

WE ARE

SEU

Issue 17



CHAOS







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## FOREWORD FROM DR. KENT INGLE

It's hard to believe this academic year has come to a close, and we are heading into the summer. At the end of each year, I always take the time to reflect on all that God has done on our campus.

With the ongoing changes in our world and lingering impacts of the pandemic, it may feel like we've been in a season of chaos. During these times, it can be difficult to focus on the good around us.

Last summer I set aside time to hear from God on what He had for our campus in 2021-2022. He clearly told me that we had been at the mountain of crisis for long enough. It's been a place of difficulty and chaos. But, in the midst of it, we have learned to develop our dependency, trust and faith in God.

I want to encourage you, if you may feel like you are in the middle of a storm, to continue to sow seeds of hope and praise to God. As you plant these seeds, He will pull you out of the dark storm and place you in a new season.

Leviticus 26:9 says, "I will look on you with favor and make you fruitful and increase your numbers, and I will keep my covenant with you."

My prayer for you is that you will see this present time as "A Time to Sow". May you continue to sow seeds of hope, faith, trust and perseverance. I believe that if you take the time to sow these seeds, then He will pour out the blessings of Heaven in your life.







*Pictured Left to Right  
Top: Madi, Hannah, Audry, Grace  
Bottom: Matt, Ella*

## LETTER FROM THE EDITOR

There are many ways that I could describe my time here at Southeastern: a hymn of harmony, a beacon of illumination, a call to simplicity, a commitment to creativity. However, the one descriptor that was most unexpected and most prevailing, was a sense of chaos. We as a student body have stood in the ruggedness of chaos, with our feet on shifting sand and our minds muddled by the whispers of lamenting winds. Yet, by the grace, strength, and wonder of our Lord, we have endured. We have persevered. We have found beauty.

Grace, Audry, Ella, Bekah, Madi, Matt, and I hope that you always seek to find the beauty of the Lord all around you. No matter what chaos you walk into, may His peace go before you and may His comfort surround you, so that you may fully see the goodness of His glory in every aspect of your life.

Thank you for allowing me this opportunity to encapsulate your stories and share how God has moved through your life these past four years; it has been the greatest of honors.

Sincerely,  
Hannah Larson, *Executive Editor*

# WE ARE SEU

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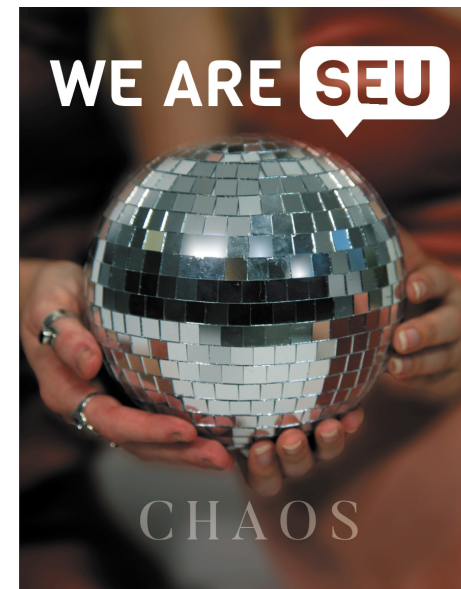
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LOCAL BUSINESSES

*360 Unlimited, Balance Culture, Lloyds, Love Bird, Rooted of IkInd*



# IN THE STILL OF NIGHT, I FIND IT TOO LOUD TO SLEEP

The butterfly, attempting escape, clashes with the window above me; this commotion of chance-medley rattles me to think of yesterday's dismal endings and tomorrow's colossal weight.

I once had thought of clipping the butterfly's wings, to prevent the effects it might bring, staying swallowed in the cocoon of my own comfort, faking indifference to the shaking of the trees, just so I could breathe.

At the crux of my confusion, I remember that this very ground beneath my feet was once in the same state as me - utter uproar, complete lack of form, insurmountably ignorant to peace -

Until You spoke.

I am undone,

yet put back together by a single whisper.

Thoughts once flooding my nervous tissue are now stilled by Your renown.

Problems that encroached upon my quietude still exist, but bow before Your name and likeness.

In Your morning light, the worries of tomorrow implode into the flutters of a thousand possibilities.

You call the butterfly into flight again, it finding rest upon my temple, as I stand in awe and reverence in the chaos of Your love for me.

HANNAH LARSON





## ALMOST FAMOUS CHICKEN

All of our chicken is brined for 24 hours and is always fresh, never frozen. This wet brine, buttermilk soak, and bread is throughout the day in our house-made flour-and-spice blend. We leave it in quarters and get the largest tenderloins and whole wings we can find because we think that's the only chicken worth cooking from scratch. We think you'll agree it's worthy of being Almost Famous Chicken.

## Love Bird

# LOCAL HANGS

A Lakelander's Guide to Downtown - From Munn Park to Dixieland!

Photos By Grace Baldwin, Jada Corley, Elena Espinoza, Ella Guild | Copy by Madi Schaaf

As one of the fastest-growing cities in the nation right now, Lakeland seems to be experiencing a renaissance of sorts, emerging from the rubble of a pandemic and springing forward with fresh ideas. This revival has birthed countless business ventures by new and seasoned Lakelanders alike, making it no easy task to narrow down our picks for this issue's local hangs. From under-the-radar gems such as 360 Unlimited to local mainstays like Lloyds, Lakeland is not only emerging from chaos but is ultimately thriving in the midst of it.

We know you can get chicken almost anywhere, but we doubt it'll be as good as LoveBird's, a mom-and-pop-owned lunch spot. With more than a dozen chicken options on the menu, you'll score with any you choose, from "The G.O.A.T." to "That Bama Chick." And trust us — the biggest mistake you could make at LoveBird is to go easy on the sides, so be sure to check them out. For first-timers, you can't go wrong with the "So Gouda Mac" and "Dirty Fries," and the "Jalapeño Bacon Corn" has just the right amount of kick! Wash it down with a sweet tea slushie, and be sure to snap a photo in front of the iconic neon sign before heading out!



# Balance Culture

In their newly built location, Balance Culture provides a safe place for women to workout among an outstanding community. Moving to the heart of downtown gave the gym additional room to host their variety of group fitness classes, such as pilates, spin, barre, and strength training. Health coaching and personal training are feature services at their new location. Balance Culture also offer opportunities for co-ed, group classes that you can enjoy with your whole friend group!

# 360 Unlimited

Located in an inconspicuous brick building on South Florida Avenue, you can easily drive by this gem of a vintage shop without even noticing it. But we promise you, a quick (or not-so-quick) stop at 360 is well worth your time. When you first walk in, you'll be greeted by a friendly green alien in the window, along with the even kinder owners of 360. Move on a little further and you'll discover a treasure trove of hundreds of vinyl records and even a free retro arcade game! But that's not even the beginning; the other 2/3 of this shop is packed to the brim with authentic vintage clothing from as far back as the early 20th century. Whether you're looking for an over-the-top evening gown from the 1960s or everyday items like leather jackets and sunglasses, you can be sure to find an eclectic piece that fits your style. Note: Keep in mind that this unique location is only open on the weekends!





# Rooted of Lakeland

If you're craving something sweet but want to keep it healthy, check out Rooted, a family-owned cafe with a twist! Opened just months ago, Rooted seems like your typical cafe at first glance, but you'll quickly discover that the entirety of its curated menu is health-minded. From protein iced coffee to refreshing acai bowls, you're sure to find a snack to satisfy your craving without the extra sugar. Or check out their assortment of waffles, piled high with a wide variety of toppings! Some of our team's favorites include the mini donuts (check out the s'mores and Nutella flavors!) and ice-cold refreshers. And before you head out, be sure to snap a photo of Rooted's swoon-worthy interiors.



# Lloyds

Searching for a "new" antique? Then look no further than Lloyds of Lakeland for a spectacular collection of vintage wares. With over 15,000 square feet of space, you can easily spend hours browsing the unique — and sometimes bizarre — assortment of antiques packed throughout the store. Some of our team's favorite finds include collections of written postcards from as far back as 1906 and a host of vinyl records to sort through. And if you're an accessory aficionado, you'll appreciate the slew of vintage rings, button pins, and beaded purses dotted throughout the shop. Plus, be sure to check out the upstairs space for a glimpse of the building's historical Art Nouveau architecture, along with Lloyd's talkative pet parrot!

P.S. Lloyd's is situated along Kentucky Avenue where the Lakeland Farmer's Market is located on Saturdays, so we recommend making it a joint outing!



