
Cedars

Spring 2023

Cedars, Spring 2023

Cedarville University

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CEDARS

Cedarville University Student Magazine

Spring 2023



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Life Page 8

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MEXICO

NEW!! Video Page
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ROTC



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Editor-in-Chief**



Chris Karenbauer is a senior Journalism major and the Editor-in-Chief for Cedars. She enjoys reading and writing, hanging out with friends and listening to music.

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**Esther Fultz,
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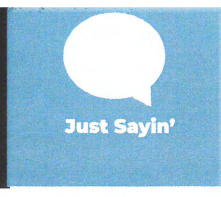
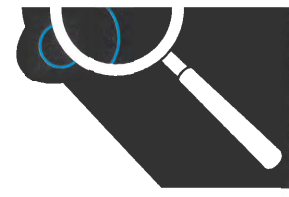
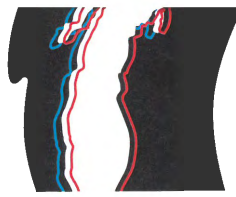
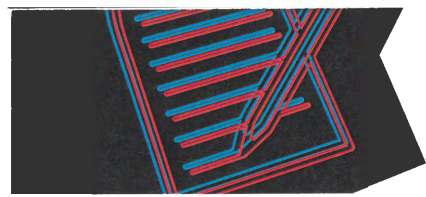


Esther Fultz is a junior Social Work major and the Off-Campus Editor for Cedars. She enjoys thrifting, writing music, hiking and hanging out with friends.

Cover photo of Denise Leslie by Logan Howard

Meet the Team

Cedars Magazine



On valuing the insignificant

By *Heidie (Raine) Senseman*

Everything in my life has felt so intense lately.

This winter, I vowed myself in marriage (a wonderful and sobering commitment); and I sent graduate school applications to 11 universities (my future rests in these); and I completed an internship to see if I'd enjoy being a professor (spoiler: yes); and I began the process of changing my name (very emotional, if you were wondering); and I opened up a TD Ameritrade account (made me feel 45); and I'm realizing that the first question people ask me after "what's your name?" is "what are you doing after graduation?" (answer: beats me).

With every life-altering decision and step toward graduation and beyond, I was feeling my shoulders tighten. When did my classes begin to feel secondary? When did professional networking and managing investments become my higher priorities?

Life's intensity began to detract from my love of school. I wrote essays trying to distinguish between wifely submission and oppression, and each English class reminded me that my professorial dreams could die with a rejection letter. And it all left me frantic. Nothing was just a class anymore. It was mentorship. It was preparing me for the future. It was critical to my personal, spiritual and professional development.

I began to feel like every project or paper I wrote had to carry the weight of my whole life as it unraveled into the unknown. To pick a topic separate from my present concerns — marriage, grad school, creative writing, growing into a new identity — was to turn down an opportunity to refine myself that much more. And I couldn't take the pressure.

So, when it came time to select the topic for my journalism capstone course, I picked something random.

"Lake Michigan!" I chirped when asked what I'd be reporting on.

For reference, my peers picked weighty topics: the ethics of environmental marketing, human trafficking in Ohio, the journey of a first-time head coach. And I chose Lake Michigan.

I don't know how I conjured up that idea, but I latched on to it. I loved how uncharged and different it was from all the concerns floating around my mind. I loved the idea of studying something to discover what it was, not how it could contribute to my ongoing mental puzzle of becoming the best Christian-wife-essayist-student in the Western world.

My first story on Lake Michigan is about how the lake symbolized resilience to Chicago after the great fire of 1871. My second story will be about zebra mussels — an invasive species that has ravaged the lake's natural wildlife. For my third story, I want to interview a vocational

fisherman.

Some may say I'm wasting an opportunity to write about something big, something important, but I heartily disagree. Here's a few reasons why:

If we only ever study the things that seem significant, we'll miss a whole lot of magic that's only uncovered with curiosity, a face in a book and quality questions.

Learning about the way Lake Michigan swallowed Chicago's rubble and woe after the fire, the way that Shedd aquarium educates the community about native species, the way that fishermen imagine the lake is an ocean — these pieces of information are soaked in wonder whether or not I can directly apply them to my life circumstance.

All the "big, important" topics that I've been writing about are choking me like mustard gas — not because they're bad, but because they're so important that I'm preoccupied with and, I confess, sometimes crippled by the moral, personal implications of the matter.

And so, hear this charge: not everything has to be of eternal significance. Read the book on Lake Michigan or French botany or Ireland's noteworthy stews. Maybe you'll find some rest. Maybe you'll find some awe. Hopefully both.



Heidie (Raine) Senseman

Heidie (Raine) Senseman is a senior English major with a concentration in creative and journalistic writing. When she isn't doing lit theory homework, she likes drinking La Croix and reading Brian Doyle essays.

Student spotlights part 1

Professional writing and informational design:

De Man gets 'to exercise my creativity'

By Ella Smith

When Brianna De Man settled on Cedarville she wasn't sure yet what major to go into. That is when she learned about the Professional Writing and Informational Design major, otherwise known as PWID.

The practical editing, writing and design skills you learn from the major as well as every class stress the importance of being user-centric. PWID has opened up many opportunities to gain hands-on experience. She's been able to already complete several editing projects and join the workforce.



Brianna De Man

"What an editor does is they see something that could be problematic," De Man said. "They diagnose exactly what the problem is and they offer recommended solutions for that problem."

De Man stressed how PWID combines creativity, problem-solving and collaboration. She said, "It's a way for me to exercise my creativity in a way that almost teaches people too."

Environmental science: Gosselink loves 'learning everything about the earth'

By Esther Fultz

Abby Gosselink is a senior from Iowa majoring in Environmental Science. She started college as a nursing major but said the Lord made it clear to her early on that He had a different plan in mind for her.



Abby Gosselink

"I love learning about the earth and about everything outside," Gosselink said. "That's truly what I'm most passionate about. There are hundreds of thousands of plants and animals and no two are the same. I think what I love most is seeing the Lord's creativity in the beauty around us."

Although rewarding, Environmental Science is not an easy major. In addition to her studies at Cedarville, Gosselink works with the Iowa Department of Natural Resources back home, and said that enjoying being outdoors in less than ideal conditions is necessary for success in environmental science. Perseverance is also necessary for her difficult classes.

Gosselink wants to use her future career and passion for the outdoors to point others towards Christ.

"I want to show others my love for nature is not just because it's cool but ultimately because the Lord made it," Gosselink said. "I want to point it all back to a Creator and not a Big Bang."

Preveterinary: Vivencio enjoys learning Biblical view of animals

By Ella Smith

For the past eight years, Carlo Vivencio has been showing horses in competitions in his home state of Massachusetts. When a horse he was showing colicked and died that he realized his interest in becoming a veterinarian.

After that, he was able to go to a barn more often to work with the horses, as well as ride around with a veterinarian for a couple of days. This confirmed his belief that he wanted to become a veterinarian.

There were a couple of major reasons Vivencio picked Cedarville to do his pre-vet undergraduate.

"In other schools, I would have to do 10 years of school instead of eight," Vivencio said.

Another reason was that Cedarville's pre-vet program centered around a Biblical view of animals and he wanted to have that view fueling his studies.

When asked what his favorite thing about his major has been thus far Vivencio said, "Being able to gain a better knowledge of how God created animals."



Carlo Vivencio

More Student Spotlights on page 7...

But God: The testimony of Caleb Kanoy

by Josephine Schmidt-Krayer

Caleb Kanoy, a senior Criminal Justice major at Cedarville University, has experienced various challenges throughout his life. Born in Guatemala and raised in Saint Louis, Indiana, Kanoy struggled to find a true connection with his adopted family, except for his grandfather who died when he was 11 years old. After graduating from high school, Kanoy joined the army in rebellion against his family. He later came to Cedarville University to pursue his studies in Criminal Justice and join the Reserve Officers' Training Corps.

"The Lord has worked in wondrous ways through this university," Kanoy said. "Coming here, I did not enjoy the culture and the emphasis on faith. For years, I had found happiness and fulfillment through other things, yet the Lord pulled me back to him and reminded me of who he truly is. After turning my life around, my entire lifestyle shifted. My actions changed, words were used as encouragement for others and not in destructive means, and I began attending small groups."

God has laid ministry on Kanoy's heart. Currently, he is

meeting with several students on a weekly basis.

"God has blessed me with the opportunity of getting to know other young men, who have gone through some of the same things that I have, who have come out on the other side strengthened, glorifying God, and encouraging others," said Kanoy. "He has also blessed me with the opportunity to get to know men who are dealing with the same struggles currently. Hidden sins, ashamed, but seeking truth."

Kanoy plans to continue his ministry as an active-duty second lieutenant after graduation. Later, he wishes to actively pursue a commission as an active infantry officer.

On reflecting on his life, Kanoy said, "The biggest thing that God laid on my heart is that he is God, and he is good."

Josephine Schmidt-Krayer is a sophomore Digital Media major and the Multimedia editor for Cedars. She enjoys spending her free time with friends, playing piano and eating ice cream.



Student spotlights part 2

Continued from Student Spotlights on page 5

Key pedagogy: Mauterer's students 'learn how to work at something'

By Sarah Mummert

Pedagogy. For many students, this is a foreign word, but for Olivia Mauterer it is her passion and future. Mauterer is a junior from Fort Knox, Kentucky, majoring in keyboard pedagogy, which means she is studying how to teach piano. This program equips students to teach people of all ages in individual or group sessions in a school, studio or student's home.

