

WE ARE

SEU

STUDENT STORIES 15





FOREWORD

Our campus has experienced many changes this year. We adapted to hybrid classes, social distanced at events and wore masks on campus – all to keep our community safe. As we face the unprecedented circumstances of a pandemic, we have learned to lean on one another. It hasn't been easy. It has required much from us.

Yet, as a community we have remained resilient. We created a culture that cares for one another. We have taken measures daily, including symptom checks, to ensure the health and safety of everyone. Together, we are making a difference.

I believe this is a reflection of how God has created our community to be Made for More.

The destiny that God has for our community demands that we become something new, something fundamentally different from the way we were before. Once this transformation has taken place, we cannot go back to the old way of life. "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here" (2 Corinthians 5:17).

God is not satisfied with just simply improving our lives – he wants to transform us. We have to let go of our old way of thinking and living, and embrace a new way of living.

This semester has looked and felt different, and for some, it has been uncomfortable. When we embrace the fact that we were Made for More, God will transform us into something greater than we could have ever imagined.

As you read through this edition of the We Are SEU magazine, you will see how God continues to use our community throughout this pandemic. Many faculty, staff and students have stepped up to provide a better environment for us. It also reminds us of the sacrifices and extraordinary work of many of our frontline healthcare workers.

My prayer is that you continue to ask God to transform your life. Don't settle for the old way of doing life. You are Made for More!

DR. KENT INGLE
President of SEU

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A Letter From the Editor

This issue is based around the theme “Illuminate.” John 12:46 says, “I have come as a light to shine in this dark world, so that all who put their trust in me will no longer remain in the dark.” During such an uncertain time, God supplies us with hope and peace as a guiding, ever present light. We hope that this issue commemorates our fall semester and the good things that have come out of such a difficult season.

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ILLUMINATE

We can't see.
Our pulses race rapidly as
darkness morphs the unknown into our nightmares.
This cloak of gray keeps us swinging like a pendulum from surety to
insecurity.

Darkness is not an opaque fog,
but stratified confusion integrated into humanity.
The sound of our tears creates a haunting harmony throughout the world.
"Breaking news" screeches in every language demanding attention.

Although shadows surround us, we strain our eyes looking for light.
With no destination in sight, we run with all our strength.
Until we are exhausted.
We pause.

Our eyes focus.
The rhythm of Your sentences changes the beating of our hearts.
The Light pierces through the Darkness with its mere presence.
We feel the security of safety; our Savior is here beside us.

Light doesn't chisel away the unknown into a perfect plan all at once,
but it shows us the next step.
The sound of His voice redirects our thoughts.
With a whisper as precious to us as gold, you decorate our minds with
hope.

Although light is inside us, we remember the looming threat of darkness.
We breathe in the peace as we learn to set down the weight of worry.
Here we find rest.
We heal.

For there is nothing more contagious than an illuminated soul.

STORY: EMMA EAST
ILLUSTRATION: GRACE BALDWIN



NEW AT SEU

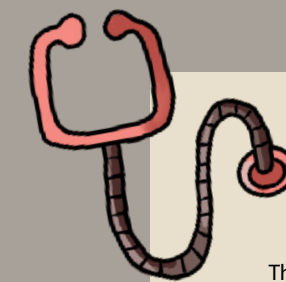


BIBLE APP DEVO

Spiritual formation credits can now be earned on the go! SEU partnered with the YouVersion Bible app to bring SEU-specific devotionals each week. The plans released during the fall 2020 semester include "Made for More" and "God's Story" – a multi-week devotional plan geared towards college-age students.

SEU COUNSELING CONNECTION

Here at SEU, we know that mental health is crucial to a person's overall well-being. That is why every student at SEU now has 100% free access to telehealth counseling. SEU Counseling Connection provides students with 24/7 access to counseling with a licensed provider. Due to its virtual format, you can access your counseling sessions anywhere in the country with your smartphone or any other internet enabled device.



CAMPUS CARE

This semester, Southeastern University launched their new Campus Care program. By partnering with Lakeland Regional Health, Southeastern students now have access to quality on-campus healthcare that is convenient and affordable. You can find out more information on Campus Care by visiting the newly renovated Health Services Office.

STORY: WE ARE SEU

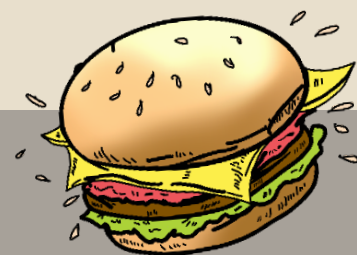
ILLUSTRATIONS: GRACE BALDWIN

PHOTOS: REBEKAH HORSLEY AND ZACHARY WALSH



MEAL PLAN EXCHANGE

Starting this semester, SEU announced that dining plan swipes could be used for special meal combinations at Backyard Burger, Papa John's, and Einstein Bros. Bagels locations on campus. Some of the meal combos that were offered were a double cheeseburger or avoiding-gluten cheeseburger wrap and a fountain drink, a personal pizza and medium soft drink, and a bagel and coffee.



DIVERSITY, INCLUSION & EQUITY TASK FORCE

Founded during the summer of 2020, the Diversity, Incousion and Equity Task Force was created to make Southeastern an inclusive and fair space for students to learn and grow. The task force includes (names). They are working to create training programs for staff and faculty to ensure diversity, equity, and equality in their classrooms and workspaces.



SPIRITUAL FORMATION CREDIT POLICY

At the beginning of the semester, the Department of Spiritual Formation announced the switch from chapel credits to spiritual formation credits. This change was also inclusive of new offerings to receive the credits such as devotional plans and mission trips. This policy switch allowed for many students to engage in personal spiritual formation in a new way.