# Theological Discussion

BY KALEB DOUTT

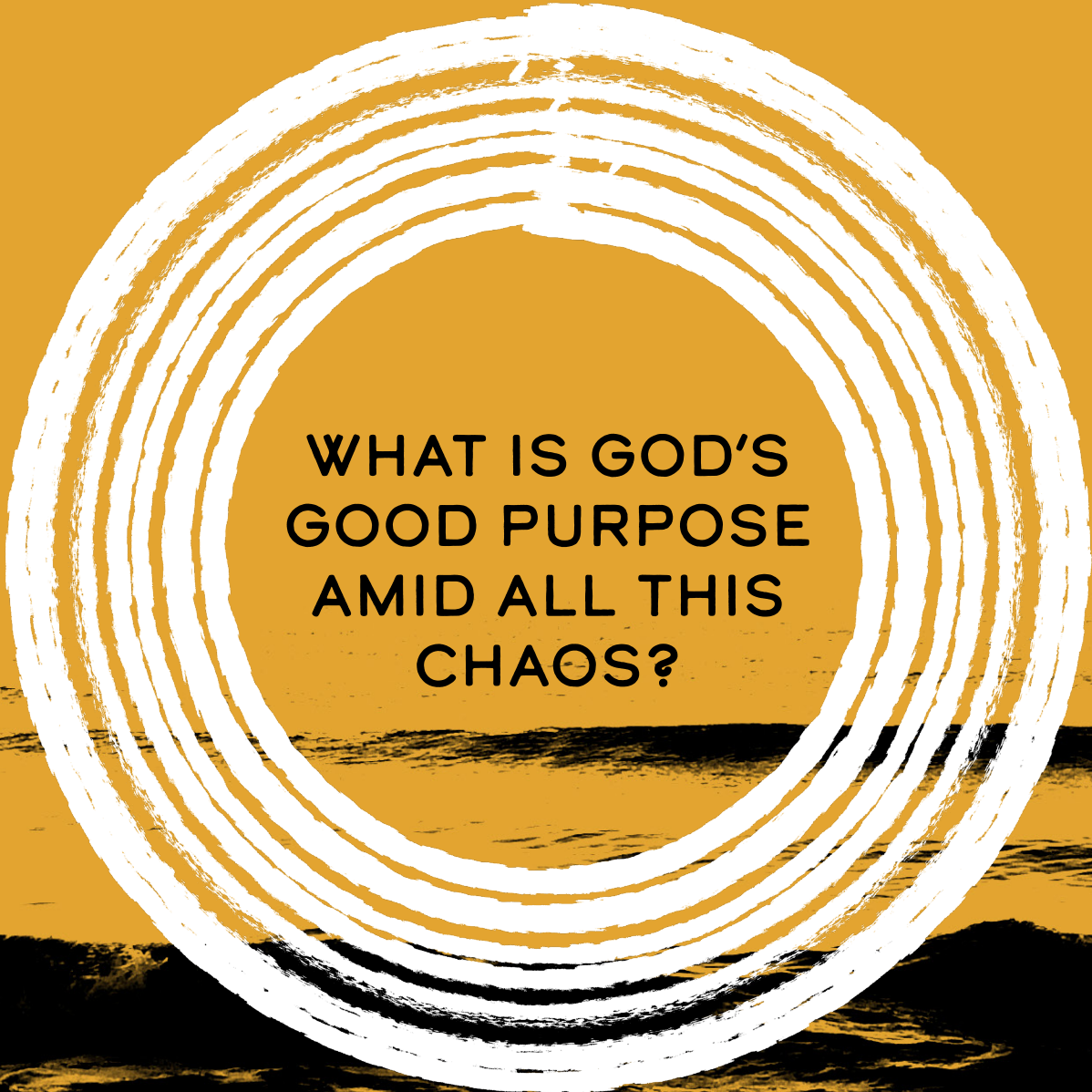
## SPIRITUAL SETBACKS

DESIGN BY  
BROOKE ANDERSON

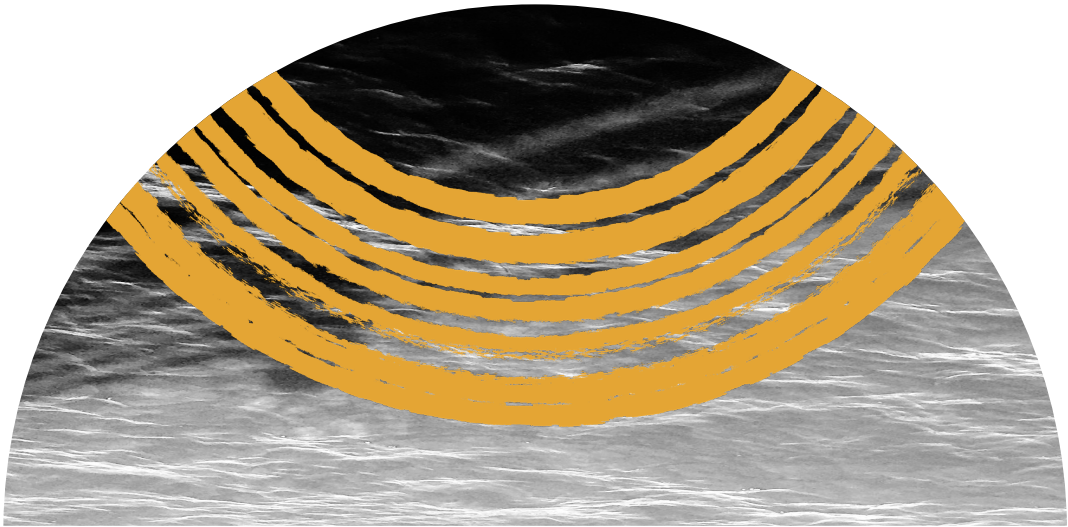


2 CORINTHIANS 2:11

EPHESIANS 1:6



**WHAT IS GOD'S  
GOOD PURPOSE  
AMID ALL THIS  
CHAOS?**



In the past two years, our faith has had serious setbacks. Quarantine prevented us from being encouraged by other believers. When our plans and goals fell through, we lost our spiritual disciplines, leaving nothing to support our anxious hearts from doubting that God is in control of our futures. Consequently, we began to care more about securing our prosperity in this life rather than in the next. These setbacks are the roots of what feels like spiritual chaos.

However, “we are not ignorant of [Satan’s] designs,” (2 Cor. 2:11). Satan tries to convince us that our setbacks are chaotic. When the storm is raging and it appears that destruction leaps at random, we are tempted to feel helpless amidst an uncontrolled life. But, I ask, doesn’t God control the storm? He does: “For to the snow he says, ‘Fall on the earth,’ ... By the breath of God, ice is given and the broad waters are frozen fast. He loads the thick cloud with moisture; the clouds scatter his lightning. They turn around and around by his guidance to accomplish all that he commands them on the face of the habitable world. Whether for correction or for his land or for love, he causes it to happen” (Job 37:6, 10-13). To think that any event—from natural disasters to political successions (Daniel 4:25) and legislative actions (Proverbs 21:1)—happens by chance or by a self-autonomy independent of God’s conscious control is atheistic in essence.

If God is in control, then He must have had good purposes for the past two years. So then, we ask with faith, what is God’s good purpose amid all of this chaos?

Well, we must first understand what happens when we realize how sinful we are. In Luke 7:47, Jesus emphasizes how the sinful woman loved much because of how much she knew she was forgiven of, while the Pharisee loved little according to how little he thought he was forgiven of. Once Jesus has become our supreme treasure, as He was for the sinful woman, we manifest His supreme worth, and the magnificent purpose of God for creating the universe and enacting the gospel is for His glory and grace to be praised (Eph. 1:6). Therefore, rather than being consumed by our worry and doubt, we can have glad adoration of God’s mercy in the person of Christ Jesus.



# GOLF TEAM FEATURE



As one of 252 institutions in the National Intercollegiate Athletic Association (NAIA), Southeastern has been no exception to the chaos that these past two years have brought to athletics. After enduring the COVID-19 pandemic with zero athletic cuts, SEU has looked to change the narrative on suspending operations and, instead, continued to compete at the highest level. Reaching this goal, however, posed difficulties.

"This past year, we have had several challenges. Fortunately, God has seen us through these crazy times with the pandemic as well as getting multiple tournaments canceled," says Steven Phelps, head coach of the men and women's golf programs here at Southeastern.

Phelps has been present since the addition of the men's golf program in 2009 and the women's golf program in 2014. Since their inception, the men's team has appeared in six National Championships and has produced three career All-Americans. The women's team has appeared in four consecutive National Championships, including a third-place finish this past season, while also producing six All-Americans.

Christopher Greenberry, a junior on the men's team, discusses how the program has impacted his life. "I had never planned on coming to America. There were multiple schools I had been considering and eventually it boiled down to SEU and one other. After visiting, seeing the great chemistry with the team, and experiencing the atmosphere in America, I knew it was the right decision for me. Since then, we have grown

close as a team and have been able to experience God. We have performed well as a team unit and we've praised God together, at the same time. I love it."

Half of the athletes behind on these teams are from other countries, which can make it even more difficult when a pandemic sweeps the entire globe. Recruiting overseas has taken an even bigger hit from the airline and border restrictions being put into effect this past year. Coach Phelps adds, "The main challenge came from losing three recruits this past Fall due to Covid issues." Even with these obstacles, however, God has continued to be present in the team's pursuit of a successful season.

Valentina Espinosa, a Graduate Assistant and international student, discusses God's impact on the team and her outlook on the sport. "The most beautiful thing about this sport is that God speaks to me through it. God has shown me that I can feel defeated, that I can feel the world crumbling apart, but with one right decision, I can get back on track."

Even when the course becomes bumpy or obstacles get in the way, the Fire golf programs continue to swing at the adversity in their path. They look to continue their National Championship marches in preparation for their tournament in May.

Written by Billy Adams  
Photographed by Ella Guild

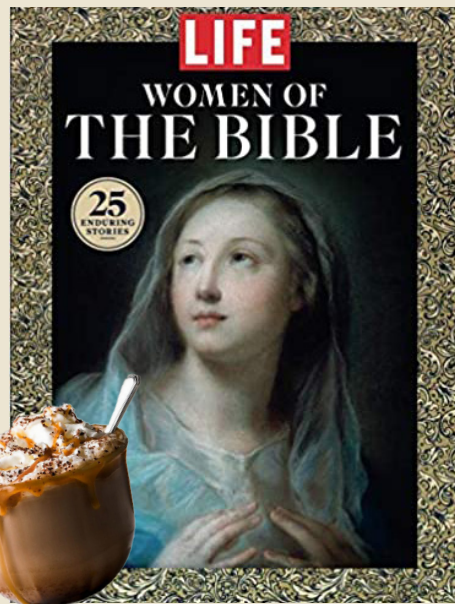




# WHAT MAGAZINES ARE WE READING?

Here at We Are SEU, our magazine team spends the whole year planning, creating, and designing content so that we can present you, the student body, with an opportunity to inspire and motivate you to tell your own story.

But where do we draw our inspiration from? Here are some of the magazines that our team is currently flipping through as we collaborate in sharing a visual depiction of our campus culture.



**HANNAH LARSON**  
**Life: Women of the Bible**  
Salted Caramel Mocha

Life goal: make the most uncomfortable person in the room feel comfortable



**BEKAH HORSLEY**  
**airbnb magazine**  
Iced London Fog

Getting to know the culture of a place goes beyond the surface level



**MADI SCHAAF**  
**Vogue**  
Lavendar Latte

POV: you refuse to admit that Esperanza's laundry room balcony isn't in sitting above Paris

**GRACE BALDWIN**  
**Magnolia Journal**  
Iced Matcha Latte

Did watching HGTV as a child influence my decision to become a designer? Yes. Do I regret it? Absolutely not.

**AUDREY BARRIOS**  
**frankie magazine**  
Cinnamon Crunch Latte

Do what you like, like what you do :)

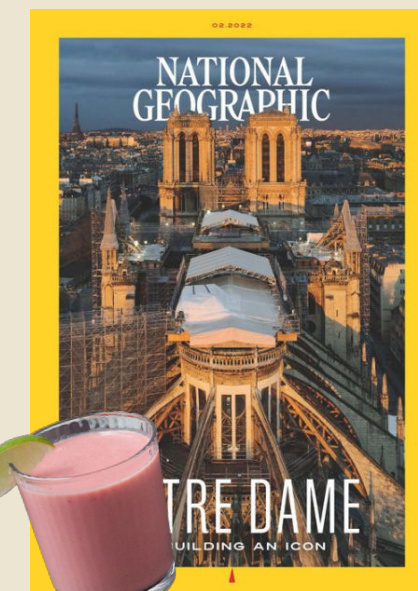


**MATTHEW HOLMAN**  
**National Geographic**  
Strawberry Smoothie

Kindness is offered seldom in this world. Offer it where you can, and take it where you can find it

**ELLA GUILD**  
**Rolling Stone**  
Earl Grey Iced Tea

There is no reason for the interior of bolin to be that aesthetically pleasing







# STUDENT FEATURE: KAYLEE SONNTAG

Written by Lois Asensogyambibi  
Photographed by Calli Fleming

Sometimes in life we find ourselves wrapped up in a multitude of things that we are passionate about. There are many ways in the world that we want to make a difference, and an abundance of duties and dreams together can result in chaos. Once we realize the solution to our chaos may be our own inability to prioritize, a huge burden is off our shoulders. For Kaylee Sonntag, this has been the key to creating a healthy balance between nursing, dance, photography, and her role as an RA in Esperanza Hall.

"[It's important to] know the difference between chaos that is out of our control and chaos we've created for ourselves," says Sonntag.

Sonntag has always been known as the girl who's got it figured out. Although that may be true in some ways, she admits it is not always the case. God has worked miracles in her life and taken her places she could not have imagined. "I don't think it's wise to not have a plan," says Sonntag, "but I also think it's even more foolish to be so set in your ways that you do not allow God's plan to take control of your life."





From an early age, Sonntag has seen God working through chaos and difficulty in her life, particularly when she was diagnosed with reading dyslexia and ADHD. Growing up with the diagnosis was far from easy; she had to take two years of tutoring. What may have seemed like a huge setback in the moment for a 14-year-old put her at the top of her English classes once she transitioned back into high school. Now, she considers it an important part of her story. Having dyslexia and ADHD may mean spending a little more time than the next person studying for a quiz or putting in a bit more effort to stay focused in class, but all these experiences have and continue to shape the student she is today.

