, that has in many ways contributed to her professional success.

"Staying active in dance has brought a lot to my work," she said. "It allows me to use the right side of my brain and helps give me a creative approach to problem solving, which is essentially what engineering is."

Her passion for STEAM education, along with some prompting from PLNU MBA professor Dr. Rob Gailey, led her to the University of San Diego's annual Social Innovation Challenge (SIC), where student entrepreneurs are able to present their business ideas in hopes of receiving funding from a panel of local business leaders. This year's competition, which involved three rounds of review — an online application, a 90-second pitch, and a six-minute presentation — featured 17 finalists.

But now, as a PLNU MBA student, a senior quality engineer at Solar Turbines, a business owner, and an avid dancer, Sadler not only rejects the "choose one" mentality for herself, but for everyone.

The only one-person team present, Sadler went into the competition confident, equipped with the knowledge from her MBA classes, the support of her PLNU peers and faculty, and a deep passion for her purpose. She was awarded \$5,000 — and left with a network of interested investors and an even stronger sense of motivation to keep moving forward.

"To be recognized and awarded at the SIC was confirmation that not only is there a need for this project, but also that I was able to clearly communicate the vision in a way that made others want to come on board," she said.

Initially, Sadler planned for her winnings to go toward organizing a STEAM camp. But after some consideration, she decided to reallocate the money to help her file for nonprofit status for Adorn The World, which will allow for different kinds of funding opportunities, such as grants. In addition, the money will also help Sadler organize a STEAM leaders summit — a goal she feels will prove a lot more useful in the long run.

"Adorn The World is about uniting the community, not just putting on a camp," said Sadler. "Right now, I feel like it's more valuable for me to bring together a community that's already doing things in the area of STEAM education and see how we can make a bigger

impact together."

While part of that quest for unity includes empowering all people to pursue both artistic and technical endeavors, she identifies her primary goal as finding a strategy to increase the minority pipeline, specifically in STEM professions, by leveraging an artistic perspective. Sadler, whose efforts are largely targeted at the African American community, says

there's a huge deficiency of this minority group in math, which leads to a lack of them pursuing engineering as a career path.

"It's important to continue to have diversity of thought in companies so they can continue to grow," she said. "But African Americans tend to stay away from those fields because of what we've been told or what we perceive about them. They end up choosing to focus on entertainment or sports instead of technical fields, and I want them to know they don't have to choose."

While equal opportunity drives a lot of what Sadler does, helping others have a chance at the same well-rounded upbringing she had actually isn't her biggest motivator. Rather, it's something much deeper that keeps her hard at work — whether problem-solving at the office, studying best business practices alongside her MBA classmates, or taking the stage in front of a panel of investors.

"At the end of the day, I know this work is my life purpose," said Sadler. "God has given me this vision, but I'm still waiting to see how it's all going to unfold. So in the meantime, I've found that working on bettering myself, while keeping my focus on helping others, is the best way to stay prepared and poised for when the right opportunities present themselves." **VP**



Sadler shares her engineering and dance experience with the AKA Debutantes during the Epsilon Xi Omega Chapter Leadership AKAdemy.



>> faculty spotlight

A Balanced Diet [itian]

BY TIFFANY MUSICK

As Cindy Swann, associate professor and director of PLNU's Didactic Program in Dietetics, recaps her academic and professional journey, she recognizes the unorthodox nature of it all. Initially drawn to the field of nutrition in high school, she could have never foreseen how pursuing that interest — or agreeing to a cycling expedition — would impact her life so greatly and propel her into the career she has now.

After graduating with a nutrition degree from State University College in Buffalo, N.Y., Swann embarked on a cross-country bike trip at the request of a friend. This 10-week trip landed her in San Diego, where she decided — on not much more than a whim — to stay for a while. She enrolled at San Diego State University to pursue her master's in nutritional sciences and went on to complete requirements to become a registered dietitian.

"Anyone can call themselves a nutritionist, but in order to take a position involving any sort of medical or clinical work, you have to be a registered dietitian, which means having a degree and passing an exam; that's why I decided to continue my education," said Swann.

Upon completion of the program, she was asked by one of her graduate professors to lend a hand in the department, and upon agreeing, she was assigned three classes to teach - no textbooks, no syllabi, no teaching experience. Not only did she end up staying on as a faculty member for 13 years, Swann also went on to spearhead the department's internship program before deciding to put her own education into practice as an outpatient counselor with Scripps. There, she earned a certification as a diabetes educator, allowing her to help patients diagnosed with diabetes to navigate the specialized needs of their disease. While she missed teaching and interacting with students, she found this work fulfilled her in a different way.

"I really liked transitioning into counseling, having one-on-one time with each patient, and helping them create better lifestyles," she said.

"It's so rewarding to help students figure out what they're passionate about and then watch them succeed."

In 2002, Swann was given the opportunity to combine her two interests when she was approached by Kay Wilder, PLNU professor emeritus, who asked her to come on as an adjunct professor in the Department of Family & Consumer Sciences at PLNU. Only on campus part time, she was still able to see her patients at Scripps three days per week. That is, until she helped PLNU receive accreditation for its dietetics program in 2005 and was asked to come on full time as the director.

As director, Swann is responsible for all outcomes and assessments for students, making sure courses align with competencies, keeping program statistics (such as how many students graduate, get internships, or pass the exam to become a registered dietitian), and soliciting feedback from alumni and internship supervisors about the program.

Even with this increased workload, Swann refused to give up counseling altogether, working out a schedule that still allows her to see her patients once a week as an inpatient diabetes educator. And though going between the two roles can be hectic at times, she wouldn't have it any other way.

"I've been doing both counseling and teaching so long, and the two roles mesh so well, that it would be hard to think about giving one of them up," she said. "When you teach full time, you run the risk of losing some of those skills you hone when you're in practice as a counselor. I want to keep my teaching relevant by being able to pull from present-day examples of patients I see, and I think my students appreciate that."

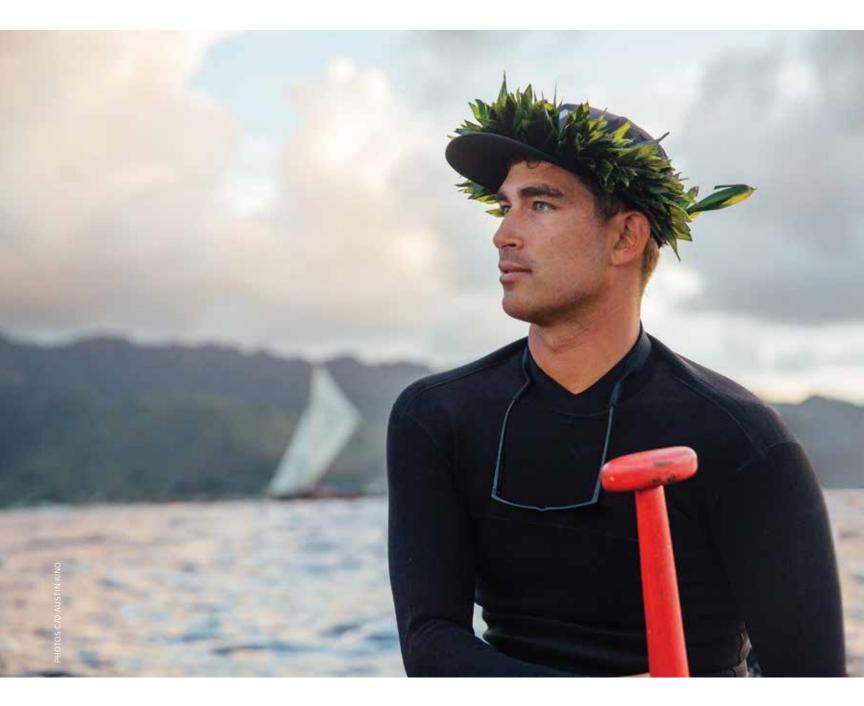
Swann's contributions to the field extend beyond the classroom and hospital. This year, she and the rest of the dietetics program will be participating in a research project funded by the USDA to improve the health of college students. Chosen as an intervention school, PLNU will be monitoring student choices regarding food and sustainability and then conducting activities throughout the year to modify behaviors. Additionally, Swann will be preparing for a site visit in 2018 by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), which will include conversations with faculty and students to make sure all competencies are being addressed. Amidst these involvements, as well as her many other responsibilities, Swann's reward in her work remains very simple.

"The best part of what I do is receiving an email from a student saying 'thank you,'" said Swann. "It's also really fun to watch that same student become my colleague or even my boss. It's so rewarding to help students figure out what they're passionate about and then watch them succeed."

Just as uncomplicated as what encourages Swann is what she hopes her students leave with at the end of the program.

"I want them to walk away with self-confidence, recognizing they know more than they think they do," she said. "I also want them to recognize that true success is all in how you treat people and how ethical you are in your practice. I do my best to lead by example, and I hope both my students and my patients have been able to see my values and my faith come into play by the way I interact with them."

Looking back, Swann can certainly see how unusual the beginning of her story is. But for as random as it seemed at the time, her ever-increasing credentials in the field of dietetics, as well as her passion for counseling and teaching, suggest she was on the right path all along — a path she looks forward to continue exploring. **VP**



Austin Kino: Wayfinder

BY CHRISTINE SPICER

The welcome home celebration for the voyaging canoe Hokulea was three years in the making. It took 245 crew members working in rotating groups of 14 or so to complete Hokulea's historic circumnavigation of the globe, and PLNU alumnus Austin Kino (10) was one of them.



Kino joined the Polynesian Voyaging Society (PVS) when he was in high school. He sailed on the Hokulea for the first time in 2005 on a voyage from Kauai to Niihau. According to the PVS, the Hokulea, which means "Star of Gladness," was the first traditional Polynesian double-hulled sailing canoe built in 600 years. It has been sailing since 1975, and its recent trip around the world was its greatest achievement thus far.

"Malama Honua, which means to care for Island Earth, was the mission," Kino said. "The entire voyage was about celebrating indigenous knowledge, advocating for issues affecting the ocean, and learning about the issues affecting other communities."

Hokulea's worldwide voyage was also intended to raise up a new generation of voyagers and navigators and demonstrate that celestial navigation, or traditional wayfinding done without any modern technology, was possible throughout Polynesia and beyond.

From early on, Kino demonstrated his commitment to the Polynesian Voyaging Society's ideals. He also showed promise as a sailor and navigator.

"When I graduated, I was invited to join a group of young Hawaiians beginning to learn Polynesian wayfinding," he said. "During college, I returned to the crew each summer."

In 2014, when the Hokulea began its epic journey around the world, Kino was

"The entire voyage was about celebrating indigenous knowledge, advocating for issues affecting the ocean, and learning about the issues affecting other communities."

asked to serve as an apprentice navigator on the first leg of the voyage. He and the crew of 14, which included two other apprentice navigators, sailed from Hawaii to Tahiti — a trip that took 17 days.

In addition to the apprentice navigators who rotated 48-hour shifts of navigating by the stars and currents without any modern instruments to help them, the Hokulea crew included researchers, environmental experts, and political leaders. There was also a master navigator who oversaw the work of the apprentices.

"The master navigator was there but was very hands off," Kino explained. "We were given more responsibility as our sea legs grew longer."

For Kino, the most memorable part of that first leg of his and the Hokulea's journey was the day they first sighted land.

"That first land sighting, we realized we were responsible for 'fishing the island out of the sea," he recalled. "It was an aha moment as apprentices, and our success made us more confident. We were able to have greater trust in our skills and abilities."

After his first stint of the journey, Kino was invited back once a year. In 2015, he sailed from the North Island of New Zealand to the South Island of New Zealand.

In 2016, his crew voyaged from the U.S. Virgin Islands through the British



Neither Kino nor the
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home long. Kino is slated
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sailing throughout the
Hawaiian islands to
share stories and lessons
from the worldwide
voyage with local
communities.



Virgin Islands to Cuba and then to Florida. That journey included a visit with Richard Branson of Virgin Airlines, who has been a big supporter of Malama Honua, and a trip to NASA's Kennedy Space Center at Cape Canaveral. The latter visit was significant, Kino said, because part of the inspiration for the worldwide voyage came from Lacy Veach, one of Hawaii's two astronauts.

In 2017, Kino sailed from Easter Island and finished in Tahiti. In June, he was in Hawaii when the Hokulea returned home.

"Each time, the commitment was to be away from work and home for about a month," he said. "All our time was volunteered. That was actually probably the hardest part."

Neither Kino nor the Hokulea will be staying home long. Kino is slated to be part of a crew on Hokulea's next mission: sailing throughout the Hawaiian islands to share stories and lessons from the worldwide voyage with local communities. For his efforts, Kino was named one of *Hawaii Business Magazine's* "20 for the Next 20." His role on the Hokulea and his community work sharing his experience garnered the magazine's attention. But his new business venture holds the promise of being another important contribution to Hawaii's community.

At PLNU, Kino was a business major with an emphasis in entrepreneurship and finance.

"At the conclusion of the last leg [of the worldwide voyage], I had this idea," Kino said. "I approached the hotel near where I grew up and offered them an educational canoe experience. They accepted, and now my business, Holokino Hawaii, enables me to share my experience with Hawaii's visitors. Sometimes there is a disconnect between tourism's portrait of Hawaiian culture and local people's view of culture. I realized I could take my skills and sailing experience and help bridge that."

Kino noted that people's interest in the Hokulea's journey; the Disney movie, "Moana," on which the PVS consulted; and visitors' desire for authentic travel experiences have helped boost interest in the experience his company provides.

