

SPORTS

The women's volleyball team put up a good fight against the Marymount Mariners last Friday. The game highlighted promising new players and the team's ability to rise to unexpected challenges.

P4

COMMUNITY

New to campus and in search of food and hangout spots? Look no further. Community student Amanda Barnes has you covered with hiking destinations and the best waffle cone in a 15-mile radius.

P5

CAMPUS

Nursing alum Matthew Foulston remembers Professor Jacque Komplin, who died in a plane crash in August. He reflects on her invaluable contributions to PUC students and to the healthcare profession.

P8

Biology Students Find Summer Adventure on Safari in Kenya



Kaitlyn Nakanishi (L) and Typhanie Vo (R) show off their painting skills at a rural school

By Kaylyn Jakubczak

It was a fulfilling summer for biology students Kaitlyn Nakanishi and Typhanie Vo, who earned their lab credits by joining Dr. Floyd Hayes on a mission trip to Kenya.

Despite the difficulty coordinating travel during COVID-19, once the team arrived in Nairobi, they were glad they came.

Some highlights the students mentioned were seeing animals on safari and volunteering in the local school and clinic.

Dr. Hayes said "it was the best out of the three trips to Kenya" that he has taken because of the many wild animals they saw. The group stayed in the rural

countryside in Masai Mara where zebras and giraffes roamed freely and the locals herded animals nearby. They got to see lions, cheetahs, leopards and servals—a species of cat. During one adventure, they even saw a pack of wildebeests cross a crocodile-infested river.

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FROM THE EDITOR

In news writing, we begin with a lead—that single sentence which encapsulates our entire story in under 25 words.

The first reason for this is somewhat pessimistic. Some people only read the first sentence of an article, and we want those readers to still be informed.

The second is more hopeful. We write a lead to establish expectations. We aim to set the tone for the reader, providing an introduction to what they should hope to know more deeply as they continue reading.

In many ways, writing a lead is like setting a goal. We begin with a blank page, we set our expectations for the story we will tell and we try our best to fulfill them.

The beginning of this school year is a blank page in many ways. We have mostly emerged from pandemic seclusion and are excited to finally make all those college memories that some of us have only heard about.

If you're like me, you've met a lot of new people in the past two weeks. Whether

you're a veteran upperclassman or a new freshman, each introduction is a new chance to tell your story.

The question is, what story are we going to tell? This can be a scary question, but it can also be a wonderful one. You don't have to know exactly who you are or what you want to do in order to expect great things from your life, your college experience or your quarter. You just have to begin by having faith in yourself.

A story is only as good as its start. Our blank page is a chance to tell a story in which we accomplish anything we set our minds to, find pockets of happiness in being together again and take advantage of the host of new experiences coming our way.

I don't know what your lead will be, but I look forward to seeing the story it turns into. I have faith in us.

Sincerely,
Lauren VandenHoven
Editor-in-Chief



COMICS

UPHILLSno.1by M.W.

puc has a dirty little secret they don't tell you until you become a student...

It's in the title lol

Let's take a look at this dude haha

Lab at Clark

OH... No!!

Seasoned PUC Student

AHHH!!!

aye bruh u good?

CAUTION CAUTION CAUTION

R.I.P

end!

FEATURE

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Vosaiditwasaneye-openingexperience for her. “Volunteering at the clinic was the best for me. It was a birthing clinic so I got to witness multiple ladies giving birth and see others playing with their babies,” she recalled. The safaris were also memorable for her because they reminded Vo of the times she would watch *National Geographic* on television back home.

“Volunteering at the clinic was the best for me. It was a birthing clinic so I got to witness multiple ladies giving birth and see others playing with their babies.”

Hayes and the students had a great time and came back with lots of memories from their time in Kenya. If you are interested in a trip to Kenya, keep your eyes out for another opportunity soon—there may be another trip in the spring. The goal for the next trip will be to provide laptops for teachers in secondary schools and teach them how to use them. ■



Meet a Bio Major

Joanna Ruiz: Junior, RA and Outdoor Enthusiast



Q: What are your career goals?
A: Orthodontist or general dentist

Q: Favorite hobby?
A: I enjoy camping (especially at Lake Lopez in SoCal) and spending time outdoors.

Q: If you had to choose another major, what would it be?
A: I would choose business because growing up I always sold things in school and my parents are both self-employed—that or education because it would be cool to be a teacher.