LOCAL HANGS

INTERNATIONAL EATS IN LKLD

STORY: GRACE JICHA
ILLUSTRATIONS: REBEKAH SIKES
PHOTOS: REBEKAH HORSLEY



CAFE ZUPPINA

4417 S. FLORIDA AVE.

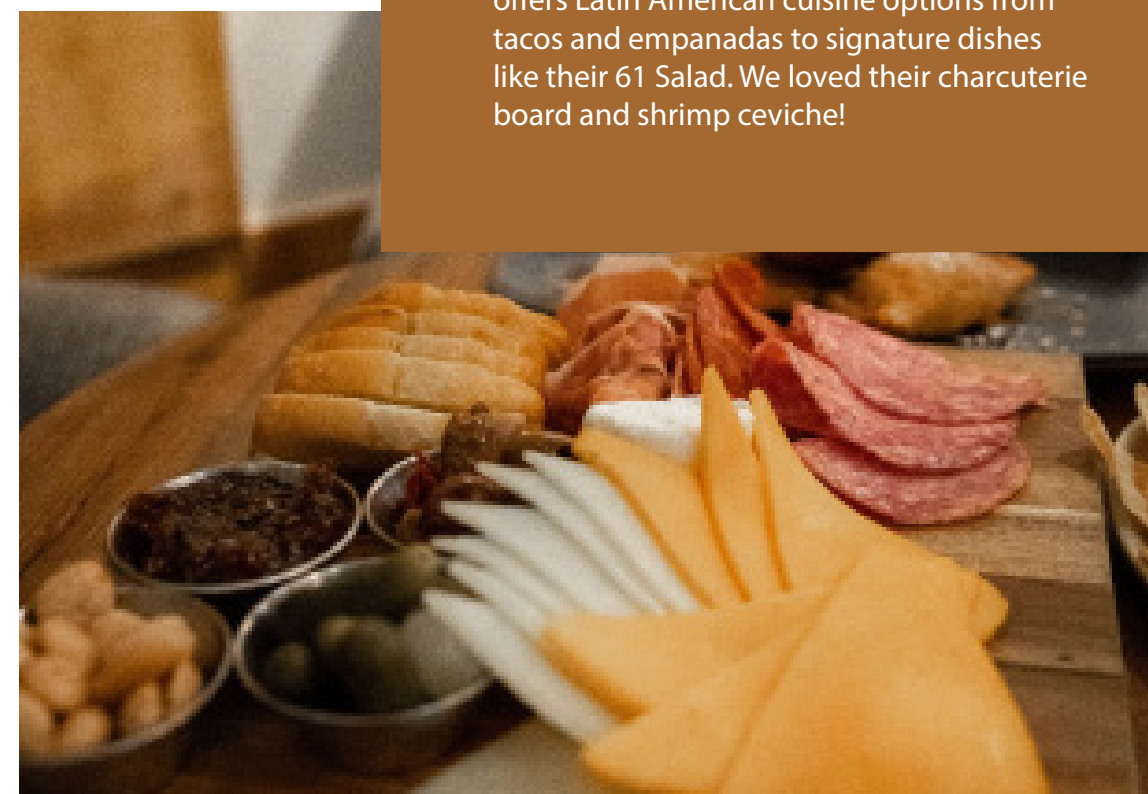
This Turkish restaurant, shop and coffee/dessert bar is a hidden gem. We tried their pistachio latte and royal chocolate mousse, and the staff even brought us turkish delight and coffee to taste. Stop by to support local and taste authentic Turkish food right here in LKLD!



NINETEEN 61

215 E. MAIN ST.

With a more upscale ambiance, this restaurant offers Latin American cuisine options from tacos and empanadas to signature dishes like their 61 Salad. We loved their charcuterie board and shrimp ceviche!



SAIGON BISTRO

1554 TOWN CENTER DR. W.

Saigon serves up flavorful, generously portioned meals in a casual sit down dining environment. We tried their lettuce wraps, crab wontons, coconut shrimp and pork potstickers. If you're a fan of boba tea, this is also on the menu!



PALACE PIZZA

114 S. KENTUCKY AVE.

For a quick slice of pizza or a sit down Italian meal, Palace offers everything from pizza and pasta to fresh salads and desserts. Their outdoor patio has string lights and plenty of seating for enjoying the fresh air while eating lunch or dinner!

ATHLETICS

WOMENS

BASKETBALL

BY SKYLA SEAMAN



Southeastern University's women's basketball team cheered and leaped around the court, hugging one another after their national tournament first round against Ohio Christian. They won with an incredible 57 point lead and were more than ready to take on the next game. Shortly following their locker room celebration, head coach, Tim Hays, and the athletic director, Drew Watson, came in reporting that the National Association of Intercollegiate Athletics (NAIA) decided to cancel any further games due to the health risks of COVID-19.

"We were right there, and it just got stripped away from us," said senior Jade Odom, who has been on the team for two years.

The team's hard work all season had led them to that moment. They showed

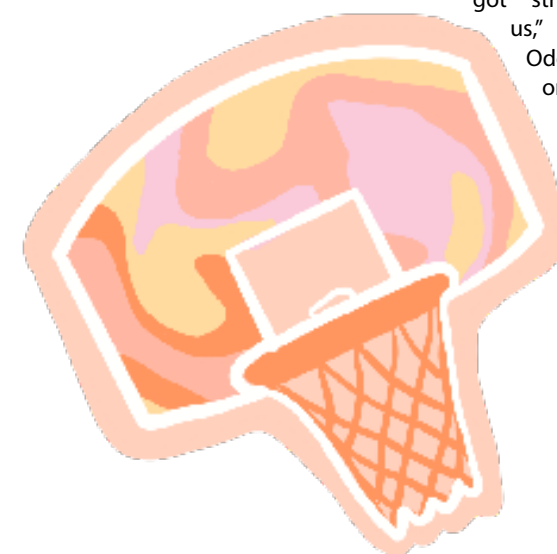
the nation their skills, talent and determination, and it placed them at the number one seat in the national tournament, according to Coach Hays.

Even though Hays expressed that the the team had difficulty finding immediate closure as they had to quickly head home, seniors Odom and Maddi Hechox emphasised that they eventually were able to cope.

"We relied not only on basketball during this time, but also one another and the culture we built here," said Hechox.

They held onto that support system built between their teammates and coaches, as they continued to deal with the impact of the shortened season and unfinished championship. Even more so, they also recognized that there were communities across the nation who were enduring the same devastation as themselves.

"WE RELIED NOT
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DURING THIS TIME, BUT
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BUILT HERE"



"I think it's important to realize that we are not in control and, as hard as it was, we weren't alone. There were thousands of athletes that were going through the same thing, and at the end of the day, it's for our safety and the safety of others," stated Hechox.

The ripples of emotion from last semester still remain, but the team is ready for this next season. They are coming off of their sixth Sun Conference Championship, which Hays described as the smaller picture, while their bigger picture for the team is the National Championship. In the NAIA Women's Basketball Coaches' Preseason Top 25 poll, the team currently holds the number seven position, marking their twenty-ninth time sitting in the Top 10, the longest streak in the country. This record

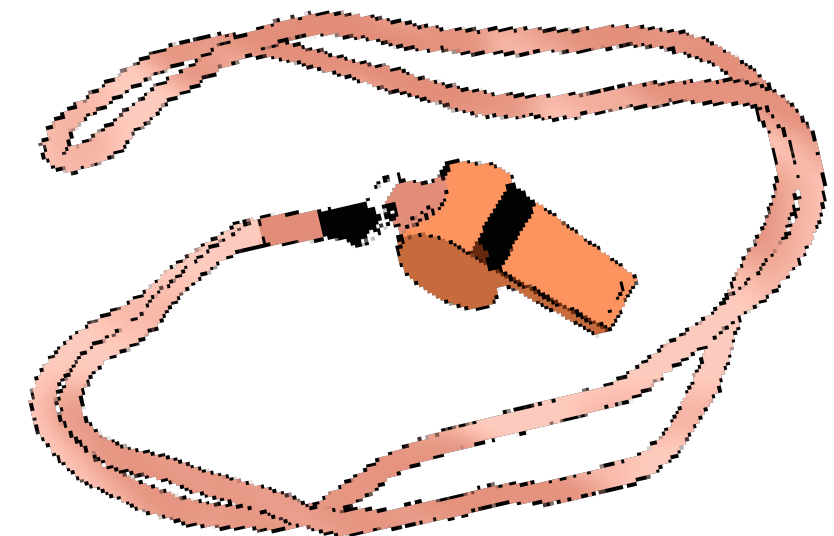
shows their mark on the past and their promise for this year.

However, even though the team has their eyes set on the shining championship trophy, their hearts are focused on the culture at SEU, and everyone who is a part of it.

