

CAMPUS

Student Senate has begun the process of proposing and passing bills for this academic year. Find out the kinds of changes being discussed and what it will take to bring them into effect.

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EX CATHEDRA

As we find ourselves in the heart of the holiday season, Associate Academic Dean Lindsay Morton reflects on holiday and day-to-day rituals that can bring us out of the ordinary and into a changed world.

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SPORTS

The PUC cross country teams competed in the CalPac Championships to round out their 2021 season. Three student runners share their experiences encountering diverse competitors and terrains.

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Go, Go, Go! A PUC Junior Shares Her Study Abroad Experience

By Kyla Crist

Studying abroad is said to be one of the most valuable experiences for college students wishing to have a more diverse education, both academically and culturally. Joli Weber, a junior majoring in English, is taking advantage of PUC's partnership with Adventist Colleges Abroad (ACA) to study abroad in France for the 2021-2022 academic year.

Studying abroad has always been on Weber's college bucket list and so far, she said it has surpassed all her expectations. Heavy influences of French culture and language when she was growing up made France a favorable choice.

The campus Weber is studying at, Campus Adventiste Du Saleve (Campus of Adventist University of France), is located in Collonges, a city 20 minutes outside of Geneva. From there she is able to travel to many other countries such as Germany, Italy and Spain. "When I tell you how easy it is to navigate the public transport system and hop on a plane to fly to different countries, it is no joke," Weber said. Most of the European Union (EU) countries recognize The Sanitary Pass, which is a QR code that verifies full vaccination status.

Weber noticed upon arrival how similar Collonges is to PUC in many aspects—the location, the view, the classes and especially the food. "This campus is Adventist, so the meals here are vegetarian. However, on special occasions such as Thanksgiving



Joli visits the Eiffel Tower while in Paris

dinner, meat is served." Each dorm is also equipped with a communal kitchen that permits cooking with meat.

Weber suggested that students studying abroad "ask your friends and family to send some favorites such as ramen packs, candies and other comfort foods" that are not commonly found in grocery stores there. However, she said "there is a surplus of pasta ingredients, so don't worry about that!" The



Joli enjoys one of France's famous pastries

French are also known for their pastries, which Weber indulges in when venturing into town. However, she commented that the food is lacking in spices, so as she says, "be prepared to lose your hot spicy taste buds!"

An ideal day abroad for Weber involves getting food and trying to find a trendy, young adult clothing store. With distinct seasons and drastic temperatures, she finds that a diverse wardrobe is ideal.

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FROM THE EDITOR

The story of Thanksgiving is hard history. If you're like me, you learned in elementary school that pilgrims and native Americans celebrated Thanksgiving to commemorate their prosperity and friendship. We now know this story is tragically false; though the pilgrims may have prospered from the encounter, their success caused terrible suffering for their native neighbors.

However, though we know friendship and collaboration were sadly not the core themes of the first Thanksgiving, many of us aren't sure what the correct story is. I wasn't, until a lit class this quarter provided me the chance to learn. Time for a quick history lesson:

We know the pilgrims were deeply religious. One ritual was a recurring thanksgiving celebration, during which they showed the Lord their gratitude through

fasting and feasting. This tangible, collective appreciation was not possible during their earliest days in the settlement, which were occupied with trying to get by on minimal food and resources. Therefore, the real "first Thanksgiving" was most likely just a return to ritual as soon as they had enough surplus for a celebration.

For better or worse, I am in the habit of trying to find meaning in every story, even the fraught ones. This year at Thanksgiving time, I wondered whether any part of the holiday's true history could possibly hold value in our Thanksgiving meaning-making today.

Although I don't defend the pilgrims, I submit that there may be one small part of their practice worth emulating—to take part in thanksgiving whenever possible, not just as a once-a-year holiday, but as a

practice to show we're grateful for what we've been given.

It would be impractical (and boring) to haul out a turkey and cranberry sauce for a monthly gathering to accomplish this. Instead, what if thanksgiving could be a thoughtful way of existing in the world?

One in which we appreciate those around us not just by our words, but by sharing with our community in the times when we have more than enough. Perhaps we can put right a small portion of what the pilgrims failed to do, our gratitude serving as a message that we and our neighbors matter.

