

## FEATURE

To commemorate Black History Month, we learned about three PUC students who attended the march for civil rights in Selma in 1965. Learn about their story and how it can inspire active history-making today.

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## SPORTS

The men's volleyball team commenced their second season with games this week. Find out which teams they will face this season and what Coach Barton hopes the team will achieve.

P6

## CAMPUS

Three new chalk murals were created in Fisher Hall by visual arts students. Two graphic design majors share their experience working on one of the murals and what they hope their work will inspire.

P5

## Week of Prayer Speakers on the Calling to Share Their Journey



Audrey Guzman (center) leads an ice-breaker during Week of Prayer

By Kyla Crist

This winter quarter, seven student speakers addressed the student body during PUC's annual Student Week of Prayer. Each spoke on the theme of what dwelling with God meant to them.

The student speakers included Marina Maher, Alex Maceda, Santiago Hernandez,

Megan Bothwell, Joy Paulson, Audry Guzman and Dylan Grey. A few of these speakers took the time to share their personal experiences and why they chose to present.

Marina Maher, representing the English department, shared her experience trusting

in God and the feeling of calmness she had concerning his plans for her following a car accident. "It was an honor to be given a platform to emphasize God's heavy presence in my life," Maher shared. "I decided to speak because I felt the need to share my near-death experience as an announcement

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## FROM THE EDITOR

Sometimes as students it feels like our whole world revolves around school, and if we don't study well enough, the world will end. Two things happened in recent weeks which reminded me that this is not reality.

I was driving through Petaluma with some friends when we passed a field full of cows, the evening sun casting a glow over the calm green hills. Laughing as we drove along that day, I realized it was the first time I had truly taken a break perhaps this whole quarter. It was beautiful, not just because of the calendar-photo scenery, but because the moment reminded me that there is a whole world going on outside the one in my head—and I was glad to be a part of it.

On a different note, I have recently had unusual opportunities to learn from people serving in fields that excite me. I heard a research presentation from a professor working on her doctorate, interviewed a high school teacher who worked with Teach for America, spoke with representatives from California school districts who visited PUC

and watched online talks given by authors about what it's like to write for a living.

Whether I end up following some or none of those paths, each reminded me of possibilities for the future which I rarely stop to consider. I get entrenched in lists of homework assignments and forget about the opportunities the present studying could lend me. Rather than schoolwork seeming like my whole world, I realized it is only a vehicle to prepare me for ways I can contribute to the broader world in the future.

This is not to say I am ungrateful for the chance to go to school—quite the opposite. However, school is not the entirety of our existence; it is just one of the many ways we participate in the world for now. In the future, our schooling will allow us to add to the world in ways we can't imagine yet, and in the present, it allows us to make connections with people and places that expand our world beyond just our laptop screens and make it brighter.

If you too find yourself deep in the



post-midterms motivation slump, remember this—there is a balance to be found between studying well and taking yourself outside of that bubble once in a while to remind yourself of what else there is and can be.

*Sincerely,  
Lauren VandenHoven  
Editor-in-Chief*

## CAMPUS

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of my faith and as a closure to that difficult part of my life.”

Maher said her life-altering moment brought her closer to God, not necessarily because she saw the face of death, but because she grew from it, choosing to trust and dwell in God. She noted that she realized the terrifying experience of the accident “was a reminder of how precious life is—and that God is in control.”

“Dwelling, knowing he is present in all sorts of situations, difficult or passing, is a choice that we as believers must make in the certainty of his plan,” she said.

Alex Maceda, representing the theology and world languages departments, shared an equally fulfilling experience. For Maceda, dwelling means overcoming the temptation of sin and finding a new way to feel satisfied in life.

He noted that sin is a temptation for all, but that resisting it and choosing God when there are many choices is one approach to having and holding faith.

Maceda chose to speak not just because he was asked or prompted to, but because he felt “moved by the Lord” to do so. “It

was worth the nerves, and talking about my struggle with sin was important,” he said. “Hopefully someone was inspired by my story to implement change in their own life.”

Santiago Hernandez of the theology department, spoke about an intense experience which taught him about the peace that can be found in the midst of a storm.

**“Hopefully someone was inspired by my story to implement change in their own life.”**

When a tornado threatened Hernandez's life, he prayed to God out of fear while thinking about one of God's promises in Psalm 91. Hernandez claimed God's promise, realizing God was willing to protect and save those who would dwell in his presence. “No matter the storms we are going through in our lives,” Hernandez said, “there is peace to be found in the midst of it all—faith and hope when we feel like giving up.”