After college, Sonntag will continue to tackle new challenges as a military nurse in the ICU with critical care patients. She also plans to continue her education and achieve her certification of Doctor of Nurse Anesthesia Practice (DNAP)! While moving towards the future, Sonntag strives to allow God to be the author of her unfinished story.

For those struggling to find balance in the clutter, Sonntag advises, "there's never really a perfect balance, but there's always beauty in trying to find peace." In the midst of the moments when life feels out of control, it's okay to give yourself grace and find rest, knowing that you serve a God who brings order out of chaos.





# THERAPY DISCUSSION

Over the past two years, we have collectively been through plenty.

With the loss of loved ones, in-person education, freedom, mental sanity, it has been difficult trying to pick up all the pieces, making them fit how they once used to. As time has moved on and pieces have shifted, however, we've had to change. Change in an environment that we're no longer familiar with but must adapt to. Though adaptation must occur, you don't have to go through it alone.

Anastasia Brokas, a Licensed Marriage and Family Therapist, is a Contracted Therapist with Southeastern University who walks alongside students through the ups and downs of their lives. She also owns her own therapy practice called, Always Becoming Counseling, located here in Lakeland, Florida. I sat down with her to discuss some of the questions and misconceptions related to therapy.

In your own words, how would you describe therapy?

Anastasia: "Therapy, also known as counseling, is a place and a space to process crises and traumas in one's life. It's a place to seek professional guidance and help in figuring out how to process whatever someone's walking through or going through."

What is the most appropriate age to go to therapy, and why?

Anastasia: "Therapy can be for any age depending on one's background and experience, from a young kid to an elderly person. The type of therapy that works best for you may vary with age, so it's important to understand which method will be the most effective for a person."

What are two myths about therapy that aren't true?

Anastasia: "Number one: it's only needed in times of crisis. The truth is, therapy is a place to process in any season of life, whether you're transitioning jobs, you've gone through loss, or you're processing heartbreak. Therapy is a place to do an internal check to make sure you're mentally, spiritually, and emotionally healthy. Number two: talk therapy is the only type of therapy out there. There's art therapy, horse therapy, sand therapy, play therapy, and much more."

Can I sit in silence while in counseling, or does talking happen the whole time?

Anastasia: "Therapy doesn't always have to be filled with words, there can be moments of silence. In those moments it's just figuring out what the silence is coming from. Is the silence because they're uncomfortable and have nothing else to say, or is it because they're trying to process and work through some stuff before they share? And as a therapist, if the client is silent because they don't know what to say, the therapist will help direct the conversation and ask questions to create space for their response, whatever it may be."


What would you tell me if I was scared to go to therapy, but knew I needed it? Could I bring a friend with me or therapy?

Anastasia: "I've had people come to me scared, and the first thing I do is I acknowledge the validity of the fear. It's okay to be scared, that's a common, normal response. Then I follow up with, 'whatever you need to bring to therapy, that won't attack me, you're more than welcome to bring.' I've had girls bring their dogs, friends, and boyfriends, and it's helped ease them and understand that a good therapist is always for the client."

BY ALEXA ESTEVEZ


DESIGN BY BROOKE ANDERSON






## What are some exercises that people walk through in a session and can use daily?

Anastasia: "First is breathing: place both feet on the ground, hand on your chest, and focus on your breathing. Second are positive affirmations: say three positive things about yourself. Third is moments of gratitude: say three things you're grateful for."




## What topics can be discussed in a therapy session?

Anastasia: "Anything! You don't have to be in crisis to go to therapy. Instead you should feel a freedom and a space to process whatever it is you need to process. I've had girls come in to talk about a boy they like, the mom on their nerves, the parents who are overbearing, and some who are walking through really heavy things."




## Do you have a therapist?

Anastasia: "I do, it's important. When you're on your road to becoming a therapist, especially in your masters courses, your professors will tell you to get a therapist. At the end of the day, we're human too."




## In light of COVID-19 being a reality for 2 years now, how have you seen isolation impact young students?

Anastasia: "When COVID-19 hit, there was more of an understanding that this generation may be socially connected but relationally disconnected. I realized that social connections didn't suffice, and we started to crave connection because that's how we were created to be; it's a basic human need. COVID-19 opened our eyes to see that when we're in isolation, we really struggle because we weren't meant or created to live on an island. Even the most introverted person is created to connect with someone or something outside of themselves. And now, as we learn to reacclimate, I've realized that we have to go beyond surface-level conversation of, 'Hey, how are you?,' to, 'Hey, how are you truly doing? Let's process this together.'"



## How has social media played a role in labeling the mental health of young adults, and how can it be a tool and a curse?

Anastasia: "There can be lots of misinformation across social media. There are people who struggle with mental health but are not professionals in it, so what's being portrayed are experiences and not research or facts. We've confused realness with vulnerability. Social media is not meant to diagnose you, but social media is making mental health become part of the conversation. It has empowered people to go and seek therapy, broken the stigma around mental health, and has often created a community of compassion."





## How do you know if a mental health account is run by a professional or an influencer?

Anastasia: "If a post says, 'You are anxious if...' that's an influencer because it's a declarative message of who you are. But if it's saying, 'Common signs of anxiety,' that's a professional because it's not declaring a message over someone on the other side of the screen. Also, always check bios, because great professional accounts usually have their license and their specialty there."









## Is there hope for a future without anxiousness?

Anastasia: “I don’t think ‘without’ anxiousness, but learning how to not be defined by anxiousness, yes. The exposure that this generation has gotten at the age they have is an automatic door to anxiety. Scientifically, our brains were never meant to handle the information we’re getting by the ages of 10 and 11. But we can learn to better manage, understand, and take hold of anxiety instead of anxiety taking hold of us.”




## What is journaling, and does it replace therapy?

Anastasia: “Journaling doesn’t replace therapy, but it’s actually proven to be one of the best things that people can do, and the writing style and size is whatever works for you. The main purpose of journaling, which we call brain dump, is literally releasing what’s in your brain and putting it on paper. It’s hard to rationalize the thoughts we have when it stays in our brain, so it’s easier to rationalize when we see it on paper – it helps debate thoughts.”




## How do you know that the person you’re confiding in is trustworthy?

Anastasia: “I call my first session the intake session, getting to know me and me getting to know them. After every intake session, I say my code of confidentiality: ‘My relationship will be with you, the client, and I cannot answer outsiders’ questions because I am your ally, your person.’ The only four reasons I would break my code is if I think you are a threat to yourself, a threat to others, if a dependent is being abused, or if there is a court order. I also don’t expect vulnerability in the first session. In order to have a trustworthy relationship, sometimes you have to ask simple questions before deeper ones.”




## Lots of people deal with comparison, how would you converse with someone on how to overcome that?

Anastasia: “Act out in the opposite spirit. When we choose to do the opposite of what we’re feeling, eventually our feelings will realign with the truth. We’ve got to figure out how to celebrate instead of compare: to champion others and make space for both of us and not compete, to make boundaries and watch what you’re allowing yourself to be consumed with, and to recognize that your purpose and calling is just as great as others.”



## How do I start my healing journey, whether that be from heartbreak, family hurt, or self-affliction?

Anastasia: “Number one is to acknowledge the need to heal. Many stall on their healing journey because they’re too ashamed, too scared, or too fearful, but you can’t fully heal from something you don’t fully acknowledge. Number two is reaching out. Ask yourself what you’re going to do about it and if you’ll seek professional help. When you have the need to heal, you have to be willing to put in the work to heal.”



## You have a company called, Always Becoming Counseling. Where did Always Becoming come from?

Anastasia: “I wanted people to understand that we’re always in a process of becoming a healthier, and better version of who we were meant to be.”

If you would like to learn more about therapy or attend a session, you can meet with Anastasia or one of the other licensed therapists here on campus. The therapy office is located in Smith Hall, and online therapy services are offered as well. To hear more of Anastasia’s story and her practice follow her @ab\_counseling.

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# commuter

## LIFE

From crazy gas prices to mornings before the sun rises, being a commuter isn't all perks. Though the benefits can be amazing, it comes with plenty of struggles too. The one most commonly found in our commuter students is trying to find their place. It's easy to feel like

you're stuck on the outside when you don't spend all your time on campus.

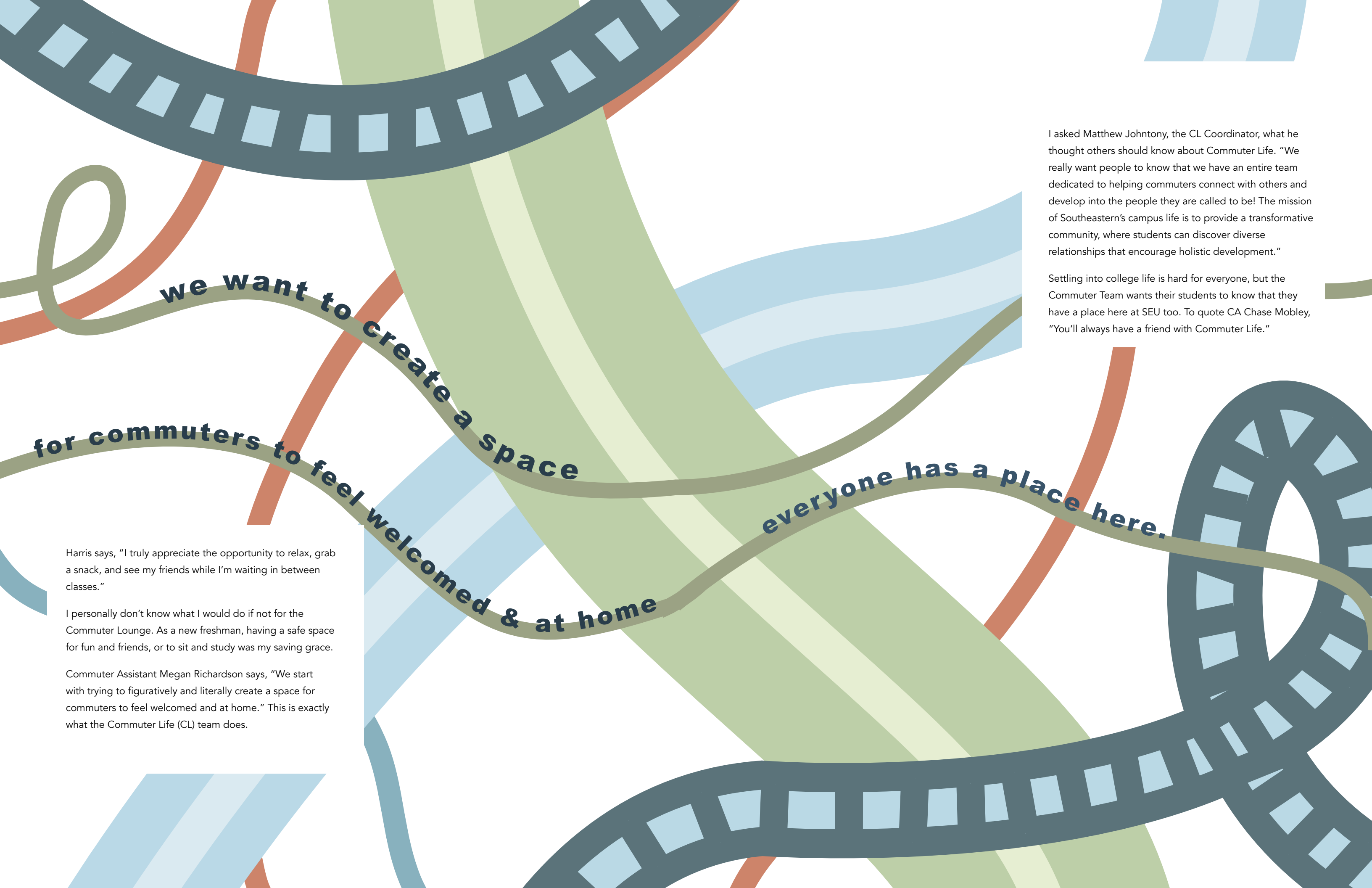
Logan Harris, CA, admits, "Because I don't live on campus, I worry that I'm going to miss out on some opportunities to form those weird, fun college memories that people always talk about."