"The opportunity Southeastern University has given us to have this platform and really utilize it to encourage and inspire people is something we take very seriously, and see as an opportunity God has given us in this season," stated Hays. "We're playing not only to represent this university but to help encourage and inspire people."

This well-centered, strongly composed team will certainly continue to be a light on and off the court.

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A digital illustration of a cozy, bohemian-style room. In the foreground, a bed with a pink and purple striped duvet and a grey blanket is visible. A small basket with white flowers sits on the floor. In the background, a wooden desk with a chair is decorated with plants and framed art. A string of warm white lights hangs from the ceiling. The overall atmosphere is warm and inviting.

CREATING A SPACE FOR PRODUCTIVITY

Tidy up the space you work in

Add some plants or flowers

Have a cup of coffee or tea + water to start the day

Make your own moodboard of things that inspire you

Use wax melts to make it smell cozy

Get dressed for the day, even if you're staying in

Eat a healthy breakfast

Use your calendar to timeblock

Take breaks away from a screen

COMMUNITY INVOLVEMENT



FRONTLINE
MEDICAL
WORKERS

Community involvement is an integral part of the lives of both students and faculty at Southeastern. Amidst the darkness of a global pandemic, extreme division and social unrest, the world needs light now more than ever.

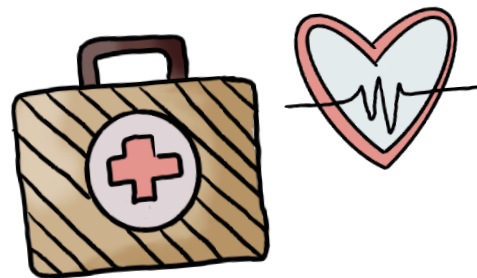
This is exactly what led Dr. Megan Wagner, SEU's Medical Director and assistant professor in the College of Natural and Health Sciences, to the middle of the desert this past summer.

"When COVID-19 really started flaring up in the United States, I began to feel a strong need within my medical community," said Wagner. "I just kept asking God, 'where can I go and what can I do?'"

It was around this time that she was reminded of the Samaritan's Purse disaster relief programs. After some research, Wagner discovered they had disaster response teams deploying clinicians for 30 day periods to crises all over the world.

After applying and officially joining the team as a physician assistant (PA), Wagner was sent to the Navajo Indian Reservation in New Mexico to provide community support and additional aid to the medical centers. This was typically achieved through home visits and wellness checks, as the hospitals in the area were not equipped to handle large volumes of people.

"They could really only take patients with the worst cases," said Wagner. "So I would offer care for the people at home, who weren't sick enough to go to the hospital."



Another crucial component of the job was contact tracing COVID-19 cases. In the Navajo culture, it is common for entire extended families to live together on a single property. Generally, seven to eight mobile homes would be situated on one to two acres of land, each with eight to ten people inside. As a result, all it took was one infected person to potentially spread the virus to 60 to 100 other family members living in the vicinity.

Although it was definitely overwhelming at times, Wagner cherishes her experience and everything she learned along the way.

"One of my favorite parts was meeting like-minded people who had a passion for medicine and Jesus," said Wagner. "It was extremely encouraging."

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Savannah Pfiefer, a junior at SEU majoring in biology and pre-medicine, had a similar experience over the summer. She also felt called to join the frontline battle against COVID-19 and spent two and a half months working as an Emergency Medical Technician (EMT) and a Certified Nursing Aide (CNA) in Texas.

Sent as support staff, Pfiefer helped various nursing homes and hospitals get back on their feet after being overwhelmed by the pandemic. She was primarily deployed in COVID-19 units, assigned twelve hour shifts that alternated between nights and days.

"I usually worked two or even three weeks straight before I would get a day or two off," said Pfiefer.

When she was in the hospital, Pfiefer was responsible for answering call lights, taking vitals and assisting patients who had trouble breathing. In the nursing homes, she did everything from giving baths, to feeding and transferring people from their beds to their wheelchairs.

"There were a lot of long and exhausting shifts, but by the time I came home, I felt like I had actually made a difference," says Pfiefer. "I learned that the hardest things in life can also be the most rewarding."



STORY: SKYLAR WORTHINGTON
PHOTOS: REBEKAH HORSLEY
ILLUSTRATIONS: GRACE BALDWIN

GOOD READS

ILLUSTRATION: GRACE BALDWIN

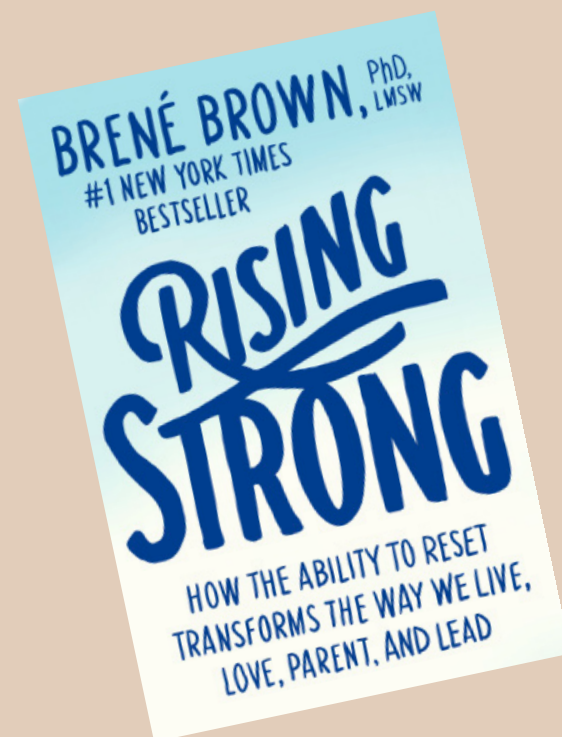
Have you ever felt underestimated and unnoticed? Alicia Britt Chole reveals the value of life's hidden seasons in her book, "Anonymous: Jesus' Hidden Years... and Yours." Chole addresses temptations related to appetite, applause, and authority, as she identifies the enemy's lures and hooks and explains how Jesus refused each invitation.

DR. CEDRIC VALRIE



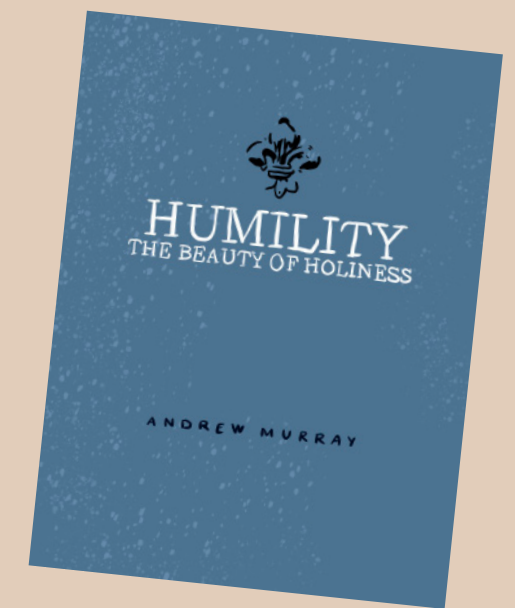
This book, "Rising Strong," is life changing. By taking time to understand the power of vulnerability and how to reset after hard times, you are able to become a better version of yourself. Brene Brown teaches the readers how to get back up when life tries to knock you down. She does this in an encouraging and easy to read way!

