



# THE VOICE

Vanguard University of Southern California  
Student Newspaper

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A Southern California Sunset. Photo by [picturesandwordsblog.com](http://picturesandwordsblog.com)

### **About Us**

*The Vanguard Voice* is the student newspaper of Vanguard University. Managed under the auspices of the English Department, *The Vanguard Voice* is a student-run publication that functions with the assistance of a faculty advisor. This newspaper provides campus news, information about students, programs and faculty, as well as a public forum for student opinion via an online and hard copy publication.

### **Mission Statement**

*The Vanguard Voice* is a forum for student expression that engages, informs and entertains the university community. We strive to be a credible, knowledgeable and thoughtful resource for news and opinion.

## FEATURE COLUMN

**Staff Spotlight: Brooke Morrissy***By: Andrea Velasquez-Mejia*

Brooke Morrissy featured. Photo by Samuel Huff

Brooke Morrissy is the Assistant Director of New Year Experience and Family Relations at Vanguard University.

Morrissy focuses on creating memorable first-year experiences for incoming freshmen and transfer students at Vanguard. She also focuses on incorporating students' families into memorable events as they are a main support line for them.

In a recent interview with Morrissy, we get to know the roots to her passion. Morrissy expresses how her first year as an undergraduate was not as special as those of current incoming freshmen and transfer students at Vanguard. Morrissy states, "I was someone who was very shy and wanted to get plugged in, and I didn't know a lot of people who went to my school... But I found a group of people who were experienced first-year relationships and I was able to grow a lot within it. I was able to see a lot of value in first-year experience and was able to find a very positive aspect."

There are two different roles that Morrissy takes on. One of her responsibilities is creating a memorable experience for new students, regardless of their academic status. This includes planning and facilitating "Welcome Week" in August before classes begin, and "Transfer Initiatives" events such as "National Transfer Student Week". Morrissy also interviews and hires the students who lead freshman participating in Activate. Activate is a program available for VU freshmen to apply, interview, and participate in planning campus events. Morrissy works with the program all year to ensure its and the students' success.

Within her second role of family relations, she plans and facilitates events such as family day, chapel, campus tours, and more. One ongoing project Morrissy is currently working on is a stronger support system for Spanish-speaking families. Morrissy and student leader Dyane Velazquez work side by side in building resources for Spanish-speaking families from the ground up. Morrissy and Velazquez are currently focusing on creating a Spanish-based email address, newsletter, and phone number resource along with creating a system of translation services during Vanguard programs and events.

With much to do to provide change within the university, Morrissy is all hands on deck with her team! Morrissy oversees as a part-time professional coordinator for 5 student leaders who serve as the First-Year Experience coordinators. In addition, she oversees a group of upcoming student leaders in Activate.

## NEWS COLUMN

## Being Vegan on a College Campus

By *Isabella Perez*

Vanguard University's Bon Appétit cafeteria serves to satisfy students of various different dietary preferences. In a recent interview via email with Katy Cvitanich; Vanguard University's Bon Appétit General Manager, more information is given about the different options available for vegan diets, and the efforts made by the team to meet the needs of all students.

### Q: What are some of the staple vegan options in the cafeteria?

A: We offer a number of vegan options at each meal, including recurring menu items as well as specials that vary day to day. You can also visit our website at [vanguard.cafebonappetit.com](http://vanguard.cafebonappetit.com) and filter the menu to "Vegan" to see what our offerings are for the week.

### Q: What are some of the things that the cafeteria staff workers can do to accommodate vegan diets?

A: Our managers receive training about different dietary needs and preferences, such as the key differences between vegetarian and vegan diets and share this information with their teams so we are all prepared to be reliable resources of information for students. We want each of our team members to be able to act as café concierges, helping students with different dietary needs and preferences find meals that nourish and satisfy them. Bon Appétit has made significant companywide commitments to plant-forward menuing, which includes emphasizing plant-based proteins and other plant foods on plates every day. So, sticking to our company wide commitments to emphasize plants and put robust vegan and vegetarian options on menus every day will support students with plant-based diets.



Image by Bon Appétit at Vanguard

**\*One important thing to note: For students with food allergies or intolerances that have not previously engaged with us, we ask they reach out to Vanguard's disability services department. Once registered with disability services, we work with them on a one-on-one basis to ensure their needs are met. Our team is always available to speak with students with food allergies or dietary restrictions to ensure that they can eat with us safely.**

If you're a vegan on campus, or simply looking to eat a more plant-based diet, keep an eye out for items marked with the label 'VG' to indicate that they are vegan. Cafe Bon Appétit releases a survey annually to gather input from students regarding their preferences and input as to what the team can do to better satisfy the student body.