Q: Do you have a favorite topic in biology?
A: I liked learning about the immune system because it is so interesting how the body is able to fight illnesses and defend itself.

Q: Do you have any advice for freshman students?
A: Make sure you manage your time wisely. Also don't forget to take a small break (to exercise, watch a favorite show, etc.) because it will help you concentrate better.

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SPORTS

Lady Pioneers Battle Marymount Mariners

By Kyla Crist

In-person sports are back! Last week, new and returning students were able to witness the skill of this year's women's volleyball team. Numerous players made their seasonal debut among the veterans of the team. Three home games took place during the first week back, from Sept. 30 to Oct. 2. On Friday, Oct. 1, the team faced off against Marymount California University, finishing with a tough loss of 0-3.

“Even though we had a new rotation given to us that day, which can be confusing and difficult, everyone’s attitude about it was a highlight. I’m glad that everyone tried their best.”

The starting line-up included Melisa Lopez, Abigail Harris, Lyla Tarango, Madison Kindred, Kayla Yasukawa, Cielo Donis, and Maxime Paredes. The Pioneers scored the first point and nearly kept up with Marymount throughout the first set, finishing 20-25. In set two, the players were again not too far behind, ending with a score of 19-25. The third and final set proved a little more difficult with a score of 14-25.

Junior and defense specialist Maxime Paredes said the trials of the game did not dampen their fighting spirit. “Even though we had a new rotation given to us that



The women's volleyball players break for a huddle with Coach Silie between sets

day, which can be confusing and difficult, everyone’s attitude about it was a highlight,” she noted. “I’m glad that everyone tried their best.” With a small team of just seven that day, the women’s volleyball players made the most of what they had and did not give the Mariners an easy victory.

Up-and-coming freshman and outside hitter Madison Kindred scored multiple kills for the Pioneers throughout the game. During the second set, Kindred boosted PUC’s score to 10-12 with a deadly swing from the outside, unreturnable for the Mariners. Keep an eye out for Kindred in upcoming games.

The Pioneers match against the Mariners proved a good example of the team’s ability to challenge obstacles. Of the new team, Paredes said, “Having a lot of new girls join our team this year has made me really excited. I have enjoyed their energy. The start of the season has had its ups and downs but I am grateful for the people I am surrounded by on my team.”

Paredes also noted that the crowd’s enthusiasm at the games is encouraging. “I really enjoy when the crowd gets hyped for our games,” she said. “It just makes everything ten times more fun!” ■

UPCOMING EVENTS



Students at last week's "Deck the Dorm" event

Fri., Oct. 8

Vespers (Hispanic Heritage) — PUC Church, 8 p.m.

Sat., Oct. 9

Karaoke Night — Campus Center, 7:15 p.m.

Mon., Oct 11 - Sat., Oct. 16

Fall Week of Prayer — PUC Church

Sat., Oct. 16

Back to the Future Night — Campus Center, 7 p.m.

Fri., Oct. 22

Vespers (English and History) — PUC Church, 8 p.m.

COMMUNITY

A Student's Guide to Local Eats and Entertainment

By Amanda Barnes

Are you looking for things to do with your friends on a college student's budget in the Napa Valley? It's easier than it sounds. From delicious local joints to hikes in the Back 40, here are ten things to do that won't break the bank.

When it comes to food, Gott's Roadside is a great place to get anything from burgers, fries and a milkshake, to fish tacos and salads. However, this restaurant does fall on the higher end of the student budget with meals costing between \$15 and \$20 per person.

The best place to get Mexican food in St. Helena is Azteca Market. Their veggie burritos are legendary and their tacos are the best in town. They have lovely outdoor seating and your food arrives quickly.

If you've got a craving for ice cream, Calistoga Creamery is a great place to try out new flavors. They have amazing waffle cones made in-house, and an array of flavors that always hits the spot.

For a treat with a slightly longer drive, head to Sweet Straw in Napa for boba. Sweet Straw is easy to miss if you don't know where to go, so it is highly recommended that you use navigation to find it for the first time. Prices range anywhere from \$4 to \$7 per drink.

Another great place to get food in Napa is Small World Restaurant. They have a variety of traditional Mediterranean food that is

both pleasing to the eye and delicious to eat.

Some of the best college memories are made at coffee shops. In addition to "the Grind" here on campus, St. Helena has a variety of coffee shops to meet your every need. Napa Valley Roasting Company is the best place to get coffee and do homework. Brasswoods is a great place to meet up with friends and chat, and their drinks are some of the best in town. Last but not least, Model Bakery is a great place to grab a cup of coffee and a breakfast sandwich before heading to your first class.