Like Maceda, Hernandez felt guided by God to speak. “God chooses certain people to speak because he wants to teach the speaker something important,” he said, “and through the speaker to then teach the people who he or she is addressing.”

Joy Paulson, representing the visual arts and English departments, noted that she felt herself feeling natural on stage after the initial nerves subsided. Used to performing stand-up comedy rather than serious testimonies or speeches, Paulson entered a new territory of speaking, but eventually found her groove.

Dwelling, according to Paulson, means realizing everyone has a journey in and through Christ, and that “accepting where we are in our journey will make the end of the journey even greater.” As a result, finding comfort in the present situation is a way to realize that the journey with God is not all about the end goal but about how one lives on the journey to get there.

Megan Bothwell, representing the nursing department, showed vulnerability through her personal testimony. Bothwell said she listened to the voice inside her

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CAMPUS



Megan Bothwell shares her message

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telling her to “go for it,” and she shared a heartfelt message about her experience following her mother’s passing.

When her mother was diagnosed with brain cancer, Bothwell’s faith and relationship with God wavered and eventually all but disappeared after her mother’s death when Bothwell was a freshman at PUC. After three years of reflection, she has slowly been rebuilding her relationship with God and trying to dwell in his presence. This time, she says that rather than dwelling with God out of fear, her desire is to truly know God.

Bothwell noted that she made connections with people after speaking for vespers that she otherwise would not have without sharing this experience. “The amount of people that came up to me afterwards, relating how they were affected by what I had said made it all worth it,” she said.

Last but not least, Audry Guzman of the theology and history departments closed Week of Prayer with a message during Saturday’s church service. Guzman, who is also the Student Association’s Religious Vice President, believes public speaking is one of the talents God has given her.

About the process of preparing her message, Guzman said, “I put in work so the message is more easily understood, and so that others can get to know God a little

better than they did before.”

With such a diverse audience for the church service, including college students, community members in the PUC church, academy students visiting for the basketball tournament and others, Guzman said she didn’t know what she should speak about at first. Eventually, she decided to share the story of Elijah in the Bible.

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**“The amount of people that came up to me afterwards, relating how they were affected by what I had said, made it all worth it.”**

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“He was always searching for God in big signs such as tornado fires, storms, earthquakes and big winds,” Guzman summarized. “When he didn’t see God in those signs, Elijah felt scared, exposing the fragility of his relationship with God. When he did get to know God, it was a whisper.”

Guzman believes that this story shows how God wants to know people intimately, not in the chaos of the storm. Similar to Hernandez’s earlier message about finding peace in the tornado, Guzman advises to “trust the whisper of God you hear, because

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that is the most intimate way to know him.”

Many speakers noted not only the importance of dwelling with God, but specifically of finding calm in the storm. The speakers showed their audience that everyone’s journey is different, but the message remains the same. Through sharing publicly, they were not only able to explore their own relationships with God but also to find human connection in ways they might not have otherwise. ■



## FEATURE

# Black History at PUC: Students March for Civil Rights

By Kaylyn Jakubczak

In 1965, three Pacific Union College students—Fernando Canales, Paul Cobb and Milton Hares—found themselves at a gas station in Oakland, California, filling up their two-seater Karmann Ghia. They were about to embark on a 2,400 mile journey from the Bay Area to Selma, Alabama, to join 2,000 others in Martin Luther King Jr.’s march for voting rights on March 9.

Paul Cobb was a Black student and sports columnist for the Campus Chronicle at the time. Hare was a White student majoring in history and Canales was a Hispanic student studying chemistry and German. After watching the protests for racial equality televised in the news, Cobb told his two friends they were going to march with Martin Luther King Jr. in Selma.

The three experienced adversity throughout their journey to Alabama which began even before they left California. The PUC administration was against political activism at the time and had conservative views towards racial equality. The college

did not allow interracial dating or dorming, and only permitted minority students to work menial jobs.

PUC was not the only Seventh-day Adventist college to oppose such advocacy for racial equality. Oakwood University, the historically Black institution in Alabama, threatened their students with expulsion if they were to attend the Selma to Montgomery March.

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**“Black History month should serve as a reminder for us to draw inspiration from not only the known leaders, but also from the ordinary citizens.”**

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Still, these PUC students did not back down. They saw the opportunity to participate in history and were determined to go.