As juniors, students are required to take on at least two piano students of their own.

Mauterer loves spending one-on-one time with her students. That's what led her to her major.



Olivia Mauterer

"You don't just teach them piano," Mauterer said. "They learn life skills. They learn how to work at something, to do something that is hard but also to have fun."

After graduation, Mauterer intends to do private lessons. But first, she would like to gain experience in someone else's studio, working alongside other teachers.

Geology: Henze finds home studying what she is 'really excited to talk about'

By Esther Fultz

Emma Henze, a junior from Springfield, Ohio, came to Cedarville undeclared right before classes started and was enrolled in a gen ed earth science class.

"Of all the people I knew, I was the only person who kept going to the class and every day I was really excited to talk about it," said Henze. "I decided to try majoring in Geology for a semester and I've been in the program ever since."

Henze said one of her favorite parts about the geology program is the field trips she gets to go on for classes that take her off campus. She recommends students interested in majoring in Geology learn to enjoy being outdoors and studying many different areas of science. Drawing skills are also a plus, as students sketch a lot of what they find in the field.

Henze's long-term goal is to be a college professor. "Whether I end up teaching at Cedarville or a secular school, I want to preach the Gospel in the way that I care for my students as a professor and see them be able to grasp the knowledge they need to learn."



Emma Henze

Nursing and spanish: Reaoch considers working with Hispanic populations

By Avonlea Brown

While nursing is not an uncommon major at Cedarville University, some students add unique minors that set them apart from their peers.

Milaina Reaoch is a sophomore from Pittsburg, Pennsylvania with a Nursing major and Medical Spanish minor. She added the minor when she arrived at Cedarville since it combined two of her passions.



Milaina Reaoch

"I'm not sure if I will do anything specific with my minor," Reaoch said. "I just love nursing and Spanish. I have thought about getting jobs where there is a larger Hispanic population, just so I could use my minor in a meaningful way."

Her current plans are unsure, but Reaoch hopes to pursue her love of nursing and Spanish wherever she ends up.

Cedars = Magazine



DEEP
CALLS
FOR
LIFE

Deep Calls for Life: Dr. Elliott's journey for a kidney donor

by Chris Karenbauer

In the fall of 2021, Senior Professor of Communication Dr. Chuck Elliott received news that his kidneys were failing. His doctor immediately put Elliott on a waitlist for a new kidney.

Twenty years earlier, Elliott lived in Hong Kong, China, with his wife and children as a communication professor at Hong Kong Baptist University. Because of the stress of living in Hong Kong, Elliott experienced health issues. His doctors realized too late that he had high blood pressure, which damaged his kidneys.



Dr. Elliott taught in Hong Kong, China, for almost 20 years.

The doctors put Elliott on a strict diet, hoping that it could improve his health. Elliott's blood pressure returned to normal, but his kidneys were still not functioning properly.

"The strategy at that point was to try to maintain the kidney function at its level as long as possible," said Elliott. "Preventative types of things and diet change became part of my way of life."

In 2003, after 20 years of living in Hong Kong, Elliott and his family moved back to the United States, hoping that Elliott's health would improve. During the 20 years after moving back from Hong Kong, Elliott became a communication professor at Cedarville University, where he

teaches communication classes like Intercultural Communication and Communication Theory.

When Elliott received the news about his kidneys in 2021, the doctors asked him about being put on a waiting list for a kidney transplant.

"To say I'm on the list is misleading because it's not really a list," said Elliott. "You're qualified to get a kidney when it becomes available and if it matches you."

There are two ways Elliott can receive a kidney. The most common method is through someone who recently died, like in a car crash. If the kidney matches him, Elliott would receive a phone call from Ohio State University. Elliott would have four hours to get to OSU before the kidney loses its vitality to get the procedure done.

The other method is finding somebody who would voluntarily give Elliott their kidney. The live donor method is preferable because the kidney is in better condition and it starts working faster after the transplant. In the meantime, Elliott relies on a dialysis machine to keep his body healthy.

Although his need for a kidney is urgent, Elliott ironically has trouble communicating with people to consider donating a kidney to him.

"I felt confident that the doctors were taking care of the health situation," said Elliott, "but what I couldn't do was the communication part. I did not have it in me to do that."

Professor Derrick Green, the Chair of the Communication Department, teaches a class called Virtual Communication that requires students to create a social media campaign. During the fall semester of 2022, senior Broadcasting and Digital Media major Haley Thompson and a group of students founded Deep Calls for Life to help Elliott find a kidney donor.



Haley Thompson started Deep Calls for Life for a class project to help Dr. Elliott find a kidney donor.

"It was just beyond my capability to ask someone to donate their kidney to me," said Elliott. "The students became my advocate. They became my voice to put out the need and to make a case for stepping in and doing something so sacrificial. That took a great burden off me because I knew it had to be done, and I knew I couldn't do it."

Deep Calls for Life is inspired by Psalm 42:7, "Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me."

Thompson said that Elliott clings onto this Bible verse during hard times.

"Deep needs need deep answers and deep responses," said Elliott in response to Deep Calls for Life's campaign.

Thompson previously took Intercultural Communication and Communication Theory with Elliott, and he taught Thompson to love and respect people and their cultures.

"I longed to help Dr. Elliott in some way to show him my appreciation for everything he had done for me," said Thompson. "He loves his students so deeply, and it broke my heart to think about the fact that he may not be able to teach much longer due to

his health.”

In the meantime, Elliott relies on family and friends for spiritual healing. He sent out letters to extended family members and friends to ask them to pray for him.

“There is an army of prayer warriors

“Only God could be the one to make a small school assignment turn into a movement of people seeking to love and care for someone in need.”

— Haley Thompson

who are committed to raising my need to the Lord,” said Elliott. “There are so many people involved in this and that’s a tremendous encouragement to me.”

The faculty and students at Cedarville University have also committed themselves to encourage Elliott through this time. Mark Weinstein, the Executive Director of Public Relations, organized a time for Elliott to be interviewed on a TV health program. Additionally, Thompson continues to run the Deep Calls for Life Instagram page to advocate for Elliott’s kidney.

“It was such a blessing to see how many students, alumni and faculty who love Dr. Elliott and reached out asking how they could help him,” said Thompson. “Only God could be the one to make a small school assignment turn into a movement of people seeking to love and care for someone in need.”

Elliott puts his faith in God’s plan for his life. He said that it’s not easy waiting for a kidney because he loses a part of his life relying on a machine to keep his body healthy.

“I have a lot of time to think at night when I’m on the dialysis machine,” said Elliott. “I have been impressed by the idea that we are not meant to walk alone. Not only do we have that peace and presence of the Lord with us, but as we share our burdens with others, and they walk with us, they not only help us through the hard times, but they get to rejoice with us when God does something amazing. That’s what I’m looking forward to.”

View Deep Calls for Life’s Instagram page @deepcallsforlife

Chris Karenbauer is a senior Journalism major and the Editor-in-Chief for Cedars. She enjoys reading and writing, hanging out with friends and listening to music.

Dr. Elliott is thankful for his students for being his advocate.



How should the military be represented in media?

By Janie Walenda

It is hard to find a more successful movie from last year than "Top Gun: Maverick." Rave reviews, a \$1 billion box office and six Oscar nominations cemented this film as one of the best modern blockbusters.

Another film from last year with notable success is "All Quiet on the Western Front," an adaptation of the iconic book by Erich Maria Remarque. The film is among the most awarded foreign language films in history, with four Oscar wins in major technical categories such as Best Cinematography and Best Original Score.

The success of these two films not only displays the enduring popularity of military films but also illustrates the stark differences in this genre of film.

Similar to "All Quiet on the Western Front," most military films focus on historical conflicts. For example, "Hacksaw Ridge" is directly based on a real person's story, albeit dramatized. More often, as in "Saving Private Ryan," the films are inspired by true war stories with fictional

"When you portray the military as just jets and brotherhood, you take away the reality of war"

— Madison Crago

characters.

As far as an accurate representation of what the military is like now, Colonel Gary Walenda referenced "American Sniper" as a strong picture of the military environment and 21st-century conflicts.

"While the premise is dramatized, the environment, the trappings, how it felt, I almost felt like I was back in Iraq again," he said.

The question is: will modern military movies based on wars in Afghanistan and Iraq follow the pattern of previous, dramatic war films, or will the success of "Top Gun: Maverick" influence future films?

After all, realism wasn't exactly what "Top Gun: Maverick" aimed for. While the filmmakers had an impressive dedication to creating realistic flying scenes, the film is far from an accurate depiction of the military or combat.

"Top Gun: Maverick' is an adventure movie that has the military as a backdrop," Walenda said, noting that a military movie doesn't need to be realistic for him to enjoy it. "If you watched a completely realistic movie, it would probably be boring, just like in any profession."

Madison Crago, an Army military kid, believes that movies like "Top Gun: Maverick" are in danger of romanticizing war.

"When you portray the military as just jets and brotherhood, you take away the reality of war," she said.

Both Walenda and Crago agree that there should be a stronger emphasis on military stories away from combat.

"It's always good to reinforce the consequences of coming back from war, to see the mental and emotional consequences and consequences for the families," said Crago

Families in military movies are infrequently seen, besides tearful departures, arrivals or tragic news. But in real life, between those moments are the relentless and tiring adjustment to change, within the family, in friends as well as the community.