If you like hiking on a Sabbath afternoon, some of the best trails are just around the corner. The Back 40, PUC's forest land, has a wide variety of trails for hiking, running and mountain biking. Don't forget to look at a map before heading out, and watch out for poison oak. Another can't-miss hike is the Linda Falls trail, a beautiful spot to stay cool and see the Angwin sights.

If you want to catch a movie, the Cameo Cinema in St. Helena is the closest theatre. Tickets bought in person cost \$8. The current COVID-19 guidelines require wearing a mask inside at all times except when eating. You can stay up to date on what films are playing there by checking online at cameocinema.com. If the Cameo isn't playing what you want to see, check out Century Theatre in Napa.

If you love bookstores, the Main Street



A shake, salad and garlic fries from Gott's Roadside

Bookmine is a small used book store that will make your day. Complete with your favorite books and groovy music, this stop won't disappoint.

If you're into bowling, Napa Bowl is a great place to hang out with friends and play a few games. Split between a group of four friends, each person can expect to pay about \$10 dollars for four games if you go on a weeknight. On a weekend, each person can expect to pay around \$15. ■

EX CATHEDRA

I Don't Know What I'm Doing With My Life

By Rajeev Sigamoney

What will you do with your one wild and precious life? – Mary Oliver

When I graduated from high school in 1993, I didn't know what I wanted to be when I grew up. I loved being involved at my local church, but wasn't sure if ministry was my calling. I loved film, but being an immigrant, pursuing a career in the arts didn't seem realistic.

I was great at math (did I mention I'm Indian? Insert stereotypical joke here), so I told myself if I got into Johns Hopkins that I would pursue an engineering degree. This was before the internet, before the iPhone, when computers were just beginning to become a defining force, in society and in the job market. I got accepted to Johns

Hopkins and stayed true to my word.

After finishing an Electrical and Computer Engineering degree in 1997, I began working in the Joint Warfare Analysis Department at the Johns Hopkins Applied Physics Laboratory. I could probably honestly say that I worked alongside rocket scientists.

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EX CATHEDRA

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During that time, I completed a Masters in Technical Management. It was a good, stable job with a great work schedule, but it really didn't make me happy. I didn't enjoy research and definitely didn't feel connected to working for the defense industry. After four years, I sang "I ain't gonna study war no more" and switched to a start-up tech company. Within a year, the company went out of business.

I was 26 and still not feeling fully connected to my discipline, unsure if this was my calling. It was 2002 and post 9/11, and I really took inventory of my life and finally allowed myself to consider pursuing being a filmmaker.

Shortly thereafter, I loaded all my belongings into my small Honda Civic (insert another Indian stereotypical joke here) and drove across the country to California. While pursuing my dream in Hollywood, I had so many jobs to pay the bills. I worked twice as a youth pastor in Loma Linda and as an associate pastor in Long Beach, which were both extremely rewarding. I worked as an apartment manager in Culver City, and got free rent in normally-expensive Los Angeles. I worked as an assistant for producer Don Murphy, who at the time was working on the films *Iron Man* and *Transformers*.

“Don't be afraid to fail. Discovering what you don't like doing is just as important as finding what you do. If during your time at PUC, you realize the major you are pursuing doesn't fit, that's great. Ask lots of questions and see whether you can discover something that does.”

Meanwhile, I was working on my craft as a writer/producer, and started having some success in the film industry. I started working with a writing partner, Dan Ewald, and we shot a pilot together entitled *The Room* that got us represented at one of the biggest agencies at the time, the Endeavor Talent Agency. Shooting pilots at the time was still

new. Our agents also repped the creators of *It's Always Sunny in Philadelphia*. Our pilot starred Octavia Spencer, Tony Hale and a host of other actors that really put our project on the map. This was before their Oscars and Emmys, but it led to the next ten years of hustling to try to establish myself.

During that time, I did a lot of fun and exciting work: writing an episode of a Disney cartoon, *Yin Yang & Yo*, selling a show to Fuse and developing a host of other pilots, one which featured Melissa McCarthy and Jennifer Coolidge. I also produced a web series entitled *Jesus People*, which was featured on the front page of YouTube and eventually became a feature film with nationwide distribution.

It was a great time in my life, but after getting married in 2011, I received a call from Pacific Union College and felt it was time for a change.

