

TrevEchoes

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Trevecca works to prevent sexual assault

BY JESSY ANNE WALTERS
COPY EDITOR

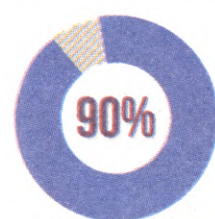
College campuses across the country are working to prevent and respond to sexual assault, and Trevecca is no exception.

A new online training program, the identification of who on campus to confide in, and an upcoming awareness week are a few of the ways Trevecca officials are complying with a federal law that mandates how universities must prevent and respond to sexual assault.

The U.S. Department of Education has begun enforcing the Title IX Campus SaVE Act (Sexual Violence Elimination Act), which requires all schools that receive federal funding to improve transparency in regards to sexual violence, improve the systems in place for victims' rights and well-being, maintain clear disciplinary action and provide education and awareness programs on campus.

"We are focused on the safety of the students and compliance with the SaVE Act," said Steve Sexton, director of human resources.

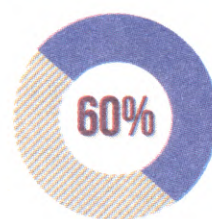
Haven, the new online sexual assault prevention training and awareness course, is now a requirement of all student athletes and



90%
OF WOMEN
KNOW THEIR
ATTACKER



1 IN 5 WOMEN
ARE SEXUALLY
ASSAULTED IN COLLEGE



60%
OF ATTACKS
HAPPEN IN
DORMS



1 IN 33 MEN
ARE VICTIMS OF
SEXUAL ASSULT

Source: Haven training materials

people who are sexually assaulted are sexually assaulted by people that they know. Even though we have a social code that says we don't drink and we don't engage in sexually activities, that happens sometimes so people still get themselves in dangerous situations."

Trevecca has four safe people on campus, people with whom a student can talk to regarding an incident of sexual assault without requiring them to report. These people serve to aid the student in emotional health, physical health and decisions about further action.

They are not required to take legal action, which is not the case for residential assistants, residential directors, professors and every other employee of Trevecca.

Trevecca's safe people are:

- Sarah Hopkins, Director of Counseling Services in the CLCS
- Tasha Adams, clinic physician assistant in Trevecca Clinic
- Heather Daughtery, Associate Chaplain in McClurkan
- Tim Green, University Chaplain in McClurkan

If a student wants to talk to one of those four people, they

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**“DON'T BE AFRAID TO SEEK
HELP. DON'T BE AFRAID TO
SPEAK OUT IF YOU NEED
TO. WE'RE HERE FOR YOU.”**

student leaders and has been merged into LEAP, the new student orientation course.

This course teaches students about what sexual assault is, what it looks like, prevention, what consent does and does not look like and bystander training.

"Of course we have incidents of sexual assault here at times, but this is more in response to the SaVE Act and it's good because now we can reach all of the students," said Sara Hopkins, director of counseling services.

Faculty will complete their Haven course in the spring.

More than half of the sexual assault cases on college campuses are directly linked to drugs and alcohol, according to the National Institute on Alcohol Abuse and Alcoholism. Trevecca's campus has a code of conduct that prohibits students from taking part in sexual relations as well as consuming alcohol, but incidents still happen, Hopkins said.

"Over 80 percent of sexual assault cases go unreported. We shouldn't be so naïve to think that that's not the case on this campus as well and we shouldn't be so naïve to as to think that incidents might not happen on this campus," said Hopkins. "Most



(l-r) Sara Hopkins, director of counseling services, Heather Daughtery, associate chaplain and Tasha Adams, Trevecca Clinic physician assistant can help a student process sexual assault without being required to report to authorities.

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A letter from the TrevEchoes editor

BY BAILEY BASHAM
EDITOR-IN-CHIEF

I started writing for the TrevEchoes during my first year at Trevecca thinking it would be something I did just for fun. In preparing to write my first letter from the editor two years later, I did a little digging and went back to find when I got my first byline in the TrevEchoes.

In the November 2013 issue, I wrote a short editorial headlined with, "Transition from high school to college: nothing to worry

about." I wrote about how leaving home hadn't been as tough as I had initially expected and how college wasn't the time for freaking out about anything yet, that "we have our whole lives ahead of us for that."

I am cringing.

Little, freshman Bailey seems so far off at this point, and in some ways I am so glad of that. Cheesy as it sounds, I am glad to have begun to find my place. I am glad to be in the

process of finding my safe people. And I am glad to say that I know myself so much better now because of my time at Trevecca.

Mental Health Awareness Week is coming up Oct. 4-10, and I don't know about everyone else, but going into the second month of school to face mountains of to-do lists while trying to balance work and friendships and sanity all on the same plate just seems daunting.

Trevecca's counseling center is an amazing resource for students who might be struggling during their time here. The center is highlighted more in an article on page 3, so be sure to read through that for more information about counseling at Trevecca, what feelings are normal to experience during college, and more information about mental health on campus.