SARAH EAST



In trying times we are reminded of the unmerited humility of Christ, that he humbled himself, subjugating his will to the will of the Father to prepare the way of salvation for humanity. His humility to surrender himself illuminates that which makes him our Lord and Savior. "What is the incarnation but His heavenly humility, His emptying Himself and becoming man. What is His life on earth but humility, His taking the form of a servant...What is His ascension and His glory, but humility exalted to the throne and crowned with glory." "The highest glory of the creature is in being only a vessel, to receive and enjoy and show forth (illuminate) the glory of God. It can do this only as it is willing to be nothing in itself, that God may be all."

DR. GORDON MILLER



Pat Benatar notes that "love is a battlefield," but really, it's the mind. You go in the direction of your deepest thoughts. Cliché as this may seem, it's true. With the verses of encouragement and practical tips, Meyer reproaches situations personally. We were given a season of rest this year, whether you like it or not. This amazing guide helps readers declutter their minds and win the battle that's poisoning life and hope. Through the wilderness mentality and affirmations of God's promises, not only will you be able to change your thoughts, but you will also get a new mindset.

JADE BROWNE



Fairytale retellings take your favorite parts from old stories and transform them into entirely new worlds. My favorite right now is "Spin the Dawn" by Elizabeth Lim. The story follows Maia as she secretly enters a contest to save her family and ends up on a journey that will forever change her life. "Spin the Dawn" was written for anyone who has ever felt underestimated or the need to prove themselves. Lim writes a thrilling tale that is sure to make you want to go and follow your dreams, even if they seem impossible.

CATHERINE WALKER



CRAFTED TO CREATE

AARUSHI PRATAP

At a young age, Aarushi Pratap was diagnosed with autism, and this became a catalyst for Pratap as she excitedly began to display her thoughts and emotions through works of art. Since her early beginnings, Pratap has designed a school fashion show, started selling her own handmade accessories and was on the small select team of artists who made the new Special Olympics logo for the 2022 games.

"I think autism is my superpower and that it has a talent within it. I think God has given me talent through my autism," said Pratap.

When it came time to look into continuing education options, Pratap was ecstatic to learn of Southeastern University's Link Program. "I came to SEU because I believe it has a wonderful program for students with disabilities to have happier lives and better lives," said Pratap.

The Link Program is a postsecondary educational opportunity designed for students who have mild social and intellectual disabilities. With a focus on the development of personal independence and employability, the Link Program offers a multitude of resources to the attending students to help them prepare for adulthood. Each student is given peer mentors, social mentors, academic mentors, and





even an athletic assistant to help ensure success in all aspects of their lives throughout the duration of the program.

"The point of the program is to provide a college experience for students with special abilities who wouldn't be able to go to college in a traditional sense," said Link Program Director Kelly Southmayd. "The goal is to provide work experience and truthfully help them grow, and learning in a healthy and sustainable environment is the best way to do so."

The Link Program began in fall of 2018 and is funded by a grant from the Florida Center for Students with Unique Abilities. Though there are similar programs at other universities, the SEU Link Program is one of the only faith-based postsecondary options for students with special abilities.

"The program is based on Psalm 139:14 which says, 'I praise you because I am fearfully and wonderfully made (NIV)'" said Southmayd. "We want these students to know that there is nothing wrong with them and that God has created them wonderfully. We want to help them to see themselves that way. I see a great benefit with our Southeastern University community and how interactions on the campus can increase spiritual maturity."

For Pratap, the Christian environment of Southeastern has been a beacon of joy and excitement in her first semester on campus.

"God has given me a chance to make many friends, in and outside of the link program," said Pratap. "I have been able to build relationships with people I've met at chapel and in the library. God has given me a community of support here at Southeastern, for my learning and for my art."

Many of the activities and events that Pratap experiences on campus, she illustrates through drawings and watercolors.

From attending Exposure conference with her friends, to meeting with her mentors, Pratap expresses her growth and enjoyment through her art.

"It's fascinating what her mind can remember and how it works. Her artwork depicts the finest details of her experiences in this program and on campus, down to the very jewelry her and her friends were wearing that day," said Laura Hodupp, Pratap's Resident Director.

Jewelry is another beautiful aspect of Pratap's talent. When she is not crafting with pencils, paint and digital design elements, Pratap makes handmade clothing, masks and ornament jewelry, all of which she sells on her Etsy shop, "Aartarooni." Pratap has been able to display and sell her clothing and accessories items on campus as well.

In her short time here at Southeastern University, Pratap has already exemplified tremendous growth and joy.

STORY: HANNAH LARSON
PHOTOS: ANDREA RENTSCHLER

"It has been wonderful working with Aarushi because she is very much an achiever; anything you put in front of her she wants to try it and she wants to excel at it," said Hodupp. "We have had many great conversations with her about God has given her talents and abilities and she's taken what we've talked about and already applied it to her other classes and to her life."

In the semesters to come, Pratap is excited to partake in internships on and off campus to expand her work-related experience in her chosen concentration of art and fashion. Pratap also looks forward to making many new friends and memories.

To see more of Pratap's art, view her collection on her Esty shop, Aartarooni. More information about the Link Program at Southeastern can be found on their website, www.seu.edu/link.



EXPOSURE 2020





PHOTOS: WE ARE SEU

EMPIRE DANCE CO.

STORY: ABBEY TURNER
PHOTOS: MATTHEW PEEKS
ILLUSTRATION: GRACE BALDWIN

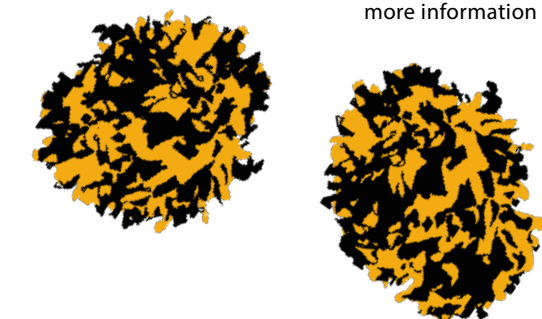
Empire Dance Co. was founded in 2019 by a few friends who met in the Destino third floor lobby and danced together for fun. What was once a small group of friends blossomed into a choreography team performing for varying audiences.

"Empire Dance Co. has been my dream ever since I was young. I have always loved dancing, but starting my own dance company seemed like a far away fantasy - until it became real," says Marcos Oswald, one of the founders of Empire.

Empire Dance Co. quickly grew to 30 dancers, 17 staff members and 5 coaches by the fall 2020 semester. The group travels locally and performs at events all around Lakeland, including basketball games, football tailgates, and festivals. Empire Dance Co. has performed many times throughout the year, but "dancing at SEU Fire Tailgates has been a favorite!" says Oswald.

Not only limiting themselves to Southeastern events, Empire Dance Co. has performed at both the Lakeland Halloween Festival and Grace City Church's Central Conference. Oswald's dream for Empire Dance Co. is for group members to eventually be hired as backup dancers for artists such as Lecrae and Andy Mineo.