*Sincerely,
Lauren VandenHoven
Editor-in-Chief*

COMMUNITY

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Plus, "any opportunity presented for you to travel into town and converse with locals you should never pass up," she said. France and Switzerland do not have all the same stores Americans might be used to, but Weber says "thrifters would be obsessed with Geneva simply for all the second-hand stores and flea markets that offer student-friendly prices for quality clothing."

"There are always those nerves about going out of my comfort zone but I knew that this was something I wanted to do, so the feeling was more of an excited nervousness."

Concerning academics, Weber said that the classes in her school abroad are basic and the grading is easy to understand. The curriculum focuses on French language—understanding grammar and phonetics, learning the polite way to converse with other people and adding vocabulary with knowledge of the culture so students can

speak to native French speakers. Weber suggests taking at least one introductory language class before studying abroad if possible, because it will help the student feel at ease using basic vocabulary for introductions and common phrases including "thank you," "please," "no thank you" and more.

Weber has been in France for three months now and has a few suggestions for those who are interested in studying in a foreign country.

First, she says, don't be afraid to pack the everyday personal necessities, because there are heavy shipping taxes to account for when asking your parents to send forgotten items. Second, Weber suggests using FreeMobile as an economical option for an international phone plan because it works in almost any European country. Third, she advises learning a few key phrases in advance, such as the translation for "What does (unknown word) mean?" She also recommends keeping a journal of sorts, whether it be photo or written, to remember experiences and travels. That way, she explained, when you return and are asked what you did, "you can just whip out your slideshow and be prepared to say 'I went here, here and here' without having to look at the map!" Lastly, she said not to worry about not getting the language right



away. As Weber noted, "the language will start to make sense the more you practice and the more immersed you are."

Studying abroad may sound like an intimidating experience, but it offers many new possibilities. Regarding her initial worries, Weber said "there are always those nerves about going out of my comfort zone, but I knew that this was something I wanted to do, so the feeling was more of an excited nervousness. I knew once I made friends, settled into a routine, and really put effort into learning the language, I would enjoy myself and make many happy memories. And happily, that's all happening!" ■

CAMPUS

Student Senate Introduces Bills for the 2021-2022 Academic Year

By Madison Brogan

Student Senate convened for a third time this quarter on Friday, Nov. 5 to begin discussing bills intended to improve the quality of the campus and of student life at large.

During the meeting, senators representing each academic department proposed the first bills of the 2021-2022 academic year. These bills will eventually translate to new and improved programs and features throughout the college.

The previous two meetings this quarter initiated the formal operations of the Student Senate by introducing its functions to the senators. Student Association Executive Vice President Alexander Chuquimia led these meetings and described the purpose of these preliminary sessions, saying “Our first and second meetings during this fall quarter educated the senators on the theory aspect of Student Senate.”

At these sessions, new and returning members went over the process of initiating, structuring and approving bills and reviewed the Student Constitution, which serves as the foundation and guidelines for all bills proposed.

With the senators reacquainted with the fundamentals of the Student Senate, the third session modeled the structure that the rest of the academic year’s meetings will follow. Chuquimia commented on this transition from preparing the senators to having them actively participate, stating that “Our third meeting was more about brainstorming ideas. In fact, most of our meetings for the rest of the year will be directly focused on bills. Bills are demanding—they require a polished idea, correspondence with people, and a majority vote from the senators after their presentation.”

The agenda of this meeting began by addressing nomination and budget updates which will form the basis for preparing official college activities throughout the year. Senators discussed committee nominations that will appoint certain members to groups with more specific focuses, such as the student life and academic sub-senate committees. The final budget of the Student Association for this year was also reviewed and unanimously approved.

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Chuquimia and senators Emily Smith and Karen Asij listen as bills are brought to the floor

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SETTING THE RECORD STRAIGHT

The Nov. 5 article “Men’s Basketball Conquers Mendocino” stated that the Pioneers beat the Mendocino Eagles by 21 points. However, they actually won by 29 points, with a final score of 94-65. The article also states that a layup and foul shot made by Jordan Lopez, #32, totalled to four points, but in fact the play earned three points.