Additionally, Walenda wants to see more depictions of the U.S. military's

overseas partnerships.

"I'm prejudiced because I'm Army Special Forces, but I think everywhere we've gone recently, with very few exceptions, involves working through a partner," he said. "I don't think that's been represented well, the complexities and powers of working not unilaterally as the U.S., but with a partner."

Crago said she wants to see more about the experience of those who have to witness war.

"We like to think of ourselves as the heroes and think of the others as the



bad guys, but what about the people stuck in the middle?" she said.

Regardless of the type of military movies made in the future, undoubtedly this genre of film will continue to flourish. These stories provide important context for the world we live in and powerfully display the best and worst of humanity.

As Crago said, "The platform of war displays all human emotions."

Janie Walenda is a sophomore Global Business major and the A&E editor for Cedars. She is passionate about musicals, animation and cold brew.



Tuesday night jail ministry team lead by Marissa Lykins and Shaun Yun.

Inmates and students encourage each other through jail ministry

By Esther Fultz

For many Christians, the incarcerated population is difficult or intimidating to minister to because the majority of those in prison have different life experiences from the average person. Many of them lack access to resources and opportunities Cedarville students take for granted.

In Matthew 25:36, Jesus told his disciples, "I was in prison and you came to see me." When his disciples asked when they did this for him, he responded, "Truly I say to you, as you did it to one of the least of my brothers, you did it to me."

Cedarville University's Jail Ministry Org gives students the opportunity to share Christ with incarcerated people. Students in the Jail Ministry

Org can join one of multiple teams that visit local jails on different days of the week. Every Sunday morning, a jail ministry team attends the Greene County Jail where they walk between cell blocks, distributing Bibles and facilitating Bible studies and Gospel conversations.

In the past, jail ministry teams would go to the Clark County Jail on Monday, Tuesday and Thursday evenings where they ministered to inmates through conversations over telephone. However, they have not gone this year because Cedarville no longer has a connection to the jail. The teams still meet on their respective days to pray for those in jail and are working to reestablish a

connection with the jail and resume last semester's ministry in the future.

Sophomore Biblical Studies major Marissa Lykins got connected with the Jail Ministry Org through the Involvement Fair during her freshman year at Cedarville.

"The Lord, in high school, laid ministry to inmates on my heart," Lykins said. "There weren't any opportunities at that time to get involved with something like that, so when I got to Cedarville, I was super excited about it."

Lykins now leads the Tuesday night jail ministry team with her co-leader and fellow sophomore Biblical Studies major Shaun Yun. Another sophomore Biblical Studies major

Owen Dorrity leads the Monday night team, while senior Molecular Biology major Rachel Cox leads the team for Thursday nights. Like Lykins, Dorrity came into Cedarville with a desire to pursue jail ministry.

"I didn't know exactly what that would look like, but I was trusting the Lord to direct my paths, and the first table I saw at the Involvement Fair was the jail ministry table," Dorrity said.

Yun got connected to the Jail Ministry Org through Dorrity, who sat next to him in their Introduction to Philosophy class.

"He was telling me about it, and I was like, 'That's cool for you,'" Yun said. "I didn't really do anything, and then the next semester rolled around, and I realized I had too much free time."

Yun reached out to Dorrity and asked if he was still involved with the jail ministry. Shortly after, he joined the team going to the Greene County jail on Sunday mornings.

Cox wants to pursue dentistry and wants to use her degree to do missions full time while working. She joined the Jail Ministry Org because of her passion for sharing her faith and evangelizing.

"My freshman year, I volunteered at a children's hospital but later found out I wasn't able to share my faith or speak about God," Cox said. "I had a friend who was involved in jail ministry, and I was able to start going into the jails my sophomore year."

One of the biggest surprises for Cox going into jail ministry was the differences in backgrounds she experienced, not just between herself and inmates, but from one inmate to another.

"You'll casually be mentioning, Paul said this, or talking about something Jesus said in the Gospels, and they won't know which books the Gospels are. Or they'll be like, 'Who's Paul?'" Cox said. "But then you'll be speaking with another inmate, and they have a Master's of Divinity. There's a lot of variety in who you get to talk to."

One thing Cox has found helpful in ministering to inmates is knowing the Bible well, especially knowing chapter and verse references rather than just the book a quote is from.

Freshman Social Work major Joanna Herrlin was also involved in the Jail Ministry Org fall semester of 2022 and agrees that articulating the Gospel to people from various backgrounds and meeting them in the middle is important. Sometimes, it looks like having long, in-depth conversations. Other times, it might look like giving practical steps for growing closer to Christ.



Cedarville University's Jail Ministry org at the Involvement Fair.

"One of the inmates I spoke to has memory problems from an incident she was in, so she would read chapters at a time and have no idea what she read," Herrlin said. "I suggested she get a notebook and write down specific things after every few verses she reads so she can go back later and reread those points."

Across jail ministry experiences, a common theme referenced was personal spiritual growth. Although students went in with the mentality of ministering to inmates, many were surprised with how beneficial these interactions were for their own lives.

"Especially at the beginning, I'd be nervous because I was going to offer encouragement to them, and I wanted to make sure I had the right words to say," Dorrity said. "But so often, I'll go and just be so encouraged by the faith of the person I'm talking to and where the Lord leads the conversation. It's so evident that it's in the Lord's hands."

Dorrity and Yun have been ministering to one of the inmates since the beginning of their time in jail ministry.

"Recently, he got sentenced to 10 years in jail, but he sees his time in jail

as his greatest gift to him outside of salvation," Dorrity said. "That's how the Lord called him back, and he's excited to go to prison because of the opportunities he has to share the Gospel with other inmates. That's one of the most mind blowing things."

Herrlin has also been encouraged by the testimonies of the inmates she worked with during her time in jail ministry. She has experienced a lot of

growth, particularly in her desire and ability to share the Gospel.

"I'm a pastor's kid, so I've shared my testimony in front of the church. But before joining jail ministry, I hadn't gone out into the community and explicitly shared the Gospel," Herrlin said. "As you keep doing it, it becomes easier, and I'm thankful for the experience jail ministry has given me, and I can appreciate the Lord so much more for how he transforms lives after hearing testimonies."

Both inmates and students develop long-lasting connections that help them grow in their faith.

"It kind of gets to the point where you actually consider them your friend," Lykins said. "You really look forward to going and talking to them and getting to know their story more. Sometimes, you just talk about the simplest things, but it just means so much for them to have someone to talk to, and it's nice just to have a friend too that has different life experiences."

Esther Fultz is a junior Social Work major and the Off-Campus Editor for Cedars magazine. She enjoys thrifting, writing music, hiking and hanging out with friends.

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ETHAN SELLARS

Freshman point guard Ethan Sellars finds fulfillment off the basketball court

By Alan Brads

There is an unwritten rule in college athletics. It transcends schools, conferences and even divisions.

Scholarship athletes belong to certain majors – Business, Communication, Finance, Political Science among others. Call it a cliché or trite, but the data is there, and speaking in general terms, the stereotypes are true.

Ethan Sellars learned not to believe in unwritten rules.

In the summer of 2022 Sellars was accepted to Cedarville's school of Business, and he received an athletic scholarship as a point guard on the men's basketball team.

His teammates would be in the same major as him, it was simply the thing to do. Until Sellars asked himself a simple question:

Why?

That one word question flipped his career path and college life upside down, and he enrolled in Cedarville's Special Education program.

It would mean late nights doing homework while his friends played video games, and staying an hour after basketball practice ended putting up shots because class kept him out of the first hour of practice. But for Sellars, a life of helping disabled children would make the extra hours worth it.

Sellars' 6'0" 175 pound stature and red hair don't scream "basketball player," and many of his classmates don't even know he's an athlete. But he prefers it that way. He is a student athlete, and for him, it goes in that order. Student, then athlete.

"I like blending in in class," Sellars said. "I just want to focus on academics, I don't want to talk about last night's game. I just want to do my thing."

Without hesitation, Sellars said that if he had to give up basketball or special education, he'd quit basketball in a heartbeat.

"Sometimes I'd come back from

class, and my friends and teammates are playing video games or shooting basketballs and I'm like, 'I should've just stayed in business,'" Sellars said. "There is that thought, but when I think about why I'm actually doing special education, it redirects me."

That elusive "why" began to form in third grade, when Sellars' first close experience serving people with disabilities came in the form of a school program called the Ashland special olympics.

He paired with a student two years younger than himself named Chrisshawn who is affected by cerebral palsy, and participated in races alongside him. The two clicked and became instant friends.

Year after year Sellars would request that his dad, who taught in the special education program and helped oversee the special olympics in the special education program, pair him with Chrisshaw. There is no hierarchy to their friendship, a bond that lasts to this day. They are just two friends.

The two bonded over their interest in athletics, frequently bantering about their favorite football teams.

Despite graduating, Sellars hasn't forgotten about his friend from Ashland high school.

"I've learned so much from Chrisshawn," Sellars said. "He's so confident in who he is and doesn't let anyone else determine his identity."

Chrisshawn has a passion for shoes, and refuses to wear braces that would aid his ability to walk, because they prevent him from wearing his favorite Jordans.

"Whenever they see each other now it's like they were never apart," Sellars' father, Jamey, said.

Jamey Sellars worked the past 17 years in Ashland, Kentucky, as a special education teacher, helping kids like Chrisshawn succeed in school.