"So far we have had really good feedback from the hotel and local community," Kino said. "Not everyone can sail on the Hokulea, but this can give people a glimpse into what it was like. Our business allows guests to experience voyaging for an hour outside the reef."

Kino credits PLNU with helping prepare him for what he is doing now. His most influential experiences included serving as an R.A. for two years, which helped him become a strong leader, and studying under Bob Goff, adjunct professor, attorney, activist, and author, who helped inspire him to be part of making positive change happen in the world. **VP**



PLNU's new Doctor of Nursing Practice (DNP) program prepares graduates to authentically pursue their calling in nursing leadership.

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THE COURAGE TO LISTEN WELL



ou're hiking along a shallow stream, green foliage to your left and right, sharp stones pressing through the soles of your boots. You spot a small log, and the urge to sit down takes over. Your legs ache. Just as you sit and toss your cumbersome backpack to the ground you hear something in the nearby brush. The sound, at first soft and muffled, solidifies into steps. You suddenly remember there are mountain lions in the area. You spring up as if called to attention. You watch in stillness for the tangle of green to reveal something, a muscular hind leg, a feline snout.

Your heart is pounding and you feel your stomach drop — that same sensation you get when a car breaks suddenly in front of you on the

freeway. You're ready, though not sure for what: to run, fashion a stray branch into a weapon, play dead? A part of your brain, the hypothalamus, instructs your adrenal glands to release the stress hormones adrenaline and cortisol — slowing your digestion; rushing blood to the muscles in your arms and legs; and sharpening your senses of smell, sight, and sound.

What happens to your body in this alarming but hypothetical situation can also happen while sitting with someone in an otherwise safe environment, like in a cafe or across the dinner table. Instead of a rogue mountain lion, however, the perceived threat takes the form of an idea couched in a phrase or series of words — one contrary to a tightly held worldview, belief, or way of life.



In the last issue of the *Viewpoint*, we explored the importance of using words to reflect Christ's love to others through respectful discourse and dialogue, especially when it seems a somewhat unpopular approach in our current civic climate. While the proper use of speech has its role, what about the latter half of the equation? What does it look like to listen to and receive others in dialogue with the radical love Christ asks of us, even when it's not easy? And how do we model a spirit of hospitality, one that receives with respect and love the "stranger" amongst us in beliefs, values, or thinking?

ARE WE WIRED NOT TO LISTEN?

Malcolm Gladwell, *New York Times* journalist and bestselling author, hosts a podcast called Revisionist History. In the 2016 episode titled "Saigon, 1965," Gladwell delves into the U.S. government's attempt to gather intelligence on the Viet Cong through the interviewing of hundreds of Viet Cong soldiers and their allies. The effort resulted in a whopping 65,000 pages of transcribed interviews — making it, according to Gladwell, one of the most "detailed portraits of an enemy" ever conducted in martial history. However, and this marks the fascinating "twist" of the episode, the same seemingly objective intelligence leads to vastly different conclusions.

Two European intellectuals - Leon Gouré from Russia and Konrad Kellen from Germany — interpreted the intelligence in contrary ways. Gouré reviewed the transcripts and claimed certain victory for the U.S. due to declining Viet Cong morale. Kellen, on the other hand, spotted imminent defeat for the U.S. As the episode continues, we discover their interpretation of the same information is the result of their deep personal experiences, hopes, and fears. Gouré, a refugee to the U.S. because of the Iron Curtain's unfurling reach across eastern Europe, felt he had no choice but to believe the U.S. could win the war. He subconsciously understood that if the U.S. didn't win, there was no other country left in the world to which he could flee. It was a matter of self-preservation. Kellen, on the other hand, had witnessed the Nazi rise to power, and knowing what human beings were capable of — and how powerful the will to violence can be — he believed Viet Cong morale could never be weakened.

Part of the problem with listening to others, especially when it comes to issues that resonate deeply with us such as politics or religion, is that we are in some sense designed not to listen. As in the case with Gouré and Kellen, we are primed to maintain our worldviews with the same vehemence as if protecting our own lives.

Dr. Ross Oakes Mueller, chair of PLNU's Department of Psychology, explained that psychologists and brain researchers often describe our brain in terms of three parts: the reptilian, mammalian, and humanoid. The reptilian part is responsible for keeping us alive: regulating breathing and digesting, managing our fight or flight response, keeping us ever aware of potential threats. The mammalian part of the brain involves the limbic system and our ability to attune to another person, to be nurturing, and to signal empathy and affection. And the humanoid part includes our ability to think critically and abstractly, understand language and symbolism, and use moral reasoning.

"When we feel threatened, it activates this reptilian part of the brain, which leads us to fight, flight, or freeze," Oakes Mueller said. "We go into security-seeking mode, and tend to do things that defend ourselves. Even if we are generally empathic and understanding of people, when we feel afraid, the reptilian part naturally takes over."



This proves valuable when we are in physical danger, but what about when we are fielding queries from someone with divergent ideas or threatening beliefs?

"People tend to develop a worldview in which they have a role, and this role helps to create and bolster a sense of self-esteem. In fact, this sense of a communal role even helps us to cope with our mortality," Oakes Mueller said. "In other words, even though I will die, this worldview — this larger meaning or collective goal — will transcend my own death."

Psychologists who study this phenomenon, called Terror Management Theory (TMT), suggest that, although we recognize we will someday die, by grasping onto a transcendent sense of meaning we can in some way undermine death — surviving via the continued existence of our ideals, values, and beliefs. Therefore, when our values are attacked, we subconsciously view this as a barrage on our lasting survival, and the body responds accordingly. Hence, benign conversations can quickly devolve into acidic arguments.

"According to TMT, there are four ways in which we respond to what we perceive to be an attack," Oakes Mueller clarified. "The first is to derogate the other; the second to assimilate or convert the other into our worldview; the third to attempt to accommodate the other by grafting certain ideas of their worldview onto ours; and if none of the other three work, the final human tendency is to annihilate the other."

In this way, our unchecked defensiveness poses an obstacle to deep listening, especially to those who are different from us. However, although we naturally tend to listen with a self-protective ear, we are not merely "reptiles," so to speak. If we become aware of our tendency to respond in this way, especially when conversing with others, we can override such responses by turning to our capacity for empathy, reason, and compassion.

World leaders, religious preachers, renowned writers, and musicians have extolled empathy as the way forward for humanity to create a more just society. As Christians, we have the example of Jesus and Scripture, which points to his being "moved with compassion" (Mark 6:34) and relieving the suffering of others. Empathy is valuable because it cues an emotional response within a person that can lead to compassionate action. However, empathy alone may not result in compassion — it can actually lead to its opposite. Instead,

Paul Bloom, professor of psychology and cognitive science at Yale University, published a book in 2016 called *Against Empathy: The Case for Rational Compassion*. The book ventures an interesting premise: empathy, save for its usefulness in personal relationships and the appreciation of art and entertainment, does little to serve humanity. In fact, he even goes on to state that in many cases, being empathetic can lead to immorality.

it's the way we respond to our capacity for empathy that is critical.

It's critical to first delineate what Bloom means by empathy, as there are multiple definitions. As he defines it in the book, empathy is the "act of coming to experience the world as you think someone else does." This means when someone hurts a finger or is heartbroken, you don't merely feel bad for the person, you actually feel to a lesser degree what that person feels: a dull throbbing in your index finger or a knot in your chest.

Bloom believes compassionate actions should not be dictated solely by feelings, but rather an objective, slightly removed application of moral reasoning.

Oakes Mueller specializes in moral psychology, and he is well versed in the long debate regarding the value of empathy and reason in moral choices. He agrees with Bloom — to a degree. Oakes Mueller cited a study by social psychologist Daniel Batson, in which two groups of participants were asked to read a letter from a little girl on a donor waitlist. One group was instructed to try to understand the fears and hopes of the little girl, increasing their level of empathy for her.

Empathy remains an integral piece of our humanity and personal relationships, but, as Oakes Mueller agrees, it still needs to be checked by moral reasoning when it threatens to bias us toward our in-group.

The other group was instructed to remain "objective." After they read the letter, both groups were given the opportunity to move the girl up on the waitlist. Participants in the empathy group were much more likely than their "objective" peers to move her up on the list. Afterward, when participants in the first group were asked if this was the right decision, they conceded it wasn't: moving her up on the waitlist wasn't fair to the children ahead of her, some of whom may have been in greater need of medical help.

However, Oakes Mueller challenges Bloom's acknowledgement that empathy only serves us in a limited capacity. "According to Bloom, empathy may be beneficial in the 'limited circumstances' of personal relationships, but tends to undermine the rest of our moral life, in which objectivity is necessary," Oakes Mueller said. "But I would actually say that, if you consider all our morally relevant interactions, personal relationships constitute the majority of what we're doing on any given day. So I think his exception is really the norm. We are relational creatures, and our capacity for empathy is critical for helping us to love the other."

Empathy remains an integral piece of our humanity and personal relationships, but, as Oakes Mueller agrees, it still needs to be checked by moral reasoning when it threatens to bias us toward our in-group. Otherwise, it's merely an emotional response that can lead to immoral actions. Like our primal tendencies to protect ourselves, it's how we respond to our emotions — to empathic feelings — that matters. Empathizing with a conversational partner serves to make the other feel valued and heard. We feel less threatened when someone conveys an understanding of what we're saying - of our felt experiences — and this aids in forming constructive dialogue. But such empathy can sometimes amplify our biases toward outgroup members, increasing our natural tendency toward anger or apathy regarding the "other," and thereby abandoning our moral reasoning. This is why untethered empathy isn't the cure-all some claim, but rather serves as a valuable component of compassionate listening that must be tempered by reason.



For a university like PLNU, the coalescing of empathy and reason in order to remain open to the expression of diverse points of view is of great importance, something that has recently been top of mind within the higher education space at large. College campuses like the University of California, Berkeley; Auburn University; and Middlebury College have witnessed protests fused with violence. A 2017 *Inside Higher Ed* article, "Free Speech, Safety and the Constitution," cited that "security issues have grown more complex at colleges as campus protests in some cases have devolved into preventing people from speaking and, in few cases, to violence ... such conflicts on college campuses will continue."

Dr. Kevin Modesto, chair of the PLNU Department of Sociology and Social Work, has researched issues related to the role of religion in social interventions and racial reconciliation. He affirmed the need for an institution like PLNU to be a model of openness and listening.

"As an institution of higher learning, hopefully we are having those vigorous debates, and having them collectively," he said, emphasizing that such debates have to be grounded in love and unconditional respect. He warns that we should not descend into violence as a proper response to those with contrary views. In some sense, violence can be the result of unmitigated feelings of justice or anger that are not bridled by moral reasoning.

Dr. Sam Powell, PLNU professor of philosophy and religion, has participated in the university's mission of providing a Christian liberal arts education since 1986. He agrees with the specific role of PLNU as a place to engage multiple perspectives.

"A liberal arts university is designed to get people to look at things from above, to try to get outside of their own presuppositions," he said.

Powell continued with an example to illuminate the problem of closing ourselves off.

"There are a number of Christians who, when they hear the word 'Muslim,' immediately take the entire Muslim world and put it into one box. They've already supplied all the important features of that box. And this is mainly because they don't know any Muslims: they've never traveled, don't read anything, review only one news source. In my ideal world, Christians should be the opposite of that."

Dr. Jamie Gates, PLNU professor of sociology and director of the Center for Justice & Reconciliation, has persistently modeled creating spaces for dialogue and listening. He recently had a conversation with border patrol member Rodney Scott on "The Calling" podcast show by *Christianity Today*. Gates and Scott, both Nazarenes and friends, harbor conflicting views on immigration and international borders.

"We don't agree on the relationship between the church and the state, and we don't agree on the ways Christians can and should engage around these things," said Gates. "But because we are first brothers in Christ, and we work on our friendship, it helps us to not demonize one another or others with similar positions."

Gates doesn't shy away from this exchange, and not just because it presupposes a respect for Rodney as a human being, but because of the importance of challenging contrary ideas without conceding to them.

"It's not just about generically finding a bridge with somebody who disagrees with you, and assuming that the opposite side is equally valid," Gates said. "Because I do think there's a prophetic role to play as Christians, to raise consciousness and the perception of people who are being harmed, oppressed, enslaved."

This is what makes creating spaces to listen to others so difficult. In one sense, we're called to reach out and form relationships and dialogue despite the threat it can present to us and our worldviews, but this doesn't mean we can't challenge those we listen to when we believe their values or perspectives are untrue. True hospitality is not capitulation.

"AND YET": THE IMPOSSIBLE CALL TO BE HOSPITABLE

Hospitality in the biblical sense isn't the regaling of friends at an elegant dinner party, but the radical opening up of ourselves to the other. In the Gospel, Jesus responds to an expert of the law's question about the definition of "neighbor" with the famous parable of the Good Samaritan. In the parable, it's the foreign Samaritan — not the priest or Levite — who is neighbor to the beaten victim by proffering radical hospitality.

According to Heather Ross, PLNU associate professor of philosophy, being hospitable is paradoxical. She points to two prominent philosophers to shed light on the paradox of hospitality: the philosopher Jacques Derrida, known for his practice of deconstruction, and the Christian existentialist, Søren Kierkegaard.

They respond to him with hospitality — and in doing so they are blessed with the presence of God.

Derrida understood that when people are in need of hospitality — in the form of food, shelter, companionship, etc. — they have this need because they have already been excluded through the creation of property, laws, and borders. Yet, it is by having resources of property like food and shelter that one is then able to offer hospitality to the one in need. How can I be hospitable to someone if I don't have a "place" over which I have rightful ownership and can open up to the other? Yet, by giving one power over the other, this "stranger," sadly, remains powerless and excluded. In other words, in order to be hospitable there will be those who are excluded, which undermines our being unconditionally hospitable to all.