EX CATHEDRA

Of Holidays and Holy-Days

By Lindsay Morton, Ph.D.

Illustrations by Mani Chavez-Duron

And so the holiday season has begun! It started with pumpkin-pie-eating and corn-maze-adventuring and spiced-latte-sipping and whole-turkey-roasting, then—seemingly overnight—shifted to cookie-baking and gift-wrapping and fire-lighting and hot chocolate-drinking.



While these may be familiar rituals to you, for the past month or so this wide-eyed Australian has felt like a character in the movies she grew up watching—and loved every minute. Usually at this time of year, I'm swapping out my winter wardrobe for summer clothes, giving and receiving invitations to barbecues, buying last-minute tickets for cricket matches and Googling new ways to refresh tired salads and sides. That's pretty much how we celebrate Christmas Down Under.

But this new experience of the holiday season has turned my mind to the concept of ritual, and its power to shape our reality.

Of course, weather plays a large role in how we celebrate our holidays (although it's not uncommon to find blow-up snowmen on suburban Sydney lawns in the middle of summer—go figure!), but we mostly have religion to thank for what we celebrate—and how. Whether you celebrate Hanukkah, Shalako, Christmas or Ramadan, these are the events that demarcate the holy-day from the everyday, and remind us that there is more to life than due dates and TikTok. Agrarian

cycles have also deeply affected our holidays, which may be why I found myself picking pumpkins in a field of complete strangers to signify my thankfulness this year. (Weird, but kind of great.)

My education weighs in on this train of thought, too. For example, a liberal arts perspective asks us to think critically about the relationship between holidays and social control. The Russian philosopher and literary critic Mikhail Bakhtin coined the term “carnavalesque” to describe that midsummer madness when the fool is king and king is the fool—yes, every Shakespearean comedy and many Disney cartoons play on this concept—to create a release-valve for the societal pressure accumulated through the quotidian oppression of common-folk. When everyone is done playing and power is restored to the powerful, we all return to our corners to continue our prescribed roles in a profoundly inequitable society for another year. The holy-day turned holiday gives way to just-another-day, where excess is a dream and the rich live off the misery of the poor.

But what is a holiday if it doesn't change us? If it doesn't give us a taste of a world we don't yet know and can't yet experience—if it's just an excuse to eat well, catch up with friends and family and forget about deadlines for a few weeks?

In the middle of corn fields, shopping malls and friends' living rooms, here is the question I've been asking myself this season: What would it take to turn my holidays into holy-days?

The uncomfortable answer is, for me, at least: I think it would take a fight.

Maybe the answer is different for you. Maybe you find holiness in simple things. But for me, I think it would take saying “no” to the ubiquitous marketing, tuning out the Mariah Carey soundtrack and choosing to drink my spiced latte more reflectively. Wait. What? Is reflective latte-sipping actually a thing? In case that sounds like a consumer-driven contradiction, let me explain.

Have you ordered a pumpkin-spiced latte this season and enjoyed its full-bodied

richness on your palette? Maybe. But what would it take to shift your grande latte from a treat to a ritual? The answer, I think, is knowledge.

Did you know, for example, that the allspice tree native to the West Indies and Central America was first recorded in Europe around 1601, during Elizabeth I's reign and the peak of William Shakespeare's career? That early Spanish explorers mistook it for a type of pepper, and that it was named for its resemblance to the flavor combination of cloves, cinnamon, and nutmeg? Or let's go further back, to the time of Christ, for example, when spices were expensive and therefore reserved for special occasions. Spiced wine, spiced fruit, and spiced pies were specialties saved throughout the year in order to mark celebrations as holy—or set apart—for the everyman.



Earlier this week, I bought a pumpkin spice latte to enjoy on the way home from Napa, which wasn't a hardship at \$4.17. Did I enjoy it? Sure. Did it mean anything to me? Not beyond a pleasant drive and extra 20 minutes at the gym the next day to work it off. But when researching the origins of spices from the West Indies for this essay, I realized I was drinking a whole history: this is a moment in the year that points beyond our temporal experience to a celebration of the extraordinary and supernatural. If spices represent that which is rare, that which is valuable, that which is worth sacrificing for, then my latte can turn into ritual.