In 2012, I began my teaching career in the visual arts department at PUC. I loved my students and teaching from the start, but the world was definitely very different from Hollywood. While learning the ropes, I completed my Master of Fine Arts (MFA) in Film from the Academy of Art in San Francisco and was even able to write the web series *The Record Keeper* in my first year of teaching.

Why am I telling this long-winded story of my journey to PUC? To brag and name drop as much as possible? Sure, possibly. To talk up my projects, so current students might watch them online? Potentially. But really, what I want to express is that my plan for my life did not lead me to where I am today.

There are five principles that led me to a joyful and fulfilled career that I really want to share.

#1: Discover what you love. As much as I loved storytelling, spirituality and math back when I was graduating high school, I still love them now. I feel so blessed to work a job that allows the full expression of all three of them. I get to teach storytelling and filmmaking while working in a Christian institution that allows me to remind young people that who we are is of greater significance than the work we do. In my job as department chair, I still get to look at budgets and help students think analytically about the nuts and bolts of their productions. But,



Rajeev Sigamoney

you have to know yourself and discover those things that really make you feel alive before you can pursue them.

#2: Work hard at everything you do. Throughout my long and winding career path, the one thing I tried to bring to every job that I did was to believe that I was meant to be there and to take each one seriously. There are skills in every job that you work which, if you commit yourself to learning them, will serve you for life. Working in the service industry can teach you patience that you need later as a healthcare professional. Working as an assistant can allow you to learn valuable skills, even if it isn't always fun. Don't think that any job is below you or that you can't learn something in the process.

#3: Don't be afraid to fail. Discovering what you don't like doing is just as important as finding what you do. If during your time at PUC, you realize the major you are pursuing doesn't fit, that's great. Ask lots of questions and see whether you can discover something that does. There are people that live their entire lives in professions that they hate, simply because they are afraid to let go. You only have one life to explore and live—make it count.

#4: Try everything. You get the distinct experience of attending a liberal arts college, with professors in a host of disciplines that love their fields so much that they pursued it with years of education, hundreds of thousands of dollars in loans and much of their life.

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EX CATHEDRA

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Take as many diverse classes as you can. Travel abroad with ACA. Consider Honors. Join an intramural team. You may hate half of the things or classes you try. Great. Now you know, and I guarantee you will be a better person for the rest of your life because of it.

And finally...

#5: Be secure in your unknowing. The hardest part of college, and life, is feeling like everyone else has their path figured

out and that you'll be stuck spinning your wheels for God knows how long. The truth is, everyone's path is different. But most people suffer from the same anxiety and questioning that you are going through. Love yourself as you are figuring it out. Love yourself if you never figure it out. Love yourself regardless.

There is a joy to be found in this journey we are all on. So explore. Try things. Stay as positive as you can. You may be surprised where you end up and what

amazing things you get to do. God loves each one of you, regardless of how much you contribute to society, just because you exist and are a beautiful expression of his love and curiosity. The greatest joy I've found is in resting in that knowledge and attempting to contribute to making the world a more loving and joyful place, whatever I am doing at the time. And I truly believe there is something special for each of you in this "one wild and precious life" we get to live. ■

COMMUNITY

High School Students Take On PUC Pub Workshop

By Ronielle Bico

Editor's Note: The following article is the winning entry from a submission contest for academy students writing about their experience at Publication Workshop. It was written by Ronielle Bico, a workshop attendee from Armona Union Academy (AUA).

On September 16, 2021, more than 140 students attended PUC's annual Publication Workshop through a virtual meeting platform called Gather Town. PUC faculty and student presenters helped them to develop their skills and procure information for their school yearbooks and newspapers.

Because of COVID-19, the workshop was held in a virtual setting. Instead of using Zoom or Microsoft Teams, PUC used Gather Town, a website where the students created characters to act as their avatars for navigating the virtual classrooms. Their avatars were able to walk around, sit down on a chair and even dance. One student compared it to a video game.

"I had fun on this little gaming system. I think it added some new flavors to the Pub Workshop," said Bethene Tabura of Armona Union Academy (AUA).

The workshop consisted of three course tracks: Design; Photography; Video; and Writing, Leadership and Media for Journalists.

Students in Design learned helpful



AUA students Kayla Koppenhaver (L) and Ariana Shelby (R) are photographed by a yearbook member during the PUC Publication Workshop photojournalism class

tips about graphic design to practice when putting together their yearbook layouts, making posters, and even creating aesthetically pleasing social media posts. At the end of the class, the students were given an activity. Different groups of students worked together to create moodboards using the information they were taught by the presenters.