Most commuters can relate to this, especially my fellow introverts. Nevertheless, as intimidating as it may seem, advice from upperclassmen commuter students say that attending campus-wide events, going to chapel, and being social in your classes are great ways to become more involved with campus life. Just because they don't live in the same place, that doesn't mean on-campus students and commuters can't connect and do life together. There's one way, however, for commuters to connect on campus

that stands out the most: The Commuter Lounge.

Hidden behind Bolin Hall and Valencia dorms, Mod 8 is a place for all commuters to spend their free time. Though many students aren't even aware it's there, the Commuter Lounge gives a great opportunity for commuters to meet other commuters and get plugged into a place on campus.





**we want to create a space  
for commuters to feel welcomed & at home**

**everyone has a place here.**

Harris says, "I truly appreciate the opportunity to relax, grab a snack, and see my friends while I'm waiting in between classes."

I personally don't know what I would do if not for the Commuter Lounge. As a new freshman, having a safe space for fun and friends, or to sit and study was my saving grace.

Commuter Assistant Megan Richardson says, "We start with trying to figuratively and literally create a space for commuters to feel welcomed and at home." This is exactly what the Commuter Life (CL) team does.

I asked Matthew Johnntony, the CL Coordinator, what he thought others should know about Commuter Life. "We really want people to know that we have an entire team dedicated to helping commuters connect with others and develop into the people they are called to be! The mission of Southeastern's campus life is to provide a transformative community, where students can discover diverse relationships that encourage holistic development."

Settling into college life is hard for everyone, but the Commuter Team wants their students to know that they have a place here at SEU too. To quote CA Chase Mobley, "You'll always have a friend with Commuter Life."



# Student Story: Kevin Haynes

“How can you use your talents to glorify God?”

This question from a youth pastor sent Kevin Haynes out on a journey, one that changed his life. In sophomore year of high school, however, Haynes found Jesus, and soon after, he was presented with that question. Through a small step, Haynes’ journey began.

Ever since he was young, Haynes has had a passion for dancing. This passion seemed to come in waves, as for a season of his life he tried other sports and weightlifting to find where he belonged, but God called him to keep dancing. He began modestly, accepting opportunities to dance at his church’s events; around a year later, he was challenged by his youth Pastor to “pray about a word God has spoken over your life.”

“Around that same time, I was looking for a dancing name,” says Haynes, “and my friend said, ‘You should make it Revolution.’ That word/name really hit home more than any other. So I really began to pray about Revolution [...]. Little did I know that it was so much more than just a name - It was like a calling on my life.”



Written by Matthew Holman  
Photographed by Debra Zuniga



Haynes knew without a doubt that he wanted to make dancing not only his job but his ministry as well. He wanted to use the opportunities and events tied to his performances to spread the Gospel and connect with new audiences. Within a couple of months, churches were contacting him to dance using the name "Revolution." At the beginning of his senior year, Haynes shifted to a different church where the leaders really poured into his talents and opened new pathways for his gifts. One of these opportunities provided by the church led to Haynes being seen by Buckey, a Christian rapper.

"Buckey saw me dance and we ended up connecting that night. He ended up calling me and asking me to come and perform at his concert. [...] Of course, I said yes. [...] it was my first ever paid dance performance. [...] This was God showing His faithfulness for what he called me to do."

After building a relationship with Buckey over time, Haynes became his full-time backup dancer, traveling with him all over Florida. Through these concerts, Revolution's reach expanded to multiple churches across Florida where he was called out to dance and preach, sometimes to a crowd exceeding one thousand. He even made other connections in the music industry with Christian rapper YB. But for Haynes, everything goes back to his mission.

"I don't just want to dance. Yes it's a dance ministry, but I also love discipleship and I want to be able to preach God's word," says Haynes.

Outside of Revolution, Haynes also offers private dancing lessons, is a part of the Department of Spiritual Formation experience team, competes on the eSports team in Super Smash Bros Ultimate, and is an avid weightlifter. You might catch him up on stage for Chapel, playing some games in the eSports room, or even maxing out on bench in the gym.

With God's hand upon the ministry, the outreach of Revolution has flourished over the past years, and it seems the best is yet to come.





# LET THERE BE LIGHT

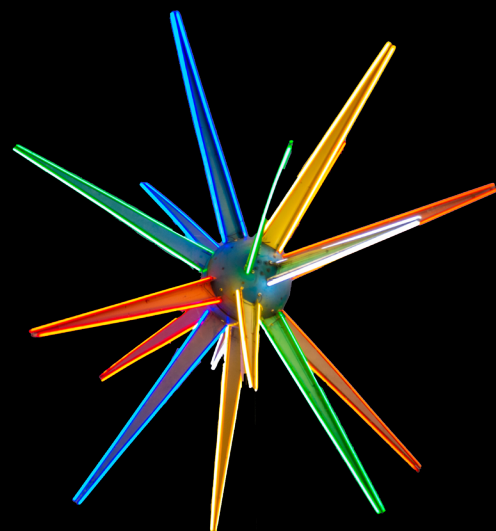
Written and Designed by Grace Baldwin

Where is your voice?  
God has endowed us with His power.  
We have power over our chaos.

In the beginning God created the heavens and the earth.

Now the earth was formless and empty, darkness covered the surface of the watery depths, and the Spirit of God was hovering over the waters. Then God said, "Let there be light," and there was light. God saw that the light was good, and God separated the light from the darkness.

*Genesis 1:1-5 HCSB*



The world begins in chaos. Before we were made, before the Earth was crafted from nothing, the universe was of a deep, formless matter. A state of darkness, a state of confusion, a state of nothing. But then, Earth, obscured in the living matter of the universe.

"Let there be light," He spoke into the darkness, and there was light. Earth once obscured gained its proper form.

Words have power, don't they? God spoke into existence light, Earth, the sky, the eternal stars slinging from the heavens, and us. If our image is of God, then our words must have power. Our thoughts and voices can bring light into the darkness. Words are modern magic, though they are miracles often taken for granted.

I think that sometimes we forget this power given to us. Yes, we can speak light into the world and we can be harbingers of faith and goodwill, but we can also speak darkness into life. Our words carry the powerful forces of our love, hate, and sentiments. They speak what we value and what we see; carry information and imagination of grand meaning. Meaningless words to you and me can be a mountain to cross for others. Even the smallest words can make the biggest impact; do not mistake your power.

Chaos is wrought in chaos. It's a black hole drinking in more and more of itself, a swirling void devouring life. You try to avoid its gravity at all costs, yet, a slight crack ripples through the facade. You can see the chaos within you. You try to hide it, cover it, lie about it, but chaos is wrought in chaos, the most dangerous thing in the world. Small moments become big lies. At its heart, chaos is confusion: confusion of the nature and love of God.

There's a crack. There's weight on your chest and a tear on your cheek. Chaos is found in small moments. The quiet sorrow of a breaking heart, the crushing weight of the world. Who am I in comparison to creation? Who am I in comparison to you? Who am I? Chaos can be big, or it can be small. It can make us feel larger than life or make us shrink into ourselves. Eat me and grow, drink me and wither.

Where is He? Where is He when I feel worthless, like my life doesn't mean anything? Will anyone miss me when I'm gone? Where is He when the world crashes down around me? How can everything I've built fall like a house of cards? I thought this was Your will, God. Where is He when every face is turned from me and I am alone in my loneliness? Where is He?

...

"Let there be light," He spoke into the darkness, and there was light.

He is with you in the darkness. He is with you in the corners of your sorrow. He is here. He is there. He was there. He spoke the world into existence. He spoke life into the stars, the sky, and into you. He can speak into the chaos of your life. In the darkness, He speaks. He speaks.

Our image is of God, as He spoke. Our image is in God, and our words have power. Small miracles: we shall not abuse them, for we will choose to let the light in.





# Professor Feature

## *Saied Farisi*

Written by Matt Holman

They say every person has a story, and I believe that to be true. Everyone has a story of how they became the person you see today, a journey that led them to their current destination, and sometimes, evident signs of how God touched their lives.

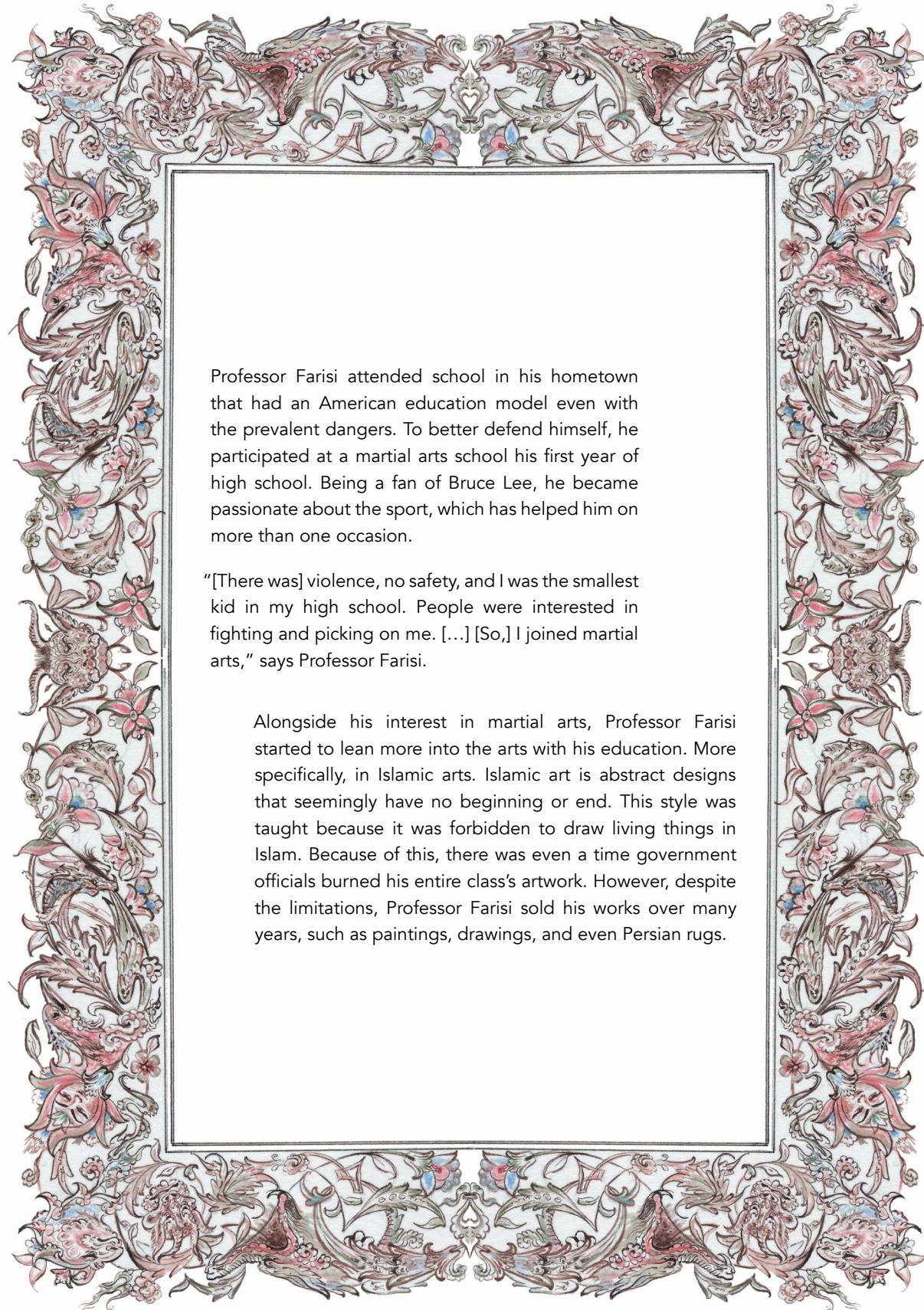
Saied Farisi is a professor here at Southeastern University who teaches a wide array of digital design classes. Farisi was born in Tabriz, in Northwest Iran. In his early life, things were difficult. The Islamic Revolution began when he was around twelve years old.