This is quite abstract, and not to mention a gross oversimplification of Derrida's explication of hospitality's paradoxical nature, but the point remains that to be hospitable in the way God asks of us seems an impossibility. This resonates with Kierkegaard's declaration that what God asks us to do — to be hospitable — is an impossible command.

"As followers of Christ, we are commanded to be like God. This means to love as God loves, which we cannot do," Ross said.

Ross, like Kierkegaard, isn't advocating for a hopeless shrug and that we stop striving to love others. On the contrary, it's precisely because we can't love as God commands that we have no choice but to call out to God in prayer to do the impossible.

"This is why we are in radical need of God's love, grace, forgiveness, and power, because we can't do it alone. This makes us radically reliant on God," Ross explained. "With Kierkegaard there is this glorious little phrase, 'and yet.' It's impossible for me to be hospitable to the other in the way that I'm called, 'and yet,' I do it anyways. That's what I think prayer is."

Although it's never easy — and we will fail along the way — we can strive through humility, prayer, and faith to be hospitable by better listening to our neighbor in love. After turning to God, we can then begin the difficult but noble work of intentionally listening to others through practice.

Kelly Bennett Heyd (06), a PLNU alumna and journalist working in Hamilton, Canada, shared how we can practically go about listening well. When interviewing others for a story, she brings to the table her own understanding of a given situation while staying open to the viewpoints and experiences others share with her.



"As a reporter, I'm always asking those I interview, 'Can you tell me a story about a time this happened to you?' And then, 'How does that illustrate the thing you believe now about whatever it is?""

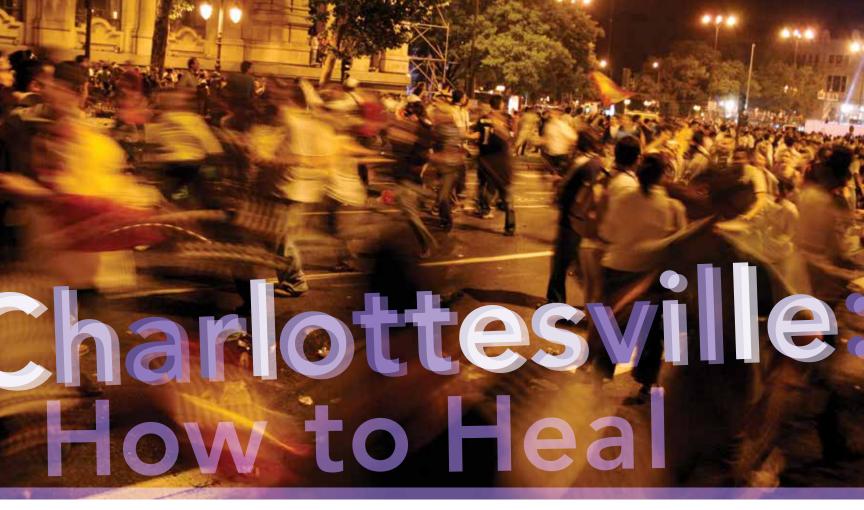
Whether it's someone's impassioned opinion about bike lanes, immigration, or the existence of God, asking another to tell a story implicitly affords dignity and respect. Bennett Heyd strives to allow others' narratives to reveal who they are and what they think as opposed to her own presuppositions or natural tendency to interpret according to her own worldview.

Modesto agrees that, although we can never fully suspend our prescriptive filters, we can strive to do this as much as possible in order to be more hospitable.

"If we want to learn to have conversations, to listen, we have to come in with a willingness to suspend judgment," Modesto said. "We need to stop interpreting for somebody else and allow them to clarify who they are."

Modesto calls to mind the disciples walking with a stranger they didn't realize was the risen Christ in the Gospels. When they see this stranger intends to journey on, they plead with him to stay. They respond to him with hospitality — and in doing so they are blessed with the presence of God.

The call to intentionally listen to others remains a challenge, perhaps accounting for why respectful dialogue is not as common as we would like these days. Still, by appealing to our God-given gifts of empathy and reason and ultimately relying on God's grace, we can build bridges of community with our dialogue. As Christ showed us through his life and death, we do not need to be afraid of anything, including the opening up of ourselves in radical hospitality to those who seem threatening. And like those two weary disciples on the road to Emmaus, by opening our ears, minds, and hearts to the neighbor across from us, we might just experience the risen Christ. **VP**



BY DR. ROB GAILEY

The news coming out of Charlottesville, Va., was disturbing on many levels, but one piece of news made my body tense and my head spin. Reports were coming in that a car had plowed into a group of people who were marching in protest of the neo-Nazi and KKK event organized to assert a cultural supremacy in a nation blessed with vast diversity.

As video footage of the car ramming into the crowd made its way online, I watched with horror and grief. My mind quickly went back to July 19, 2017, the day my family and I had our own encounter with a raging mass of metal knocking us in the air and on the ground as we casually stood at the counter ordering our lunch at a local burger place.

As my wife was pushed to the ground, missing a close blow to the head by millimeters, my 14-year-old daughter and I were lifted off the ground — my daughter landing on the hood of the car while I was pushed up on the counter that, fortunately, also moved back several feet. Miraculously, my daughter only suffered a broken toe and my wife rib contusions with lingering nerve damage to parts of her leg. I was not so fortunate. My left tibia plateau was smashed, requiring surgery to insert eight screws to put the pieces back together. I spent six nights in the hospital, almost three months of not walking, and a year's worth of recovery and therapy. My fall semester classes at PLNU were taught from a wheelchair as I worked half time.

As the accident was happening and my mind was hyper-focused, I had time to think of only one thought: "Today is the day you and your family will die." Just a day earlier, I had read the news reports of the mass murder that occurred in Nice, France, where a vehicle rammed into a peaceful crowd killing more than 80 people. As my eyes locked

in on the Subaru barreling toward my family, I was certain the driver was intent on killing innocent lives and would not stop until everyone in the restaurant had been killed. Thankfully, just a few seconds later, I learned the driver had mistakenly hit the gas pedal rather than the brake as he went to park in the handicap spot and our lives would be spared.

The footage streaming in from Charlottesville was not so innocent. Many people were injured; one woman had been killed. I watched the footage of the car driving away as the perpetrator sought to flee the carnage left in the crash's wake.

Immediately, social media exploded with debates and discussions surrounding who was to blame for the hatred and violence spilling onto our national discourse. The complex issues of race, cultural identities, and our nation's shameful history of slavery has been placed front and center on our nation's consciousness. The identities, motives, and words of our nation's most costly war (in terms of lives lost), the Civil War, tapped deep into people's hearts, minds, and emotions. The Civil War, more than any other, tore apart the U.S. and many of its most sacred institutions, even churches. Tensions are raw and emotions run deep when discussing this painful part of our nation's heritage. Deep healing takes time and, as many psychologists will tell you, tensions and significant hurt, when left unaddressed, will flare up and cause pain and suffering in unexpected ways.

Yet, how can one living in today's world navigate these flare-ups in a way that represents a Christ-like response of love and concern, while not negating the pain and suffering experienced by many?

As I have navigated my own experiences and thoughts online and engaged in conversations with friends from around the country, the tensions have mounted and disagreements abound. I humbly offer the following suggestions for online discussions of sensitive and emotional topics, as much to remind myself as to share with the broader community. I offer these suggestions from a Christian perspective, as it is the only perspective I can write from:

Bible Plus As much as possible, center and support your thoughts/perspective on Scripture. But, be careful not to proof-text in support of your point. Here is where John Wesley's approach can benefit our thinking. We are called not to rely on the Bible alone, but to include Church history and practices, personal experience, and current knowledge and reason. Rather than regurgitating the talking points or labels our media diets promote, take advantage of the various ways of knowing and keep a sense of humility and openness.

Two-Dimensional Sensitivity

The speed and efficiency of online communication is paid for by missing the multi-dimensional richness of a face-to-face conversation. Misunderstandings and hurt can escalate quickly on a screen. Always be ready to apologize, not for your convictions or

beliefs, but for saying or doing something that another person might feel is a personal or direct insult. Kind and gracious words, even in the midst of others who are spewing accusations, generalizations, or mistruths, can do much to calm another person down and maintain friendships. Everyone can benefit from being spoken to kindly and with grace. In my own life, I consistently struggle with trying to avoid making arguments that may come across as condescending, snarky, or sarcastic. It helps for me to re-read my words before posting them and placing my harshest critics in mind to think of how they might receive the tone and tenor of my post.

Privilege I am a white, male in America from a middle-class background and teaching at a university. All these "labels" come with an enormous amount of inherent privilege that I am not always aware of or conscious of in my thinking. I must remain open to being told my perspective is not widely experienced by others who are different from me. That said,

and because I am learning more about these things as I listen, I purposefully seek to post and respond to issues from a perspective that represents what I am hearing from groups in the minority. Though I have not experienced many of the sufferings or offenses I post about, I find it important to identify with those who have suffered. If I speak up on issues of concern from others' perspectives (that are not typical for my "labels"), my social media readers may look at the issue differently than if they had seen the same thing written by someone they don't understand or can relate to in life.

Voice Similarly, I do my best to post and lift up in my feeds and discussions voices of people in minority groups who are also faithful Christ followers. In particular, when it comes to the issues raised by Charlottesville, it is critical that people of colors' perspective is what matters most. We as a nation must listen deeply and carefully to those who have faced generations and decades of overt and subtle discrimination and abuse.

Global Wisdom Our nation has done a lot of things right and has been a beacon of hope and inspiration to peoples from around the world. But, we are not a perfect nation and we have made mistakes. The Civil War and its historic reverberations are probably areas where we have done the most harm, caused the greatest confusion, and are most blinded by our own perspective. We can benefit from learning from others. In several posts, I have suggested we in the U.S. turn to Nobel laureate Desmond Tutu and his book, No Future Without Forgiveness, to learn what the power of truth-telling can do for a nation. South Africa suffered under apartheid (legally and unequally separating people by the color of their skin) for decades and there was tremendous hurt and suffering across the nation. Tutu led a truth and reconciliation commission that went throughout the country, allowing people to confess their sins/crimes in public and in front of the aggrieved parties,

and in exchange were not prosecuted for most of these wrongdoings. The freedom and forgiveness that came about from this difficult but transparent approach to wrongdoing

has made a huge difference in how South Africa has moved forward as a nation.

Theological Ground I regularly post on social media for theological, not political, reasons, though I admit my political understandings and thinking are deeply impacted by my theology, as I believe they should be for Christians. But, I must be careful that my words do not convey any sense that I am a better Christian or that only I know the truth. I want to remain open in my heart and in my words to being corrected and taught by others, even those with whom I initially deeply disagreed. Remember, even if we have access to God-thinking through the Bible and access to God's bride, the Church,

we are not God and should not assume to be all-knowing.

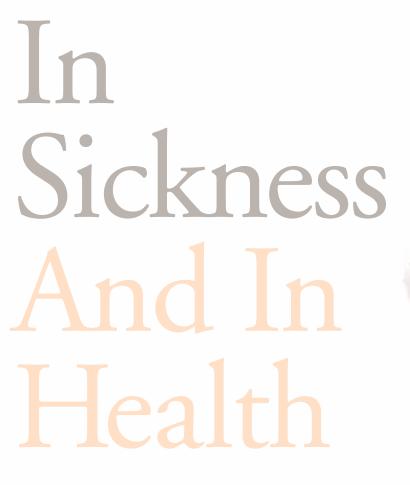
Labels When dealing with challenges to our emotional and closely held beliefs, we often want to

"objectify" others and label "hatred" toward enemies. Remember, others you disagree with are first and foremost persons in the image of God. Even when they embrace hateful ideologies, they as people are not to be hated. It is best not to say, "I hate Nazis" but rather, "I despise the Nazi or KKK ideology, and I feel sad for anyone who embraces such hatred." And, too often, when feeling threatened by a logical argument, we can revert back to calling the person we disagree with some label (racist, liberal, communist, fascist, etc.). It is far more loving, kind, generous, and thoughtful to stop calling someone a label and instead address directly the idea or conviction you disagree with. Such tact is likely to be more successful as well!

Prayer Bathe everything you say and do with prayer. Speaking to God about what you share with others, in person or online, is an important practice to cultivate. In prayer, we can learn to listen to God as we know God listens to us. A consistent and ongoing prayer life helps us to bear fruits of the spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. VP

"In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us."

— Titus 2:7-8 (NIV)



Handling Conflict in Marriage and Relationships

BY WENDY ROBINSON



From the outside of the slowly spinning white fMRI scanning machine, she looked headless. One at a time, 16 different women laid down, each with the knowledge that if she saw a little red light, she might receive an electric shock to her foot or ankle, or she might not. Sometimes her husband would be beside her to hold her hand, and sometimes she would hold a stranger's hand. The understandable apprehension and fear she felt might lessen, or increase. Psychologist Jim Coan of the University of Virginia and researchers from the University of Wisconsin wanted to find out.

In this 2006 study, Coan found "the women received significantly more relief from their husband's touch than from a stranger's, and those in particularly close marriages were most deeply comforted by their husband's hands," according to a *New York Times* article, "Holding Loved One's Hands Can Calm Jittery Neurons." In other words, touch between close partners literally acted as a buffer against physical pain and stress.

But for those who were not very close to their partners, the apprehension shown in the stress centers of the participants' brains did not noticeably change. For those couples, their relationship did not seem to help in lessening the stress experienced in the face of a physical threat or pain.