Auditions for both the contemporary and hip-hop team are in the beginning of each semester. Each team practices in the SAC at various times throughout the week. Follow @empiredance_co on Instagram for more information on how to be a light in the Lakeland community!



#INTERNLIFE

EMILY VALENCIA ITALY

I was blessed with the opportunity to travel to Italy this past summer to partake in a five-week medical internship at the Padua University Hospital. When I was 12 years old, I decided that I wanted to become a cardiologist. Throughout my internship as a clinical observer, the calling placed on my life was solidified. Every day I left my apartment at 7:20 a.m., grabbed a croissant and cappuccino from my favorite café (the workers knew my order by the end of my stay), and arrived at the hospital by 8 a.m.

Professor Gerosa, the chief of the Cardiac Surgery Unit at the Padua University Hospital and director of the Heart Transplant and Mechanical Circulatory Support Program, allowed me to observe multiple open-heart surgeries such as a coronary artery bypass grafting, valve replacements, aortic arch replacements and a pediatric congenital heart defect corrective surgery. At 4:00 a.m., I observed a heart transplant, and it was a surreal experience. As I stood in the operating room, I was overwhelmed with feelings of God's sovereignty. He is the Creator of everything. He perfectly designed our bodies to live.

Although there are defects in the world because of sin, man was originally created faultless in God's image. Although the surgeon was holding the man's heart in his hands, I recognized that God was ultimately holding the man's life in His hands. God is the only one who can give man the breath of life. However, He does work through people.

In addition to my amazing experience in the hospital, I met wonderful people, traveled to beautiful places, and enjoyed delicious food. I am so thankful for the opportunity of a lifetime, and I will truly cherish these memories always.



#INTERNLIFE

BO BONNER HAWAII

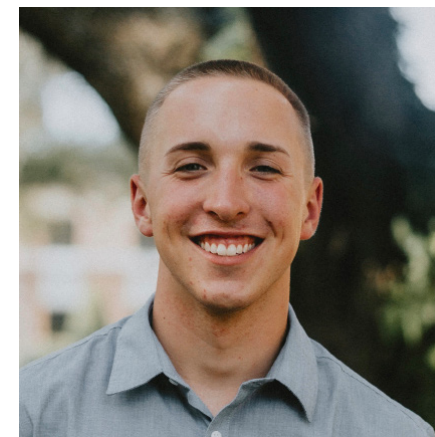
I had the wonderful opportunity this summer to live in the land (ʻĀina). I was born in Honolulu, Hawaii because my parents were stationed on Oahu with the Army.

After a year and a half, we moved back to Georgia, where I lived out my childhood.

Flash forward to 2020: after a crazy spring semester and long time of quarantine, I was richly blessed to spend two and a half months living in Wahiawa, Hawaii for my internship. I came out to work at a church called Inspire, which connected me with an incredible organization called Surfing the Nations (STN).

With the people of STN and Inspire, I was able to surf at least three times a week, play some serious beach volleyball (and I mean SERIOUS), swim with sea turtles and monk seals, explore mountains and abandoned World War 2 bunkers, travel inter-island to Kauai and learn a ton about what lies ahead of me as an Army Chaplain.

This summer was an adventure with God. My experiences are difficult to summarize, but Jesus said something that I think explains it well: "as bad as you are, you know how to give good things to your children. How much more, then, will your Father in heaven give good things to those who ask him," Matthew 7:11 (GNB).



HANNAH BOYD

As the first female in SEU's aviation program, sophomore Hannah Boyd takes initiative both inside the classroom and out in the community to learn more about the aeronautics industry. Her love for flying was sparked during her junior year of high school during a discovery flight at a local flight school in Orlando, Fla.

"My dad is a pilot for Southwest Airlines, so the interest was always there. It wasn't until high school when I decided to pursue it. During my first flight, we flew over to Daytona which was my favorite part. It's a birds-eye view of everything," said Boyd.

After her first flight, Boyd decided to pursue her private pilot's license at 17 years old. She was the youngest student and the only female in the intensive course she took to earn her licensure.

On July 17, 2019, she completed her first solo flight. "In order to earn each aviation certificate, pilots keep a journal logging their flight hours, so I know exactly when my first flight was," recalled Boyd.

Originally from Orlando, Boyd decided to attend SEU after discovering their aviation program. Her twin sister, Rachel Boyd, had already decided to come to SEU after being recruited for an athletic team.





Boyd came into college with an advantage, already holding her private pilot's license when she entered the aviation program as the first and only female student.

"At first I was intimidated being the only girl, but once I got to know them they were all extremely nice so it felt more welcoming. A lot of students were in the very beginning stages of flying, so having prior knowledge and experience also helped me to feel more confident," said Boyd.

She has gone on to earn her Instrument Rating and then her Commercial License, which means she now can fly with less restrictions and can be paid to fly. She is currently working on earning her certification as a flight instructor.

"Hannah Boyd has shown exceptional flying skills and is going to be a great addition to our flight instructor staff. Her education at SEU has amply prepared her to enter the aviation industry and workforce," Lance Kalil, general manager of Kingsky Flight Academy and the SEU site director for the aviation program.

The coursework for the aviation program consists of both traditional classroom instruction and hands-on learning through flying lessons.





"In one of my classes on safety, we review case files of different crashes and learn how and why they happened and how they could have been prevented. I also have my lessons which prepare me to fly and be a safe pilot. They can be stressful at times because it's a lot of information, but over time it becomes more manageable," said Boyd.

She typically does two ground lessons and two flights per week. During the ground lessons, Boyd and her instructor review important

information regarding flying in a one-on-one study session. During flights they practice taking off and landing as well as maneuvers

Though Boyd is the first woman in the SEU aviation program, being a woman in aviation is becoming more common. As a member of the Women in Aviation Lakeland Chapter, she attends meetings and networking events once a month to connect with other aviation professionals and to educate the community about aviation.



The chapter is comprised of mechanics, airport workers, pilots, and more. She had heard of them in high school after attending an annual event for Girls In Aviation Day, then became a member in her first year of college.

After earning her Certified Flight Instructor Rating, Hannah plans to work for KingSky teaching other students how to fly safely, while still pursuing her degree as a full-time student at Southeastern. She hopes to eventually fly commercial planes and travel the world.

"I look forward to teaching my students how to be safe pilots and seeing those lightbulb moments when they learn something new."

STORY: GRACE JICHA
PHOTOS: REBEKAH HORSLEY
ILLUSTRATION: GRACE BALDWIN

SIDE HUSTLES

CREATED IN QUARANTINE



ABBY SANCHEZ

HAPPY LOOM CO



PHOTOS: ABBY SANCHEZ



I started Happy Loom in May, shortly after my semester was cut short and I was sent home because of COVID. I began looking into ways to create something with my hands and found a YouTube video that showed how to make your own wall hanging, and after I made my first one I fell in love with the process! As I began sharing my new creations on my Instagram stories, people showed interest in purchasing one of their own. This is all how Happy Loom Co came to be! I was able to spend the rest of my summer in quarantine creating wall hangings that brought myself and others happiness in such an unknown time. Starting Happy Loom Co has taught me so much about myself. I have always been a creative person, but

it feels like I finally found my “thing.” I have been able to strengthen my creativity by learning new skills, such as graphic design, marketing, and photography. Even how to track my finances on a spreadsheet! I am thankful for my small business because it will always be a sweet reminder that the Lord takes the winter and turns it into spring; He takes what was meant for evil and makes it good.