“That was a time of chaos,” says Professor Farisi.

Political activities were high, violence was rampant, and political gangs tore order apart. Despite the chaos of this time, the culture of Tabriz was rich. The difficulties of the situation spurred people to talk, forming intellectual conversations that added to the deep culture of Tabriz, which was laced with beautiful art and a fervent desire to learn through reading and science – and Professor Farisi wanted to know it all.







Professor Farisi attended school in his hometown that had an American education model even with the prevalent dangers. To better defend himself, he participated at a martial arts school his first year of high school. Being a fan of Bruce Lee, he became passionate about the sport, which has helped him on more than one occasion.

"[There was] violence, no safety, and I was the smallest kid in my high school. People were interested in fighting and picking on me. [...] [So,] I joined martial arts," says Professor Farisi.

Alongside his interest in martial arts, Professor Farisi started to lean more into the arts with his education. More specifically, in Islamic arts. Islamic art is abstract designs that seemingly have no beginning or end. This style was taught because it was forbidden to draw living things in Islam. Because of this, there was even a time government officials burned his entire class's artwork. However, despite the limitations, Professor Farisi sold his works over many years, such as paintings, drawings, and even Persian rugs.



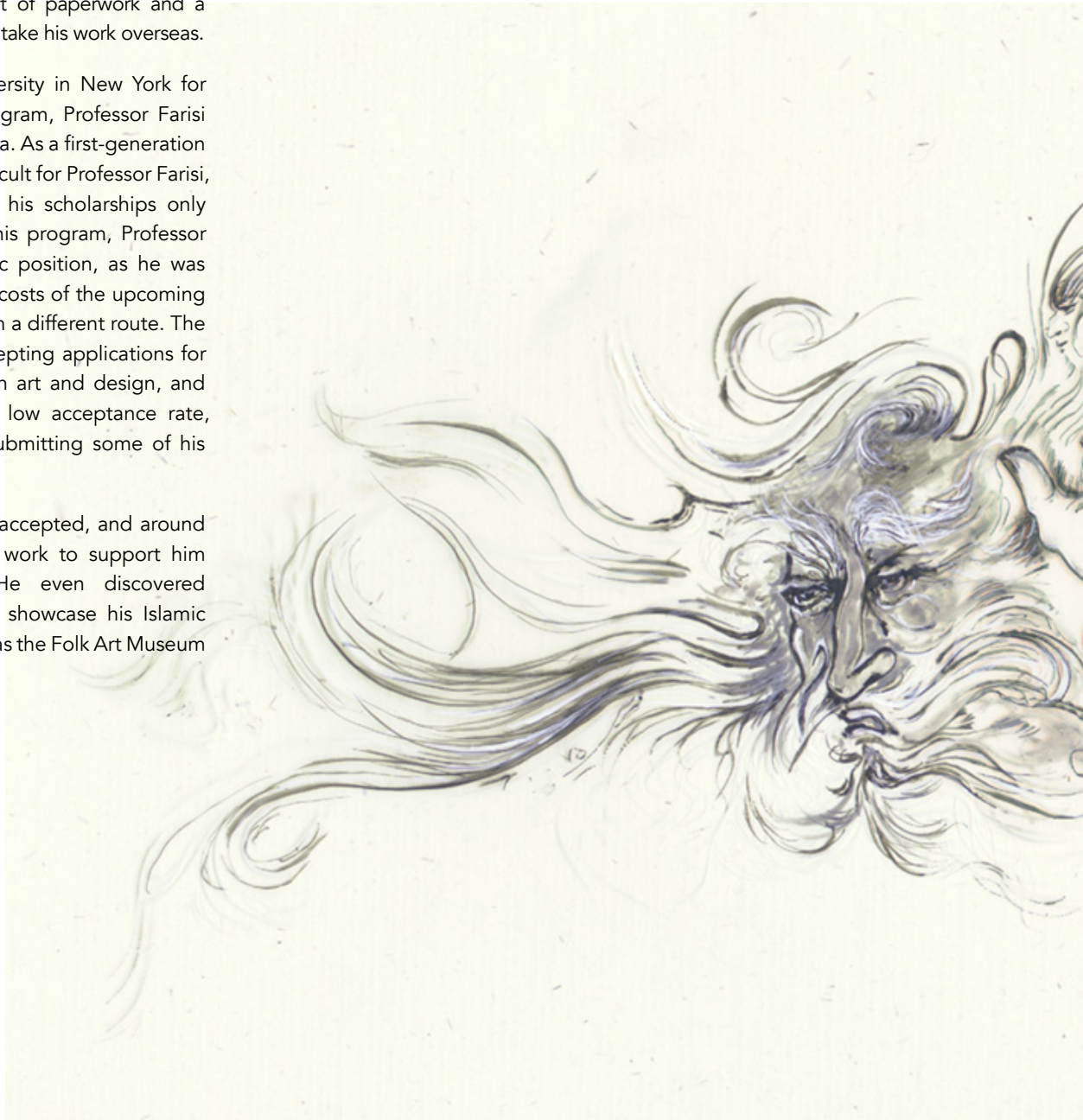




The Islamic arts are scarce to come by, so rare, in fact, it is considered a dying art. To even bring the art out of the country, one needed a government permit which was incredibly difficult to obtain. Professor Farisi did everything he could to perfect his style, and then, finally, after a lot of paperwork and a miracle, he was accepted to take his work overseas.

Accepted by Cornell University in New York for a PHD in a Linguistics program, Professor Farisi made his journey to America. As a first-generation immigrant, things were difficult for Professor Farisi, especially financially. With his scholarships only covering the first year of his program, Professor Farisi was in a problematic position, as he was unable to afford the steep costs of the upcoming semester. But God took him a different route. The University of Utah was accepting applications for students to join the BFA in art and design, and even with their extremely low acceptance rate, Professor Farisi applied, submitting some of his Islamic art.

Soon, Professor Farisi was accepted, and around the same time, he found work to support him through the program. He even discovered countless opportunities to showcase his Islamic Art in many locations, such as the Folk Art Museum in Salt Lake City.



“This art took me everywhere,” says Professor Farisi.

Over the years, Professor Farisi’s work has taken him all over America and Iran, working on countless projects. His biggest projects are two design books currently in the works, which focus on the Islamic arts and the history of cinema posters in Iran and Persia. His book on Islamic arts has received funding from the Humanities Award, which sponsors his research. Other experiences include freelancing, advertising, book publishing, textbook designing, film production, branding, animation, and much more. After traveling for many years, he discovered Southeastern University and applied to be a professor to share his knowledge. Now serving as the head of the new master’s program The Art of Design Management, which is a blend of the business, art, and design worlds, Professor Farisi believes this program is why he was called to Southeastern University and is excited to see what it will become.

“One of the major things in both fields of business and art is that they are missing each other. [...] This course is a beautiful bridge that gives both sides a bit of everything,” says Professor Farisi.

During his time off, Professor Farisi continues to work on his design books and does a bit of freelancing on the side. His passion for learning has never diminished as he is working on his Ph.D. in ideation and creative process at Franklin University in Columbus, Ohio. In addition, Professor Farisi continues to train in Wing Chun and learn new software to always stay ahead of the game.



# MUTUAL FUNDS FOR BEGINNERS



Investing can be an overwhelming topic for college students to hear about. We know investing is important, but it takes time and money, right? Both of those, most college students lack. But, through the use of mutual funds, it may take less than you think to positively impact your financial future completely.

Written by Matt Holman  
Designed by Audry Barrios

## So what is a mutual fund?

A mutual fund is a collection of money compiled from various people. This money is then handled by a professional money manager (or managers) who invests in multiple companies. You are essentially investing in a company that does business in investments (Haynes, 2020). Handled by a professional and spread out over numerous investments, most mutual funds are relatively low-risk. Another benefit of a mutual fund is how little there is to do. You invest, and the company or manager does all the work. While it's good to check in now and then to see how they are doing, there's not much else to do. Of course, you will be charged service fees for the mutual fund, but it usually is well worth the benefits.

Mutual funds averages a return of 11.34% in 2021 (Thune, 2022), much better than the average savings account which is usually under 1% (Goldberg, 2022). That means if you had invested \$1,000 at the beginning of 2021, a mutual fund would

have grown to \$1,115.40 by year's end. Because mutual funds use compound interest, the return interest will be applied to the interest you've already earned as well. It's a fantastic way to build up wealth slowly but securely for the future. For example, suppose an 18-year-old began a retirement fund, planning to retire at 65. Placing \$1,000 down and setting aside \$50 each month for investing, 47 years later, there would be \$865,600 waiting in the account if the 11.54% stayed consistent. If they set aside \$100 a month, it would be \$1,596,249; they would retire as a millionaire (Investor.gov).

Mutual funds aren't a get-rich-quick method, but rather, an excellent way to help secure your financial future. Making the decision to set aside small, consistent investments each month may completely change your life.

STORY BY MATTHEW HOLMAN

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# THURSDAY NIGHT LIVE



Good day to you, fellow students! 2022's Thursday Night Live blew it out of the park with entertaining skits, amazing performances, and roaring laughter.

Between SEU discussion posts, game shows, Dancing with the Staff, Kent Ingle's house, and of course the iconic Shake'N'Bake, this year's performance was one for the books.

Thursday Night Live has been an annual tradition for students and staff for the last 13 years. The first event began in 2009. While there are staff members involved in the creation of Thursday Night Live, the event is entirely student run and marketed.

Thursday Night Live is also an amazing way to showcase student talent on campus. So much goes into the production of TNL. There are writers, cast, crew, designers, props, greeters, and so much more!

Written by Grace Baldwin  
Photographed by Elena Espinoza

Formed after the legacy show, Saturday Night Live, Thursday Night Live follows closely after its predecessor. Culture here at SEU is amazing and should be celebrated. What better way to celebrate our love for this school than with laughter?