Dr. Dan Jenkins, director of PLNU's M.A. in Clinical Counseling program, has seen this in his work with couples at the Center for Enriching Relationships in San Diego. "When I see people in my office with the deepest levels of stress in their marriage, that impacts them on multiple levels. It creates a sense of isolation. And it can destroy their sense of safety in the world."

For better or worse, the impact marriage and interpersonal relationships have on our lives overall is strong. They can exist as a safeguard from harm, or they can be life-threatening. Recent studies have sought to discover more about the role marriage plays in our long-term physical health and mortality, and more about the connection between our physical and emotional experiences. While we all know marriage and relationships can be difficult, how do we ensure our relationships are places of refuge and not spaces that cause greater harm overall? How do we ensure they are life-giving, pointing us to Christ's unconditional and sacrificial love?

"The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80."

Is Marriage Healthy?

There has long been a common belief that just being in a married relationship is good for our health. While there are many studies that prove this belief, there is also research that questions it in our society now.

In a 2017 study, "Does Marriage Protect Health? A Birth Cohort Comparison," published in the journal *Social Science Quarterly*, researchers found over the past few years, the amount of health benefits marriage provides has been decreasing.

Dmitry Tumin, a sociologist from the Ohio State University College of Medicine, looked at different age groups to determine if married participants had become healthier over time than their unmarried counterparts. Tumin concluded the "protective effects of marriage had eroded over time." The only married group that was indeed healthier were women from the oldest cohort (born between 1955 and 1964), who had been married for 10 or more years. Younger women did not experience that same protective effect.

While it's impossible to know the exact reasons for these results, Tumin provided some factors that may be contributing to this decline — there's less stigma around singleness now, which could lead to single people experiencing more mental and physical health, and family-work conflict is on the rise.

"Work-family conflict has increased in the closing decades of the 20th century, and spouses' actual time spent together has decreased over this period," Tumin wrote. "Against a backdrop of greater demands at home and at work, and less time spent together, today's married couples may indeed experience marriage more as a source of conflict and stress than as a resource that safeguards their health."

A common interpretation of this study is the idea that marriage itself is actually bad for our health. However, when you take into account the plethora of other studies that show the benefits of marriage over alternatives, that interpretation may be shortsighted.

In a study led by PLNU psychology professors Dr. John Wu and Dr. Kendra Oakes Mueller, it was found that marriage is in fact healthier than cohabitation. They studied a cohort of individuals who cohabited before their marriages, and found they were roughly five times more likely to get divorced than those who waited to be married before living together.

"Previous research shows that even if people were in low functioning marriages, except for highly abusive ones, poor marriages were still a strong protective buffer for children compared to divorced or cohabiting relationships. Marriage, while often criticized, has benefits for everyone involved." Wu said.

While poor marriages may be better than divorce or cohabitation, how much is our health influenced by the quality of our relationships? In a separate study called the Harvard Study of Adult Development, dubbed one of the "world's longest studies of adult life," researchers collected data on the physical and mental health of a group of people over an 80-year period, beginning in 1938. They concluded that how happy people are in their marriages and interpersonal relationships has a powerful influence on their overall health.

"When we gathered together everything we knew about them about at age 50, it wasn't their middle-age cholesterol levels that predicted how they were going to grow old," said the director of the study, psychiatrist and Harvard professor Robert Waldinger. "It was how satisfied they were in their relationships. The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80."

While the protective effects of marriage may be more apparent with some couples, without a doubt, both poor and good marriages impact health. It is the quality of marriages and relationships that has the most impact.



Emotional Safeness & Survival

When we experience conflict in our marriages and relationships, the toll it takes on our physical health is noticeable. Neuroscience and psychology have proven that we in fact need emotional connection for our survival.

Dr. Sue Johnson, founding director of the International Centre for Excellence in Emotionally Focused Therapy and research professor at Alliant University in San Diego, opened up her critically acclaimed book, *Hold Me Tight*, by explaining this need.

"We now know that love is, in actuality, the pinnacle of evolution, the most compelling survival mechanism of the human species ... Love is our bulwark, designed to provide emotional protection so we can cope with the ups and downs of existence ... We need emotional attachments with a few irreplaceable others to be physically and mentally healthy — to survive."

Johnson found a need for a new approach to couples' therapy after recognizing that attachment theory (originating from the work of John Bowlby in the 1950s on the relationships between children and parents) could actually be applied to adult relationships. In her work with couples, she saw that adults look to their spouses or significant others in much the same way a child would look to a parent: for validation, and to provide a sense of safety and security.

Because our need for emotional connection exists as a survival mechanism, when we feel our connection with someone close is somehow threatened, we enter into fight, flight, or freeze mode in the amygdala or fear center of our brains. It is what Wu calls an "amygdala hijack." It is this intrinsic need for emotional safeness in our interpersonal relationships that makes it so difficult to handle conflict well with loved ones.

"If I am speaking with my spouse, and she says something that triggers me, I lose my ability to talk and to listen right away," said Wu. "This amygdala hijack directs my brain to look for something dangerous ... It looks for a reason for why I'm feeling unsafe and says, 'It must be you. You are the problem."

In conflict with loved ones, our bodies respond as though there is a physical threat. Wu has seen this often in his work as principal psychologist at Celebration Counseling, his counseling practice in San Diego. To calm our nervous systems, slow our heart rates, and realize we are safe (even if we don't feel that way), he shares two main tactics. One is to have proactive pauses — if both partners recognize they're at a high level of stress and anxiety, they can go away and take time to calm down first, letting their parasympathetic nervous systems return to normal and giving themselves a better shot at connection and understanding each other, then come back together to resolve the conflict. Other more researched and effective techniques come from Johnson's Emotionally Focused Couples Therapy (EFT), which addresses our attachment needs, and which Wu describes as seeing the relationship like a ballroom dance class.

Because our need for emotional connection exists as a survival mechanism, when we feel our connection with someone close is somehow threatened, we enter into fight, flight, or freeze mode.



The Dance Of Relationships

By choosing to reassure our partner and soothe his or her anxiety in the midst of a difficult conflict, we choose to love sacrificially and for the sake of the person whose heart has been entrusted to us.

"The focus of EFT is on creating safety and bonding," he said. "We may not say anything, but the focus is on learning to soothe one another. When we're both activating each other, let's take a moment to reassure one another. For example, one partner leans in to the other, puts a hand on his or her shoulder, and says, 'We're on the same page.' Then, while the issue is still there, it's not as scary or as seemingly threatening."

A key part of the dance is each partner tuning into the other, and providing kindness and generosity — two key indicators of lasting marriages according to renowned psychologist John Gottman. In a 2014 article in *The Atlantic* called "Masters of Love," there are two types of couples discussed from Gottman's research: masters and disasters.

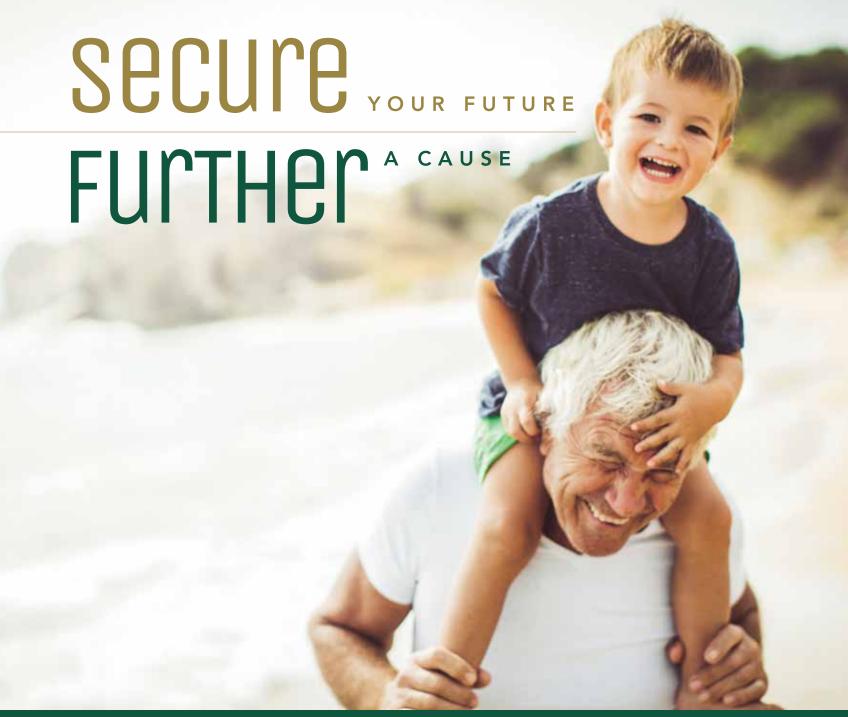
Gottman studied a group of newlyweds by hooking them up to electrodes and asking them about their relationships. As they interacted, the electrodes "measured the subjects' blood flow, heart rates, and how much sweat they produced." Six years later, the researchers followed up with the newlyweds to see if they were still married.

The article stated, "Disaster' couples showed signs of being in fight-or-flight mode in their relationships. Having a conversation sitting next to their spouse was, to their bodies, like facing off with a saber-toothed tiger." The 'masters,' however, showed signs of being emotionally and physically comfortable, displaying a sense of trust and intimacy with their partners, and they were also more likely to stay together after the six-year hiatus. Pressing further, Gottman found that while contempt is the number one factor that causes couples to separate, kindness and generosity connects partners and is "the most important predictor of satisfaction and stability in marriage."

Kindness can address the attachment needs we all have and look for in partners: to be validated, cared for, understood, and made to feel safe emotionally and physically. By offering a glass of water mid-fight, giving a handwritten note, or simply saying, 'We're on the same team,' we reassure our partners of our love and care for them, and help to alleviate feelings of anxiety and stress.

By choosing to reassure our partner and soothe his or her anxiety in the midst of a difficult conflict, we choose to love sacrificially and for the sake of the person whose heart has been entrusted to us. It is this sacrificial love that requires continual grace, understanding, and kindness through practice and prayer over our lifetimes together. It is what alleviates feelings of isolation and loneliness.

As representations of our relationship with Christ and his sacrificial love, marriage and interpersonal relationships are gifts. They are filled daily with opportunities to love intimately, boldly, and courageously in movement with God and our partners. As we turn toward our partners and to God in love, our relationships have the potential to be lifegiving and restorative, safeguarding us from harm and transforming our lives together. **VP**



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Life Beyond Soccer

BY NATE HAMILL



It's hard not to notice the posters that cover the north-facing wall of Tim Hall's office. Prominently displayed next to his door and emphasizing his passion for people and relationships are photos of every soccer team Hall has coached at PLNU. More than 500 student-athletes, 22 years of coaching, and a career marked by ministry, mentorship, and athletic success are represented within these posters. As he prepares to retire from his head coaching position at the end of this soccer season, the *Viewpoint* sat down with Hall to reflect on his journey and hear what's next.

Q: You played soccer at PLNU as an undergraduate student. Where did your interest in the sport first spike, and how did you end up discovering a passion for coaching?

A: I was raised in Africa as a missionary's kid and grew up playing more of the African-British-type sports — rugby, cricket, field hockey, soccer, cross country (barefoot), and that kind of stuff. But soccer was one I really clicked with. I had other options for schools to play soccer at but I wanted to come to Loma because I was raised in the Nazarene church and I wanted to be part of the school. I ended up getting a soccer scholarship and was coached by Dr. Leon Kugler, who deeply impacted me by how he used soccer to build relationships.

The impact of PLNU on my life was so much bigger than soccer and I always thought it would be neat someday to come back here to coach and use it as an avenue to reach athletes, like what had been done with me.

Q: At the conclusion of this season, you will be moving into a full-time teaching role at PLNU. Why retire from coaching now?

A: I've been coaching men's and women's soccer for 22 years. The only things I've done longer are be a husband to my wife, Tracy, and parent my two kids, Tyler and Tara—so I'm walking away from something that's deeply ingrained in me. I have given it a lot of thought and prayer and I'm at a stage in my life where teaching is the most intriguing path for me and my family going forward. Announcing my retirement to the team was very emotional and I think it shocked many





"One of my favorite things about Tim is the way he embraces the families of his athletes. After a game, Tim would go over to my dad, give him a bear hug, and tell him that he loved him. It made my dad feel so loved and included in the program and it honestly made a huge impact in my dad becoming a Christian.

Tim makes time for everyone and makes each person feel like he or she is the most important person in that moment. I knew that I mattered in this world when I was around Tim. It's incredible, the way he makes people feel loved, embraced, and like they belong."

- Natalie (Swift) Lawrence (15)

of them, but they celebrated and supported my decision. When you get to know somebody well enough and that person says, "This is what I think is really important for me now," you listen and respond with love, even though it may be hard.

ministry and have taken eight of your teams

A: I had a student playing here for me who told me he had a buddy in Holland named Derrick Thames (06) who was getting ready to sign a pro contract. Derrick had just accepted the Lord as his Savior and was debating whether professional soccer was the lifestyle he wanted. Coincidentally, I was invited to be a guest coach with the same club in Holland that this young man was going to sign with. Well, he had been injured and it

was raining one day during training. He was sitting in the dugout next to the field by himself, so I walked over and started talking to him. He ended up coming back to the U.S. after that for some surgery and I invited him to come check out PLNU. He visited and ended up signing and playing for us. One of those years, I took him on a Loveworks trip to Africa and it was at that time he felt called to international ministries. After graduation, Derrick and his wife, Dana, signed up as volunteer missionaries with the Church of the Nazarene, spent a year in Kosovo, and because of that, now he's a full-time pastor of a church in Scotland. Just an amazing story.