Canales, Cobb and Hares later remarked they were glad to have gone to this historic march, reporting that it was a momentous journey which helped shape their lives.

If you are wondering what Black History Month is about, this is it. It is not solely about remembering history, but actively participating and making history as well. Some PUC students have participated in the recent Black Lives Matter protests across the country or seen firsthand the discrimination in many spheres of American life which continues to exist today. It doesn’t matter what race or background we come from—we all have opportunities to learn through the actions of these individuals and others like them.

Black History Month should serve as a reminder for us to draw inspiration from not only the known leaders, but also from the ordinary citizens like Cobb, Canales and Hares who were brave enough to be a part of history despite the resistance they faced. ■



Cobb (with pencil behind ear) and Hare (far right) pictured with Dr. Martin Luther King Jr. during the march



## CAMPUS

# Graphic Design Students Create Murals for Fisher Hall

By Lauren Jones

Fisher Hall is now home to three new chalk murals drawn by graphic design students Sarah Franklin, Natalia Gomez, Sarah Moon, Joy Paulson and Parker Sutton.

The mural now featured in the Fisher Hall lobby was drawn by Franklin and Paulson, replacing a mural which had previously been displayed for four years.

According to Franklin, the mural-making process started with gathering research and looking for inspiration. Franklin and Paulson knew they wanted their design to focus on nature, taking their cue from the beautiful nature surrounding PUC. They also wished to use a quote from a famous artist, which led them to settle on the simple message “Creativity takes courage,” by Henri Matisse.

**“We chose a quote that we hoped would inspire people in the art department to be courageous in their creativity.”**

Several ideas were discussed before the design was finalized. Franklin described the concept they landed on, saying “eventually we decided on making the emphasis on the clouds which surround the Henri Matisse quote. Later, as we were making the clouds, we decided to add a mountain range to the bottom half of the mural.”

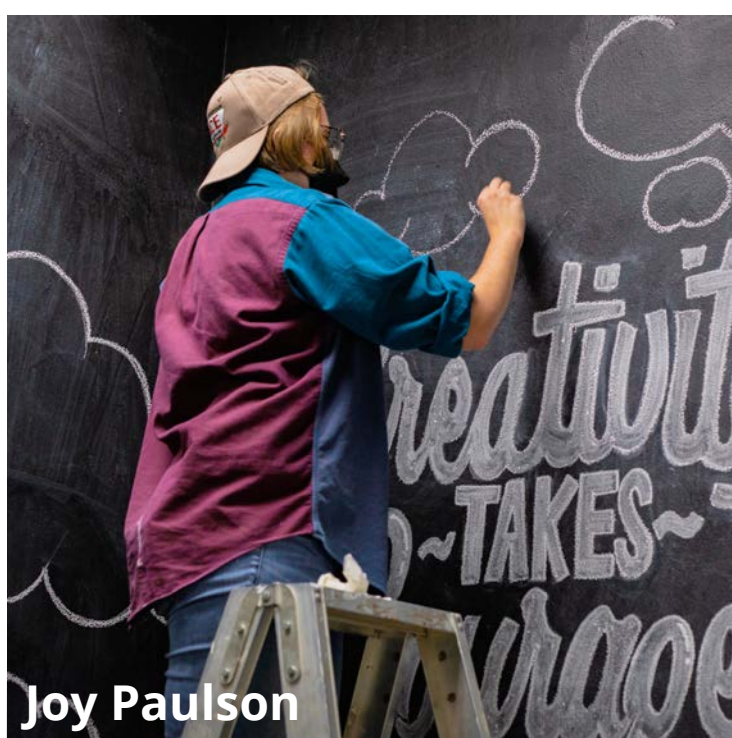
Not only were the artists required to design a unique art piece, but they also had to measure space on the wall for their concept and draw a mock-up illustration which they would scale to fit the measurements of the wall. The next step was creating their design on the computer and projecting it onto the wall for tracing.

When it came time to begin the chalk drawing, Paulson drew the clouds while Franklin was responsible for shading. They noted that using the projector was a challenging process. “The sun was shining

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Franklin and Paulson working on their mural



Joy Paulson



Sarah Franklin



## CAMPUS

# New Career Counselor Shares Resources and Advice

By Kyla Crist

What comes after college? The thought of venturing into the world with a completed education and little career experience can be unnerving. Some majors prove to have clearer career paths than others, such as nursing or dental degrees, but for those without such direct paths, an ambiguous future means an exciting array of choices to be made followed by equally exciting, fulfilling lives. PUC's Career Center is here to help guide students to the best choices.