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SPORTS

XC Season Wraps Up With CalPac Championships

By Amanda Barnes

The PUC men's and women's cross country teams finished out their season by competing in the CalPac Championships hosted at Woodward Park in Fresno on Monday, Nov. 1.

Matthew Ocegueda, a junior on the men's team, described the championship as "a competition held for sports teams who have had a successful season and want to compete one last time for a spot at nationals."

CalPac, short for the California Pacific Conference, includes college athletic teams that are in California, Nevada, and Arizona, and makes up a region of approximately 1,000 miles.

Twelve teams competed in the CalPac Cross Country Championships, including Embry-Riddle Aeronautical University-Prescott, UC Merced, Cal Maritime, Marymount California, Soka University of America, Antelope Valley College, Park University-Gilbert, Sierra Nevada University, Pacific Union College, Simpson University, Westcliff University and La Sierra University.

Of these 12 teams, only three from each race continued on to compete at the national level. In the men's division, Embry-Riddle Arizona, UC Merced, and Cal Maritime took the top three places, and in the women's division, the teams were Embry-Riddle Arizona, UC Merced, and Park Gilbert.

The PUC teams competed in two races—the men's 8k race, which is approximately 5 miles, and the women's 5k race, which is approximately 3.1 miles.

The runners described numerous difficulties they encountered during the race, especially in regards to the terrain of the racecourse, which included paved sections, pebbled roads, dips, and small- to medium-sized hills. Eli Mecinas-Cruz, a junior on the men's team appreciated the pleasant views the race had to offer, but said, "The course was sandy, which took a lot of power out of the runner's steps. Up here at PUC, we are used to running uphill on solid ground."

Ocegueda commented that an additional obstacle for the runners was poor air quality. "On the day of the race, there was a fire



Men's and women's cross country teams at CalPac Championships in Fresno

nearby which thickened the air and made it difficult to breathe," he said.

Hope Furukawa, a junior on the women's team, enjoyed the comfortable temperatures on race day. She said that it was nice to have cool weather because the athletes "weren't fighting for our lives running in the heat." She joked that her biggest challenge was having eaten "too much Olive Garden the night before."

Many of the runners described the cross country team as a community. Mecinas-Cruz said that "even after finishing the men's race, we were still running with the women and cheering them up just as they did with us. Just having that bond with the team made the championship a lot better."

The runners also said that they enjoyed the social atmosphere of the race. Ocegueda said that during the championship, he was able to run alongside an athlete he met from another school. Despite being competitors, the two runners were able to cheer each other on.

Furukawa was also excited that the women's team had enough full-time runners to place as an individual team, compared to the past two years when athletes outside the team helped fill in the shortage of runners due to COVID-19. Mecinas-Cruz reflected on the race, saying "I felt like no matter the outcome, I was going to be happy to finish with the PUC uniform." Even though PUC runners did not medal in the championships, all the runners are proud of their performance and excited to continue their racing careers next year. ■

CAMPUS

PUC Introduces Flexible Online RN to Bachelor of Science in Nursing Program

By Madison Brogan

Pacific Union College nursing faculty have redeveloped their online post-licensure Associate Degree in Nursing to Bachelor of Science in Nursing (ADN-BSN, or RN-BSN) degree, making the program more accessible for nurses looking to continue their education after earning their associate degree. A unique feature of this new offering is that it provides registered nurses the ability to pursue a higher level of education in an asynchronous environment, allowing for the increased flexibility many need to be able to obtain the in-demand BSN credentials.

This is not the nursing department's first experience with providing online education to registered and student nurses alike. A hybrid bachelor program consisting of both online and on-campus classes was first established in 2011. The nursing department also previously offered a fully online RN-BSN program through a digital platform provided by a different company—enabling working registered nurses to participate through distance learning—for a short period of time in the mid 2010s, but they returned to the hybrid model until 2021.