Photo by Bon Appétit at Vanguard

## MICHAEL'S CORNER

**Music Albums:  
A Dying Medium?***By: Michael Robles*

Photo by Eric Krull on Unsplash

In the prime generation of music streaming, playlists have become popular for listening to music. Streaming platforms such as Spotify and Apple Music are a clear example of this. Creating personalized playlists for users, summing artists' discographies into one playlist to introduce them to listeners, and more, streaming platforms have been pushing playlists as a more convenient way to listen to music. Due to this, albums may have started to become less popular as a means of releasing music.

Every December, Spotify releases the "Spotify Wrapped", where they show each Spotify listener their most-listened to artists, songs, genres, and more. In the end, each user will have a personalized playlist of their favorite artists of the year. Apple Music has begun to do things similar, making personalized playlists for listeners based off of their listening history. Many artists even have playlists curated for new listeners that contain their most popular and "essential" songs. It almost seems as though playlists are starting to become the most curating format for music-listening, at least on streaming platforms.

When asked if there are any significance differences between listening to albums and playlists, Vanguard Senior Asia Collins said, "Yes. Albums tell a story from the artists, but playlists create a mood that fits my state of being at the time."

Collins words ring true, as you can find countless playlists based on moods or activities on every streaming platform. The amount of playlists curated to studying, sleeping, and working out is endless.

Music pop culture site Complex.com published a list of their top Spotify playlists for users to listen to. It contained titles such as "Bedroom Pop", "Mellow Bars", and "Get Turnt". Many other music pop culture sites have similar lists, many containing the words "coffeehouse", "lofi", and all the like. Playlists, while they do not tell as much of a story as albums, have a different purpose: to evoke emotion. Whether that emotion is relax or energize, playlists have a much more user-defined agenda. As for albums, their agenda comes straight from the artist.

The albums *Donda* by Kanye West, *Sour* by Olivia Rodrigo, and *IGOR* by Tyler, the Creator are currently in Spotify's "Popular Albums" section, and all three have creative storytelling elements. *IGOR* is probably the most story-heavy, as it incorporates transitions and interludes at the end of each song that smoothly transition into the next. Sometimes, it is so seamless that the songs do not feel as though they end. This shows how the artist makes song selection and track listing so important for albums. The same elements are seen in *Donda*, to depict West's honor for his deceased mother, as even though each song does not feel connected, they are listed in a way to show his creative shifts in narrative. The same goes for *Sour*, as Rodrigo uses visuals and shifts in tone to tell the story of heartbreak in her debut album.

Each album makes track listing very important. Albums themselves have a strong focus on how the artist wants the listener to listen to it. On *IGOR*'s release, Tyler, the Creator even posted a special message on Twitter of how to listen to the album:

Creative expression is important when it comes to listening to album, especially on its release. However, that is what has been decreasing attention to them: time.

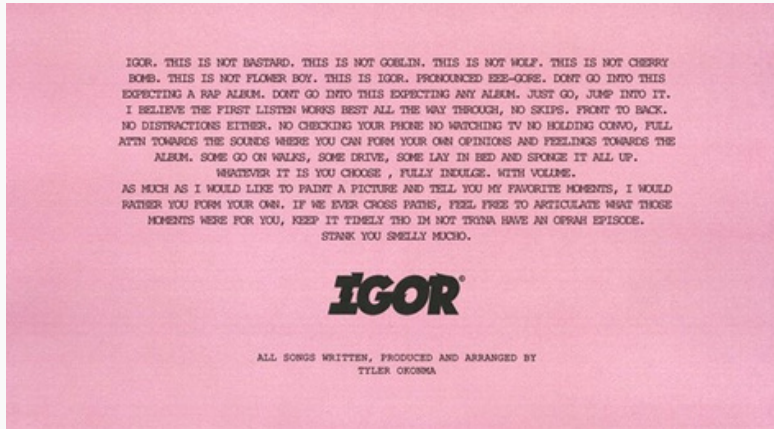


Photo by Tyler, the Creator – Twitter (May 16, 2019)

With many more artists taking much more experimental approaches nowadays to creating albums, the drive to listen to an album through without any interruptions has become much more apparent. Albums have become more of an event than a downtime. Evidently, that's what playlists make up for.

When an album by your favorite artist is released, you most likely want to listen to it through and through. No interruptions. No shuffle. No skips. Just you and the art. However, sometimes that isn't easy. Sometimes you can't pack a 45 minute long album into your drive to work, especially when you want to sit down, listen, and truly take it all in.