The father and son's backgrounds are notably similar, Casey Sellars

having coached varsity athletics, and worked in special education. Though Ethan Sellars takes after his father in many ways, Jamey Sellars emphasizes that they never held his son to that expectation.

"We just wanted him to do his own thing," he said. "People would ask me why he wasn't constantly hitting tennis balls since I was a tennis coach. He didn't want to hit tennis balls. If he wanted to play basketball we'd do that, if he wanted to try soccer then we'd try that."

Sellars' last minute change of majors would naturally surprise many, including teammates, but not his parents.

"But when Coach Estep taught me how to glorify God through basketball, everything changed."

— Ethan Sellars

"I think we saw it coming before he did," Jamey Sellars said.

His son's future came into focus on the varsity basketball team. Sellars competed at a high level, and contributed on one of the best teams in Kentucky. Sellars' high school, Ashland Blazer, finished the 2020 basketball season undefeated, as one of the favorites to win the state championship, but the tournament was cancelled due to the coronavirus pandemic. Despite his team's success on the court, Jamey Sellars saw more than basketball in his son's future.

Sellars drew close to Ashland Blazers' basketball team manager, Luke Mays, who has Down syndrome. Mays is more than a manager to



Ethan Sellars shoots during a Cedarville University home game against Hillsdale.

Sellars. He, like Chrissawn, is a friend.

"He was just as much a part of our team and our friend group as everyone else," Ethan Sellars said.

And he made good on his word.

"Coming out of the locker room, Ethan could've been hanging out, cutting it up with his teammates, but usually he'd come out with his arm around Mays," Jamey Sellars said. "Luke just wanted to feel like part of the team, and Ethan made sure it happened."

Ethan Sellars spent countless hours in his father's classroom growing up, befriending other kids with special needs, and his father saw the culmination of that love in his friendship with Mays. He knew Ethan could make a career out of it.

When Sellars arrived at Cedarville, he focused so intensely on school that he lost some of the passion for the sport he once loved. His favorite hobby turned into a financial means to an end. While prioritizing school is commendable, feeling miserable

for four years of varsity basketball is a bleak prospect.

All that changed when Coach Pat Estepp gave him a new perspective.

"At first, I just wanted my school paid for," Sellars said. "But when Coach Estepp taught me how to glorify God through basketball, everything changed."

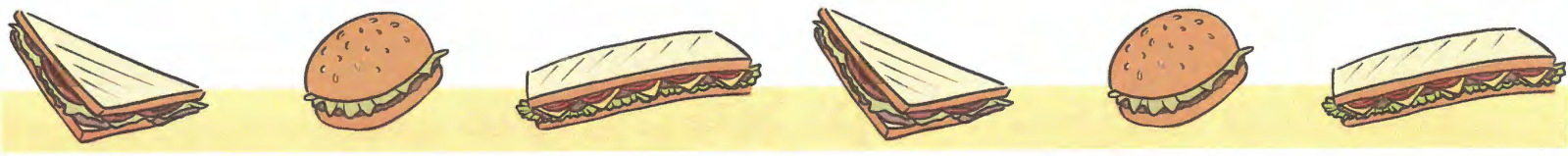
For Sellars, glorifying God through basketball means giving it all he has every time he's on the court.

While Sellars regained his love for basketball, it's still just a passion, not a purpose. He feels his purpose is still teaching.

"There's nothing that could make me quit special education," Sellars said. "I don't think there's anything I'd rather be doing than this. Building relationships like I have with Chrissawn and Luke, I would never give that up for anything."

Alan Brads is a sophomore journalism student and frequent contributor for Cedars. He enjoys playing the drums and speaking Spanish, and watches Buckeye football like his life depends on it.





Mom and Dad's is a local favorite

By Anna Harman

Only a handful of restaurants exist in the small town of Cedarville, and among them is Mom and Dad's Dairy Bar and Grill. This local spot is right across the street from Cedarville University, making it a popular hangout for students.

In the late 1950s, the Irvine family built the Dairy Isle, which is now recognized as the location for Mom and Dad's. Numerous families have owned the business over the years. In 1990, the Holmes family bought the business and turned it into what is now Mom and Dad's.

"My parents were missionaries in Australia prior to buying the business," said owner Deborah Holmes. "My dad, Bruce Holmes, developed medical issues and had to retire, so the family agreed to purchase the dairy bar to meet their financial needs."

Initially, members of the Holmes family were the only ones who worked at Mom and Dad's, but over time more people were hired to help out.

Holmes is a 1985 graduate of Cedarville University who taught for 35 years in the Xenia Community School system. For 30 years, she worked two full-time jobs - teaching during the day and working at the

dairy bar at night. In 2014, she took over the Dairy Bar after her mom died.

The motivation behind this business was to provide the village of Cedarville with quality food at reasonable prices. They have something to accommodate every price range. Residents of Cedarville don't need to drive very far if they're hungry.

"My favorite part of owning Mom and Dad's is getting to know employees - their interests, goals, and ambitions," Holmes said.

She also enjoys meeting and getting to know customers.

"People have interesting stories when you get time to hear them," said Holmes. "Sometimes people need help or just an ear to listen. All of this keeps life interesting."

Many Cedarville students go to Mom and Dad's throughout the school year to get ice cream or a quick late-night snack. It's a popular spot that's both inexpensive and convenient in location.

Christina Kotsatos, a junior Early Childhood Education major, enjoys the convenience of Mom and Dad's.

"They are right across the street so you don't have to travel far for decent ice cream," she said. "Plus, it's a good alternative to the campus food options."

She also enjoys that they are one of the only places in Cedarville that deliver. One of her favorite things to get there is the birthday cake ice cream.

Jewell Strock, junior International Studies major, said, "I love that Mom and Dad's is conveniently located to the campus and open late. It's easier to walk there with friends, particularly when you don't own a vehicle, at any time of the day, but especially when you get some late-night cravings.

Some of my quality memories have been made either ordering Mom and



Dad's or walking there with friends.

"A lot of times I'll order a cherry slushy, and if I'm in the mood for something sweet, I'll get their funnel cake fries, which are quite delicious," Strock said. "But if I'm in the mood for something salty, I'll get either some fries and ketchup, although the ranch is also good, or sometimes a soft pretzel with cheese."

As the years go on, menu items are added, equipment is updated, and Mom and Dad's continues to serve the community well with quality food at reasonable prices. Mom and Dad's will continue to be a favorite for Cedarville students and locals for many more years to come.

Holmes wants to say: "Thank you to all who have and do support Mom and Dad's. We value all customers. If you are new to Cedarville, be sure to stop in and experience Mom and Dad's."

Anna Harman is a junior Biblical Studies major and also a reporter for Cedars. She appreciates writing, peppermint tea, flowers, and going to concerts.



Deborah Holmes, the current owner of Mom and Dad's.

Cedars Magazine

Mexico mission trip: Snapshots from a week in Mazatlan

By Esther Fultz

Cedarville University's Global Outreach program provides students with opportunities to serve and evangelize both locally and globally. The GO staff works hard all year to locate service opportunities, recruit trip participants, and equip students and faculty to serve and witness to others. GO organizes mission trips during spring break and over the summer.

Saturday, March 4, 12:30 pm; Phoenix, Arizona

Hey! Just wanted to let you know I won't have access to my phone until March 11 because I'll be in Mexico for a week. See you after spring break!

I glance up from sending my final text to a client from my internship and breathe a sigh of relief. My team's flight to Mazatlan, Mexico is preparing for takeoff, and this trip has come at the perfect time.

Between classes, an internship and working over 20 hours a week, these past few weeks have left me stressed and burnt out. I've tried to make time for my friends and my relationship with the Lord, but lately even these blessings have felt like just another task on my plate.

I know this mission trip will challenge me, but I'm eager for the opportunities it will bring. Opportunities to reset, to focus on what truly matters through serving the Lord and others. Opportunities to reevaluate, to view my own lifestyle and beliefs through a new perspective.

As the mountains of Phoenix grow smaller beneath me, my mind wanders to the people I will be serving in Mazatlan - the staff, children and families involved with Back2Back Ministries.

Back2Back is an international Christian nonprofit founded to care for orphans and vulnerable children. Currently, it has nine locations across the globe, including four in Mexico.

As a social work major, I appreciate Back2Back's passion for holistic ministry and trauma-informed care. Although the cost of the trip initially intimidated me, I decided to stay on the team and was pleasantly surprised when the Lord provided more than enough resources through generous family members and friends.

Reflecting on the Lord's provision, I feel a sense of comfort. In many ways, I still feel inadequate to go on this trip, considering my limited ability to speak Spanish and my minimal knowledge of Hispanic culture. I've tried to educate myself leading up to the trip, but I worry I will say or do something offensive. More than that, I worry about being useless in ministry. I want to learn and grow and I know the Lord can use me, but I want to be able to truly serve others in Mazatlan - not just walk away changed.

Finally, unhindered by the chaos of school, I pull out my prayer journal and write down my thoughts, then turn to my teammate Katie to practice the few words of Spanish I remember.

Sunday, March 5, 5:00 pm; Back2Back Ministries; Mazatlan, Mexico

"Hola!" I smile at Maria, a participant in Back2Back's Strong Families Program. Today, she's teaching our team how to make tortillas and tamales. It's only been 24 hours since we landed in Mexico, and the greeting already feels more natural on my tongue. According to Matt, the staff member supervising our group today, Maria was anxious about leading these classes when she started just six months ago. Today, she smiles confidently as she demonstrates how to assemble a tamale and press tortillas, even joking with our team despite the language barrier.