SGA: communication a top priority

BY SARAH HOGAN
ASB PRESIDENT

As ASB President, there are so many people that come to me with questions that I do not have an immediate answer to. I hear frustrations about lines of communication not being clear and about stories being skewed by rumors floating around campus. It's true that students get emails containing information about class evaluations, but they are not involved in many of the conversations that affect day-to-day life on campus.

While I most definitely do not mind answering questions and am incredibly grateful for the efforts the different departments have been putting in to making this campus the place that I love, I do feel like students are often left in the dark about certain things. That is where Student Government comes in.

Being student body president comes with many opportunities to ask questions and learn more about things going on around campus from the faculty and administrators that are working so hard to make Trevecca the extraordinary place that I and so many others love.

This year, I am determined to do everything possible to keep information

flowing from those who know more than I do about things that concern the Trevecca community. I challenge you as the student body to stay curious by asking the questions that deserve honest answers. I, along with the rest of student government, will try my best to keep you informed.

We have a suggestion box at the SGA booth in Jernigan this year where you can ask those questions or comment on things you see being done (or being neglected) around campus. And yes, we do look at every single one.

There is also an SGA meeting each week on Mondays in Quick Lecture Hall at 9 p.m. that all students are invited to attend. Emails are a great way to communicate too, and I and many other SGA members check them multiple times a day.

This year, I hope to keep the student body more informed and updated, while working to be the voice that represents the various needs of students on campus.

I am excited to be serving as your student body president. I am very excited to be working with a team of very capable, creative, passionate and caring people. And we are excited to be here for you.

TrevEchoes

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TrevEchoes is published by and for the students of Trevecca Nazarene University. The views expressed in TrevEchoes are those of the individual contributors and do not necessarily reflect the views of the editors or those of Trevecca Nazarene University. Contributors may be edited for grammar, spelling, content, or space consideration. The TrevEchoes office is located on the third floor of Jernigan.

COMMENTS

The TrevEchoes mission is to serve the Trevecca community by bringing you relevant, timely information about our campus. Let us know what you think about an issue on campus or a recent story in the paper.

Also, some of our best story ideas come from you, our readers. So, find us on Facebook or send in your story ideas to TrevEchoes@gmail.com

Mental health a concern on college campuses

BY REBEKAH WARREN
STAFF WRITER

College students struggling with mental health issues should know they aren't alone and there is help on campus.

"A recent study conducted by the National Association for Mental Health found that 73 percent had something they'd consider a mental health crisis while in college and that's a pretty high number. It is really a problem here and on other campuses," said Sara Hopkins, director of counseling services.

Amanda Grieme-Bradley, the chair of the social and behavioral sciences department, expanded on the reality of mental illness with the truth that it could affect virtually anyone.

"People tend to have an idea in their head of what it looks like to have mental

health issues, but really that looks like you and me or anyone that we could look at in a course roster or walking around campus," Grieme-Bradley said.

There are several theories as to why illnesses such as depression and anxiety have increased in recent generations, but it is generally agreed upon that college reveals and intensifies mental health concerns.

"We typically are most vulnerable in times of transition, and there's lots of relational and housing transition. What you're learning is really challenging you," said Hopkins.

Students entering college are subjected to a combination of change and pressure that can lead to high levels of stress.

"The age of onset for many mental health issues is young adulthood, so college

stressors may also be illuminating problems that are already present," said Grieme-Bradley.

For those who are struggling or believe they may be having a mental health crisis, seeking assistance is always the best option.

"Get help as soon as you can," said Hopkins. "It may be that we can change the trajectory of what that [mental health issue] looks like for you."

There is nothing quite as important as reaching out to a professional who can help curb current issues and long-term effects, including physical problems such as fatigue, chronic headaches and high blood pressure.

Students who know someone struggling with mental illness need to understand they are not responsible and it is not their job to fix their friends' issues.

"The best thing, and this is so simple, is to be near. So hang out, listen, tell them you are there for them, and tell them you've got their back. Do life with them. Be real with them," said Grieme-Bradley.

Though mental issues can make a person feel isolated and alone that is not the reality on campus, she said.

"[Students dealing with mental health issues] can tell their RA, their RD, a professor, or anyone in the CLCS. There are a lot of people who truly want to help so there's no need to carry that alone," said Grieme-Bradley.

Counseling services are completely confidential and are available to students at no cost in the CLCS.

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would not have to report the incident to student development or law enforcement.

"My response, first and foremost, would be just to make sure that they're O.K. and that they have the support that they need so they know that I, or one of my counselors here are safe for them to talk with," said Hopkins.

"We do get reports of sexual assault here, and so it is really important that they know that we're safe."

Hopkins, or the others, would then talk the student through whether they want to report the incident to law enforcement or Student Development or the Title IX coordinator on campus.

"So we're just kind of talking through all the options with them and then if they don't want to do any of those things, then we're just going to offer what ever kind of help they need to facilitate their healing," she said. "We never push anybody to report --



Tasha Adams
Clinic physician assistant



Sara Hopkins
Director, counseling services



Heather Daugherty
Associate chaplain



Tim Green
University chaplain

Trevecca's four safe people for sexual assault reports on campus

never push them any faster than they want to move."