During the 2018-2019 academic year, PUC decided to reintroduce the fully online ADN-BSN offering in response to increasing demands and shifting employment trends. The program has been in the consulting and development process since then, and was made available for students to enroll in for the 2021-2022 school year. Many nurses are either licensed vocational nurses, which requires an LVN/LPN program that

takes approximately one year to 18 months to complete, or registered nurses who have their associate degree in nursing which generally takes two years to earn. Now, higher education credentials requiring an additional year or two of coursework are more frequently desired or even required by healthcare jobs.

“Many hospitals are requiring nurses to have a Bachelor of Science in Nursing to work there, or they are requiring registered nurses to obtain a BSN within five years of employment.”

Doctor of Nursing Practice and Nursing Department Chair Kimberly Dunker commented on these changing working requirements for registered nurses, saying, “Many hospitals are requiring nurses to have a Bachelor of Science in Nursing to work there, or they are requiring registered nurses to obtain a BSN within five years of employment.”

It was during that same academic year the department began the process of bringing back the program, hiring Linda Caputi, a nursing education consultant specializing in curriculum development, to develop a new,

more flexible program. While none of the current coursework was changed, Caputi worked with the nursing faculty and college administration to convert the existing curriculum into an online format using a new platform that enabled independent studying.

Thanks to the asynchronous nature of this program, PUC is able to offer it to a much broader demographic range of students. “We have three target audiences: our current AS graduates, our LVN-AS graduates, and we are partnering with Adventist Health to provide this program to the nurses who work in these communities. The benefit for them is that the hospital will reimburse them a large portion of the tuition,” said Dunker.

With post-licensure BSN programs, especially online BSN programs, in such high demand nationwide, PUC has enabled a larger number of students to take part in the program. Dunker described the increased availability, stating that, “If you have completed your RN degree in California or in Hawaii you can be accepted into the program. We are accepting two cohorts per quarter with about twenty students in each. We have the capacity to add additional cohorts if needed.”

It is hoped that this new offering will allow the nursing department to retain more nursing students as they transition from their associate degree to their bachelor of science degree, and that PUC will increase its enrollment numbers by expanding its largest and most popular program. ■

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After these updates, the Student Senate began hearing bill proposals introduced by senators from each academic department.

Many of the bills proposed aim to upgrade the amenities of various buildings around campus, including new furniture for the classrooms and study rooms of several departments. Improved lighting

around campus was repeatedly proposed in response to the darker evenings of the upcoming winter months.

According to Chuquimia, the purpose of the PUC Student Senate—to introduce new academic and social opportunities and to improve campus—makes it unique in comparison to other college student senate systems. Elsewhere, student senators

often serve as the liaisons between student organizations and college administration and allocate funding to various campus clubs and student-run projects. At PUC, student senators navigate the complexities of the bill proposal and implementation process with the objective of directly impacting the quality of college life for all students. ■

CAMPUS

PUC Olympics—A Battle of the Majors

By Amanda Barnes

Students teamed up with their fellow academic department members from Monday, Nov. 8 until Saturday, Nov. 13 to participate in the first-ever PUC Olympics. This event was intended to foster community between students of different majors by allowing them to team up to compete against their peers in other academic programs.



Students represent their majors in the running competition

The contests offered included a general trivia competition, a chess tournament, tug of war, dodgeball, indoor soccer, volleyball, basketball, speed climbing, running, and ultimate frisbee.

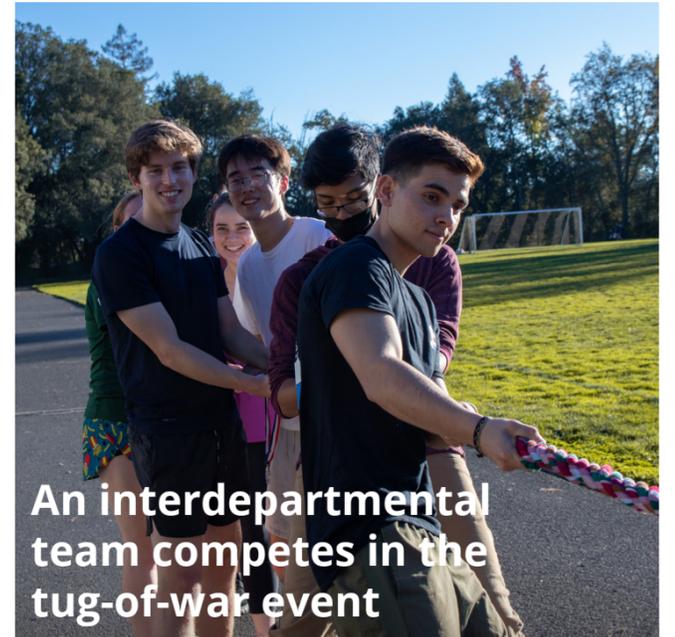
Student Association Social Vice President Kaitlyn Nakanishi described the PUC Olympics as “a series of games in which students could compete under the ‘countries’ of their various majors.”