When I think of ministry, this isn't what I usually think of - receiving when I came to give. A small part of me is uncomfortable with it.

But looking at the pride on Maria's face, I know this experience is more empowering to her than anything I could give.

Too often, short-term missions are focused on the incoming team, driven by a desire to satisfy participants' egos and create a sense of self-importance. I've been on these trips and have also been guilty of thinking this way, but learning from Maria, I remember Acts 20:35 - "It is more blessed to give than to receive."

What if, instead of viewing ministry as doing grand, showy things for the Lord, we view it as simply coming alongside people, working to understand them and allowing ourselves to be given to in ways that would truly bless them?

Monday, March 6, 3:00 pm; Salvation Army, Mazatlan, Mexico

"Vamos!"

The little girl I've been playing with for the past half hour grins up at me and points towards a row of bicycles leaned up against the side of a building. Without waiting for a response, she starts running, and I remember that vamos means "let's go" in English.

This is our third day in Mexico, but the first I have interacted with the children without a staff member in earshot. Earlier this morning, I had been concerned about how the children would respond to my limited Spanish vocabulary. Even now, I think of children I know from the United States mocking second language English speakers. But so far the children I have spoken to here have been surprisingly welcoming.

"Como se dice este?" I grab the bicycle and point to it, and the little girl smiles. It feels like the hundredth time I've asked this question, yet she's patient and doesn't seem annoyed.

"Bicicleta," she responds, grabbing her own bicycle. "Vamos!"

She takes off down the gravel road,



Senior social work major Jordan Parsons works on a facilities improvement project.



Sophomore Communication major Ashlyn Helm and senior Social Work major McKenna Kaneversky help with painting for a facilities improvement project at Doce Piedres.



Fultz's team went to Mazatlan, Mexico, for a week-long mission trip.

looking back at me and laughing because I haven't gotten on the bicycle yet.

"Muy rapido!" I exclaim, pedaling faster to catch up with the little girl on my one-speed bicycle. As she continues to giggle and pedal harder to remain ahead of me, I close my eyes momentarily and take a deep breath, wanting to remember everything about this moment - the gentle breeze, the warm sun, the shade from trees far ahead, the sound of laughter as children play nearby. I think about God's faithfulness and redemption in mending what has been broken. I think about the

true cause of joy - not material possessions but renewed life in Him.

Compared with American children I know, these children have nothing. They can't live at home with their families and have most likely experienced abuse, neglect and trauma. Before coming here, they have not had much of a future to look forward to and even afterward, their lives will be harder than most Americans. Yet they are smiling, they greet visitors without judgment, they don't constantly whine and complain like American children I know, they are present and focused on the moment, and they have shown me

and my team true and genuine love.

"Change me," I pray as I catch up with the little girl on the bicycle. "And show me your will, God."

Before this trip, I never thought about leaving the United States as a possibility. The thought never even crossed my mind. But today I can see it. My future is still wide open. I don't know where the Lord will call me. But today, I realize that I could see myself here forever.

Esther Fultz is a junior Social Work major and the Off-Campus Editor for Cedars. She enjoys thrifting, writing music, hiking and hanging out with friends.

Cedars = Magazine

Meet Denise Leslie: Cedarville University's 'resident grandma'

By Avonlea Brown

The food-service workers on campus are familiar, but often overlooked, faces. Many of them are fellow students and others are staff who have spent enough time at Cedarville University to call it a second home. One of those familiar faces is Denise Leslie, or as most of the student body has come to know her, the Stinger's Lady.

Though they may not remember her by name, any regular customer of Stinger's can recall interacting with a smiling older woman in a grey t-shirt with short, white hair tucked under a black baseball cap. Leslie may not stand out to every student on campus, but her personality impacts those around her and makes her memorable.

Unlike many of the campus faculty and staff, Leslie is not a Cedarville alumnus. She grew up in the town of Cedarville and attended the local high school, but chose to begin working rather than pursue higher education.

Leslie got married shortly after she graduated and moved with her husband to Jamestown, which is

the farthest she ever went from Cedarville. She took a pause from work to be a stay-at-home mom to two kids, who now have kids of their own. After watching her children grow up and leave home, Leslie worked a couple of retail jobs before retiring.

Two and a half years ago, Leslie got a call from an old high school friend about the opening at Cedarville University. Even though she was skeptical about her chances of success, Leslie applied because of her passion for service and her desire to contribute to others' lives.

"I didn't think they were going to hire me because I was so old, past the age of retirement," Leslie said. "But I got a call a little after the interview that said I had the job and here I am."

Once she settled in, Leslie developed relationships and establishing herself as someone the student body could feel comfortable with. She wanted her young customers to feel at ease when they approach her at the register.

"I don't want to pry into students' lives, but getting to know them is great," Leslie said. "And to be friendly to them and give them someone to talk to if they need it. They might feel like they can talk to us when they don't want to talk to another student."

While this is the case for some students, others are just happy to see a smiling face.

"I love that she is so personal," said Emily Cone, a sophomore Professional Writing and Information Design major. "Every time I go to order she asks me what I have planned for the weekend and I think that's so nice."

Part of what makes Leslie stand out to her students is her seemingly unending joyfulness.

"I go to Stinger's often when they are first opening in the morning and I always see her when they open the gate to the register," said Ellie

Norman, a sophomore Marketing major. "She is always smiling and says something nice to me, and I think 'Wow, she could choose to be really grumpy this early in the morning, but she isn't.'"

"I have kids who are your parents' ages. So I'm basically a grandmother to all of you."

— Denise Leslie

Leslie also has the ability to remember the faces and names of her regular student customers. Even if she doesn't recognize the student, they still receive a "Howdy Ma'am" or "What can I do for ya, Sir" upon approaching to order. Her favorite pastime is "giving the students a hard time," joking around with anyone that will play along.

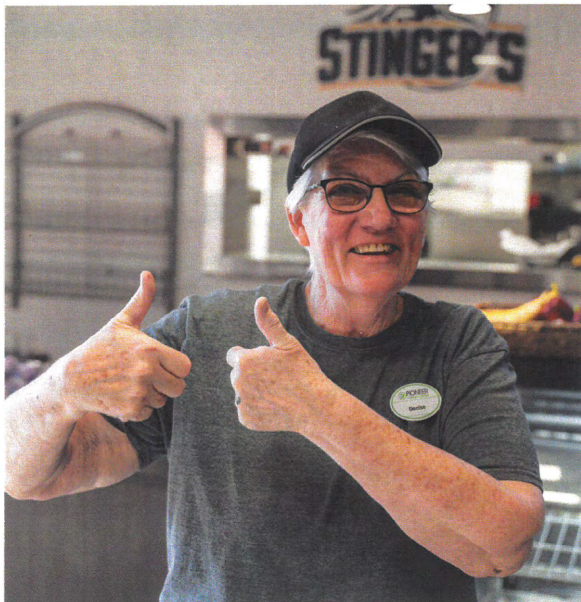
Outside of her job, Leslie makes every effort to support the student body by attending campus events.

"I can't possibly learn every student's name," Leslie said. "But I try to find out if they are in a sport, theater group, or other activity on campus. I go to the sports games and theater productions and try to support them in that way."

She can often be seen in the bleachers during a basketball game or hidden in one of the rows of the Devries Theatre. Without her black cap, Leslie is nearly indistinguishable from the dozens of supportive grandparents and family members who attend such events.

"I have kids who are your parents' ages," Leslie said. "So I'm basically a grandmother to all of you."

Leslie is not only loved by her



Denise Leslie recommends Stingers to students of Cedarville University.



Service with a smile: Denise Leslie joyfully engages with her customers.

customers but also by her coworkers in Stinger's. Katie Bell, a Social Work and Spanish double-major, has worked with Leslie for three semesters and said she thinks of Leslie as a role model for student workers.

"I think it's very important that everyone has God in their lives. If you don't have that, you have nothing."

— Denise Leslie

"I feel like she's never not working," Bell said. "She is always helping with customers, or helping fellow staff, or doing something to make things run smoothly. She has a work ethic and professionalism that you don't always get from fellow student workers, and it is helpful to have that diversity of age."

Leslie's personality and work ethic are a product of her faith, which she tries to live outwardly in her job. She attends a Methodist church in Jamestown, where she serves as a trustee, a secretary and has been actively involved in since she was young.

"I think it's very important that everyone has God in their lives," Leslie said. "If you don't have that, you have nothing."

With the future of Stinger's on unsure footing, many student and non-student workers are nervous about their job security. But Leslie just hopes for the chance to remain at the university, serving and connecting with the student body.

"As long as they'll have me," Leslie said. "We don't know with Panda Express coming and Stinger's going up into Chucks, we are unsure about who will go where and when, but I would love to remain here if I can. Getting you guys laughing and giggling is what I like to do."

Avontea Brown is a sophomore Journalism major and the Campus News Editor for Cedars. She enjoys reading, traveling, and learning new things.

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Diego Luna in *Andor*; Image courtesy of Lucasfilm

Opinion: Why we should consider consuming stories with a worldview focus

By Ben Konuch

When was the last time you watched something you completely disagreed with? Was it a movie or series that said something about a value that you inherently stand against, or perhaps a character that showcased behavior that you fundamentally can't agree with? People are faced with concepts and themes in media that they disagree with all the time, and it often causes them to pull back and withdraw to a piece of media that's seen as more comfortable ground.