According to statistics provided by Haven, one in five women are sexually assaulted during college and one in three women are sexually assaulted during their lifetime. Students were also trained in what to do if they witness unsafe situations.

"As a community, we can help keep each other safe," Hopkins said. "If you're in a situation at a party or on campus where someone is incapable of giving consent or

could be in a risky situation, do something to keep them safe."

Hopkins said that policies that prohibit drinking and sex could make it more difficult or scary for victims to speak up or ask for help, but that the ultimate goal of her office and the university is for students to know there are people that can talk to and that student safety is the number one concern.

"I think for some students [fear of getting in trouble] could influence their

willingness to report because you have to feel very, very safe to report because sexual assault is so shaming and so confusing," she said. "I would just say, 'Don't be afraid to seek help. Don't be afraid to speak out if you need to. We're here for you.'"

Renovations for new worship arts building planned

BY T. JOSIAH HAYNES
STAFF WRITER

Music majors and students in the National Praise and Worship Institute will have a new home next fall.

Trevecca purchased the 4.8 acre Volunteer Trucking property for around \$1.5 million last spring. Officials plan to start a \$6 million renovation on the building that currently sits on property.

"The building on this property will be totally repurposed by next fall to house the is National Praise and Worship institute students, worship arts majors and music majors," said Dan Boone, university president.

The new building will contain new rehearsal, instructional, and performance spaces.

"There will be three practice rooms specially for NPWI students and their bands," said NPWI Director, Sam Green. "Almost every NPWI student is in a band, and space is an issue."

A choral rehearsal hall and separate instrumental

rehearsal hall will provide much needed breathing room. These new halls will not be used for performances.

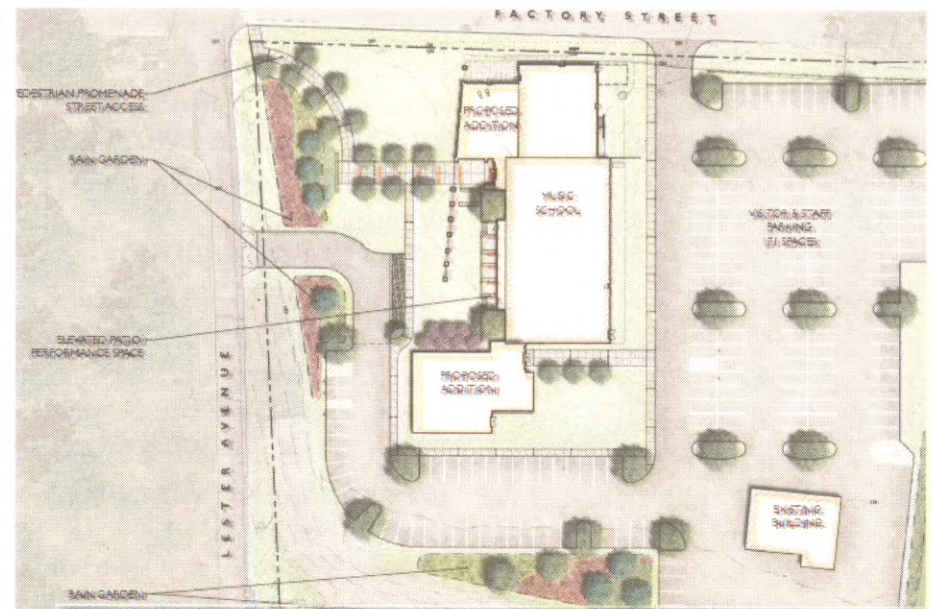
The previous plan was to construct the new building in front of Trevecca Community Church. The cost was estimated between \$18 and \$24 million. Trevecca officials decided it was best to repurpose an existing building to be more cost effective.

"You've got such a solid foundation, we'd be crazy to change that," said David Caldwell, executive vice president for finance and administration.

Officials are still raising the final dollars to fund the project.

"There is still a small amount of money left to raise, but we are confident that donors will contribute the remaining funds needed before January," said Boone.

A new black box theatre will be annexed onto the newly renovated worship arts building and will employ state-of-the-art sound and lighting technology. Trevecca