No matter the skit, audience members are consistently smiling. There is energy in the air that absolutely cannot be avoided. This is only increased by the cast members' incredible talent, improv, and comedy skills.

While the invasive humor found on TikTok and Instagram are always at our fingertips, it's rare to find comedy so carefully tailored to our culture at Southeastern. As students, we relate to humor. We relate to the honesty hidden behind the crafted stories and cast members. Though there's plenty of material online, TNL is something not to be missed during your time here at SEU.

We would like to shout out the cast members and writers of TNL, for being completely amazing and not shying away from truth within your words. One of the best parts of comedy shows is the pervasive honesty hidden within the sketches.

We're sure that TNL will be missed by all graduating students, cast, and audience members alike. For students not yet flying the SEU coop, be sure to check out TNL next year! It's an SEU experience that should never, ever be missed. :)

Thank you and good night!







Designed by Emily  
Rosendahl

# WORTH IT

## PROVERBS 16:1-3

1. We can make our own plans, but the Lord gives the right answer. 2. People may be pure in their own eyes, but the Lord examines their motives. 3. Commit your actions to the Lord, and your plans will succeed. (NLT)

## Psalms 86:11-12

11. Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. 12. I will praise you, Lord my God, with all my heart; I will glorify your name forever.



# “God will make a way,

## Psalm 145: 1-4

1. I will exalt you, my God the King; I will praise your name for ever and ever. 2. Every day I will praise you and extol your name for ever and ever. 3. Great is the Lord and most worthy of praise; his greatness no one can fathom. 4. One generation commends your works to another; they tell of your mighty acts. 5. They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works—and I will proclaim your great deeds. 7. They celebrate your abundant goodness and joyfully sing of your righteousness.



# when you worship on the way.”







# The Collection Media

Capturing Lakeland's beauty in *The People Who Live There*

CAMPBELL RICE & CONNOR O'BRIEN  
Past Southeastern University attendees capturing Lakeland's beauty in their new film documentary, *The People Who Live There*.

Since his graduation from Southeastern University with a Communication degree in 2020, Campbell Rice has continued to chase after his divine design. Alongside his business partner, good friend, and fellow past attendee of Southeastern, Connor O'Brien, their company, The Collection Media LLC., has flourished to new heights.

From their humble – and slightly naïve – beginnings in early 2019 to the recent release of their first feature-length documentary, Rice and O'Brien have worked to produce promotions and media in alignment with the mission God placed upon their hearts long ago. "Here at The Collection Media, we set out from the beginning to have all the media we create to tell this one big story," says O'Brien. "We believe that everyone has a story worth telling, and if someone were to look at all the products we've created as a whole, they could see this bigger story coming out of it. What feels the best is modeling our productions after the plotline of humanity: Creation, Fall, Redemption, Sanctification. Life is not a highlight

reel, so we don't make highlight reels. We wanted to have a human and empathic approach to storytelling, so that you get to experience life with that person."

"When you know the story of Jesus," echoes Rice, "it becomes obvious how every other story reflects His story, every single time, whether people see it or not."

Amid the chaos that a global pandemic brought us all in 2020, God sent Rice and O'Brien an opportunity to capture beauty through their camera lenses. After COVID-19 caused fellow alumni and local realtor Paige Wagner to cancel her annual Historic Home Tour, she came to Campbell and Connor with a special mission. She asked them to create a film that would act as a love letter to Lakeland by showcasing its personality through the lives of those living in the historic homes, entitled *The People Who Live There*.



Written by Hannah Larson  
Photographed by Michael Holden





"We take people for the whole story of Lakeland, and it was cool to be able to present it back to Lakeland," says O'Brien. "There's a big moment of hindsight: some situations can be panicked but looking back on them can bring a lot of hope to others."

"It was 9 months from start to finish, and it was the biggest project that we had ever taken on," says Rice. "We didn't have a lot of time to sit around, we just started going and meeting people and it led to a lot of beautiful moments. It gave us a lot of confidence that we could highlight beauty in this difficult time for everyone. The overall theme is a story of value. It's about valuing something that may not seem beautiful. It was chaotic in the process, but it gave me the opportunity to stop and admire beauty all around me."

Looking back at his time at Southeastern, Rice recognizes the beauty present in that season of his life as well. "The classroom was helpful and inspired me to work on special projects outside of class. When the classroom is paired well with outside experiences, the two go hand in hand very well. I would learn a lesson in class and then use that technique 30 minutes later on a shoot with a client."

As The Collection Media moves forward to their next endeavor, Rice and O'Brien hope to abide by 1 Timothy 1:5, "The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith."



"Our ultimate goal is not to make cool stuff that people just look at, but to empathize with people and to love them well," says Rice. "It is definitely a God thing, this future of ours. It's really not in our hands. Staying true to our roots and telling the stories that God wants to tell is what we always want to do. We just know that we are going to continue to create stuff for people, because we believe that the stories we are telling should be told."

When asked how we can support The Collection Media, O'Brien responds, "We want to see people invest in Lakeland, and to support Lakeland is to support us." You can follow their journey @thecollectionmedia, as *The People Who Live There* competes in a variety of film festivals.



# 100 Days

In an interview with campus pastors James and Brittney Powell

## Faithful Transitions

For Pastor James and Brittney Powell, change is an integral and imperative part of their lives. From Alabama, Ecuador, Washington, Missouri, and many other places, the Powells leave a mighty impact wherever they go. The Powells have pastored various churches throughout their ministry but had yet to touch the grounds of college ministry – until the Fall of 2021.

Pastor James and Brittney have always found incredible peace throughout the many cross-country moves that they've made. In the midst of the ever-changing nature of their ministry, the husband and wife duo have never forgotten to fix their focus on God at the center of it all. "We were faithful, and God was going to be fruitful" says Pastor James.

Shortly after buying their dream home in California, the Powells received a call about interviewing for the campus pastor position at Southeastern University in Lakeland, FL.

Written by Sydnie Roberts  
Photography by Debra Zuniga







Initially, the thought of moving across the country yet again seemed far from anything they'd wanted, but after many astounding encounters with God throughout the process, it was very clear that this was the plan God had laid out for them.

The Powell's time at Southeastern has been incredibly full circle. "It was the most chaotically beautiful plan ever," says Pastor Brittney.

A pivotal moment for her specifically was during Leadership Week in the Fall of 2021. Right after moving to Florida and uprooting her family, Brittney was still processing the difficulty of the move. The first morning of Leadership Week, the entire room of student leaders and staff sang "We Say Yes." Watching the student leaders worship to that song gave Pastor Brittney an incredible amount of peace.

"It was such a clear picture of why we said yes. Why we will continue to say yes. In order to truly impact the global church, we're impacting students who are going into the world to impact the world. Seeing students navigate adulthood, root out who they are, and step into their divine design has been a beautiful thing to watch unfold. We've had this honor of transforming the transformers." says Pastor Brittney.

It truly is a "Time To Sow"—Dr. Ingle's phrase for the school year. God uprooted the Pastor James and Brittney and planted them here to help students develop their purpose and sow their own seeds. Some of James' favorite moments have been just sitting in Portico and hearing students' stories.

"My least favorite moments are ones telling my own story. My favorite moments are hearing students sharing their stories in Portico, on El Prado, in Buena Vida, and on Victory Field," says James. There have been such incredible moments where we just connect with students. Chapel is beautiful and powerful for us because it's a session of reflection where we can see all the moments throughout the week that are leading to growth in the students. We're called to be pastors, not just preachers. Seeing certain people raising their hands, I'm like, so proud because I know what they're going through."

Part of this year for the Powells was healing. They were rooting out some of the pain of the pandemic. The disappointment. The bitterness.







“This year on campus has healed strife, contention, chaos within us,” says Pastor Brittney. “God never heals us to just go, ‘You’ve made it out of the hospital’. It’s for a purpose – to give us strength. Transitioning out of this season, we’re stepping into a new season of promise.

One of the Powell’s biggest desires moving forward is to hand off the legacy of spirituality every single year. Rather than asking, “What’s the plan for this year?” they believe we should ask, “What’s our legacy for 10 years? What’s the incoming Freshman class going to have in 10 years?”

“We actually determine that based on how we live this year,” says Pastor James, “Watching students live boldly in their calling, and then coming back and sharing about where they’ve been. A college education is valuable, but Southeastern sets you up with valuable life skills and lessons that some people don’t learn well into their 30s and 40s. So our students come out mature, socially aware, engaging and leading society. I’d love to sow to the nations all of these students, and then hear about how good God is at the other side of the decade. We could do something really different here.”





# SIDE HUSTLES

Should you start a side hustle? What does it take? If you can't find a job that feels right for you, check out these questions I asked students with side hustles to decide if starting one is a good fit for you too!





#### Do you have the network to sustain it?

Gabriel Keith, a Senior majoring in Organizational Leadership, highlights the importance of a support system when it comes to running Gabe's Groceries (@gabes\_groceries), his upcycled clothing resale business. "When you're starting something," says Keith, "it helps to have people that believe in you." The focus is not necessarily always on improving your product but rather on getting the exposure you need. "The main thing is the market," Keith says.



#### Is there a legacy that you can continue?

Mariah Morse, a Worship Ministries Senior has had the unique opportunity to carry on her family's art aspirations through her business, HappyMeArt (@happymeart). Morse's love for crafting "uniquely handmade sculpted clay earrings, vibrant calligraphy, hand-painted and drawn prints of graphic images, and candles and soaps" was inspired by her mother's art endeavor that she encountered at a young age. "My eight-year-old self would have never thought I would adopt the legacy of my dearest professional artist, my mom, so many years later. I run almost all my artwork and business plans by my Mom and Dad. I would not be where I am as an artist without the persistence, investment, and encouragement they have freely given to teach me how to master my craft.

#### Could you use the extra income?

Sylvania Orne, a Worship Ministries Junior, is paying for college one braid at a time with Divine Braids by S (@sylvania\_orne). When she's not in class or working at Tuscana Ristorante, she does hair, sells earrings and clothes, and delivers DoorDash, which helps pay the bills and fund her mission trips. However, it's not easy work. "When I say I want to do things, I am really focused," says Orne.

#### Are you passionate about it?

Ella Guild, a Senior Graphic Design student leverages her passion for art by selling totes, stickers, and more with her side hustle, Unfolding Co. (@unfolding\_co). Guild used to hate art until she had an encounter with God on a mission trip that caused her to "understand His art and what He's made." Guild says, "You have to be passionate about [your side hustle]."

#### Do you have a target demographic?

Sofia Perez, a Music Business Senior, spends her time reselling upcycled clothes through her business, Fuerte Clothing (@fuerteclothing). Perez shares, "This is way more about the person interaction than it is the transaction." She views her side hustle as a way to get beautiful clothes to girls who would not know how to start otherwise. Perez says, "I love clothes, but I think more importantly, I like people."

#### Can you find your niche and run with it?

Jada Corley, a graduate student working toward her MBA, is pursuing a successful side hustle by making charcuterie spreads and grazing tables for special occasions (@jadescorley). When asked what makes a side hustle thrive, Corley advises to "find your niche and be confident in it. There's always going to be someone doing a similar side hustle, so you have to figure out what sets you apart and then do it with excellence."

STORY BY  
ELIZABETH  
GRAINGER





# Chaos in Fashion

I stared at my phone for just a second longer than usual. Did I really need the sweater vest? For weeks, it had popped up in almost every corner of TikTok, and I started to rethink my initial rejection of the trend, something along the lines of "I prefer not to dress like my grandpa."