“This is the first year in which a PUC Olympics event has been held,” Nakanishi said. She is hoping that after this year the Olympics will become an annual tradition.

One of the first Olympic events of the week was a t-shirt tie-dye party that allowed students to make shirts sporting their department’s assigned colors.

A particularly memorable moment for one student was the nighttime ultimate frisbee game that took place on the muddy soccer field, resulting in players having to slide and dive through the mud.

Large student turnout for the Saturday night finals allowed for a basketball, soccer and volleyball tournament to each take place. The



An interdepartmental team competes in the tug-of-war event

joint English, Theology, History and Religion team won gold medals in the soccer and volleyball games. The joint paramedic, EMS, Allied Health and Nursing team took gold in basketball.

The World Language, Art, Music and Film team came away with the most medals and won the PUC Olympics, which earned the combined departments a pizza party for their efforts. ■

EX CATHEDRA

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Is that stretching the symbolism too far? Maybe, but I don’t think so—for two reasons. First, our Lord Jesus Christ used bread as a symbol of his body and wine as a symbol of his blood, and set the eating and drinking of those as daily rituals for us to remember—turning the every-day into the holy-day.

And second, this same man-God who imbued holy moments into mealtimes, feasts, and quiet-times also created holy mud out of holy saliva. It’s not pretty, but it’s true. This is a God who wants us to find the extraordinary in the ordinary, the holy-day in the everyday.

Sitting beneath all of this seasonal reflection is a heart that is deeply grateful for my education. That is not to say that there aren’t philosophers out there who have never studied a day at university. But education for me has been an exit from the smallness of my own mind, a prodding to be curious enough



to discover what I don’t know, and a constant reminder to look beyond the world I exist in to the world beyond. In short, education

has been to me a way to seek God—a way to put my intellect to work while my spirit experiences deep longing for Him, and a way for me to stop waiting for holidays and make every moment a holy-day.

It takes discipline to stop while you’re dressing the tree and reflect on the symbolism of “evergreen” in a winterscape. It takes guts to stop the conversation around the table and ask to pray before the meal begins—or as it ends. And it takes curiosity to dig deeper into these traditions we take for granted and (re)discover the sacred that turns habit into ritual.

Yes, ritual shapes reality. But what happens when the ritual loses meaning? Maybe our reality becomes a little less real. A little less tangible. A little less worthwhile. But if we can use our minds to make reality shape ritual this year—to be intentional about celebrating—maybe this can be the most meaningful holy-day season of our lifetime. ■

COMICS

Maskfishing

no. 4

by M.W.

I've recently learned about this term called "maskfishing" thanks to the internet...



It's the phenomenon where someone appears to look different because they are wearing a facemask



It's crazy to think that I haven't seen the complete faces of even the people who sit next to me in class!



Because unless you follow them on social media, you have no idea what their faces look like!



And then when you finally see their complete faces for the first time -



It's not what you had pictured in mind...



end!

UPCOMING EVENTS

Fri., Dec. 3

Senate Meeting — Dining Commons Side Room A, 2 p.m.

Fri., Dec. 3

Vespers (Communion) — PUC Church, 8 p.m.

Fri., Dec. 10

Christmas on the Hill Concert — PUC Church, 8 p.m.

Sat., Dec. 11

Christmas on the Hill Concert — PUC Church, 4 p.m.

Sun., Dec. 12

SA Christmas Party — Campus Center, 6 p.m.

Fri., Dec. 17 - Sun., Jan. 9

Christmas Break — No School



Students enjoy Fall Festival treats to bring in the season