But what if it's not only acceptable to watch films we disagree with but worthwhile to seek out and consume media that present views that we differ from?

The way people experience media can both positively and negatively shape the worldviews that they hold. Christian philosophy professor Dr. Andy Giessman, a Christian philosophy professor at University of Scranton and the director of Addison's Walk Institute, said "Our worldviews are like the lenses through which we perceive reality." They are

inherently a mental structure built up by the views and morals that people feed their minds and hold onto.

Christians' worldviews should be built upon the Bible and its view of morality, but that input is only half the picture. Knowing what the Bible says about a topic and holding fast to it does not always equate to knowing exactly how one would interact with others and live it out

A worldview is partly the values that one holds to and partly what the approach is for how those values interact with the world. Therefore, testing what a worldview is through fire to see if it crumbles under pressure is absolutely vital. If you believe a certain thing to be true and this value changes, unfortunately the odds are strong that you'd seldom think about the reasons why you believe what you do until you've interacted with those people holding the opposing viewpoint.

Oftentimes worldviews are formed subconsciously. When faced with resistance to the way someone

sees the world, they're forced to stop and take a deeper look into why they hold to what they do. For example, a Christian student who rightly believes what the Bible says about homosexuality may have a very strong view about those who struggle with it and how he thinks he should treat them, but it may not be until his first job with a gay coworker that he would have to face whether the application through his behavior is Biblically right.

This is why media is so important, especially to students at Cedarville who live in an environment that holds to mostly the same worldview. One way to strengthen a worldview is through the encouragement and guidance of others. However, it may not be possible to test those views as often as one would want within the Cedarville bubble. Consuming media that provides a different perspective on the world is a way that someone can gently test their beliefs and values to the Bible while still being in a safe environment surrounded by peers



Amy Adams in *Arrival*; Image courtesy of Paramount Pictures

and mentors who can guide them.

As Dr. Giessman said, "The cinema serves as the stained-glass window of the 21st century." In other words, media serves as the way of passing on ideas in an easier-to-swallow form like stained glass windows were for the illiterate churchgoers of early Christianity. There are many aspects and elements of non-Christian worldviews that are unbiblical, but according to Giessman, there are three prevailing actively counter-Christian worldviews that can be detected in key pieces of media - the worldviews of Darwin, Nietzsche and Marx.

The Darwinian worldview of natural selection, "survival of the fittest", and the animal nature of humanity is easier to detect and is prevalent in films such as "Godzilla: King of the Monsters." This is evident when Vera Farmiga's character gives a chilling speech about how the earth doesn't belong to us and humans are the virus.

Christians are also familiar with Karl Marx and his views of radical resistance to democratic systems and human morality, which even recent shows like "Andor" represent elements of. One of its characters writes a manifesto outlining how they are in the right and the enemy is in the wrong, even while a majority of the series the characters are only "good" because they resist "oppression." "Andor" depicts a struggle between characters with very blurred lines

between heroes and villains is Marxist ideas can be glimpsed.

The worldview of Nietzsche is more nuanced, as Nietzsche didn't believe at all in the metaphysical or the Christian view of morality but praised only power and overcoming obstacles. Films with the classic trope of "hero struggles against all odds" without a focus on rooted morality and power cycles continuing can contain echoes of his ideals, which can be seen in films like "King Arthur: Legend of the Sword" or even "Arrival."

So are these pieces of media inherently bad? No, and this is where consuming media through a worldview lens comes in.

One of the easiest yet most effective ways to test our worldviews is by analyzing the views presented in media. It isn't just about watching things that we agree with or only testing things that we don't, it's about learning how to consume media and

analyze what is good and what is bad regardless of the preconceptions we have going in.

If we watch movies that we think are good and that present values that we agree with, can we look at the themes and concepts shown and pick apart the reasons why we agree based on our worldviews? Similarly, if there's a TV show that presents a value or a lesson that we consider immoral or false, are we able to analyze it to understand how it clashes with our worldview and why?

Looking at media in a less black and white sense is important to be able to search for the good and the bad. Most importantly, we need to look for the backbone reasons of why we think of them as good and bad. I do recommend this within boundaries, as each Christian must discern for themselves what kind of visual content they're comfortable with viewing in more dangerous areas like violent or sexual content. That being said, in terms of concepts and ideas we should push our comfort zones in order to put what we believe to the test. We must learn not just what we believe, but why we believe what we do.

For Christians, learning the skill of discerning content - to be able to pick apart the good and the bad, to separate the worth from the garbage - is vital to the survival and strengthening of our faith in a world that seeks to tear it down.

Ben Konuch is a sophomore Strategic Communication student and an A&E writer for Cedars. He enjoys getting sucked into good stories, playing video games and hanging out with crazy MuKappa friends.

Vera Farmiga in *Godzilla King of the Monsters*; Image courtesy of Warner Bros. Pictures



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Ethan Cunningham tumbles his way onto Cedarville cheer

By Maggie Fipps

Ethan Cunningham stands out in the crowd. Maybe it's his confidence that exudes from his friendly demeanor. Or his distinct style, complete with a Trader Joe's tote bag. Or his Instagram profile, which features pictures of him and his girlfriend alongside images from classic movies like "A Streetcar Named Desire." Or his love of kombucha, which he detailed with the same love as a wine connoisseur.

except as an occasional party trick. Evidently, tumbling is like riding a bike, once you learn, you never forget it. A friend convinced him to come to an open gym for the cheer team at the beginning of this school year.

"I was just messing around and the coach said, 'Can you please join?'" Cunningham said.

Cunningham was indecisive. Did he have enough time or talent to commit to a sport? Finally, he came down to a

and stunts, which is where Ethan's role is crucial.

"He's been good for stunting and tumbling," said Ashlyn Staggs, the other co-captain of the team. "It's nice having guys for strength. Usually, they're better for basing and Ethan can tumble, so that's a good asset."

Cedarville cheer is considered a sport at Cedarville University, with a 10-person team for the 2022-2023 season. However, its numbers and events have dwindled over the years with changes in coaching.

"It used to be more fun stunting and more people who like to tumble and are willing to put in the commitment for it," Staggs said. "It does take commitment if you want to be a good team cohesively working together. I think that people who are in charge want it to be more of a stunt-based thing, and I hope they can eventually get there."

As Cedarville began to build the program up, the 2022-2023 team was comprised of a lot of new faces, including Cunningham.

"A lot of people start out really young, but with a fresh set of people who've never cheered before, it's teaching the basics and being able to do it well," Staggs said.

With the potential for growth comes the potential for frustration and failure. Cunningham's optimism has served him well as he develops as a teammate and athlete.

"Whenever I would mess up doing tumbling or some flip, I would think 'Gosh, I'm the worst person ever at this'," said Cunningham. "And other times I would do things that I had never done for a stunt and I'd be like 'Oh my gosh! This is great I'm doing really well.'"

"I had to get over this hump of thinking you're not going to be good at everything as soon as you start doing it."

In cheer, mental blocks can become impenetrable after someone



Ethan Cunningham

"I kept sipping on it, and the more I drank it, the more I enjoyed it," Cunningham said.

Or perhaps his most interesting hobby, cheerleading, which he came to enjoy as slowly as kombucha.

Not only is Cunningham the only male member of Cedarville's cheer team, but his college cheer experience is his first ever in the sport. He stumbled into tumbling in third grade, as he dabbled with the bars, mats and beams at gymnastics. Here, his love for stunting grew, which incidentally is an integral part of cheerleading. However, growing up he didn't get to use the skills much

crucial question.

"What's the worst that could happen? So I said yes," Cunningham said.

The core aspects of cheer are different depending on the context. At Cedarville, they cheer on the sidelines at basketball games and incorporate chants, dances and pompoms to spur on large crowds.

"Our ultimate goal is to support the pep band and the student section's efforts and get the energy going at games," said Abigail Pleiman, co-captain of the team.

They also do shows at halftime or school events that feature tumbling

messes up or injures themselves doing a roundoff or flip. At one practice, Staggs was struggling to perform a round-off tuck. Discouraged, she began to move on to the next move, but Cunningham stopped her.

"So I'm going to count to three, when I say three, go," Cunningham said.

Staggs still hesitated, but he wouldn't let her leave. The countdown continued, followed by a pep talk.

"You've done this so many times before. You know you can do it, your body remembers how to do it, so just do it," said Cunningham.

Deep down, Staggs knew she could do it too.

"His main thing is: it's not that serious," Staggs said. "He helps you to realize your potential and overall help to get through things, whether it's personal or the whole team."

This mindset helps Cunningham as well, especially in moments of failure.

Earlier in the year at Moonlight Madness, which is a bit of a hype session for Cedarville's men's and

women's basketball teams, the cheer team performed a halftime show.

The dark gym, fog machines and flashing lights provided a dramatic ambiance, but it was not necessarily the most conducive for tumbling. In the middle of the routine, Cunningham tumbled across the middle of the mat a little too zealously.

"I don't know why in the moment I was just overconfident and I thought 'Yeah, I'm going to add one more thing.'" Cunningham said. "I landed and just completely shot back and fell over. It was so funny. And some people afterward asked 'did you roll your ankle?' No, I was just being stupid."

The friendly community of the cheer team has felt like home for Cunningham, as he grew up with three sisters. Pleiman feels that he brings a balance to the team, literally and figuratively.