BLUE PRINTS OF NEW WORSHIP ARTS BUILDING

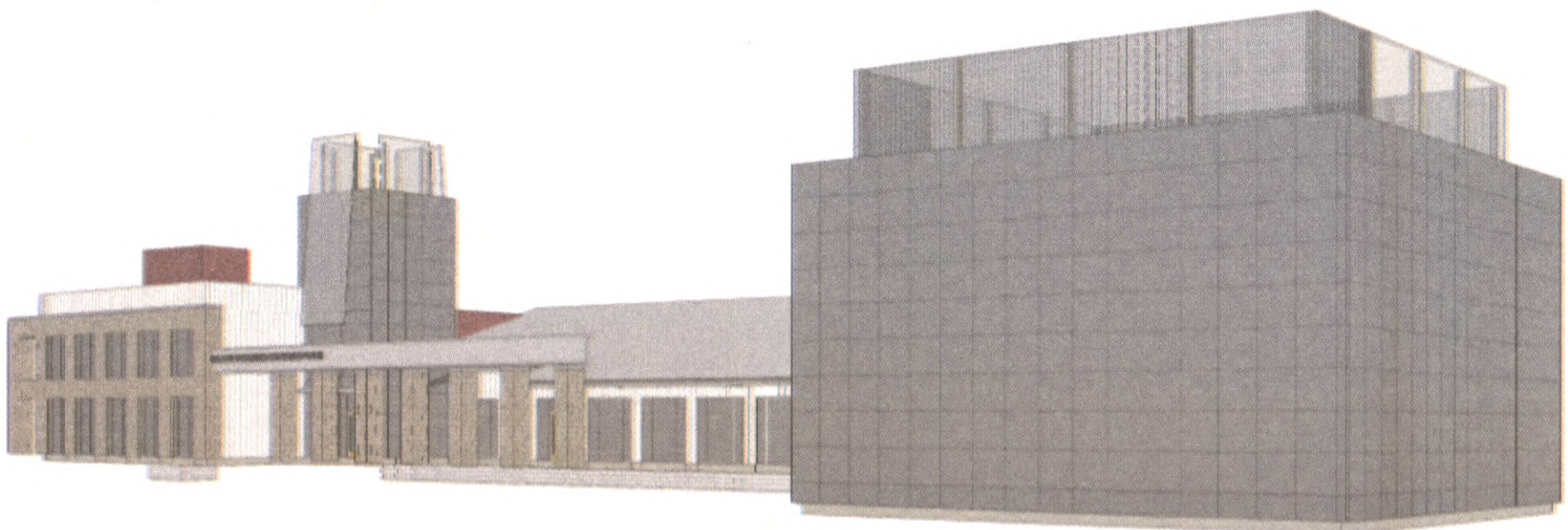
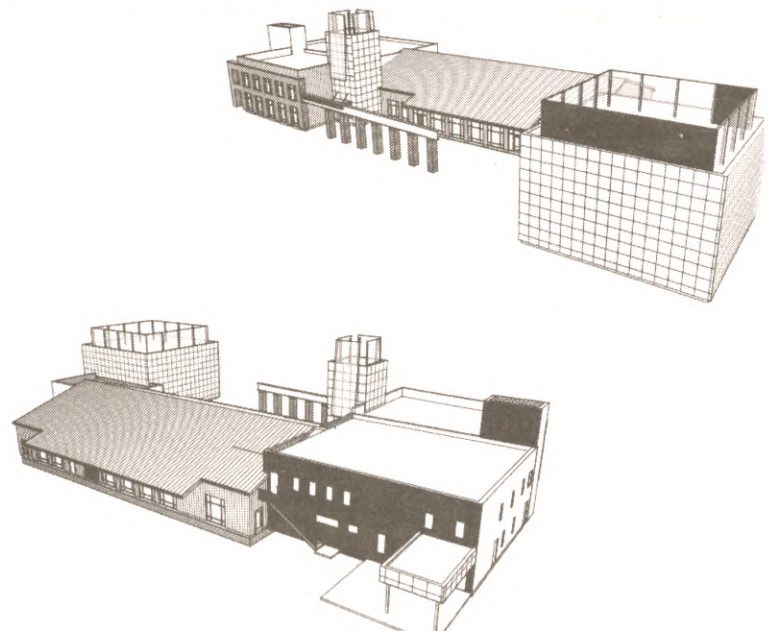
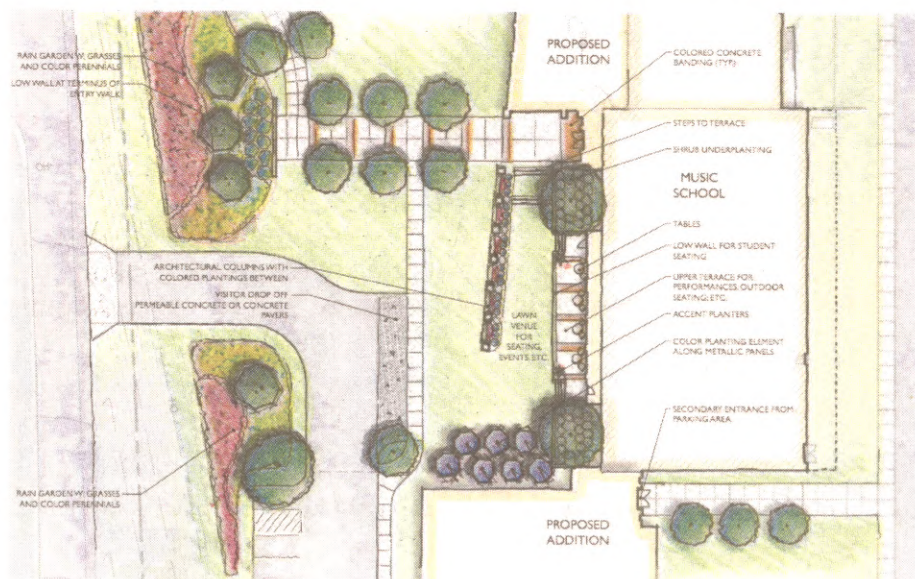
will be able to rent out the black box theatre to outside entities.