Streaming platforms have taken steps into efficiency and ease. Want to get into Tyler, the Creator, but don't have time to listen to IGOR, Call Me If You Get Lost, Flower Boy, and Goblin? Easy. Here's a "Tyler, the Creator Essentials" playlist, filled with all of his most popular hits. Music listeners don't have to invest as much effort into finding new music as much anymore. Due to this, albums haven't necessarily gotten less popular, but on a daily basis, they aren't listened to as much. Sometimes, it isn't a bad thing.

Collins said, "Streaming platforms allow for the discovery of new music and give more variety to the listener. CDs and records are limited to only the songs on the album that you choose to buy." This does add limitations to albums. Collins said she even listens to personal playlists more than public playlists or albums themselves. CDs and records limit how much the buyer listens to, so while they do gain the effect of what the artist's intended expression was, that's all they really get out of it. So, some listeners crave more. With that said, some might usually turn to streaming platforms, where they can listen to both the albums of the artist, along with curated playlists made to introduce listeners to that artist specifically.

So, is the music album a dying medium? Most likely not. While many music lovers do listen to playlists a lot more often than albums, albums themselves are special. They tell stories, create atmospheres, and draw listeners in. Playlists do allow artists to welcome listeners to their craft in an easy-to-take-in formula, and are more efficient in creating moods and resolving purposes, but there is no right or wrong way to listen to music. Each has their perks, and different forms of expression. It is up for the listener to decide what their preference is.

## ENTERTAINMENT COLUMN

## Vanguard Theatre Spring Productions

*By: Jenna Kallal*

The Vanguard Theatre department is back to showing productions in the Lyceum Theatre. It is an exciting time for theatre students as they can finally rehearse and perform in person. During Fall 2021 they had three productions which were *Love Makes the World Go Round*, an original play by Vanda Eggington, *Rumors* by Neil Simon, and the *Cordray Christmas Variety Hour*, an original play by Ryan Miller, and Sasha Miller.

Theatre continues to put in a great amount of hard work and dedication as they begin to prepare for the Spring productions.

The first show they will be performing is *Mamma Mia!* based upon the hit movie. Tickets go on sale on Jan. 24th, 2022. The shows take place starting on Feb. 25th and ending on Mar. 13th.

The next production they are putting on is *Harvey*, written by Mary Chase and directed by Susan K. Berkompas. This show is about Elwood P. Dowd, and his imaginary friend Harvey, a six-foot-tall rabbit. When he tries to talk about Harvey at his sister, Veta's, society luncheon, Veta decides to send him to a sanitarium. A mix-up occurs, in which Veta is placed in the sanitarium initiating a crazy chain of events. Tickets go on sale on Mar. 7th. The first showing takes place on Apr. 1st and the final is on Apr. 10th.

Jenna Lockwood, Junior and major of Theatre Arts with an emphasis in Musical Theatre provided some insight on the behind-the-scenes work that the Theatre Department does.

Lockwood explained, "Specifically for the show I was in, we started rehearsals a week before school even started."

She continued to mention how they had a week-long rehearsal camp, where they would practice starting at 10:00 a.m. and ending at about 6:00 p.m. They learned the whole show in that time and then further rehearsals would revolve around perfecting and correcting all details needed. Specifically for musicals, the cast must learn every dance, every song, every harmony, and musical technique.

Additionally, they also have a tech week where they begin to incorporate lighting, sets, and microphones. This can be difficult for theatre at times because they have been doing some of their productions outside.

The theatre program at Vanguard not only teaches theatre students the necessary skills and disciplines for their practice but also guides them to work for the Glory of God.

Lockwood mentions, "Every single person in this department is so supportive and very loving to each other. It is a very very Christian-based theatre department as well. We pray before every rehearsal. We pray before every show." She continues to add, "One of the most special things we do is when we bow at the end of every show we always point up to God. I think that is really special because our main purpose was to perform for God."

There are multiple ways to purchase tickets which can vary in price based upon age. Anyone can contact the box office at (714)-668-6145. They are available Monday through Friday 9:00 a.m. through 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

They are also available through email, at the address [boxoffice@vanguard.edu](mailto:boxoffice@vanguard.edu).

Tickets are also available to purchase at [www.vanguardtickets.com](http://www.vanguardtickets.com) which also has more information on specific show times and dates.

## OPINION COLUMN

**A Different Way to Learn***By: Jared Rhone*

This past semester has brandished its own set of unique challenges for students across the country. The return to on campus learning has forced students to restructure the way they've been learning over the past year and swiftly adjust to the demands of their courses.

*But has the return to in person learning highlighted foundational issues in college curriculum overall?*

As many students have noticed in their return to college campuses, the ability to steadily learn and retain information from last year has grown increasingly difficult. This is an effect of distance learning, but even more so it's a representation of how students struggle in a saturated goal-oriented style of learning. To counteract this, colleges should look to inject a more growth-oriented style of learning into their curriculum to redefine the goals students have.