"He cools us down with all of our estrogen, shifting the energy to be more relaxed and calm," Pleiman said. "He's also protective like when we do the stunt, he's usually the first one to

catch someone if they fall. He's there to support us physically and mentally"

Cheer relies heavily on trust. As they lift their flyers high into the air, it is imperative that they lift each other up emotionally as well.

"One of the biggest things that formed our community was our stunting groups because we're practicing with the same group," Pleiman said. "We're learning together and celebrating together and getting to know one another."

As Cunningham looks back on the season, he is proud of the ways he has grown on the team.

"It has taught me to look at other people's perspectives in a group setting and be willing to try something even if I don't agree with you," Cunningham said.

To any that are considering cheer or kombucha, Cunningham's advice is the same:

"Just try it!"

Maggie Fipps is a sophomore Journalism student and the Sports Editor of Cedars. She enjoys playing the piano and thrifting, and you may spot her around campus sporting Packers gear head to toe.

Ethan Cunningham with Cedarville's cheer team.



The person behind the screen ...

By Laci Strouse

Social media.

The first thing checked in the morning and the last thing seen before bed. Scrolling through Instagram, Snapchat, TikTok and other apps can become addicting and often takes time away from important tasks like homework.

Another way social media disrupts people's lives is by encouraging an "ideal lifestyle" mindset. The posts people make display their lives at their best: engagement announcements, vacations, baby photos, a shopping trip with friends and more. Rarely are posts about daily struggles or life conflicts made and seen by the public.

Social media is a part of everyday life and is increasing in usage among students. Despite the popularity, some students feel that social media is having a negative effect on their mental health.

"I compare myself to a lot of girls on social media," Addison Carter, a freshmen Social Work major said. "This can make me doubt and question myself a lot of the time, this has caused my social anxiety to worse."



Addison Carter

Social comparison issues are a major consequence for those who spend their time scanning social media. When gazing through social media, some feel tempted to

compare themselves or other people.

"There are so many times I find myself comparing myself to girls on social media, do I look the same as them, do I have blond hair? Is my boyfriend wishing he was with those girls?" Carter asked.

Along with comparison issues, social media captivates people, causing addiction. The tendency to mindlessly scroll through social media is increasing, leaving the user feeling disappointed and drained.



Audrey Lane

"Since social media is easily addicting, it quickly becomes a time-consumer that does not help my mental state," Audrey Lane, a freshman Communications major said. "I often leave social media feeling disappointed in myself for how much time I spent on it or I feel lonely because I'm not out doing something as fun as what I see others are doing."

Social media provides an easy opportunity for people to present the life they want others to think they live to the world. It also provides easy access to comment on whatever you would like, with little to no consequences. Due to the many users who put forth false narratives, no one truly knows the person behind the screen.

Paige Shepard, a freshman Nursing major, knows all about the person behind the screen. In her junior year

of high school, Shepard shared her christian worldview in a class which were contrary to that of some of her classmates.

"I was then posted on Instagram by one of the people who favored the opposing viewpoint. I was slandered and hated, because of my faith," Shepard said. "I was hurt that people would rather post, hiding behind a screen, rather than speak to me and ask why I believe what I do."

The post remained up for one day, then Shepard found the person who put up the post and explained to them what had happened. She received no further harassment from her classmates and her life returned to normal.

Through it all, Shepard was able to see the Lord in the midst of her trials.

"I was also able to witness this girl and plant a seed. It was amazing to see the Lord work through something that was scary for His own glory," Shepard said.



Page Sheperd

Regardless of the many harms of social media, there are still some beneficial factors. Students tend to take advantage of various platforms to communicate and express themselves.

"It has been super beneficial for staying connected with others I do not get to see on a regular basis and it also serves as a platform to share

... isn't always who you think

about the ways the Lord has been working in my life as well as in the lives of others," Lane said.

After surveying the pros and cons of social media and its effect on mental health it comes down to the individual person. If the risk of negative effects on social media is too high, what should be done to prevent it?

"If it is doing more harm than good, delete it," Carter exclaimed.

A few students believe that deleting social media completely is a great way to improve mental health. They view the best way to fight the issue is by getting rid of it altogether.

"Deleting social media provides a great opportunity for you to be more attuned to what the Lord is doing in your life and also allows you to rest in that without comparing it to the lives of others," Lane said.

Others believe the best way to combat the harms of social media is to work on your own mindset. Before viewing and scrolling through social media, make sure you are filling yourself up with truth.

"I would say to know where your true value comes from," Shepard said. "Many of us, including me, seek approval from many people through social media. This is so contradictor to what the Lord tells us. He looks at the heart, not the number of followers we have, the number of likes we get, or how famous we are. If you are struggling with social media and poor mental health because of this, remove it from your life. Seek the Lord to find truth in what we are to find truth in."

Laci Strouse is a freshman Professional Writing and Information Design major as well as a reporter for the Cedars. She enjoys reading Christian Fiction, embroidering, running, and golfing with her brothers.





Rachel Rathbun, former Cedarville Review Chief Editor

Emily Vest, current Cedarville Review Chief Editor

'The Cedarville Review' promotes interdisciplinary expression

By Ashleigh Clark

Cedarville University's various publications allow students and faculty to showcase their academic and literary writing skills. All the journals published by the university, such as "Channels" or "Musical Offerings," come with high praise and recognition, but the "Cedarville Review" has a unique place among such publications.

The "Review," as it is sometimes called, began in 1996. It publishes works from burgeoning writers and artists every year. The journal showcases visual art and literary pieces of poetry and prose. Notably, the "Cedarville Review" gives a voice to students by publishing exclusively undergraduate work from all disciplines and departments.

A group of students edits The "Review." After the submission period is done, the editors get together to discuss which pieces will be accepted into that year's publication. The process is highly selective, with the group curating the best pieces to showcase the beauty of literary and artistic expression. The journal is typically published by the end of the academic year.

Former chief editor Rachel Rathbun Benefiel and current chief editor Emily Vest spoke about their experiences working with the "Review." Benefiel and Vest have both been featured in the "Review" and non-Cedarville publications.

Benefiel worked on the "Cedarville Review" for three years and has loved being a part of the team. She noted that getting to see the inside perspective on publication was one of the greatest fulfillments of the position.

"You get to see a literary journal's publication process from the submission period all the way through printing," she said. "Not only is that super rewarding since you get to hold the finished product in your hands, but it's also a really valuable experience for anyone looking into publishing as a career."

Vest, the current chief editor, has been a part of the team for two years. She sees the "Review" as a passion project curated by the editors. She echoed Benefiel's love for the insider view on publishing.

"The Cedarville Review is still a semi-hidden gem of Cedarville

University," she said. "

In her experience, the journal's advertising has been the biggest change while she has been in charge. The team has added social media (@the_cedarville_review on Instagram) to its advertising strategy to reach more people.

Both of them were adamant about the desire for submission variety, not just in style but also in inter-departmental contribution. They are excited to see it grow beyond the Department of English, Literature and Modern Languages. Over the last few years, the "Cedarville Review" has been diversifying its collection. Some of the most well-liked pieces, according to Vest and Benefiel, have been ones that take the writer's experiences and infuse them with nuanced writing.

Benefiel and Vest would also like to see the "Cedarville Review" continue to grow. Vest is excited to see more variety in prose and poetry.

Benefiel wants to see more pieces that "push the boundaries between forms or genres and blur traditional boundaries of what you think you can do...[pieces that] cover unique topics

that the author has more knowledge of than any of us. That might mean a unique setting in fiction, any deeply specific subject matter in non-fiction, or a really strong grasp of a particular form for poetry."

Vest and Benefiel both said that one of the difficulties the "Cedarville Review" editors face is handling Christian allegorical writing.

Benefiel said, "I think we have a consistent worry in the editorial board that students think their writing needs to be 'Christian enough' to get accepted into the Review, e.g. overly Christian in subject matter. Sometimes this produces great art. Much more often, it limits a lot of creativity that we'd really welcome." Any exceptional visual or literary work created by a Christian can be a vessel for the Gospel message.

"I'd advise our contributors to relax," Benefiel said. "Be honest on the page no matter what the subject matter, and let that speak for itself."

So, why should students care

about the "Cedarville Review"? To be featured in the "Cedarville Review" is an excellent addition to an early literary career.

For Vest, "publishing a piece is difficult, but we hope to give every student the chance to share their voice and thoughts and creativity."

There is an average 30% acceptance rate for the "Review," according to Vest, but that shouldn't deter anyone from submitting something. Getting published in the "Cedarville Review" is quite an accomplishment.

Even for readers not interested in being featured in the "Review", it is still worthwhile to take the time to read it. Benefiel said "reading beautiful art encourages us to worship the Creator. It's also a great way to explore new ideas...We learn a lot and grow a lot by seeing into other people's visions of the world through their art."