The black box theatre will not replace Benson Auditorium. It would not have been financially feasible, Caldwell said.

"There had to be some decisions made. We chose to prioritize the instructional space because it is used daily," said David Diehl, associate professor and chair

for the department of music.

Music majors make up about 15 percent of Trevecca's student population. NPWI and Worship Arts majors account for another 4 percent of the undergrad population.



Supreme Court ruling won't affect hiring policies

BY BAILEY BASHAM
EDITOR-IN-CHIEF

Trevecca's policies on hiring same-sex married faculty and staff will not change after the Supreme Court ruled in June to legalize same-sex marriage.

"Nothing changes in terms of the position of the Church of the Nazarene, which is what informs our positions [at Trevecca]," said University President, Dan Boone. "If you look ahead, some of the things that could happen would be that faith-based universities that hold to a traditional view of Christian marriage could be deemed to be discriminating against legally married couples, and if that were to occur, then federal funding for student education could be in jeopardy."

It is still unclear what, if any, consequence might come in terms of federal funding because of hiring policies that state Trevecca employees are prohibited from sexual activity outside of heterosexual marriage.

"The question that remains is whether Christian based organizations, such as a college, will be exempted from being required to hire or provide campus housing to someone who is in a same-sex marriage, based on the religious beliefs of the organization," said Eddie White, director of financial aid. "If

the courts were to decide in a future ruling that Christian colleges are not exempt, then federal aid, including federal loans, could be used as an enforcement tool."

Trevecca students receive around \$3 million a year in federal financial aid.

Because Trevecca's hiring policies are rooted in Nazarene doctrine, those employed by the university are expected to live in concession with the beliefs of the church.

"In the contracts for all employees, we state that they must be living in fellowship with the doctrinal and ethical standards of the church of the Nazarene. [Someone who was married to a person of the same sex] would not be able to sign the contract in good faith because they would be living outside the guidelines of the church," said Boone.

Trevecca officials are focusing on building income streams that would help make up any potential loss of federal student financial aid, said Boone.

"A part of what we're trying to do is answer the question of, 'What would it take for Trevecca to move toward being a self-funded institution? We would have to find another \$2-3 million dollars a year in income to [replace federal funded aid], but that's not unreasonable," said Boone. "The federal

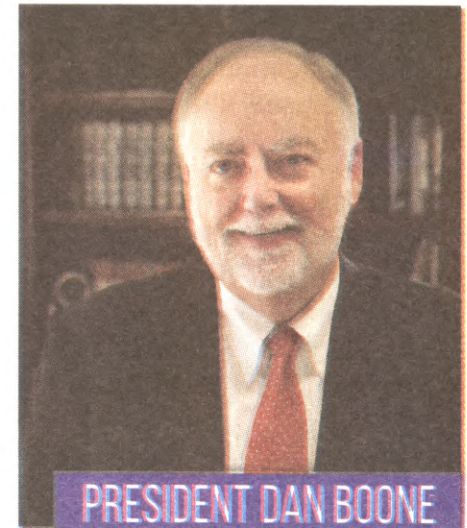
government gives around \$3 million to Trevecca students a year, but Trevecca itself gives our students \$11 million a year. It's not like we're not already funding a significant part of the students' education."

Adapted from a September statement released by the Western Holiness Consortium, Trevecca's sexual ethics policy will state, when finished, that the belief of the University is that sexual intimacy is something that is to take place only between a married man and woman.

"The University prohibits sexual activity outside of heterosexual marriage...and/or the promotion of a sexual ethic contrary to the beliefs of the Church of the Nazarene. Students, faculty and staff are required to live in harmony with the doctrinal and lifestyle commitments of the University and the Church of the Nazarene relating to sexual activity and gender identity," states the policy.

In response to the June ruling, Boone wrote a blog entitled, "10 Concerns About The Supreme Court's Same Sex Marriage Ruling," which outlined some of his personal concerns with the ruling.

"The large majority of same-sex folk are not headed to the marriage altar. They just want their orientation 'normalized,'" Boone wrote.



PRESIDENT DAN BOONE

"What comes next? Can relatives marry? Can 3 or 30 people who love each other get married? If this right can be granted to 2 persons without any gender distinction, why not 3 or more? What is so special about 2? Can adults marry consenting children?... I have little confidence that our courts or government will make future decisions based on Christian tradition or revelation. We are now a nation that operates on individual rights rather than responsibility for the common good."

In spite of some potential causes for worry, leadership at Trevecca remains confident in the school's financial security.

"I think we are going to be fine. We are preparing for the worst while at the same time experiencing the very best possible," said Boone.

Attendance policy tightened after audit

BY TOM LOHRMANN
STAFF WRITER

If you skip a class this year, it's much more likely to be noted by your professor.

An emphasis on recording all student absences comes after Trevecca was audited over the summer by the Federal Department of Education for the first time in nearly 20 years.