Erwin Garrido was recently appointed as a Career Center Counselor and is eager to help students seeking career advice. "I'm honored to serve the students at PUC!" He said, "It's always a positive experience."

Since January 2022, Garrido has been advising students regarding careers, resumes, interview skills and more. He feels students do not and should not have to refine these skills on their own, as managing school while thinking about the future is burdening enough.

Garrido encourages students of all years to visit the Career Center. "Whether it's for guidance on resume and cover letter building, job searching, or preparing for an interview, we are here to help."

The Career Center has resources available to help students in developing effective interview skills for external internships and jobs both on and off campus, as well as writing resumes and application letters for graduate school. In addition, the Teaching and Learning Center has tutors who are able to help with copy editing resumes and application letters.

Students uncertain of their career paths should make time to speak with a career counselor, as uncertainty can leave more room for positive personal and professional

growth through career exploration. Garrido stated that students seeking career path advice are "strong candidates for taking the Strong Inventory Assessment," which "serves as a guide for occupations of interest." The assessment is frequently used for educational guidance, as it collects data from answers and then attempts to pinpoint one's work personality and strengths. The more an individual develops their education, persona and interests, the more accurate their test results.

The center also wants to help students obtain internships within PUC's own departments, such as communication, English, world languages and more. This is an excellent way for students to get more experience in their own field or perhaps unfamiliar ones that spark their interest while on campus. More often than not, reaching out and making professional connections proves to secure more opportunities.

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**"Whether it's for guidance on resume and cover letter building, job searching, or preparing for an interview, we are here to help."**

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Typically, students visit the center at least twice, Garrido reports. "The first visit is an introduction and assessment of needs, concerns, etc. And the second meeting targets those areas with additional guidance and solutions," he said.

Garrido says the best part of his job is getting



**Erwin Garrido**

to "facilitate students' lives in all aspects of career guidance by providing meaningful and useful tools that extend beyond graduation." PUC provides professors, coaches and counselors such as Garrido to help ensure not only the quality of the time students have spent developing their professional skills on campus, but also the quality of their graduates' futures in their chosen careers. Garrido urges students to take advantage of these services as help is just a few paces away.

Students can let the department know beforehand what day and time works best for them to set up an appointment, but walk-ins are also welcome. Meetings typically last 30-40 minutes, but are flexible and can take longer or shorter depending on each student's needs. The office is open Monday through Thursday from 9 a.m.-5 p.m. and on Friday from 9 a.m.-2 p.m.

The Career Center is located below the Education Department in the former Health Services offices. ■

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right through the lobby windows and it made it very difficult to see what we were doing," Franklin explained.

The artists hope that their design will make people feel happy and encouraged when they see the mural in the lobby. Franklin explained that when choosing the quote to focus on, she and Paulson "chose a

quote that [they] hoped would inspire people in the art department to be courageous in their creativity."

Overall, the mural creation process was a positive experience. Franklin noted that she appreciated working with an amazing partner. "The whole process was fun and everything went well," she said,

"and I couldn't have done this project by myself, so having someone as creative and hardworking as Joy for my partner was especially helpful and appreciated."

If you'd like to enjoy Franklin and Paulson's mural along with the three new others, visit the home of the visual arts department, Fisher Hall. ■

## SPORTS

# Men's Volleyball Season Preview

By Amanda Barnes

As the men's volleyball season begins, the Chronicle spoke to coach Melissa Barton about what fans can expect from their Pioneers this season.

The men's volleyball team was formed last year but had a rough start due to COVID-19. Barton says that her goal for this season is to show how much progress the team has made since then. "I am confident this year that we will be a team that others need to look out for," she said.

The roster for the men's volleyball team this year includes Aaron Dass, Joshua Goldsmith, Elijah Siregar, JT Kuderca, Luis Jimenez, Louis Ramirez, Steve Jong, Jake Hendricks, Khalid Pal, Jordan Baumbach, Kyle Durham and Caleb Panjaitan. The team's captains are Justin Vital and Esteban Ramirez.

To keep the players safe from COVID,

Barton said that they are being tested twice a week. However, she noted that the allowance for practices to be held indoors has made "everything so much better." She also said that "games will be in as normal of a setting as we can get."

**"I am confident this year that we will be a team that others need to look out for."**

One thing Barton plans to work on with the players this season is team dynamic. "I feel like we have the individual skill this year," she said, "but now it's time to put it all together."