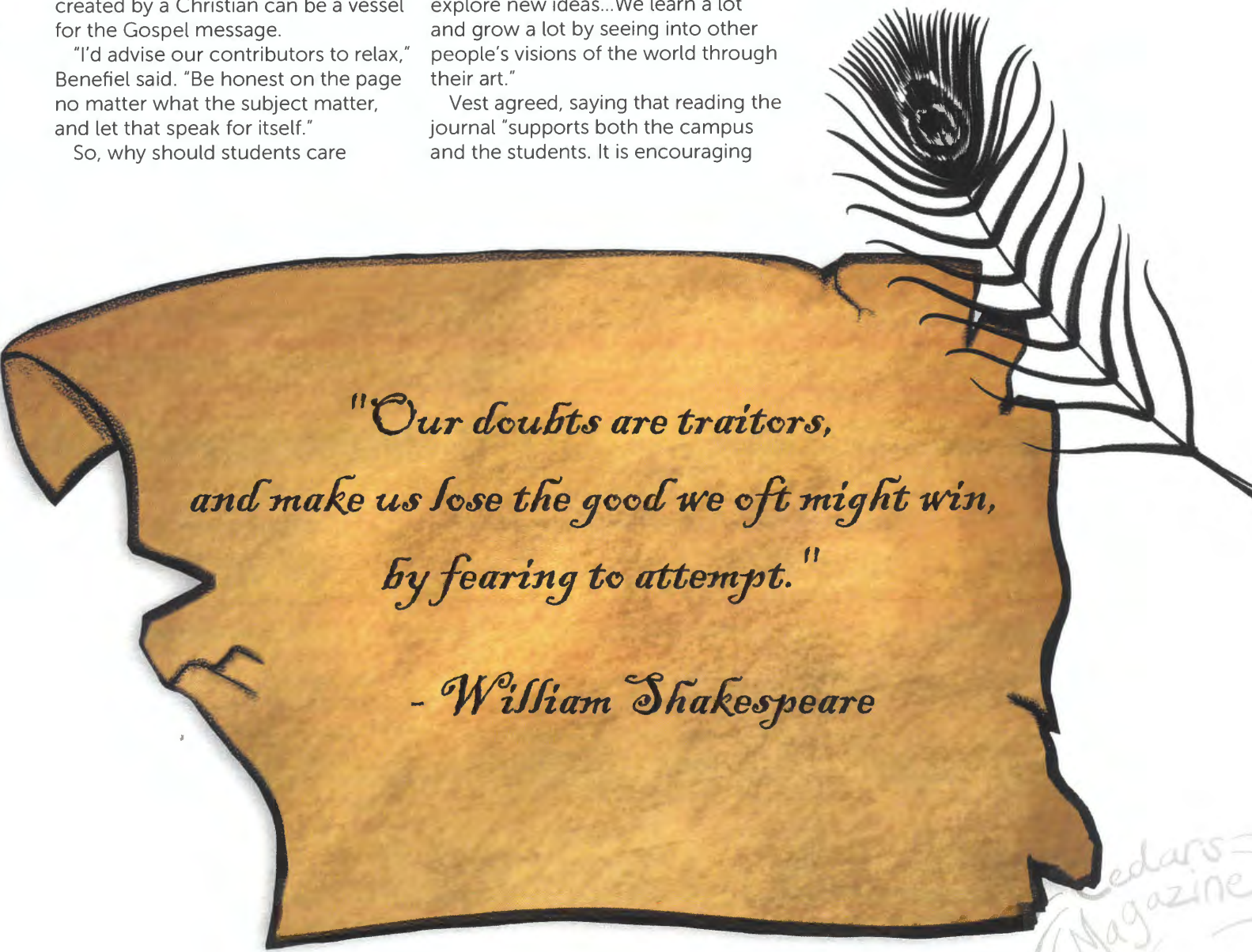
Vest agreed, saying that reading the journal "supports both the campus and the students. It is encouraging

to see the hard work that students have put into their submissions and even more encouraging to see the dedication and talent that the writers of Cedarville University show.

All copies of the "Cedarville Review," are available online through their website. Alternatively, a hard copy of the "Review" can be purchased.

For more information about this journal, visit their website: <https://digitalcommons.cedarville.edu/cedarvillereview/>.

Ashleigh Clark is a junior political science major. She plays electric bass and lives in New York with her four cats, Vincent, Chubby, Mable, and Scout.



*"Our doubts are traitors,
and make us lose the good we oft might win,
by fearing to attempt."*

- William Shakespeare

Coach Matt Richter and the Jackets march together to a fresh start in 2023

By Jonathan Snyder

Spring brings the promise of new beginnings. Familiar rhythms resound throughout Yellow Jacket Field. Crack. Pop. Whoosh. Crunch. All these sounds signal the start of something new. Winter's white and gray dullness gives way to spring's vibrant greens and browns. It is a time when anything feels possible.

While Cedarville's baseball team retains eight seniors, significant changes abound behind the scenes. Head coach Matt Richter takes the reins, replacing previous coach Mike Manes. Richter comes into the team with 20 years of assistant coaching experience between California and Ohio, but only one year as a high school head coach. Coaching at Cedarville is Richter's first experience as a head coach at the collegiate level.

"We just assumed Manes was going to be back," said Alan Perry, a senior infielder. "And then after our last game, he told us, and it was a shock to everyone."

Throughout the summer, the Yellow Jackets had early conversations with Richter about his expectations for the squad. In mid-June, the team and Richter talked on a zoom call for about 30 minutes. Throughout the call, the team saw Richter's passion

for growing the Yellow Jackets as people and as baseball players.

"He told us he's not a 'rah rah' guy, but we could tell straight from the first call that he's passionate about baseball," Perry said.

Through the fall, the team started to acclimate to Richter's coaching style. Over time, Richter felt that the team got comfortable with his personality.

"I would say the guys were probably a little timid in the fall. Not timid in terms of the effort they gave, but timid in terms of showing their personality around me," Richter said.

Throughout the preseason, the Jackets focused on returning to the game's simpler parts. Defensive work, bunting practice and running speed are all critical points of emphasis for Richter.

"Ultimately, that's what he wants us to do, make the game as easy as possible," Perry said.

Richter is also open with his team, constantly looking to bond with them and help the team grow. Jensen Wagoner, a freshman pitcher, met with Richter early in the fall and he helped Wagoner acclimate to life as a student-athlete.

"I settled into the team about three weeks into the school year," Wagoner said. "Coach Richter helped a lot with



Coach Matt Richter on the field.

that, just texting me, and I would stop in and have conversations about classes."

Optimism spread throughout the roster as the season began at Lincoln Memorial University on February 3rd. The Jackets sprinted to a 4-0 lead in the first four innings.

Then it started to fall apart. The Jackets gave up seven runs in the 4th inning. The runs piled up inning after inning. Four, then six, then eight.

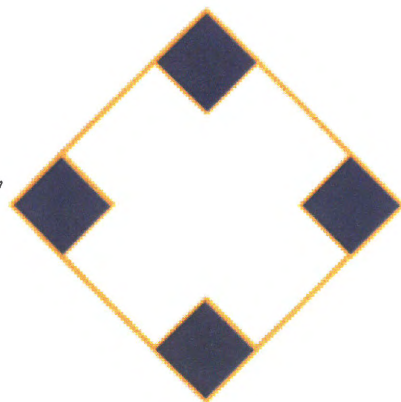
"Is that the worst head coaching debut in the history of college baseball?" Richter wondered to himself. The scoreboard conveyed a horrific sight. 25-5.

That kind of loss could have easily led to distrust amongst the team. How could Richter open a new era of baseball like that?

"We have to find a way to build from this," Perry said, reacting to the loss. "Yeah, last week happened. Now we have to find a way to adjust."

The next series against Saginaw Valley State shook off any early season jitters, with the Jackets

Took over head coach position at the end of 2022 season after Mike Manes



Ready to start the 2023 season with a fresh perspective and culture moving forward

Was assistant coach at the collegiate level for 20+ years with 1 year of experience as high school head coach

Started to work with the team during preseason, getting back to the basics of baseball

winning two out of the three games. As the team believes in Richter and each other, their on-the-field play improves.

"We have a pretty tight bond," Wagoner said. "It's only up for us. We've come a long way since we first started playing together in the fall."

Richter and the squad know they can still play good baseball. Despite losing significant talent to graduation, the Jackets believe that they can take steps toward becoming an elite program when all the pieces come together.

"We lost power. We lost some speed," Richter said. "The question is, how much better can our guys get over the course of the year?"

Richter wants the team to embrace the opportunity to walk and get on base. Richter desires a team of players comfortable in a small ball role rather than a team full of high-risk, high-

reward sluggers.

While the Jackets may not be as athletic as some other teams in the Great Midwest Athletic Conference, Richter feels that if the guys play the game well, they will win consistently. With teams like Trevecca Nazarene and Tiffin University near the top of the conference year in and year out, execution becomes much more critical.

Part of a coach's role at the college level is about mentoring players to become better people. Richter fully embraces the opportunity to help his players grow spiritually. He believes the best way to help guys grow is not through repetitive Bible studies but by pulling guys aside in the moment and addressing issues immediately. When guys get angry or blow up, Richter emphasizes putting baseball in its proper place.

"First of all, baseball is not that

important," Richter said. "Baseball is first and foremost a gift from God."

Richter relates with guys who put baseball over everything else. He played at Westmont College in California and saw the drive to become an elite player consume him. He instills lessons in his players about putting baseball in perspective, and Richter himself wants to see those lessons change his life as well.

Cedarville baseball is getting a new philosophy with Richter—a fresh start to a new year and a new era. While the Yellow Jackets remain humble, spring brings about hope and belief. Richter and the Jackets know anything is possible when the umpire yells, "Play Ball!"

Jonathan is a senior Journalism major and writer for Cedars. He loves any sport he can find and has an extensive collection of team hats, which he models nonstop.

Coach Matt Richter: "The question is, how much better can our guys get over the course of the year."



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