Trevecca was found to be too lenient in their application of attendance policies. Because Trevecca receives tax funding and exemption based on a specific formula put in place by the

federal government, the university was in jeopardy of losing funding unless the adherence to those policies was made more strict.

"Whenever they audit you, they go through all of your systems and processes, and they're going to check for compliance in areas related to the federal government. They wanted to make sure that we were clear on our expectations for drugs and alcohol, sexual assault and sexual harassment," said Tom Middendorf, associate vice president of academic services. "If we're following through with our

policies on attendance, we can track when a student drops out of the university. If a student who is awarded federal funds [in the form of] loans or grants drops out... [that money] has to be paid back to the federal government."

The Federal Government wanted to make sure that Trevecca's processes were being followed for tracking withdrawals from the institution, and that federal funds and Title IV funds are being paid back, said Middendorf.

Title IV financial aid is government money provided to students in the form federal

grants and subsidized and unsubsidized loans.

"When, and if, they find that you're not in compliance they ask that you give them a way that you're going to rectify the issue. Trevecca had to say we're going to make sure that we track attendance and that we can account for students that are going to potentially drop out," said Middendorf. "We need to make sure that we're following through with our policies."

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Expectations regarding Trevecca's attendance policy have not changed from last year to this year. The difference is that Trevecca is now asking instructors to report attendance, allowing the school to accurately report to the federal government a student's last date of attendance so the appropriate amount of funds can be returned.

"Generally, we have two broad goals in mind," said Steve Pusey, university provost. "[We want] to make certain that the university has, and can report, an accurate record of a student's attendance so that, as an institution, we can be compliant with Federal Financial Aid regulations, and we want to make certain that the student is

actively engaged in the learning process and the class," said Pusey.

Trevecca's attendance policy states that students are not to miss more than 20 percent of their total class time.

Trevecca's attendance policy states: "Trevecca is committed to the idea that regular class attendance is necessary for student success; consequently, students are expected to attend all class sessions of courses for which they are registered. When absent, the student is personally responsible for all class work assigned in a course, even during the absence, and should take the initiative to contact the instructor and discuss an appropriate course of action."

These policies shouldn't impact students who miss class due to university related

commitments such as athletic games or PR group performances. Students who miss classes due to university related events should be in contact with an instructor whenever there is need to miss a class. These students are not excused from the work in their classes, just the absences that are out of their control.

"The policy defines a university related excused absence and provides the instructor with the flexibility to determine other excused absences in his or her class. The burden then goes back to the student to assume the responsibility to take the initiative to work with the instructor to make up any work missed and/or fulfill other course obligations," said Pusey.

"When you haven't been audited in 20 years, it's easy to get to a point where maybe

you get lax on certain things. So these types of things help us," Middendorf said. "There was nothing that was done [by Trevecca] that put [the university] in any trouble. We just want to be an institution of integrity and do exactly what we say we're doing."

Security using text alerts to protect campus

BY MANON LANE
SENIOR STAFF WRITER

Keeping students, faculty and staff safe on campus is being made easier with new technology and on-line training programs.

Training sessions on how to respond to a live shooter on campus and how to report sexual assault are a couple of the initiatives focused on faculty and students.

"At the Student Leadership Summit, we go over workshops on becoming leaders, and typically we have an afternoon of different workshops they can pick [from], but this year, instead of doing that, we did Emergency Response and Preparedness Training and then HAVEN, the sexual assault training," said Matt Spraker, associate dean of students for community life.

Each year the security staff at Trevecca evaluates potential safety threats based on the past as well as current events making the news. A spread sheet is designed to rank them in order of highest areas of concern.

"Part of what we do on

an annual basis is a risk assessment for the university. We sit down and we try to determine what threats we believe are possible," said Greg Dawson, captain of university security and director of emergency management.

Staying up to date on safety technology is also part of Dawson's job.

Trevecca has contracted with RAVE, a text and email alert system, to let all students, faculty and staff know of any threats on campus. In the event of severe weather or any other danger on campus, anyone in the system gets text and emails with information and instruction.

Dawson is also working to be able to add a program that would automatically load on every computer connected to campus Wi-Fi and compensate for the fact that a text message or email may not be readily receivable.

According to Dawson, every employee and student that is active in the ITS database is automatically uploaded into the system via their Trevecca email address. All students should have

received an email explaining how to forward alerts to their cell phones. There are also options for family members or alternate email addresses to receive the alerts as well.

Student leaders on campus also participated in an online sexual assault training that identifies how to report assault and clarifies what counts as consent to sexual activity.

"Although some of that stuff can be unnerving, the training made me aware of warning signs and the appropriate actions to take should something come up," said ASB Chaplain, Justin Schoolcraft. "By empowering student leaders with that training, it makes the potential of a safe campus that much higher."

Dawson and his team do their best to stay aware of the best ways to keep the campus safe.

"[Emergency preparedness] is something you don't ever know [everything] about. Things are always changing, and there are always different technologies that can help or hurt. You are

always trying to stay up-to-date on things," said Dawson.