As I write this, I'm sporting a baby-blue sweater vest, and no, I don't wish to comment on it. Perhaps you too have a closet full of done-to-death trends that promised the key to your personal style, but ended up being old news before it arrived at your doorstep.

What, then, is it about TikTok that changes the way we view fashion, and what's it doing to our personal style?

To find answers, we first have to start with this hot button word: the microtrend. If you didn't know, the fashion industry is on a rotation known as the trend cycle, which consists of five stages: introduction, rise, peak, decline, and eventually, obsolescence. In the past, trend cycles lasted anywhere from a few years to a decade or longer; think the flapper dresses of the 1920s or bellbottoms of the 1970s. With the rise of social media and TikTok, however, the long-lasting trends of the past have sped up tremendously. No longer do trends last for years; rather, they pop into existence and fade into obsolescence within a matter of months. Do you remember that pair of shoes that every TikToker was wearing one month and deserting by the next? That's a microtrend.

So how does TikTok fuel microtrends? It essentially comes down to two competing needs: the desire to fit in and to be unique. To illustrate this, let's imagine a fashion influencer posts a TikTok wearing a "shacket," which is then emulated by other TikTokers and viewers. The trend gains rapid popularity over a few weeks, by which time everyone has purchased the garment. Suddenly, the trend feels a bit overdone, so people stop wearing it and search for another trend to propagate.

Not only is the microtrend changing the face of the fashion industry, but it's also altering the way we view our personal style in a dramatic way. Most notably, the microtrend has created an environment where, to remain stylish, people are pressured to keep up with the latest trends with little regard for personal preference, which often leads to mindless buying (not to mention damaging effects to the environment and people). And as a result of this newfound speed, trends are reemerging much sooner.

With this rampant pressure to keep up with trends, some have taken an alternative approach to fashion known as the subculture aesthetic (i.e. Cottagecore, Eboy, Dark Academia). Within these communities, each member chooses to adhere to a particular clothing style, whether that be preppy neutrals amongst dark academics or low-rise jeans among Y2K enthusiasts. And while aesthetics are arguably a positive way to avoid overconsumption by sticking to one 'uniform,' a similar problem emerges for







personal style. The truth is that almost no one fits neatly into a clean-cut aesthetic, no matter how much they love it. From this angle, the aesthetic promotes conformism and easily establishes style without a personal touch.

It seems that no matter which way you spin it, TikTok has undeniably made personal style a mystifying chaos. We forget that personal style is an expression of one's perspective, presence, and personality.

Fashion is art, and art is meant to move and inspire the viewer, but it isn't meant to be recreated. If I saw a Picasso, then went home and recreated with exact precision, people may find it impressive that I duplicated it so closely, but they wouldn't be struck with an awareness of my unique interpretation. If, however, I drew inspiration from the work, placing pieces of myself in the process, then they would find my personality scattered throughout the final work. In the chaos of fashion, we're simply meant to look to trends and aesthetics as our muse, a moodboard to spur us toward our own self-expression.





# PROGRAM FEATURE

## LANGUAGE, CULTURE, AND TRADE

STORY BY EMILY MAINS  
ILLUSTRATION AND DESIGN BY AUDRY BARRIOS

The newest major here at Southeastern University, Language Culture and Trade (LCT), is a specialized degree that allows students to take their learning experience off campus through multiple opportunities, including study abroad. Designed for students who wish to work internationally, this major provides opportunities to teach English in nations where the language is not predominant, do mission work, and much more. “It’s a unique major that equips you to interact with the world as it’s becoming smaller and more globalized,” says Emma Stravers, a junior in the program.

The LCT program is completely customizable, with options to choose a professional focus such as English, law, business, or graphic design. Regardless of the focus a student pairs with LCT, the professors

aim to teach skills that are internationally transferable. Along with a professional focus, students must also become proficient in at least one language other than English before graduating, including languages that are offered outside of SEU. Austin Schrock, a junior in the program who is learning Spanish and American Sign Language, says that being able to customize his degree is one of the most notable perks of the program.

Though the LCT program is growing quickly, the progress has not come without its fair share of challenges. Originally launched just before COVID-19 hit, LCT students have had to become adaptable as travel has made studying abroad a harder, but not impossible, goal to tackle. Stravers, who hopes to teach English in other countries, interned for a bamboo company in Ecuador last summer once travel restrictions were lifted. She plans to travel to Bosnia next spring to teach English to Chinese speakers. Schrock’s plans to study abroad have changed due to COVID as well, but he hopes to intern in Nashville over the summer to fulfill his study abroad requirement.

Dr. Annette Graves, the coordinator of the LCT program, says that if there’s one thing COVID has proven in the past two years, it’s that having a global outlook is key, and that’s just what the LCT students are doing. “What happens in one country will affect other nations,” says Dr. Graves.

Though the Language, Culture, and Trade program has faced significant challenges due to the pandemic, it proves to be future-minded as it continues to grow with resilient, determined students. If an international career piques your interest, you may consider taking a few LCT classes or even studying abroad. Who knows, you may even discover a thrilling new career path!





# study abroad semester.

photos by bekah horsley

spending a semester abroad was a beautiful, but also challenging, experience. from the culture change to the school part of studying abroad to the travel weeks - it was all new but from all this 'newness' came a new perspective, a new understanding, and a new hunger to know more about other cultures. by simply just existing amongst other cultures and existing together in the same space - it felt like I was a part of something significant. living in rome during this time of my life was an invaluable experience.







## rome, italy.

pigneto & central

pigneto became home  
during my time here in  
rome. and the center of  
rome was just a quick  
metro trip away.







## tivoli, italy.

villa d'este

a little day trip to tivoli by  
train was a refreshing  
experience. a small  
simple town filled with life  
and beautiful scenery.

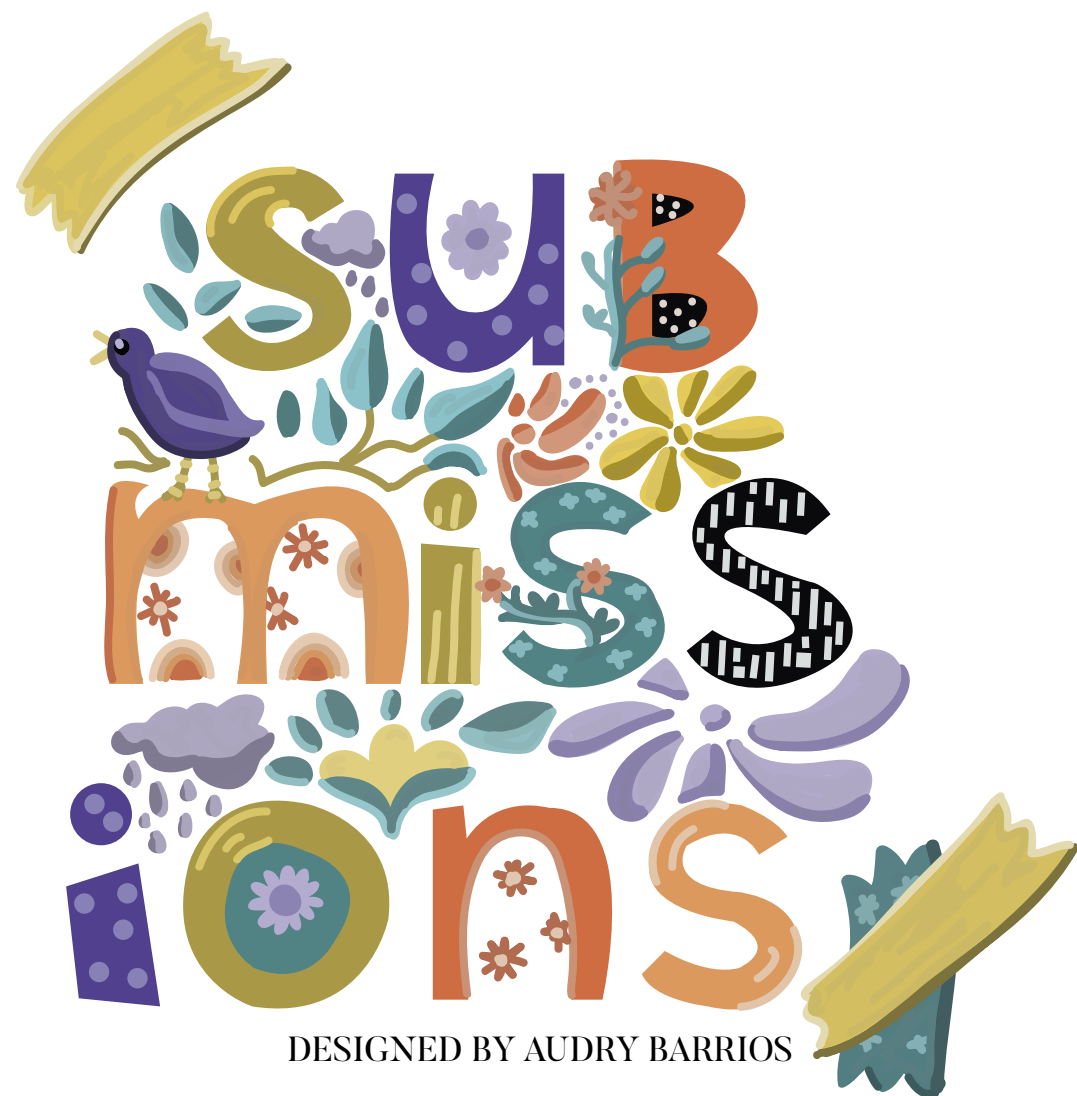




**nice, france.**  
cote d'azur

nice was the most dreamy  
place. the way the sun hit  
there was unlike any other  
place. i hope to find myself  
back here one day.





# CHAOS OF relationships

## WEATHER REPORT

I was mourning someone I didn't know i was losing;  
it's hard to see the desecration of something that once made me bloom.

My neighbors surely noticed the storm before I did.

How should i have known?  
Should it have been the heavy wind of dimming personality traits,  
the sirens of warning in the guise of blinding sunlight, or maybe the pouring rain of  
desperation to be good enough?

Should've/ could've/ would've:  
could've fixed the hurting heart in front of me / should've seen the tempest abounding  
in the plains of our souls / would've made a difference if I had noticed.

Today, I am learning that my heart is a home.  
It's hard to build from the ground up,  
knowing that another day, another storm, could make it crumble once more.  
Yet, I move forward with the unhurried redecoration, placing keepsakes in the windows,  
so I now notice when the clouds are shifting.

I think I know now; I think I know that tornadoes never intend to bring destruction  
or leave its victims strung out with a crumbled heart and a life to rebuild -  
They just do.

I think I know that my soul can be more than a plain. It can be a green mountain  
covered in wildflowers and blue skies with a pretty little home down a winding road  
and a sign that reads "leave your shoes at the door."

Maybe my neighbors will even give me a weather report next time I ask them  
for some sugar.

TAYLOR ALVARE



# change

The first step in dealing with change is understanding that it's constant in our lives. Even though it's so typical, change always seems to be chaotic. Whether we're in control of the changes or not, there's always chaos of some sort - unreadiness, preparation, wonder, excitement, and most of all, adaptation.