I also got to take my family to Africa on a Loveworks trip to Zimbabwe, which is where I was raised. I got to show them the house I grew up in, the schools I went to, and a piece of my life that's very deep in my heart.

Q: Alongside your teaching responsibilities. you will also be serving as chaplain of the chaplain look like?

A: There's a lot of life that goes on in an athletic department beyond the fields and the courts. My role as chaplain will be integrating myself with individual coaches and teams to serve them. At times, coaching can be a very lonely profession and it can feel like you're walking it alone. Maybe you've made an unpopular decision, you're dealing with hard life stories from your players, or things may not be going well in *the win-loss column — those things are hard* to show up day-in and day-out for. But you can't not show up, and sometimes showing up is lonely. I hope to be the person who can walk alongside the coaches in those lonely moments, who, after a lost game, comes up to the coach and says, "I love you." Who doesn't unpack the game or give an opinion, just looks them in the face, and tells them, "I love you and you are a great coach."

Q: When you start the next chapter of your journey after the end of this season, what is one thing you'll always take with you?

A: What sticks with me right now are the relationships I've built with these students over the years. There's an intertwining of *life together that happens through all the* things we've done like national tournaments, road trips, mission trips, and just building relationships. These kids have become my kids. I've officiated their weddings, seen them discover passions, walked with them through the sorrows of losing family members, family illnesses, struggles, breakups, victories, all the good and the bad times. Our relationships are intertwined in such a way that soccer is what brought us together, but there's so much more that holds us together. **VP**

Hall will coach his final home game at PLNU on Thursday, Oct. 26, at 1 p.m.

Brought to you by the PLNU Alumni Association **GATHER** 2017 Alumni Hub Let us know you're here! Check in to pick up a name tag and lanyard and HOMECOMING then kick back with a free cup of coffee. Loma Live New spin on the Homecoming Variety Show and Coronation. WEEK Enjoy live entertainment, vote for a winning student act, and meet the Homecoming Court. **Homecoming Extravaganza November 13 - 18** Grab lunch, meet alumni auxiliaries and student clubs, and check out the Kidzone! **Tip-Off Tailgate BBQ Dinner** Experience the newly renovated Dining Hall with spirit gear, face paint, and photo booth fun! **Basketball Games** Cheer for green and gold! Women's Basketball vs. University of Montevallo & Men's Basketball vs. San Diego Christian College 34 / PLNU ALUMNI MAGAZINE

CELEBRATE

Be inspired by PLNU testimonies and congratulate our alumni awardees.

Homecoming Chapel & Alumnus of Point Loma Awards

Ryan and Wendy Kessler Michelle Shoemaker Ashby Rauch Kidd Dr. Karl Martin

The Main Event & Distinguished Achievement Awards

Sheryl Smee Dr. Carolyn J Downey Rev. Gene Schandorff

REUNITE

Class Reunions:

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Family & Consumer Sciences Brunch

Kinesiology Alumni Gathering

Latino Alumni and MOSAIC Dinner

Law Alumni Breakfast

LJML Creative Writing Presentation

Math, Information & Computer Sciences and Physics & Engineering Reception

Nursing Alumni/School of Nursing Breakfast

Psych Associates Breakfast

Research Associates Breakfast

School of Theology & NTS Alumni Reception

Theatre Production of *Little Women* and Alumni Reception

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2017 ALUMNUS OF POINT LOMA AWARDEES





Ryan (94) and Wendy (94) Kessler



Michelle Shoemaker (88)



Ashby Rauch Kidd (03)



Dr. Karl Martin (81)





SHERYL SMEE (78)

Sometimes a person's contributions are so great that they inspire an organization to do something new.

"The Alumni Association Board of Directors is pleased to add a third category, Legacy, to the Distinguished Achievement Award," said Alumni Association president **Joy Straub (82)**.

"The new Legacy category recognizes and honors alumni who have dedicated a significant number of years to preserving and enriching the distinguishing characteristics and guiding principles of Point Loma Nazarene University. We are excited to have **Sheryl Smee (78)** as the inaugural recipient of the award. Sheryl has dedicated more than 28 years of her life to serve PLNU. All who know Sheryl know her passion to connect PLNU alumni to each other. Her service to

the school and to the alumni is unparalleled."

Smee's legacy is one of leadership, creativity, and growth. To support all the programs she developed and enhanced, the Alumni Office staff grew from two to five full-time employees and the number of volunteer positions supported grew to over 200 per year.

"Sheryl was considered a consummate alumni leader by her peers in the CCCU [Council for Christian Colleges and Universities], who often marveled at the breadth and scope of the PLNU Homecoming, the number of programs run out of the Alumni Office, and the length of her tenure," said Straub.

When Smee became alumni director,
Homecoming consisted of 32 events. Today, there
are 55 to 60 events each year. She grew Alumni Area
Events from two each year to five to seven, offering
a diverse array of events across the country. Alumni
House visitor nights increased from 597 a year to
1,800+ a year. Smee helped increase and redesign Alumni Auxiliaries,

1,800+ a year. Smee helped increase and redesign Alumni Auxiliaries, as they focused on being more career-oriented.

At the start of her service, two \$1,000 faculty grants were awarded by the Alumni Association each year. Today, the Alumni Association awards \$10,000-\$12,000 to faculty annually. Smee worked with the leaders of 13 classes to create class scholarship endowments. She also worked with individual alumni, families, and alumni auxiliaries to create scholarship endowments. During her time, the Alumni Student Scholarship Endowment grew 500 percent.

In addition, Smee created and spearheaded new programs and events.

She encouraged Pasadena College alumni to reconnect with the university. She led the Farewell to the Pasadena College Campus event, which drew hundreds. As part of Homecoming, she created "The Most Fabulous Reunion" for people who graduated more than 50 years ago.

"Our record was 182 reservations for The Most Fabulous Reunion," said Smee. "That same year, the 50th reunion had 50 — so over 230 reservations for people who graduated 50 or more years ago."

The collaborations with students was grown, and more and more young alums became involved shortly after graduation. Many recent grads now serve on the Alumni Association Board of Directors, Alumni Auxiliary boards, alumni committees, and as alumni career mentors.

Under Smee's leadership, the Alumni Office created Tuition Freedom Day, which shows students the role donors play in funding their education, and Smee proposed PLNU's 24-hour Day of Giving, which became a collaboration between Alumni Relations, University Advancement, and Marketing and Creative Services. The Day of Giving has raised more than \$110,000 in each of its first two years.

Smee co-launched the Alumni Mentor Program with the Offices of Strengths & Vocation. She is thrilled with the number of alumni offering to be career mentors for students.

Part of what made Smee so successful as alumni director was her love for being challenged and her varied career history. While completing her B.A. in Mathematics at PLNU, Smee was also involved in Concert Choir, Treble Choir, and acting.

After graduating, she earned a teaching credential and additional credits in computer programming. She then worked for General Dynamics on Tomahawk Cruise Missile programs, supervising a team first in logistics and then in a program office over all versions of Tomahawk missiles produced by General Dynamics.

Passing up an opportunity to work at Northrop Grumman on its bomber program in 1985, Smee took a position at PLNU, teaching Math 100 (to 400 students over five years) and conducting database software evaluations and training.

In 1990, Smee became production coordinator for West Coast Projections and an independent video producer. A Little League video she directed and

produced for local distribution caught the attention of the CEO of Little League International, who said it was the best treatment they had seen of volunteers in Little League. They purchased hundreds of copies and the video took second place in the local Emmy competition.

"I was happy," Smee said. "But then I got a call that the director of alumni relations [position] was coming open at PLNU. I decided I really wanted to interview for it."

Though most alumni don't know about Smee's interesting career path, what they do know is that they and their fellow alumni have benefited greatly from her leadership, creativity, and strategic thinking. As she moves on to her next challenge, Smee leaves behind an incredible legacy.

She is married to Geoffrey Williams, author and producer.

Part of what
made Smee
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as alumni
director was her
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and her varied
career history.



REV. GENE SCHANDORFF (70)

Rev. Gene Schandorff (B.A. 70, M.A. 79) spent 33 years in college ministry and considers himself one of the luckiest people he knows.

"I don't know what would have been a better job than college chaplain," he said. "The most fun I ever have is preaching, and I got to do it in

an environment where I was allowed to have fun with it."

Schandorff knew he was ministry bound by the end of his freshman year at Pasadena College (now PLNU).

"I chose to major in psychology because of Dr. Paul Culbertson," he said. "I would have majored in whatever he taught because I wanted to soak up everything I could from that man. I have no regrets there looking back."

Schandorff took most of his electives in Bible and theology and said **Dr. Reuben Welch (45)** and Dr. Frank Carver were also major influences. While at Pasadena, Schandorff and his lifelong friend **Dr. Ron Benefiel (71)** were among the first four fundraisers for the original Prescott Prayer Chapel, raising \$60,000 in six months or so.

After graduating, Schandorff served as a youth pastor in Ventura before attending seminary for two years. He met his wife, LaRita, during that time, and they married in 1973. He then took a full-time youth pastor position at Anaheim First Church of the Nazarene for four and a half years before pastoring in Long

Beach for five years. Schandorff then pastored Arcata Nazarene and began college ministry at Humboldt State University. Between 450 and 500 college students called Arcata Nazarene their church home during Schandorff's time there.

In 1992, Schandorff began a 23-year term as university chaplain at Northwest Nazarene University (NNU).

"I saw myself in a place where I had the privilege of being able to be part of the students' spiritual development but recognized that they were there to get an education, so ministry had to be educational as well," he said.

To set this tone, each year, Schandorff reserved the first Wednesday chapel of the first full week of school for a member of the faculty to speak from his or her discipline.

"We had a lot of great presentations, but that was secondary to making a statement early in the chapel year that we don't disengage our minds when we walk into chapel," he said. Part of Schandorff's passion for preaching and ministry that engages both heart and mind is his understanding of the developmental experiences of college students — whether they attend a secular or a religious institution.

"A part of the maturing experience," Schandorff explained, "that is true whether a student is at PLNU, San Diego State University, or working at Walmart, is that a young person begins to realize there are options other than this faith language their parents have taught them. Students are challenged by difference. I tried to make room for that and not discount that and help them see that there is light at the end of the tunnel. And at NNU and PLNU, we get to

have these conversations in a faith supporting environment."

Such an environment and Schandorff's willingness to engage their questions, and, in some cases, their doubts, made a tremendous impact on countless NNU students.

"In Gene, I saw a man of faith who was willing to lay bare his own questions, wrestling, and relationship with God, deal plainly with Scripture, and speak truthfully in love," said Dr. Kara Lyons-Pardue, PLNU associate professor of New Testament, who earned her B.A. in Philosophy and Religion at NNU. "Gene never spoke down to students but treated us with the respect of equals. This patient guide was a testimony of how to be faithful without ignoring real trouble in the real world. He truly reflected lesus to me."

For his "consistent, thoughtful, biblical campus pastoral work," Schandorff was granted the Dana Walling Award in 2010 by the Council for Christian Colleges and Universities.

Schandorff traces his appreciation for

engaging the intellect as well as the heart to his time at Pasadena, but that wasn't the only part of his ministry inspired by his alma mater. His missions experiences with **Dr. Norm Shoemaker (61)** taught Schandorff the value of getting students out of their comfort zones. Schandorff personally led 27 mission trips in his 23 years at NNU and oversaw more. Considering he was the only member of the spiritual formation office for his first 15 years of employment, the number of trips he sponsored for students was especially significant.

In retirement, Schandorff has served in two interim ministry positions, one at College Church in Nampa and the other as interim pastor at Quisquya Chapel in Haiti, where his son, Tim, and his family were stationed as they served with Mission Aviation Fellowship. He has also spent time building furniture and bicycling, which included a coast-to-coast trip from Oregon to Virginia. In addition to Tim, the Schandorffs have a daughter, Karen, and six grandchildren.

"I saw myself in a place where I had the privilege of being able to be part of the students' spiritual development but recognized that they were there to get an education, so ministry had to be educational

as well."



DR. CAROLYN J DOWNEY (61)

Carolyn Downey (61) has always been a humble but highly effective leader. During her career, she held nearly every possible role in education: teacher, counselor, school psychologist, special programs coordinator,

director of staff development,

assistant superintendent,

profound questions." After college, Downey spent much of her career in Arizona, serving as a teacher, counselor, and administrator. She finished her K-12 experience as the superintendent of schools for the Kyrene School District in Tempe, Ariz.

"Dr. Jackson was my debate professor, and now he is the

chaplain at White Sands where I live," she said. "That opportunity to

question, wonder, and investigate opinions really came from him. I

am still influenced by him and Reuben Welch. Reuben still asks those

"We were able to bring in cutting-edge practices to our educators

and to really make a difference in the lives of students," she said. "I enjoy doing things that really help people grow and learn. I believe in servanthood and giving to others. I learned that from my mom and dad."

When she retired from that position at age 55, Downey became a professor of educational leadership at San Diego State University. She also launched her consulting business, Palo Verde Associates.

Though she is a nationally known consultant, author, and lecturer and has worked with many organizations, including numerous state departments, Downey is humble about her achievements.

"I worked with so many wonderful people," Downey said. "You never get to a position like this without a lot of extraordinary people who have influenced

you. I had so many fabulous experiences with people who helped me learn. I really learned how to learn in college, and I feel like I am still learning. I'm now traveling to learn about cultures and people around the world."