Dawson and Spraker both agree that awareness is key, and advise that everyone should pay attention to their surroundings and gut feelings.

"That's why we're here... I'd rather us check it out and be nothing than for [someone] to think 'It's O.K, I'm not going to worry about it,' and something happen," said Dawson.

To register for free Rave updates, login using your Trevecca credentials to www.getrave.com/login/trevecca and add any additional contact information to receive alerts at different phone numbers, email addresses, etc.

HELPFUL NUMBERS

TNU Security
615.642.3523

Metro Police Non-Emergency
615.862.8600

Former Trojan drafted by St. Louis Cardinals



BY TOM LOHRMANN
STAFF WRITER

Former Trevecca third baseman and NCAA Division II All Midwest Region Player of the Year, Hunter Newman was drafted by the St. Louis Cardinals in the MLB Draft this past June.

Last season, Newman made the All Region First Team for the third consecutive year after helping lead Trevecca to the Great Midwest Athletic Conference regular and post-season championships. Newman led the team in more than five categories, including batting average (.451), runs batted in / RBIs (77), slugging percentage (.877), on-base percentage (.558) and home runs (18).

"It was an indescribable feeling, and I was just speechless," said Newman.

Newman's phone rang with calls and messages from other draftees he had played against, as well as from his Trevecca teammates, coaches, friends and family.

"It is a humbling experience knowing that you've got the support of so many people," said Newman.

Newman played for Trevecca after being recruited by the pitching coach.

"(Trevecca) Pitching Coach Luke Brown is the reason. He recruited me in high school, stayed on me the whole time pretty hard, and sold me on the school."

The thought of being drafted never crossed Newman's mind, despite having performed so well at the college level.

"It's been my dream since I started playing; it's everyone's dream and ultimate

goal to make it to the MLB," he said.

Newman's strong play each summer against Division I players raised eyebrows, with scouts showing up at school soon after.

Teammates described Newman as a leader by example that always looked out for others around him.

"[Hunter] always knew what to do and where to be at the right time," said Zach Tompkins, senior catcher. "He does everything with a purpose; he has a routine that he follows on a daily basis that keeps him focused and in the right physical and mental state."

Newman noted that while the games and postseason accomplishments each year were memorable, his greatest memories revolved around the team.

"My freshman year I immediately had seven new best friends. Anything we did, all seven went to do it. It was a really special bond right there, right off the bat. That was absolutely my favorite thing, how close we were as a unit," said Newman. "I look back at pictures and there are millions of things that pop into my head, whether that's playing games, or in practice, hanging out off the field—just being really good friends. It's not just being a team; that part is really being a family. It really was a brotherhood. We all loved each other. I miss that probably more than anything."

In 2014, Newman was also named GMAC Male Athlete of the Year and was a second team American Baseball Coaches Association/Rawlings All-American. He was also a third team Daktronics All-American, the first Trevecca or GMAC player to earn that distinction. He was awarded the 2015 Midwest Player of the Year by both ABCA and Daktronics and was a three-time GMAC all-conference team member.

This summer, as a member of the Appalachian League's Johnson City Cardinals, the 6'2", 210 pound Newman moved to first base and registered 44 hits along with an on-base percentage of .310. On the transition from college to the professional level, Newman said it was an exhausting grind, both mentally and physically. At Trevecca, Newman played in five games each week, two of them nine-inning games, the other three seven-inning games. At the professional level, every night is a game night.

Head Coach Ryan Schmalz, who became Trevecca's head coach at the start of Newman's freshman year, said that the two of them beginning their careers at Trevecca at the same time was instrumental.

"From the time Hunter was a freshman, he was one of best hitters in the lineup. Hunter was someone you could depend on day in and day out," said Schmalz. "He was a threat at the plate and struck fear into opposing teams, especially their pitchers."

Even though Trevecca will be without Newman this season, Schmalz said that last year's team had other leaders, aside from Hunter, who are eager and willing to take on that responsibility for this year's team.

"[Hunter] is still going to be heavily involved in the program. He's here on campus pretty often and is planning on finishing his degree," said Schmalz. "He's not only a great player but a great person. He's got the kind of character that not only the program can be proud of but the university as well."

Nashville traffic has Trevecca commuters in a jam



Waze is a free traffic update app available for download.

BY BAILEY BASHAM
EDITOR-IN-CHIEF

It's 7:45 a.m.

While many Trevecca students with 8 a.m. classes are just rolling out of bed and grabbing something off the floor to wear, Lauren Hart has already been sitting in Nashville rush hour traffic for an hour.

Protein shake in hand and worship music queued on the radio to fill the quiet of the early morning, the junior early childhood education major left her house nearly an hour and a half earlier to try to beat as much of the morning traffic as possible.

At 7:45 and with 15 minutes to make it to campus for her first class of the day, Hart begins feeling nervous and starts running through her options.

"[Feeling like I'm going to be late] makes me nervous," said Hart. "I'm sitting there looking at all the lanes beside me, trying to figure out which way would be the best to go or thinking, 'If I get off at this exit and take this road, I can make it.' My commute is close to an hour, if not more, every morning, so for me, two minutes really makes a huge difference."