You can find all of my created pieces on Instagram @happyloom.co, or purchase what is still available off of my Etsy shop, happyloomco.

HALEY MOORE

MUSICIAN & SONGWRITER



PHOTOS: AALIYAH FRONTAL



Music has been intertwined in my life since I was a little girl. I have always felt emotions and music very deeply. Even as a child I would tear up when a sad song played.

I began writing songs when I was nine, but I started taking it more seriously later on. When I was thirteen years old, I was suddenly diagnosed with a life-changing illness. It was during this time that I got my first guitar and turned to songwriting like an old friend. When I wrote music, I could be completely honest and free to express my raw human emotion without judgement, much like best friends listen to each other without a faltered ear.

As I have grown as a musician and as a person, my main desire for the music I create is that it makes people feel something. Whether that something is nostalgic,

hopeful, or somber, I just want them to experience the complexities of emotions in their truest forms and to know they are not alone in doing so.

Songwriting became almost a daily activity for me during quarantine. Having extra time on my hands meant extra time to think, and even more time to spill my emotions on paper. I wrote my debut single “Love in Your 20s” in my bedroom as I contemplated life, love, and everything in between. Also, during this time, God gave me the vision of writing songs for people. These “Song Diaries” as I called them, began as fun pastime, but gradually evolved into a paid gig! I loved being able to capture the hearts and thoughts of everyday people and to make them feel part of a story.

My music can be found on all platforms including Spotify and Apple Music. My “Song Diaries” can be found on my SoundCloud and other snippets on my Instagram, @haleynicolemoore.

LET IT REIGN
KB FEAT BIZZLE

WONDER
SHAWN MENDES

HOMEBOY
VALLEY



PROMISES
MAVERICK CITY

YOU!
LANY

I WANT IT
THAT WAY
THE BACKSTREET
BOYS

GOLDEN
HARRY STYLES

MIXTAPE

SONGS: RESIDENCE LIFE
ILLUSTRATION: GRACE BALDWIN



STORY: JENNA MACFARLANE
ILLUSTRATION: GEORGIA WISE

As the year draws to a close, we are inclined to reflect on our collective experiences through a national and worldwide lens. We have seen public health and safety both protected and breached. We have seen injustice brought to light; we have also seen it perpetuated by those called to relinquish it.

In short, we've lived through an era of mind-bending chaos. And chaos stirs up conflict.

It can be easy to disengage in these moments of tension. After all, aren't we called to be peacemakers?

The first step toward resolving injustice is effective conflict. As students at a Christian university, we are constantly told to live like Jesus: to "love others well," and to "build community."

Realistically, though, what does that mean? What does "peacemaking" look like for the Christian in 2020?

I would like to suggest here that peacemaking does not mean disengaging.

It does not mean making sure your voice is the loudest in the room.

It does not mean touting your moral or religious standards for some type of personal gain.

Our perception of peacemaking should instead be defined by the true life and ministry of Jesus Christ. Let's take note of a few of his peacemaking methods:

He listened.
He protected the weak.
He amplified the voices of the powerless.

In the words of Professor Robby Waddell, one of our very own here at Southeastern University, "Peace and quiet does not equal peace and justice."

Jesus didn't stand on the sidelines, nor did he join the Pharisees in their religious shaming and moral superiority.

How do we practically make peace in our modern lives, our personal conversations?

Below are some concrete methods of peacemaking and conflict resolution. May we use these in our homes, throughout our relationships, and among those with whom we disagree.

1. Do not aim to change their mind; aim to understand them. Listen until the other finishes speaking. Don't prepare your side of the story yet. Just connect and actively retain the other's words. Allow space before you respond.

2. Do not use degrading language. Communicate with respect; avoid negative tonal change or condescending speech.

3. De-escalate the tension. Help the other feel comfortable again. Be aware of your body language and remain vocally empathetic. Validate the other's feelings: they have a unique perspective and legitimate reason for feeling the way they do, just like you.

Each of these tactics allows us to subconsciously step into the others' shoes. As we listen without first thinking of our response, we remember that our voice isn't the only valid one (and maybe, that we should rethink our stance). As we are aware and wholly empathetic of how the other feels, we remember they are fundamentally important and always worthy of being heard.

When we see from another's perspective, doesn't our mindset shift? We witness illumination on a subject we thought we already understood. It may not fully resolve, but at least it is made peaceful.

Peace comes through understanding. Justice occurs when understanding and action unite. When we have effective conflict, the true issue comes into focus. We are able to acknowledge and make peace with the root cause of injustice.

After all, these 2020 conflicts are not resolved through clear-cut solutions. If they were, we'd have solved them already.

As we move forward into a new year and welcome change in our lives and our communities, may we seek mutual understanding before we attempt to change the other's mind. Then, let us implement unified action that brings hope to all.

"Peace comes through understanding. Justice occurs when understanding and action unite."

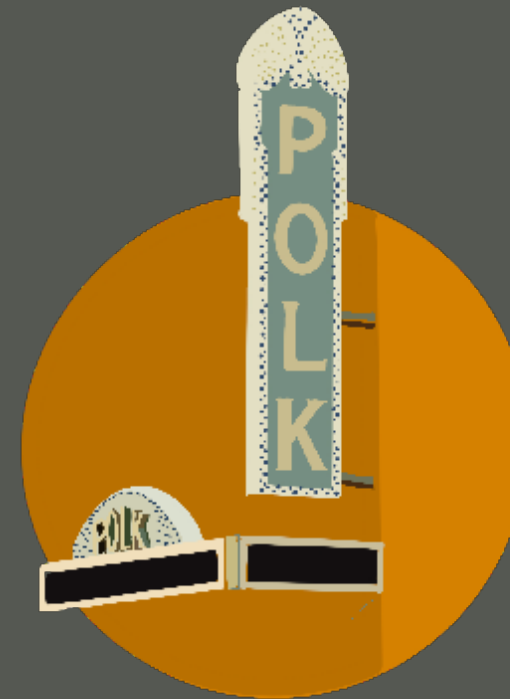
FAMOUS LAKELAND SPOTS

STORY: MADDIE SCHAAF
ILLUSTRATION: REBEKAH SIKEZ

The Star Studded Southgate

The Southgate Shopping Center, with its iconic 1950s sign, has been a popular filming location for big box movies such as “Edward Scissorhands?” The cult-classic Tim Burton film stars Johnny Depp as Edward, a lovable outcast with scissor-like hands. In the film, Edward and a local housewife, Joyce, visit Southgate Shopping Center to look at a potential beauty salon to purchase, and the location is featured several times in the background.

Also featuring several Lakeland locations is the 2020 Disney movie, The One and Only Ivan, which filmed outdoor scenes at Southgate Shopping Center, Silver Moon Drive-In and Dobbins Park.