Downey noted that her goal was not to become a motivational speaker. However, her opportunity to work with innovative colleagues to test new research-based ideas meant others called on her to share what she had learned. Her knowledge and ability to share her findings in meaningful ways led to her mentoring many superintendents and administrators to bring about positive change for schools and students.

"I really teach how to think differently about people," Downey explained, "how you coach and mentor and evaluate people. Our evaluation system was very punitive. It was not really about helping someone become a self-directed, analytical person. I think I can go back to Pasadena College to find the start of my belief that people are good and in the process of becoming. I want to bring about change by teaching people new things and encouraging them to wonder."

Downey retired from SDSU at age 65 and continued to consult until age 70. In addition to her ongoing community and board service, she enjoys travel and reading, especially mysteries for casual reading.

superintendent, professor, and professor emeritus of educational leadership. In addition, Downey ran a flourishing educational consulting business that helped countless educators, schools, and students across the nation. Her published books, articles, and videos have had a major impact on educators nationally and internationally. Her book and multimedia program, The Three-Minute Classroom Walk-Through, is a bestseller.

In her retirement, Downey has continued to lead, serving two terms as president of the resident council at White Sands La Jolla, where she lives, and representing White Sands on a larger council for six continuing care retirement communities. She is also a board member and chair of the Human Good Foundation

and a member of the San Diego Women's Foundation, PLNU's Foundation Board, and PLNU's President's Advisory Board.

"What I have seen [from Carolyn] is responsible leadership with incredible attention to detail," said retired PLNU chaplain Dr. Reuben Welch (45), who also resides at White Sands.

Downey's illustrious career began with her education at Pasadena College (now PLNU), where she double majored in music and education. She enjoyed cheerleading and traveling with two music groups.

During her final semester at PLNU, Downey concurrently began her graduate studies at the University of Southern California. She earned her B.A. from Pasadena in 1961 and her M.S. in Educational Psychology from USC in 1962. In 1967, she received her Ph.D. in Counseling and Student Personnel Work from Arizona State University.

Downey's father was a Nazarene pastor, and her mother was a teacher.

"I feel very fortunate that I had an opportunity to be brought up by parents who believed in a Christian education," she said. "There were so many professors who inspired me to think differently about religion, about the world, about me."

Downey was also impacted by Rev. Dr. Jim Jackson (41).

"I enjoy doing things that really help people grow and learn. I believe in servanthood and giving to others. I learned that from my mom and dad."



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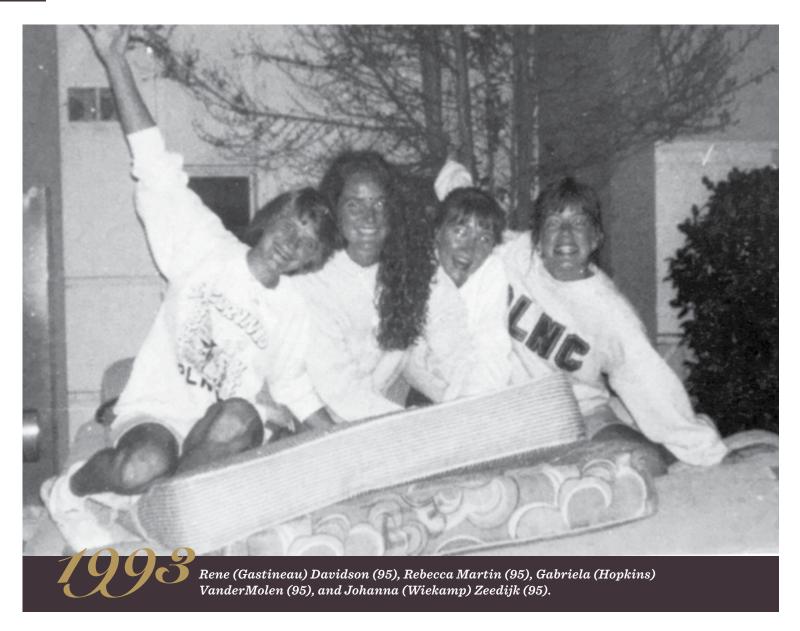


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1940s



Gabriel (49) and **Elvira (Satter) (49) Martinez** celebrated 70 years of marriage on Aug. 31, 2017. Over all their years together, they have served as youth and music ministers in

churches in Northern California, worked in west Pakistan and Saudi Arabia, and traveled to over 80 countries. They even renewed their vows, with their son-in-law **Russ Martin (72)** performing the ceremony and their eight-year-old great grandson walking Elvira down the aisle wearing her original wedding dress. Gabriel also served on the PLNU Board of Trustees and they both served on the PLNU Alumni Board.

1950s

Vernon Bickel (54) has retired at the age of 85 after serving as church organist at two churches, Kelseyville Presbyterian Church and Lower Lake United Methodist Church, for the past 12 years.

1960s



Since retiring as missionaries in 1999, **Rev. Larry Webb (60)** and **Judith Webb (59)** are working on a current project called CASA NAZARENA, a student center just off the campus of a

government university in the Amazonia section of Bolivia. They have led 33 Maverick Work & Witness teams to Bolivia and Paraguay.



Dennis (63) and Suzie (Gover) Gastineau (65) celebrated their 50th wedding anniversary on June 24, 2017, in San Diego with their four sons and daughters-in-law, 11

grandchildren, and one great grandchild.



John Fullerton (66) is serving his second term as vice chairman of the Pender County Planning Board in North Carolina. Fullerton and six other board members also

act as an advisory board to the Pender County Board of Commissioners by preparing and implementing plans for transportation, natural resource protection, and subdivision of land, and by reviewing master development plans.

1970s



James Walters Sr. (77) retired in June 2017 after 40 years in education. His first nine years were spent as a teacher and the last 31 years as a school administrator. He is looking

forward to spending more time with his wife, Jan, and their two adorable grandchildren, Cameron, 4, and Taylor, 3.

Jennifer Miller (79) recently published a career guide called, What's In Your Hand? Ex. 4:2 Career Guidance. Written from a Christian perspective, the guide gives an organized, systematic, and concise approach to help readers discover how uniquely God has equipped them for their career. Miller was employed at the Pasadena campus as housing office manager and academic secretary from 1977 to 1979 under Jim Huffman and Dr. Harold Young. From this personal experience and others, she understands what it means to be equipped for a career by using the skills God gave her.

1980s



Rebecca Hames (82) joined UCSD's Department of Computer Science and Engineering as the director of external affairs in June 2017. In this new position, she works

with students, alumni, industries, and donors on departmental programs and initiatives. Hames previously served as the director of education, outreach, and diversity for UCSD's Center for Aerosol Impacts on Chemistry of the Environment.



In June 2017, Sam Doctorian, Jr. (85) was elected General Delegate for the Church of the Nazarene General Assembly. He has served as a member of the L.A. District Advisory

Board for 16 years, a youth pastor in three different churches for 20 years, and a banker for over 30 years. Since 2005, he has worked at America's Christian Credit Union as the ministry and business sales executive, helping assist pastors with church loans and banking accounts in all 50 states, which he sees as part of the church's ministry. Doctorian and his wife have three children, two of whom will both be attending PLNU next year as a senior and freshman, and one who hopes to attend after high school graduation.

1990s



Rick Vogt (91) was appointed fire chief of the Escondido Fire Department on April 23, 2017. Vogt worked for CAL FIRE in Riverside County as a seasonal firefighter during the summers

while attending PLNU and started as a full-time firefighter after he graduated. As the fire chief, Vogt leads 125 sworn and civilian fire department employees who serve the city of Escondido and the Rincon Del Diablo Fire Protection District.



Dr. Gwendolyn Y. Stancell (94) recently completed her Doctor of Nursing Practice (DNP) degree from Walden University. Stancell received her Bachelor of Science in Nursing from PLNU



On March 2, 2017, Deanne Moore (96) was named the incoming principal for Mae Hensley Junior High School in the Ceres Unified School District for the 2017-18 school year.

2000s

and is honored to have had her start here.



Katie (Wycinsky) Savage (03) is publishing a new children's picture book, titled, Not Especially Special, which will be available this November. She raised funds to publish the

book via Kickstarter, a crowdfunding platform for creative projects. The Kickstarter campaign ran from July 11 through Aug. 11 and allowed for her project to be totally funded by 320 backers.



In January, Anthony Mercuriali (09) had a change in career from real estate sales to accounting and finance. He now works as an accounting and finance manager for

Ambient Communities, alongside two other PLNU alumni, Robert Honer (05) and Carlos Bonilla Renderos (12). After being diagnosed with testicular cancer in February, Mercuriali went through chemotherapy and had his last treatment on May 9, 2017. Honer is one of three partners at Ambient Communities who fully supported him throughout his treatment. Mercuriali praises God that his treatment is complete and is proud of his wife, Nicole Mercuriali (10), for sticking by his side.



John Z. Nittolo (05), superintendent of schools for the Green Township School District in New Jersev, was one of nine interviewees featured in the documentary,

"re:Thinking." The documentary, which aired in February, focused on public education and takes a look at three schools creating a culture of whole-child development.

2010s



In her role as assistant director of the Center for Peace and Commerce (CPC) at the University of San Diego, Rachel Christensen (12) organized the 2017 Social Innovation

Challenge, which took place May 5, 2017. Students from universities in San Diego County and from Tijuana and Guadalajara, Mexico, pitched their ideas for social enterprises and were awarded seed funding.

The CPC prepares new generations of changemakers to build a sustainable world by leveraging social innovation and social entrepreneurship, influencing corporate values, and developing new paradigms for peacebuilding and economic development. Christensen uses her learning and relationships gained at PLNU to invite more cultural brokers and bridge builders to help individuals and communities flourish.



In 2016, Brianna (Webb) Beninati (12) began a business called Based in Design, which focuses on providing interior design services to military families worldwide to help them

integrate more quickly into their new station areas. Because Beninati's husband is currently serving in the Air Force as a pilot, she saw the need firsthand for interior design services that would fit into their lifestyle of moving every two years. She sees her business as a platform to be gospel-centered, and seeks to provide godly encouragement to others during stressful moves by "being a support and listening to their struggles with their new space and new community."



Michael Lambert (17) started his first full-time engineering position since graduation as a systems integration engineer at Cyth Systems on June 5, 2017.

MARRIAGES



Jordan and **Kelsey (Miller)** (16) **Knight** were married on March 25, 2017, surrounded by close family and friends for a small, beachside ceremony on Coronado Island.



Devin Tunseth and Amber Kerk (10) were married at the North Chapel at Liberty Station in San Diego on March 25, 2017, surrounded by family and friends. They met in 2013 while completing

their veterinary degrees. Amber and Devin currently live in Madison, Wis.



McLain (07) and Lidiya (Kravchuk) (14) Harvey were married May 7, 2017, in beautiful Santa Barbara. McLain is the founder and CEO of Pixster, which was just selected as one of the fastest growing small businesses in San Diego by the San Diego Business Journal (SDBJ). The SDBJ also selected McLain as finalist for "Most Admired CEO." Lidiya recently became the director of brand strategy for Puesto.



Nathan (13) and Charis (Branch) (13) Wanken started dating their senior year at PLNU and were married in the orange groves of Bonsall, Calif., on June 3, 2017.



Jordan and Emma (Gocal) (16) Reed celebrated their marriage this summer on June 3, 2017. After moving from sunny Southern California, Jordan and Emma now live near Boise, Idaho,

working in ministry at Eagle Nazarene Church in worship and communication arts.



Dr. Gary and **Darla (Leffel)** (90) Sivewright were married June 9, 2017, in Overland Park, Kan.



Keith and Shelley (Barski)
(09) Hickox were married
on June 11, 2017, at Temecula
Creek Inn in California
among close family and
friends. They now reside in
Vista. Calif.

Best Friends on El Camino de Santiago

BY ALEXA PETERSON

Five hundred miles on any trail is a feat most would not dare consider, but for **Justin Skeesuck (97)** and his best friend Patrick Gray, the Camino de Santiago, which runs through the mountains and rivers of Spain, was a dream they sought to make a reality.

Hundreds of thousands have hiked this trail since the time of its discovery, but few have endured the difficulties it brings with the added challenge of a wheelchair. Skeesuck has been using a manual wheelchair for several years since the onset of Multifocal Acquired Motor Axonopathy, a disease that has limited his muscle function. This disease was dormant in his body up until an accident at the age of 16 that caused it to surface.

Skeesuck grew up as an active person playing soccer and tennis. About six months after the accident, he began to experience weakness in his left foot. As he graduated high school and went on to college at PLNU, he was undergoing countless tests and surgeries in pursuit of answers. It was on the PLNU track that he ran for the last time.

In the spring of 2012, Skeesuck learned of the Camino de Santiago trail while watching PBS on TV. "I knew instinctively that this was something I needed to do," he recalled.

By this point in his life, Skeesuck explained that he had already been using a power wheelchair and was, for the most part, dependent on others to help him do everything from eating and bathing to using the bathroom, from the moment he woke up to the moment he went to bed at night. Skeesuck knew this idea of a pilgrimage through Spain was a crazy one.

His lifelong friend, Gray, who was born just 36 hours apart from Skeesuck and in the same hospital, came to visit him a short while later. Skeesuck wasted no time in showing him the PBS episode responsible for igniting his dream, and asked, "Do you want to go across 500 miles of northern Spain with me?" Without hesitation, Gray replied, "I'll push you."

Gray's initial reaction, he said, "defies logic."

"We have lived life together since we were kids and to have an opportunity to create one more adventure was a no-brainer. In my mind, there was no other appropriate response," said Gray. "It was a naive response. I had no idea what I was getting myself into, but I was like, 'I'm in."