For many of us, life becomes this game of living in a house: building memories, relationships, and identity there. Suddenly, due to something as simple as a birthday or small mistake or as complex as a graduation or divorce, you fall from your comfy, nostalgic living room chair into a new chair in a new house. That new house won't go back to the way it was, and that old chair isn't yours anymore; you're stuck with a new seat that's just a little too firm and smells like ramen noodles. Yet, as time moves on, you get used to the firmness of the chair and grow to find comfort in its scent. It's about that time when you fall into another chair: super soft, with no noodle scent. New house too. Now you have to get used to sitting on this way-too-soft new chair!

This process doesn't end for us, as we jump rooms at what feels like superspeed. Friendships, identity, and even family get stuck in this blender of us working to find out who we once were and who we're becoming. The back-and-forth feels exhausting, with such small intervals of peace in momentary understanding.

It makes you wonder how to take in the fullness of life when much of it's forgotten or left behind in this uncomfortable game. Imagine there's something or someone in our lives who stayed the same; a sense of stability? The answer here's clear. The Lord God doesn't change with the world, nor does our identity in Him or our purpose. Our rest and confidence in the purpose of life, amidst the chaos of change, is simply to be found in Christ.

CAEDON WILHITE  
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## REACH

Bound in service to entropy,  
our souls float away from  
us daily.  
The souls of some never  
even graze  
the top of their head,  
but mine leaps to the sky,  
and I must  
reach.  
Believing in stories  
used to come to me naturally—  
like breath, like love,  
like poetry.  
But when breath escaped,  
and love came tangled in strings, and  
poetry hid away in the light,  
faith began to seem like a  
reach.  
People are fragile;  
people are weapons.  
If people ruled the world,  
I'd want to leave.  
I would have gone long ago  
if it hadn't been for the seed  
buried in my resistant flesh  
like a thorn, frail but bright,  
imploreing me to  
reach.



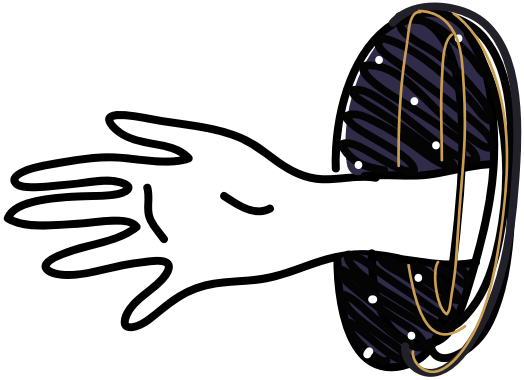
# spirituality

Everyone I know is torn in two.  
We are all two people  
living in different hemispheres,  
hating the ones we love,  
believing differently than  
we feel,  
doing the opposite of what  
we know.  
We praise God for His mercy  
and spit on His grave,  
praying for a cheap token of providence  
that we swallow  
before our eyes meet the  
beggar. But a celestial  
telephone rings  
softly and mercifully  
inside our hearts,  
and we find the will to  
reach.

What a far and formless dream it is  
to reach,  
like searching around a  
dark room,  
full of nothing, that talks back,  
determined to find something  
I was never told.  
But something breathes in the corner,  
and sunlight gleams on the floor, and I  
remember a prayer I said long ago.  
It is the calmest breath  
I've ever known.

My soul starts drifting again,  
melting into the unfathomable black walls.  
My arm crawls up high above my head,  
fingers kissing the void,  
and I  
reach.

ISABELLA GONZALEZ





# chaos

## BEAUTY IN THE UGLINESS

Can this really be happening? How did my entire world come crashing down within a few hours? My mind is racing back and forth, feeling like I am about to be devoured. All the stress, anxiety, and fear; I wish they all disappeared. Wave after wave crashing down, feeling like I might just drown. Like a hurricane inside my brain, this pain feels all but insane.

How I long to be free! How can it be? I am at a loss for words and no one understands; they didn’t experience this firsthand! They try and try but cannot relieve me; sigh after sigh, all my joy is deprived of me

Why did God leave me? Why did He forsake me? Did I make some huge mistake?

Why don’t you answer me, God?

Almighty Lord, please forgive my iniquity. I realize You have never left nor forsaken me. You are Yahweh Shalom, the God of Peace! I place my trust in You, and all worries cease. If I lay everything at Your throne, I know that You will bring me back home. Jehovah Jireh, You are my Messiah! Knowing that You provide, my love for You is amplified!

Only You can fix my brokenness and realign all my focus. The pain I feel is now surrendered to Your reign. Your Peace floods over me and Your grace is always enough for me. You heal, and fix, and mend my heart; piece by piece, bit by bit, I am Your work of art.

Stress, anxiety, and fear all disappear when the Creator is near! What appears in life as chaos is all but defeated because of the One who died on the cross!

BEN DRUMMOND

# unknown future

The past couple of years have been a whirlwind. A flurry of fear, worry, and isolation has overwhelmed us. The world tested us on our ability to handle the lack of control of a situation as everything we had predicted became challenged. Constantly we told ourselves, “Two more weeks and everything will be back to normal,” yet here we are two years later. The situation of the past two years highlights our uncomfortability with the uncertainty of the future. Compounding our confusion, his transitional period we are in as college students is accompanied by worry and ambivalence as to what is to come next. Our ideas, anxieties, and ambitions fight for our attention, creating a state of chaos in our minds.

But amidst that chaos comes Jesus, who steadies the frenzy and eases our troubles. Much like how He stilled the Sea of Galilee, He comes and calms the raging storm within us. All God requests from us is our attention; but the crashing waves of our apprehensions and howling wind of our fright often drown out the whispers of God.

Therefore we must position ourselves in such a way that we are actively listening for our Prince of Peace. When we do this, and we hear the gentle whisper of God, the chaos surrounding our unknown future is suddenly replaced with a sense of serenity. We can rest knowing our future is safe in His hands. This is the reality of this chaos: that we are both the victim and the offender. We place these unrealistic expectations of our future on ourselves, and the chaos that accompanies our thoughts is a product of these expectations. God does not expect us to know every detail of our future, for that is his job. Therefore, take a step back, listen for God and hear what He says. Trust Him, for there is no chaos in His voice.

MARIAH DOYLE



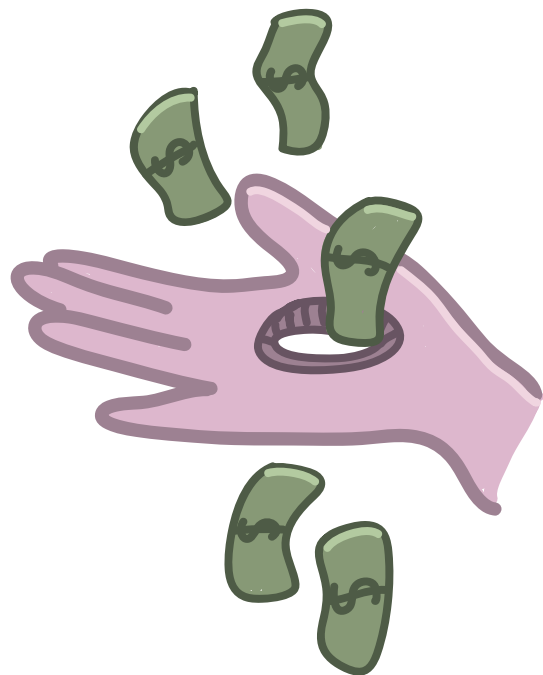


# finances

As college students, money is sometimes hard to come by. Everything seems to be out of our price range, yet still a necessity to our daily lives. It is often amid this chaos that we must remember that God is not only our Prince of Peace but also our Provider. Earlier this year, I was struck by financial difficulty when my car decided it needed some extra monetary care. As a full-time college student, I was only working 24 hours each week and was nearly living paycheck to paycheck already. \$450 later, I was able to get the “Check Engine” light to disappear on my dashboard. Had I budgeted to spend \$450 on car problems? No. Did I have to pay for it anyway? Yep. It was painful to hand over that money knowing the plethora of other bills that needed to be paid that month. How was I supposed to get through this? I bought myself a fancy budget book, not only to make my finances look pretty but to designate every penny somewhere in the hopes of getting back on track. By God’s provision, I never fell behind on any bills. This season stretched me to not only learn how to use money wisely - being a good steward of what God has given me - but also to trust Him with all things.

Two months later, however, the reins of my beautifully color coded budget grew tight again. I tested positive for COVID-19 for the second time in a year, consequently putting me out of work for a week. While I was weighed out by this worry of lack, God was calling me to find my abundance in Him. I soon realized that, miraculously, all of my larger bills had been paid before I came down with the virus so the lack of income wasn’t as big of a burden as I had expected. Between the \$450 spent on repairs and the pause in my income, things could have gone awry in multiple ways many times, but, as He always does, God provided. Chaos builds faith, anwhile money is great, losing some of it to get closer to God is well worth it.

OLIVIA SMITH



# academics

Mommy, some kids were mean to me today, and I don’t know why. They called me stupid and a waste of space. One of the girls hit me. Another threw her book at me. And what did the teacher do? Nothing. Why is school chaotic? Pray? What is praying gonna do? How is praying gonna make it better? Okay, I guess I’ll go pray.

Momma? Today at school, my teacher gave us a lecture about these challenges from social media. She went on and on about how they are meant to look fun, but she has this theory that they are targeted towards my age group. Apparently, a group of students from another school followed this one challenge, and about half of them ended up going to the hospital! A few of my friends wanted to do one of them and wanted me to do it with them. Momma, of course I said no, I’m not an idiot! Pray? Why should I go and pray when things are so chaotic? What is praying gonna do? How is it gonna fix anything? UGH, fine, I’ll go pray! Mom, you asked me how I am doing. And while I said I was fine, the reality is that I lied. Nothing is fine. Classes started only two weeks ago, and I can already tell that this semester is going to be chaotic. My teachers are insisting that God isn’t real. So many people I know on campus are saying that they are Christian, yet they are obsessing over New Age stuff! The professors insist that we need to think freely and come to our own conclusions, as long as they fit the common narrative.

It’s so hard to have deep discussions with my classmates, where we expand our mindsets and hear each other’s points of view, without being offended! I look around and wonder why this place is crazier than what I expected? But then I remember those times when I was younger and school felt like utter chaos, the only thing you told me to do was pray. Even if I didn’t want to do it or understand the reason why it would help, you told me to do it. Now, I do understand why. It’s because God is the one that puts chaos back into order. He brings peace to every storm, like the way He did when those girls that were mean to me apologized, and how one of them is now my best friend. He saved my friends from doing something that could have killed them, and they’re now working in the outreach ministry. If He can overcome that, then He can overcome this.

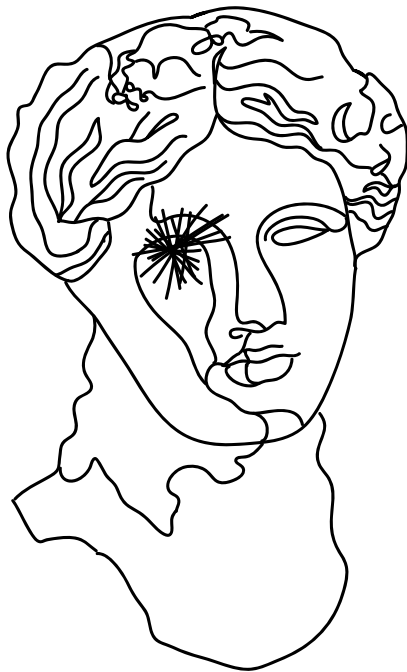
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