Elvis Visits the Polk Theatre

The King of Rock n’ Roll looked into a crowd of starstruck teenagers and finished his iconic show on a late Lakeland night in 1956. That’s right, Elvis Presley gave an electric performance at Polk Theatre in the 1950s that made headlines. At the time of his Lakeland appearance, Presley had been considered a rising star in the music industry for about a year with hits such as “Hound Dog” skyrocketing him to stardom. Though Presley returned to Lakeland two more times, it was after his 1956 concert that he left his mark on Lakeland by signing the dressing room wall inside Polk Theatre.

What do Taylor Swift & LKLD have in common?

Part of her No. 1 new album, “Folklore,” was recorded right here in Downtown Lakeland at Sound House Studios! The story begins with New York violinist, Bobby Hawk, who was tasked with a mystery project to record, which later turned out to be Swift’s new album. While visiting family in nearby Winter Haven, the pandemic struck and Hawk’s deadline approached as he struggled to fly back to New York. That’s when he turned to Sound House Studios to capture those dazzling violin pieces that are featured in several songs. Listen to “Folklore” to hear Hawk’s work!



PROFESSOR FEATURE DR. SIRRINE

STORY: EMMA EAST
PHOTOS: REBEKAH HORSLEY



Dr. Erica Sirrine, a professor of social work and dean of the College of Behavioral and Social Sciences, is no stranger to the darkest parts of life. She received her bachelor's degree in social work from Florida State University and continued her education at the University of Central Florida. She went on to participate in a masters' internship program working with people diagnosed with HIV and AIDS.

During her internship, things began to click; she recalls, "I found that while a lot of people at the hospital were distancing themselves from people who were ill and dying, I was drawing near. So I thought,

this might be something that God has called me to." Following the completion of her master's program, Sirrine worked in the hospital on the

"I FOUND THAT WHILE A LOT OF PEOPLE AT THE HOSPITAL WERE DISTANCING THEMSELVES FROM PEOPLE WHO WERE ILL AND DYING, I WAS DRAWING NEAR. SO I THOUGHT, THIS MIGHT BE SOMETHING THAT GOD HAS CALLED ME TO"

with the pediatrics, ICU, obstetrics and maternal high-risk patients. Again, she found herself called to provide support to these families experiencing loss.

God then called her to Good Shepherd Hospice where she began to work at Bethany Center, a bereavement center that offers support to children, adults, and families who have experienced the death of a loved one. Her work at Bethany Center revealed a need for more

counselors trained to assist patients dealing with grief and loss; Sirrine decided to remedy this problem by returning to school to earn a Ph.D. from the University of South Florida. She then began teaching at Warner University, where she ran their social work program and later helped them earn accreditation. Now Sirrine continues to volunteer at Bethany Grief Center while working here at Southeastern University.

"I absolutely love getting to work with students who are learning about who they are and where God is calling them. I love about hearing the way God is stirring their hearts and getting to walk alongside them as they are pursuing their dreams and accomplishing their goals," says Sirrine.

As a professor, Dr. Sirrine is facing the same challenge that educators across the world are facing: how do you adequately teach and maintain relationships with students in the midst of a global pandemic? Sirrine's advice is to change your perspective.

"COVID-19 does kind of create some distance, but it also creates opportunity for connection. I think it's actually given me an increase in compassion for students and an appreciation for how you all are preserving through a really challenging time in our world," said Sirrine.

While balancing teaching, volunteering, family, and a social life Dr. Sirrine runs a blog in which she addresses current mental health challenges in our world.



"I ABSOLUTELY LOVE GETTING TO WORK WITH STUDENTS WHO ARE LEARNING ABOUT WHO THEY ARE AND WHERE GOD IS CALLING THEM."



"IT'S OKAY TO FEEL LONELY. IT'S OKAY TO FEEL TIRED OR EXHAUSTED. IT'S OKAY TO FEEL LIKE WE DO NOT HAVE IT ALL TOGETHER. IT IS OKAY TO NOT BE OKAY RIGHT NOW, AND THAT IS SELF-COMPASSION,"



How to deal with grief, understanding reconciliation, and navigating hurt are a few of the many powerful articles she has written to help bring hope to others and also herself.

"I almost had to write to remind myself that I am also grieving through this process, and it's okay to not be as productive as I normally would be. It's okay to feel lonely. It's okay to feel tired or exhausted. It's okay to feel like we do not have it all together. It is okay to not be okay right now, and that is self-compassion," says Sirrine. With the ups and downs of 2020, is normal for us all to feel loss. In fact, as a country, we are grieving.

"Our brains aren't working at full capacity when we're processing this much loss. There is so much devastation in our world right now and so we're not going to be the most productive. I think part of self-care is self-compassion and realizing

that we are grieving. Grief is a human being's response to loss, and we are experiencing grief."

Sirrine is a major advocate for mental health counseling. Her work not only attempts to destigmatize the labels once associated with counseling, but her specialty in grief and loss is paving the way for even more beneficial counselors to begin their work.

"I think counseling normalizes our feelings a lot of times. So we learn that what we're going through is normal. I think we live in a culture that has incorrectly taught us that we can be happy or sad and that's it. In reality, we experience a diversity and a complexity of emotions on a daily basis."

Once things settle down, Sirrine looks forward to Broadway opening up again, and a ride on the Rock 'n' Roller Coaster at Walt Disney World.

CHECK OUT
DR.SIRRINE'S BLOG
<http://www.hopeandgrief.com/>



SEMESTER RECAP

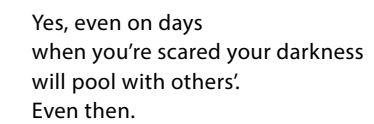




I didn't breathe
the day I entered the world.
I was content
with the way things were.
I saw my mother's panic
and the sigh of relief when I cried.
Life begun out of a few moments
in agony.

A phone call from a friend
who had given up,
After deciding the beauty
wasn't worth the pain.
In a moment of supposed clarity,
his life almost came to a halt
at his own hand.
And yet,
his faith-filled mother
reminded me
God is still good.
That friend is still here,
and beginning to rediscover
the value in the beauty of life.

The Light is still here.



Yes, even when
quitting sounds like a symphony.
Even then.

The sun still shines behind the clouds.
The night is a moment away from the sun.
We are only moments away from the Son.
Illuminations will come.

STORY: EMMA STRAVERS

UNSEEN HOPE

The ways of God are so countercultural that to be truly enlightened, we must fix our eyes on things that are unseen; unseen promises, unseen hope, and our unseen God.

Although our God is unseen, we can still find glimpses of Him in everything.

He is in every crashing wave, every child’s laugh, and every sorrowful tear. The creator says mankind is made in his image, so even looking into the eyes of a stranger is like looking into the eyes of God.

The moment that we realize that freedom lies where we are closer to the Lord rather than when we are far away is the moment of true illumination.

The Lord has created this life with such precision that he makes it simple to trust him in how to live it.