"It helped me understand a little bit more," said Armona yearbook staff member Keana Tabura. "It kind of set a good foundation on what we learned. It's also fun to work with some of my fellow yearbook members. I learned a lot from my peers, my upperclassmen."

In Photography, the students learned basic techniques on the camera and how to put them to good use. After learning the techniques, the students learned how to properly edit pictures. At the end of the class, they practiced taking their own pictures and edited the photos themselves.

The lesser known class, Video, was also an enriching experience. Do you see amazing videos from your school? Or maybe you see yourself on the screen listening to the teacher? Or maybe you see a video compiled of what happened this past year? The video class covered these and other topics.

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CAMPUS

Nursing Alum Remembers Professor Jacque Komplin

By Abigail Mayan

Nursing professor Jacque Komplin and her husband Mark Henderson died in a plane crash in Alaska on Thursday, Aug. 5. As the new school year begins, the Campus Chronicle staff would like to take a moment to honor her memory and appreciate the gifts she brought to the nursing department during her 30-year tenure.

Professor Komplin began teaching at PUC in 1991. According to the statement released by PUC Public Relations, Komplin also held memberships in the National Association for Holistic Aromatherapy, Transcultural Nursing Society, American Holistic Nurses Association, Sigma Theta Tau, and National Head Start. She was also an active volunteer with local partnerships focused on the health and welfare of children. Komplin also ran the “Wellness on Wheels” program for Community Action of Napa Valley.

One of Komplin’s students, Matthew Foulston, spoke to Abigail Mayan about Komplin’s impact on PUC and on himself. Foulston referred to Komplin as a “treasured professor” who “helped usher in and shape the nursing professionals of tomorrow.” He fondly mentioned the personal “warmth and care” she brought to her mentorship of students in the nursing program.

“As a nursing student, I was fortunate enough to bear witness firsthand to her character of kindness, compassion, and

enthusiasm for both the nursing field as well as those she helped coach into it,” Foulston said. “She was unparalleled in her ability to evoke a relationship of trust and respect with her students.”

“As a nursing student, I was fortunate enough to bear witness firsthand to her character of kindness, compassion, and enthusiasm for both the nursing field as well as those she helped coach into it. She was unparalleled in her ability to evoke a relationship of trust and respect with her students.”

Foulston commented that he will miss the individual guidance she gave each student, not just for their academic success, but also “the management of personal well-being through some of the most trying years many of [them had] ever experienced.”

He also spoke of Komplin’s incredible ability to help students navigate the balance of their full-time nursing education and starting their careers. “The framework of



Jacque Komplin

thinking and organization she helped me construct in these areas were instrumental to my success in the field and ability to foster my own personal wellbeing in the process,” he noted. “I’ll be forever grateful for this.”

Foulston believes that Komplin’s influence reached beyond just PUC students. He appreciated her “committed and selfless approach to her vocation, serving not only the present but also [the] future of the American healthcare system,” he said. “The impact she had on her students will reverberate through the nursing profession and her lessons and guidance will carry on through the exceptional practice which she nurtured.”

When asked what made Komplin stand out as a person, Foulston recalled the “radiant kindness she emanated,” which will surely not be forgotten. ■

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There, the students learned how to strengthen their video techniques and how to apply them in video making.

The final class in the workshop was Writing, Leadership and Media for Journalists. In the first session, students in leadership positions learned the characteristics of a leader. When asked what makes a good leader, one student said, “Willing to speak up,” while another added, “Taking others into consideration.” Afterwards, students who were involved with writing or journalism were taught how to

write a proper news article, how to interview, and how to tell a story. As the class went on, the students were given an activity to take pictures that embodied Publication Workshop. Finally, they constructed a headline and a caption for the picture.

“I like how they have this whole workshop,” said Dovan Martella, a student in the writing class, “cause they really help people. . . period.”

Because of the website, students easily formed relationships that could even come close to friendship. The chat box showed messages from students from many different

schools. It seemed like they were having fun and were actually conversing with each other. Along with the chat box, the students were able to speak to each other on their own through their microphones. This made connecting with other students from different schools not only more enjoyable, but also much more relaxed.

Keana Tabura said she “would recommend [the workshop] to people who are passionate about the yearbook. If you’re willing to care about it and sit and listen and learn something, then I highly recommend it.” ■