As part of building that team dynamic,

Barton also looks forward to traveling with the players, especially to southern California and Arizona. She said that "on these trips it's fun to see the team really bond together as a family."

This season, the team will play in-conference teams such as Simpson University, Westcliff Universities, UC Merced, St. Katherine University, Park University Gilbert and Benedictine University. Barton said to especially watch for the games against Simpson and St. Katherine.

PUC will also play teams outside of its conference, including Menlo College, Ottawa University and The Master's University. Barton also noted "there is a rumor going on that we will be playing Walla Walla University's club team," and to keep an eye out for that "rival match." ■

# PUC Strongman Dominates Weight Room Leaderboard

By Abigail Mayan

The Pacific Union College weight room is one of the most popular facilities on campus and is often bustling with activity. Students rush for the chance to work out using the equipment provided by the athletics department. Sports coaches hold varsity practice sessions dedicated specifically to weight training. There is also a class offered which helps students learn proper use of the equipment while encouraging them to surpass their perceived limits of athleticism.

For some students, weightlifting is a big part of life at PUC and offers them another community on campus. There is a board in the weight room recognizing lifting records held by the strongest men and women of PUC.

At the head of the leaderboard is Brandon Mayan, a second year EMT major, who holds the record in four out of the seven categories. His records include a bench press of 325 pounds, a deadlift of 605 pounds, an

overhead press of 223 pounds and a squat lift of 515 pounds.

Mayan's current favorite type of lift is deadlifts. He is working toward the goal of deadlifting 650 pounds, hoping to beat his current record by 45 pounds.

However, he also said that it is important to work out one part of the body at a time each day to maximize results. Mayan's personal favorite workout day—"with the right equipment"—is leg day.

When asked what it's like to hold records as the strongest weightlifter at PUC, Mayan said, "It's cool and all, but I don't think I'm the strongest." He respects his fellow weightlifters and said that they are all working to pass their limits.

Mayan started lifting in 2018 intending to "lose weight and get healthier," but he noted that he never would have imagined being able to lift the weight he does now.



**Mayan practices his deadlift**

However, he said that he still "doesn't consider himself strong."

"I'm just doing what I think I should be able to do considering my weight and stature," he added.

Mayan noted his admiration for the less heavy weightlifters who are nonetheless able to lift huge weights despite having a smaller frame. "It's the ones who weigh like a buck and a half that get my praise," he said. "Such a small body with all that weight is impressive." ■



SOCIAL



Natalia Gomez and Sarah Moon pose in front of their mural



Parker Sutton pictured with his artwork

NOW HIRING

**Bon Appetit** is hiring students to fill kitchen positions at the Dining Commons where they will serve meals and do light food preparation work. All necessary equipment and experience provided on the job. Interested students should email [catering@puc.edu](mailto:catering@puc.edu).

**The Nursing and Health Sciences department** needs a front office student assistant. Freshmen or sophomores are preferred, and students cannot be enrolled in the nursing or pre-nursing programs. Work hours are flexible around students' academic schedule. Interviews are by appointment, and interested students should submit their application and resume to Nursing Department Manager and Contract Administrator Ruth Zemansky at [erzemansky@puc.edu](mailto:erzemansky@puc.edu).

**The Visual Arts department** is looking for a student social media manager for their Instagram account. This position requires someone able to take good photos and work collaboratively with visual arts faculty to plan and execute regular social media updates. Interested students should email [art@puc.edu](mailto:art@puc.edu).

For more information visit <https://puc.joinhandshake.com/stu>.

FIND THE ANSWER, WIN FREE COFFEE!

In every issue we'll ask you a question with an answer hidden somewhere in the paper. The first person to find the answer and message us on Instagram @pucchronicle will win a free drink at the Grind! This week's question is:  
**How many miles did Paul Cobb and his friends travel?**

UPCOMING EVENTS

- Friday, Feb. 18

Vespers (Black History Month) — PUC Church, 8 p.m.
- Saturday, Feb. 19

Comedy Night — Fireside Room, 6 p.m.
- Thursday, Feb. 24

Senate Meeting — 10 a.m.
- Friday, Feb. 25

Vespers (Visual Arts Department) — PUC Church, 8 p.m.
- Saturday, Feb. 26

Rollerblading Party — Cal Skate of Rohnert Park, 6 p.m.
- Open Now

Talent Show Sign-Ups!