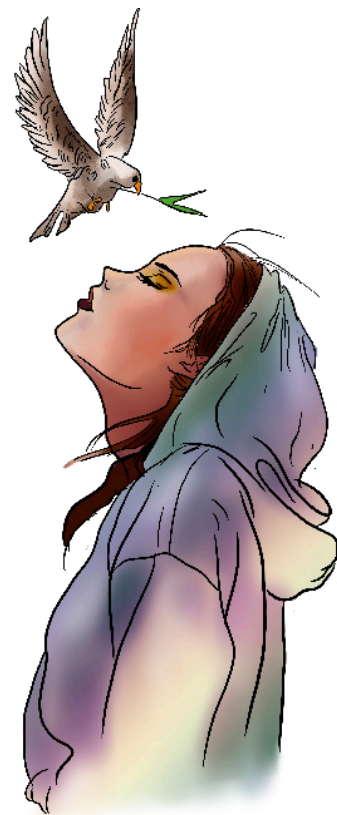
When we are not living by sight and choose to live by faith, hope is natural. Even in times where pandemic, quarantine, and injustice are part of our daily vocabulary, Jesus makes it possible for us to maintain hope.

This is what makes the ways of God higher than ours, that in a year like 2020, there is still the ability to maintain an inexplicable boundless hope for what God is going to do through this year.

He promises that our hope in him will never be put to shame, and we have yet to see a time where the Lord has let us down.

The false promises of hope in this world lead to temporary satisfaction. However, once we have seen the light of Christ, there is no other way to be guided than by the one who keeps our lamp burning.

STORY LAUREN BOSS



SEVENTY NINE DAYS OF DARKNESS

The nails that held my fan up to the ceiling somehow unscrewed themselves seventy-nine days ago. I was sitting on my bed directly under my fan, spinning on the high setting, when the nails started to pop and fall

Meanwhile, some electrical wire snapped because for the last seventy-nine days, no one has been able to reconnect my fan and light back to my ceiling.

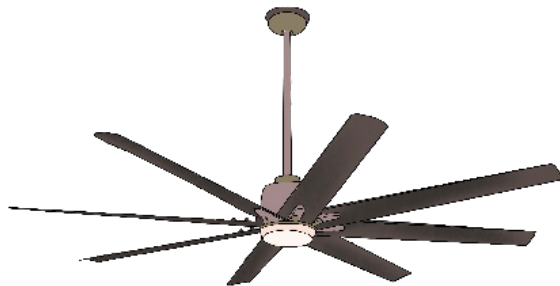
As a commuter, when I’m not at work or on campus at Southeastern, I’m more than likely at home in my room doing homework with a tiny desk lamp as my only source of light. For the most part it’s okay to not have a big, bright light in my room as I prefer dim lighting anyway. However, while I’m not afraid of the dark, the ambiguity of the dark definitely gives me a sense of uneasiness.

There’s a sense of safety that comes with light.

Things are not able to hide as easily in light as they can in the darkness.

The connotation of light when compared to darkness is more optimistic and inspirational.

Every night when I walk into my room, I try to conquer my uneasiness by reminding myself that not all light requires electrical wires. I shouldn’t fear for God is my light (Psalm 27:1). Jesus says I will never walk in darkness since I believe He’s the light of the world



(John 8:12).

Never did I think I would ever apply scripture to a broken fan in my bedroom, but it’s an analogy I think about several times a day. By all means, I would like my fan and light to be fixed, but while it has been disassembled from the ceiling, I’ve enjoyed the daily reminders of God’s glory and guidance.

God is there to illuminate when worldly expectations fall short.

STORY: OLIVIA SMITH

BEYOND THE SEA

Dark as a moonless night is the bottom of the cold sea. Here the creature lies longing to breathe.

Light lingers leagues above giving promise to a world that is air. The creature's lungs hold just enough air to live numb on the sandy seafloor. There the dormant creature imagines the beautiful world above water where no breath is bridled, but each created creature breathes fully free.

The creature hopes to have the strength to swim to the world of air, but seeping doubts diminish hope, and with each doubt, the light above seems to dwindle. The creature worries its mind has created the light as a deluded illusion. Yet, the creature was deftly designed to breathe, so the creature holds onto its desire.

From the world above, a great bubble begins to descend to the depths of the sea and embodies the light, all the way down. The creature confirms the mind suffers delusion. Bubbles of air only rise to the surface, not down to the depths of the sea. Surely, this is immutable law, the creature thinks. But soon the bubble blankets over the confused creature.

Bemused by this bubble covering the creature's dark sand bed, the creature resists the urge to release the last bit of captive air in its lungs. The bubble stays stagnant against the seafloor. The creature, unable to hold that last breath, lets it out as a wary wind. Suddenly, the bubble begins to rise while the creature



remains inside. The creature cautiously inhales the bubble's air, and for the first time, its lungs fill full. The creature's fear is loosed as the bubble continues in ambled ascent.

Freely breathing the bubble's air, the comforted creature sets its gaze on the growing glow of the steadily approaching world beyond the sea.

STORY: TREY HINKLE

A WORLD FREE OF FIRE

The world was dark.
Darker than the depths of the sea
Or the emptiness of space
Who she was dripped away like water,
Falling into the endless stream of lost souls.

She saw the world burn and melt away from her,
There were so many stories,
The shot, burned, the ones tied by crushing voices.
The people broken by the weight of their lives.

The air is thick and heavy,
Churning with vaporous smoke and oily tar,
Her lungs were so starved of oxygen
She couldn't even scream.

But shining through the smoke, a glimmer,
A glimmer of hope, of love... a new beginning.
But she was lost in the fog, stumbling in the dark,



It surrounded her, crippling her senses and dulling her mind.

It was only for a moment, the glimmer,
It took so long so see it again, offering a chance at redemption
It was an offering, the first glance of light,
In a world where nothing could live.

She found her legs and began to stumble towards it,
Limbs unused and starved for movement,
Her arms reached up, grabbing for the light
Hoping that somewhere far above someone was waiting for her.

As she rose from the shadowed depths,
As the light blinded her eyes,
The dark became so much more encompassing around her feet,
Always waiting for her return.

But around here were others, shining in the light
Aware of the permeating dark swirling below,
Yet, in the shadows, trapped by the weight of the world,
She saw her reflection on so many more.

Held down by fire and fog,
lay the suffering, the broken, the forgotten,
Never to see the sunshine, never to see the light that could be, their dark tears rolling off of charred cheeks.

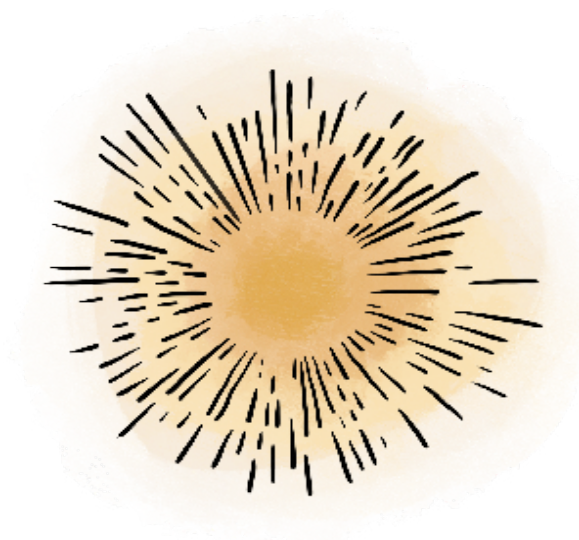
She stood there, seeing the hope above and the darkness below,

And reached down a hand, an offering,
To save the ones who never knew how to breathe.

STORY: GRACE BALDWIN

EVEN WHEN I COULDN'T SEE IT
EVEN WHEN I CAN'T BELIEVE IT





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