Trevecca is home to more than 300 commuting students who make the daily drive to and from campus on increasingly busy roads in Nashville.

Nashville was ranked seventh in a list published by CNN in 2014 of the 10 fastest growing cities in the U.S. The city reported a 1.8 percent population increase, meaning an additional 31,153 residents. With that growth comes

more drivers, and with more drivers comes heavier traffic.

The Tennessean reported in 2013 that 20 of Nashville's busiest intersections were used by more than 1 million vehicles each day. That count was estimated to grow by 15 percent year the next 20 years.

"On I-65, there is always a wreck somewhere. You see so many wrecks and think, 'Oh wow, that could have been me had I left like five minutes earlier,'" Hart said. "My parents tell me be careful, but they're not worried. There are those risks [driving in] that you have to take, and it's scary, but you just have to take them to get here."

A 2014 Time Magazine article headlined, "10 Things Your Commute Does to Your Body," reported that people spend on average about 51 minutes a day commuting. Similarly, the article reports that those who commute more than 30 minutes each day are more likely to be subject to higher levels of stress and lower life satisfaction than people with shorter commutes or no commutes at all.

"Let's say we have someone sitting in traffic that has a test or presentation at 8 a.m., and it's 7:45, and they are stuck in traffic. Maybe they were already a little nervous, but then we have all those other thoughts that are piling on top of those anxious thoughts," said Grieme-Bradley, associate professor and chair of social and behavioral sciences. "They go from, 'I hope I sound smart when I'm giving my presentation,' to 'Now I'm going to miss my presentation and fail the class, and if I fail the class, I will lose my scholarship and have to drop out of college, and now the world is ending.'"

There's an App for that

To help commuters who are in need of traffic updates, many free, GPS-based iPhone and Android apps are available for download.

Waze is a driver updated app that allows commuters to log where they notice potential traffic delays like heavy congestion, accidents, road closures, and nearby law enforcement officers.

"I use the maps on the

iPhone [for traffic updates]," said junior psychology major and commuter council president Ivana Black. "If it shows a lot of red dots [on your route], then that means there is a lot of traffic."

Black is beginning her third year at Trevecca as a commuting student.

"I remember dealing with anxiety freshman year because it's just one more [thing] to do in the morning, and you can't control it at all, but I don't even think about it anymore. Once you get a routine down, it becomes pretty simple," said Black.

For some commuting students, trying to plan around heavy traffic seems futile and sometimes even a little frustrating.

"I have an 8 a.m. two days a week, and I'm [at least a couple minutes] late every day," said junior graphic design major Cydney Marsh. "I could leave at 6:30 and make it to class on time at 8 a.m., or I may be five minutes late. If I'm anywhere past five minutes late, it's an absence. Even if I'm running own the hall and walk in at 8:06, I'm absent. If that happens six times, I'm done for and I can't take the class. I'm definitely not happy with the [stricter] attendance policy because it puts a lot more pressure on me based on something I don't have much control over."

While traffic continues to be the number one factor for commuting students making it to class on time, they are also subject to different drawbacks that can result in their being late.

"There is this giant train that goes through the industrial district in East Nashville that stops all the time at 7:45. It may sit there five minutes, or it may be 15 minutes," said Marsh. "Sometimes I'm sitting there texting people trying to get them to take notes for me because I know I'm not going to make it."

Advice from upper classmen

Trevecca commuting students have lots of advice to offer new commuting students.

"If you have time before you leave, always open up Google maps because it will tell you where there's construction

and accidents, and I know it's super lame, but retro is cool now, so listen to the radio. [I listen to Lightning 100], and they update you every 10 or 15 minutes on traffic. They're pretty funny, so it makes me less angry about [being stuck in traffic]," Marsh said. "I don't listen to the Spotify like the cool people; I actually have to listen to traffic updates."

Black shared that the key to being a smart commuter is making the most of your time.

"This is really bad, but if you have your study guide in front of you on your steering wheel while you're driving, that an hour more of studying," Black said. "I feel like I have more motivation to study being a commuter because I have that review time sitting in traffic, and I can't go back to my room and take a nap or watch TV [between classes]. I'm forced to go to the library and study, and I get a lot done. If I want the whole crowd thing, I can come to campus for a study group, but if I need alone, [I can just] go home. And also, home cooked meals have got to make you smarter."

Hart doesn't study while she waits, but she has found ways to make sitting in traffic more fun.

"I hate traffic, but I also find ways to make it better like dancing in the car. I always make sure that people are looking at me before I start dancing too, so it's really fun," Hart said.

Allowing time enough to establish a routine and learning to be prepared is what most students find helpful.

"Forgetting things and having to drive all the way back home is kind of awful, so I've gotten very good at packing as part of my routine in the morning. If I'm going to be here all day, I'll even pack something my mom made for dinner in a Tupperware. I'll bring some extra clothes just in case, so everyday I'm leaving the house with some luggage and a cooler," Black said, motioning to her things in the seat next to her before offering one last piece of advice. "Just calm down because I promise everything is going to be o.k."