The bond these two friends share played a huge role in the outcome of this adventure. "We love each other despite our faults," said Skeesuck. "That's how we sustain our friendship."

"Everything we went through was positive. Even the struggles pointed to positive outcomes," Gray said.

Their journey began in St. Jean Pied-de-Port, France, on June 3, 2014. On the second day of their journey, one of the wheels on



Skeesuck's wheelchair had snapped off. In the midst of this obstacle, Gray said they had to continue to move forward on the trail. By communicating on a physical, emotional, and spiritual level, which broadened each of their perspectives, they were able to figure out a plan to get back on track. Gray said, "I had a much greater appreciation for the perspective that Justin brought in each situation.

"When you start to have that mindset, it's remarkable how close you get," he continued. "We were close before, but every day was just one step closer. It was a reminder that in our relationship with Christ, we never get to that pinnacle moment. As soon as we think we do, we fall. We should be constantly striving for something deeper, more raw and real. This journey was a constant reminder that I loved him before, but I love him even more now."

Both Skeesuck and Gray are married with three children. From the beginning, Skeesuck said their families saw the bigger picture of what was happening and supported them throughout the journey. It took 35 days for the best friends to complete the pilgrimage. At the finish line at the base of the Cathedral in Santiago de Compostela, Spain, wives **Kirstin (Karlson) Skeesuck (01)** and Donna Gray were eagerly waiting to meet them as they crossed.

"That was an amazing experience: being gone and getting to see their faces again after going through what we went through to get there," Skeesuck said.

For both these men, faith was a key element in conquering the challenges that were set before them. "It's a cornerstone," said Skeesuck. "We were both raised in Christian homes. Our parents instilled in us that Christ is the foundation. That has grown and ebbed and flowed, but going into the pilgrimage, once Patrick said, 'I'll push you,' it has been a faith journey ever since. We have never been to the

altar praying so hard in our entire lives. We had never leaned on each other more than what we had until that point. It was very evident that God was with us on this trip."

Skeesuck recognized there was no way he and Gray could have endured what they did without God's guidance. They had people at home praying for them as they trekked through the Pyrenees Mountains, from the beginning of the trail all the way throughout the entire pilgrimage. Skeesuck referred to it as a testing of their faith, their patience, and in keeping steadfast on the path God has placed them on.

When asked about their reasoning for documenting and writing about their pilgrimage, the friends said they have great purpose.

"Our hope with this film and the book is that others will see that their lives are not defined by their limitations, their lives are defined by what they accomplish in spite of their limitations," said Gray. "The only way we can overcome the darkness we face in life is with others at our side."

Skeesuck said, "Every life has challenges — some are harder than others. But regardless of the challenges we face, our ability to overcome them rests in our relationships. That's what this book is about, that's what this film is about: our ability to live well rests in the community we surround ourselves with."

Skeesuck and Gray documented their journey in a couple ways. Their movie, "I'll Push You: A Camino Journey of 500 Miles, Two Best Friends and One Wheelchair," will be released Nov. 2 in over 500 theaters as a special one-night event to support the Muscular Dystrophy Association. Their book, I'll Push You, was released June 6 and they have a children's book coming out in the spring of 2018.



Dentistry Meets Coffee in Nicaragua

BY ALEXA PETERSON

For **Dr. Thomas Fitzpatrick (01)**, Nicaragua was simply a foreign destination in need. He had no idea the mission trip he took there in 2006, as a doctoral student at Loma Linda University, would result in a life-changing career path that expanded beyond the goals and dreams he had set for himself.

As he used his knowledge and skills as a dental student for the first time while in the foreign country, Fitzpatrick realized what an impact he and his team had on those in the impoverished communities, who otherwise had no access to any form of dental service.

"This developed a motivation to serve those in need through dentistry on a regular basis," said Fitzpatrick.

Fitzpatrick is the founder and CEO of Cura Coffee Company and the nonprofit Cura Smiles, both based out of San Diego. He also works as a general and cosmetic dentist. When he first began to live out these very different callings, he felt God had brought into his life "the right people at the right time."

Fitzpatrick connected with two people who became his key ambassadors, Randy Ataide and Cathy Gallagher (13), both of whom formerly worked for PLNU's Fermanian Business & Economic Institute. They assisted Fitzpatrick in choosing an advisory board and developing a business plan - and connected him to PLNU business students, who further modified that plan.

"I continued to surround myself with individuals and advisors who encouraged me and contributed to our efforts," Fitzpatrick said. "The small steps in creating both Cura Coffee and Cura Smiles became a reality as we continued to move forward in God's bigger picture."

From there, he began to act on his desire to provide sustainable dental service to the local community in Nicaragua, and hoped to someday reach people on a global scale.

Fitzpatrick was first introduced to the coffee growing community in Nicaragua in 2010 through The Foundation for Worldwide Health, which already served and supported four working clinics in Nicaragua, and was invited to provide this farming community with dental care due to their lack of access. Through a grant from Rotary International, the foundation was able to build a fifth dental clinic at a coffee cooperative in Boaca, just two hours east of the capital city of Managua.

"We formed a collaboration with the dental school in Managua to work together to train and equip Nicaraguans to help in these efforts. Our team provides care at five clinics on an annual basis, but when we are not in the country, the Nicaraguans go up to the [coffee] plantation to provide dentistry to around 650 farmers and families," said Fitzpatrick.

In combining his work as a dentist and CEO of a nonprofit, Fitzpatrick said his biggest challenge is "continuing to pour time, energy, and effort into this project." And "... clearly communicating the need that exists and the opportunity to make steps toward a positive impact no matter how big or small."



However, he recognizes God's call on his life through Scripture. "We are called to love God and love others," he said. "It is energizing to know and be the hands of Christ to the underserved through dentistry."

As an alumnus of PLNU, Fitzpatrick has kept a bond with the institution. Cura Coffee has taken part in the Fall Festival, as well as the annual Roots of Giving event over the years. "We have received amazingly positive feedback regarding the quality and positive impact," he said.

Beginning this fall, Cura Coffee will also be the coffee supplier for Nicholson Commons. As a certified Fair Trade campus, PLNU seeks to ensure the provision of quality products from safe and healthy work conditions that protect the environment and empower the communities they come from. Cura Coffee has been given an even greater opportunity to reach those in need in Nicaragua due to this partnership and their dedication to Fair Trade business. As more coffee is purchased, more funding is brought in to contribute to the workers and their families and to the dental services being provided.

Cura Smiles recently raised \$50,000 and was also able to build a dental clinic at San Diego's Mid-City Church of the Nazarene to serve those in need in the City Heights community. It is partnering with PLNU's pre-health program to provide educational and training opportunities for students.

"It will be exciting for students, staff, and faculty to know that by enjoying a cup of Cura on campus, they are supporting the economy of our coffee farmers at a Fair Trade price, and helping expand sustainable dental care to the underserved both locally and globally," said Fitzpatrick.

Cura Coffee is available in the Nicholson Commons cafeteria on PLNU's main campus, or at the Point Loma Living Room Coffeehouse, newly remodeled by Ataide and Gallagher.

FUTURE SEA LIONS



- 1 Emmett Robert: Born to proud parents Steven (07) and Dana Vredenburgh on July 4, 2016. Emmett weighed 8 lbs. 11 oz. and measured 21 1/2 inches at birth. His parents plan to celebrate with fireworks every year.
- 2 Claire Grace: Born May 20, 2017, at the Portsmouth Naval Hospital in Portsmouth, Va., to Peter Harrington and **Heather (Yancy) (07) Harrington**. Peter is a lieutenant for the U.S. Coast Guard and Heather is now a stay-at-home mom. They are stationed in Philadelphia.
- 3 Jonah Jerome: Born to Jerome and **Alexia** (**Matthew**) (**08**) **Martin** on Nov. 10, 2016. Siblings: Judah Alexander, 5, and Reyna Samantha, 3.
- 4 Austin Daniel: Blessed Josh and **Courtney** (**Hull**) (**O6**) **Howe** in the heat of the Phoenix summer on July 18, 2016. Austin loves bath time and spending time with his friends at daycare while his mom and dad work.

- 5 Lucy Grace: Born to Ryan and **Jessica (Ose)** (**03) Babb** on Oct. 12, 2016, in Penn Valley, Calif.
- 6 Faith Joy: Born to Alex (10) and Kayleigh Giallombardo (11) on March 22, 2017. Faith was born prematurely, weighing 15 oz. and measuring just 10 inches long. Kayleigh had severe HELLP Syndrome, causing her organs to shut down while simultaneously causing Faith's heart to stop. The doctor performed an emergency C-section under four minutes! The doctors told the couple to terminate at 22 weeks, but they decided to have faith, pray, and ask for a miracle. Now, Faith is in the NICU continuing to grow and currently weighs over 5 lbs. Kayleigh said, "God is so good and faithful to us! She is a true miracle baby. We have been praying for her nonstop and know it is only by God's grace and healing power that she's here today!"
- 7 Malakai Avery: Born on April 20, 2017, to loving parents **Joaquin (13)** and **Maria (King)** (10) Hernandez. They are excited to journey

- through parenthood with this little one. Malakai was dedicated by Pastor Tim King, Malakai's grandfather, in Salinas, Calif., at the Salinas New Life Church of the Nazarene.
- 8 Cyrus Kamali'ikupa'aikaika: Welcomed by Ken and Maile (Cerizo) (07) Crewdson on Jan. 30, 2017, at 8:08 a.m., weighing 8 lbs. 6 oz. and measuring 19 inches long. His name means "Prince of His Loyal Strength." Big sister Ruby Mahealani was born two years earlier, on April 10, 2015. Her name means "Precious Reflection of the Sun." Maile and Ken reside with their sweet family in Pullman, Wash., where Maile designs handmade teething necklaces for her company, Bubs Teething Jewelry, while her husband does electrical engineering for Schweitzer Engineering Laboratories.
- 9 Aiden Richard and William Lawrence: Born on April 25, 2017. Timothy and Shannon (Conner) (12) Sigmon added these two twin boys as new members to their family.

IN MEMORIAM

Dr. Frank Carver

BY BRIAN BECKER

Dr. Frank Carver passed away on July 14, 2017, at age 89. Carver was well beloved and remembered for his primary dedication to the study of Scripture, his brilliant and inquisitive mind, his love for the church, and the humble way he nurtured many in friendship and discipleship. Carver mentored many who have in turn discipled successive generations at PLNU and beyond. He was a theology professor, department administrator, and biblical scholar at Pasadena/PLNU for over three decades, his influence extending throughout his long retirement. Carver and his wife, Betty, were members at San Diego First Church of the Nazarene and only recently moved to Los Angeles to be nearer to their family.

Carver taught at Pasadena/PLNU from 1961 to 1994. Late in life, he reflected, "At the heart of my life was a call that drove me on." He was a man on a mission calling to dive deeply into Scripture and to teach others to do likewise. This calling took him through undergraduate studies at Taylor University to Nazarene Theological Seminary and Princeton, and on to Ph.D. studies at the University of Edinburgh, with brief intermediary tenure in pastoral ministry in his native state of Nebraska.

Carver's scholarship was in service to the church. He saw the university and church always as partners. Emeritus theology professor and chaplain **Dr. Gerard Reed (87)** said, "To Frank, biblical study, in which he excelled, was not an end in itself. Rather, it was a means to the one ultimately important end: communion with the Father."

Emeritus chemistry professor and administrator Dr. Val Christensen loved to spar with his always inquisitive and opinionated friend. Christensen said, "Frank and I would discuss everything and agree on nothing, but always with respect. Apparently, we had an understanding that the other's views were meritorious even if mistaken, and Frank's collegial spirit had no place for conflict."

It was Carver who encouraged Dr. Bob Smith, professor of Scripture and preaching, to pursue further education and serve the church through higher education. As colleagues at PLNU, the two men met regularly for nearly 15 years for mutual



encouragement and to discuss what they had been reading.

Smith said, "People knew they could trust [Carver's] scholarship but they knew his heart, too. They knew he lived what he taught ... Many professors over the years would seek out his comments on a text, on a life issue. He took time for people."

Former PLNU president **Dr. Jim Bond** (59) found Carver to be authentic, broad minded, and always caring. Bond said of Carver, "Frank more closely resembled a spiritual guide and mentor in my life than any other person. He initiated it, I never asked for it, and we never talked about him being the guy that was going to keep his hand on me. But he took the initiative."

Bond admired Carver's relationship with Scripture and the way Carver sought to give it full freedom to direct and convict. He said, "Maybe not by the world's definition but by the Jesus definition he was indeed a great man. He was real, genuine through and through, no sham, no pretense... Beneath the humility and quiet, gentle strength of the man, there was profound authenticity."

Dr. Ron Benefiel (71), professor of sociology and Christian ministry, was also among many taught and mentored by Carver. Benefiel said, "I saw in him the love and grace of God extended to colleagues and students in a multitude of ways in everyday life. I will forever be indebted to him as teacher, author, and mentor in the faith."



Ruth Whitcomb (48) died in Lacey, Wash., on May 26, 2017. She grew up in Oklahoma. At age 11, her parents included her in the prayers and decision of moving to Glendora, Calif.,

where her parents served as pastors of the Upland Church of the Nazarene. Ruth married Lawrence Whitcomb (49) on Nov. 21, 1947, after his return from two years in the U.S. Navy. They later settled in Long Beach, Calif., where they lived for over 30 years. Growing up in a pastor's home, Ruth relished accompanying her father as he made house visits or spoke at meetings. Her lovely soprano voice encouraged many people. Ruth was a frequent soloist at weddings and funerals for several decades. When her family of four traveled by car, they sang in harmony, Ruth leading out with the melody. Ruth was preceded in death by her husband on June 3, 2009. She is survived by her sister, Pat Murarik; her son, Michael Lawrence Whitcomb (72); her daughter, Melinda Ruth Griffith (75); three sisters-in-law, Eleanor Simpson (51), Bonnie Cervine (52), and Jackie Burton (52); one brother-in-law, Willard Whitcomb; and many grandchildren, great-grandchildren, nieces, nephews, cousins, and friends.



Dolores "Dodie" (Brough) Anthony (54) died on June 16, 2017, in Piqua, Ohio. She was born March 10, 1932, in Attica, Ind. She married George Michael Anthony on

Sept. 4, 1953, in Porterville, Calif. He preceded her in death Aug. 14, 2013. She was an educator for many years, teaching in public schools in California and in schools overseas. Brought up in a pastor's family, she was associated with the Church of the Nazarene. She enjoyed reading and traveling, but her family brought the most joy to her life. Along with her husband, Dodie set the example of how to be kind, honest, and hard working, and to believe in prayer and the saving grace of Jesus. She was part of a group of eight alumnae from Pasadena College called "The Forever Friends," who would reunite every few years. Four of these women remain, Shirlee (Jones) Sampsel (54), Joy Aucoin (54), Patricia Taylor (54), and Teddi D'Errico (54), and continue to gather and miss their college friends who have passed on. Dodie is survived by her two daughters, Lisa M. Butt

IN MEMORIAM

(83) and Cindy L. Zimpfer; her son, Michael W. Anthony (86); five grandchildren and two great grandchildren; her sister, Lynda Martin (67); and several nieces and nephews.



Timothy Christopher Reece (99) was born in San Diego on May 4, 1977, and died after an eight-month battle with cancer on May 15, 2017. Timothy majored in psychology and

minored in art. He also earned a Graphic Arts Certificate from UCSD. Timothy worked at several mental health facilities in San Diego for many years, with abused and abusive teen boys and men diagnosed with schizophrenia. After he moved to Denver, he took a job with Maple Star, working in-home with boys of various ages who were diagnosed with Asperger's Syndrome or autism. During the last years of his life, he worked at the Denver School of Rock and the Aurora School of Rock to design, build, and establish them into successful businesses.

Timothy's first loves were his music, art, and poetry. He was a renowned professional drummer known for his years of performing, traveling the world, and recording with post-rock acts like The Album Leaf and Via Satellite. Prior to his death, Timothy completed his first solo album, "To Plan Is a Luxury – To Dream, A Birthright," and his first published book of poetry, 1,000 Loves on Time. Timothy is survived by his brother, Matthew Phillip Reece Cusey (98), and his parents, Ron and Marsha Reece.



Peggy L. Street (76) was born in 1928 and grew up in Aliquippa, Penn. She received a degree in nursing from West Penn Hospital School of Nursing in 1949 and worked

at Western Psychiatric Institute Pittsburgh before joining the Air Force in 1951 as a flight nurse. During the Korean War, she participated in POW airlifts and evacuating wounded French soldiers from Indo-China, reaching the rank of First Lieutenant until her honorable discharge in 1954. That year, she married Bill Street, an Air Force First Lieutenant from the 13th Bomber Squadron. While Bill was getting his MBA at the University of Pennsylvania (Penn), Peggy worked at a Penn State psychiatric institution and took classes on public health at Penn. Once Bill graduated in 1956, they moved to Pasadena and started

the family. Peggy returned to nursing in 1972 when she entered Pasadena College to pursue a B.S. in Nursing and her RN license. She followed the college south when it moved to Point Loma and graduated Magna Cum Laude in 1976. In 1977, the family moved to the Bay Area, where Peggy worked for the VA hospital in Martinez until switching to hospice, where she worked for 20 years until retiring at age 70 in 1998. Up to her passing in early 2016, Peggy continued to help others through philanthropy and spent her free time traveling the globe. She was a renaissance woman, an enigma, a straight shooter, a guide, a friend, and a loving parent. She is survived by her two sons.



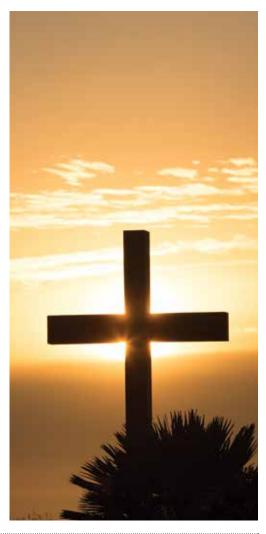
Sonja "Toni" (Selleseth)
Downing (61) died in the
arms of her daughter,
Lisa, on March 28, 2017, in
Broadview Heights, Ohio, from
complications of breast cancer.

Toni moved to Ohio with her cats, Andrew and Maggie, to live with Lisa, Greg, and Ryan when she was diagnosed with mild cognitive impairment (MCI). Just before she moved, she was diagnosed with stage 3A breast cancer. Born in Sacramento, Calif., on Sept. 2, 1939, to Irvin and Nellie (Brown) Selleseth, Toni was a graduate of El Camino High School and Pasadena College, where she majored in music. Until she retired in 2005, she worked for more than 30 years for the County of Sacramento. She was a dedicated student of spiritual study and a member of the Spiritual Life Center. She is survived by her sister, Joan Adams; her brother, Keith Selleseth; her daughter, Lisa Martin; her grandson, Ryan; her step-grandchildren, Dennis, Sarah, Alyson, and Sean Martin; and a multitude of nieces and nephews. She was preceded in death by her parents; her nephew, Philip Adams; her son, John Downing (a death that "completely broke her heart," said daughter Lisa); and her former husband, John "Mike" Michael Downing (61), who passed away in 2009 after battling lung cancer.



David "Dave" Clair Jones (57) was born Jan. 20, 1935, in Grafton, W.Va. He was the youngest of six preacher's kids. His father was the pastor of South Charleston Church of

the Nazarene. He attended Eastern Nazarene College in 1952 his freshman year. That year, his sister bought a car and Dave gave her driving lessons on the road to California. Once there, he completed his education at Pasadena College. He pitched for the baseball team and sang in the quartet and school choir. Dave met Deloris "Mert" (Filipenko) (57) Jones his sophomore year and married her in 1954. After graduation, he was drafted into the army and served for six years. He then taught school for 37 years and retired at the age of 60. Dave's main ministry was singing in a quartet called the Shoremen at Long Beach First Church of the Nazarene. He sang every Sunday night for 35 years, at General Assemblies, and retreats across the U.S., Australia, New Zealand, and Canada. Dave is survived by his wife; two daughters, Renee Swartz (81) and Shelly Conner (84); sons-inlaw; and six grandchildren. He was also able to meet his first great-grandchild before he passed away on Aug. 24, 2016.



OCTOBER



> 13-14
Family Weekend

> 21 | 10 a.m.-2 p.m. Fall Festival

> 25-29 Seminar by the Sea: The Christian Tradition

> 27 | 7:30 p.m. Jazz at the Point Fall concert with special guests.

NOVEMBER

> 14

Perspectives on Science 'Playing with Molecules of Life'' with Peter Schultz (TSRI)



> 13-18
Homecoming

> 16 | 7:30 p.m.
Fall Band Concert
"Guys in Ties, Girls in Pearls!"
Dessert to follow.

DECEMBER

> 1-2 | 6-8 p.m.
Cider Celebration

> 3 | 3 p.m. The Messiah Brown Chapel



Perspectives on Science
"Collaborating with the Innate
Immune System to Treat
Antibiotic-Resistant Superbugs"
with Victor Nizet (UCSD)



> 8 | 7:30 p.m.
Viva Vivaldi! Orchestra
Concert

FEBRUARY

> 20-23
Writer's Symposium
by the Sea
with Jane Smiley, Krista
Tippett, Kareem Abdul-Jabbar,
and Justin Skeesuck (97) and
Patrick Gray



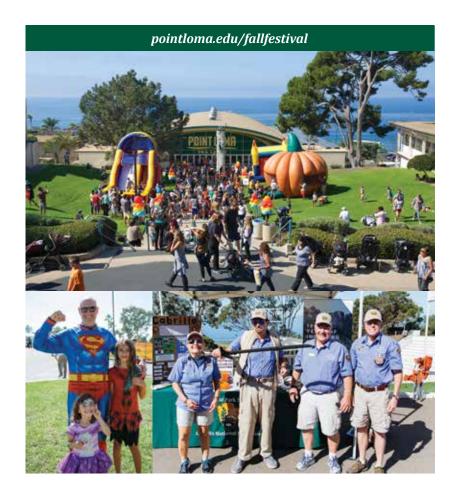
Saturday, October 21 | 10 a.m. - 2 p.m. Point Loma Nazarene University | Main Campus

New! Live Karaoke Band
Wagon Rides
Petting Zoo
Live Music
Pony Carousel
Electronics Recycling
Pumpkin Patch
Taste of Point Loma
Artisan Market Place

PRESENTED BY:







>>> Talking Point

Q&A with John Calhoun

Since 1907, the Church of the Nazarene has held general assemblies every four years. These global family reunions serve as times for worship, fellowship, training, and decision-making. We sat down with Dr. John Calhoun, director of PLNU's Center for Pastoral Leadership, to learn highlights from this year's General Assembly, key decisions made as resolutions to the church manual, and what those changes mean for the church today.

Q: Were there any new general superintendents elected to the leadership this year?

A: We have two new general superintendents: Carla Sunberg, who served as president of Nazarene Theological Seminary, and Filimão Chambo, who grew up in Mozambique and was the regional director for all the countries in Africa. The six general superintendents, three of whom are Americans and three who are not, act as a board to give jurisdiction over all these world areas.

The Church of the Nazarene is committed to being a global church that gives equal voice to everybody everywhere. The evidence of that is the leadership now; half the people in leadership are not from North America. We're a 2.5 million member church, and now, 75 percent are not Americans.

Q: Of the resolutions discussed this year, were there any in particular that you recall having significant impact?

A: When they heard there was going to be a resolution that would speak better about creation — that would be open to science - our faculty here at PLNU were very interested in what happened. The amendment to the statement of

creation, Christian Action-719, which had a 99 percent approval rating, basically states that the church is open to what science is discovering, with the basis of God as the Creator. Before, the way it was written did not leave it open to science. We are a Christian liberal arts university rooted in Wesleyan heritage that values scientific discovery and research, and this resolution is important to us and to many others because of those values.

Q: The other resolution that had a 99 percent approval rate centered on the topic of human sexuality. What about that resolution shifted?

A: I was talking to Professor Rodeheaver about that after we came back, and we both agree - this resolution is so biblically oriented. It kind of deals with three parts of Christian theology. One is we are all created in the image of God, and that God's purposes for our creation were good and wonderful. The glory of sexuality is part of the glory of His creation. Second, there's the human fall away from God. We could think about many things that have come because of turning away from God and turning toward ourselves, including the sexuality issue. The third part is the message of love and redemption. Our Weslevan heritage comes from the renewal movement that focuses on love guiding us into all things. We face the world and each other with love. We seek to love like Jesus and live like Jesus. Regardless of what happened with the fall of humanity, the answer is God's love.

In regards to homosexuality, which is addressed in this resolution, I think any time we appear to treat a person without love, it is not godly. If we don't

show grace, love, and respect in the way we treat others, Jesus is not part of that. The resolution needed to look more like Jesus than it did and I feel it does with this change, without denouncing a fundamental Scriptural view of marriage seen throughout the Bible from beginning to end. We're now more in tune with St. Paul when he wrote, "Speak the truth in love." The change was very much needed to show the grace that is in Christ.

Q: It's great those two resolutions were agreed upon by almost everyone. Were there any resolution proposals that saw conflicting ideas?

A: The resolution regarding gender identities was tabled and put to referral for more study. One person who encouraged caution about making harmful statements was one of our trustees here at PLNU, Dr. Dan Spaite (79), a medical doctor from Arizona. From a medical position, he talked about chromosomes and the irregular occurrences that can sometimes happen, and the importance of being pretty slow and careful in thinking about this.

We're more aware now than we have been in the past. Everything is in discourse now: events, people, celebrities, and even personal tragedies. I know through in-laws who had a transgender son, they were devastated when they found he had hung himself in their home, at age 14. All these sorts of things, as they get published and noticed, make everybody stop and think more than they used to. What Dr. Spaite was saying - that makes us stop and think about this. Apparently, that's why the General Assembly referred this to the Board of General Superintendents for more study.



Q: Why do you feel it's important for the Church of the Nazarene to allow space for questions about the resolutions and even disagreements at **General Assembly?**

A: It's one big family, and family life can be a little unsettling, sometimes. But, we're family. We seek to be a global church that gives everybody a voice, and we learn from each other. We're not doing it just to be nice, but we're doing it to honor God through Christ to carry out His mission. When I think about this family and its inclusivity, that we are all one people seeking to serve God's mission in the world, I feel like I'm part of something that really matters. When I see it happen this way, as hard as it is, and sometimes as frustrating and chaotic as it can be — and, it's not one boss telling everybody what to do, except Jesus — I feel very thankful.

Q: What was your key takeaway from this year's General Assembly?

A: I like the audacity of thinking there could be one body, one Lord, one baptism, one church with all these mixtures of people. It's pretty idealistic. The electing of the leadership this year shows strong support of that. What I took away from the assembly time was not only that action, which signifies something really strong, but what I felt was an experience, personally, being in the meetings, of a really authentic and beautiful sense of the Spirit of God. Especially when we would sing and worship in different languages, each taking turns singing the same song. VP



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