Goal oriented learning refers to being focused on reaching or completing tasks to achieve a planned outcome. Students have been in this primary learning environment for most of their educational journey, but as a year of distance learning has shown them, being heavily task driven doesn't always correlate to learning.

One college student Bishop Rhone speaks to the obstacles he's found in the goal-oriented landscape.

"School always felt like it was about hitting marks," Rhone recollected, "so if I didn't understand something or meet a standard I felt I must not be capable of understanding this subject."

Rhone discusses the pressures students face to keep up with a target grade. He found that in the areas of class he thought would focus on growth, the emphasis was more on having the right answers as opposed to understanding the process of getting to them.



Photo by Naureen Ghani via PLOS

Contrastingly, a growth-oriented model of learning leans on building up talents and abilities over time through persistence and feedback. This is a method students generally experience much less in college as their primary activities push them to prioritize target standards.

Schools can benefit from including more growth-oriented components into their courses because it enables students to perfect and understand their given craft and it helps them retain the information they learn long term.

When asked about how colleges can make their classes more growth-oriented, Rhone suggested a more modernized approach to learning. He talks about his fashion photography class that models this idea, as it encourages the process of learning, checks on his well-being, and sparks feedback and discussion between him and his professor.

“The class is modeled around the question: Do I want to get better at taking photos for myself?” Rhone states. He feels this distinction is important because the focus is on the individual student and their personal desire to grow.

When classes are formatted to expand upon the natural incentive students have to grow and learn, they will forge students that are more interactive with curriculum content and more driven to steadily improve. As for students like Rhone they will find their efforts in courses will materialize in more fulfilling ways than the restrictive label of a letter grade.

Of course, goal driven ideals aren't inherently bad. In fact, in a world that is result driven it's important to be able to use goals to create your own learning atmosphere. Likewise, goal-oriented teaching styles can be very conducive to those in the sciences and mathematics. However, when goal's simply become landmarks or labels as they can sometimes be expressed in curriculum, they lose value and can become detrimental. While total reformation of the school system is not in order, awareness of an element that holds students back from long term learning is.

As Rhone wholeheartedly puts it “I look at it like this. Let's say I'm working in marketing, and I need 5,000 people to buy this product from me. A goal-oriented person will likely hit that or slightly above. A growth-oriented person will shoot below, get there, and eventually surpass that goal. Society seems to be tailoring us to do the bare-minimum but I think the result we all want is to achieve and learn way more.”

## Restructuring Learning

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## OPINION COLUMN

### What Can We Do With Denominational Conflict?

*By: Megan Luebberman*

We all have encountered different Christian denominations along our own spiritual journeys, and may have even been a part of multiple sects of Christianity as we develop as believers. Each denomination has its key qualities and main attributes that make it distinct; such as the Pentecostals' use of the spiritual gifts, most notably tongues, or the Baptists' emphasis on the sanctity of the Bible and their exegetical teachings of Scripture.

The differences between denominations can be anything, ranging from large theological disagreements to contrasting opinions on ministry to how one should practice their faith. These differences, varying in degrees of seriousness and subject, have the potential to make or break the unity Christians are supposed to have with one another.

Personally, I have experienced denominational conflict in many ways. I didn't grow up in a set denomination, bouncing around different Christian schools all my life. I began at a Baptist school, from pre-k to 1st grade, then moved to the school at Calvary Church in Santa Ana, which is non-denominational, spent a year at a Lutheran school in sixth grade, switched to public school for junior high and high school, and finally landed at Vanguard University (VU), an Assemblies of God (AG or AOG), Pentecostal school. As a result, I have been exposed to many walks of life and ways of expressing our faith. I've seen very quiet, personal ways of connecting with God, as well as loud, vibrant ones; both of which I think are beautiful and pleasing to God. However, it's been my realization in recent years that not everyone agrees. Believers have fought, and continue to fight, over denominational conflicts—creating deeper and deeper divides between them.

While there are reasons behind having denominations, we are still called to be one under Christ. Galatians 3:28 easily sums it up: “There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.”

The question that has been ringing in my head lately is: *Why can't all Christians, sharing the same belief in Jesus Christ, just get along?*

First, I want to explore why denominations, and the conflict between them, exist in the first place. Then, I will explore a few of the “main” reasons why certain denominations conflict. Lastly, I'll suggest what I, and others I've conferred with, think to be the solution to this conflict.

#### **Why Conflict? Why Denominations?**

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As the first Christian church was forming following the death and resurrection of Christ, there was conflict even then. Jewish Christians and Gentile Christians were at odds, with the Jews not believing the Gentiles could be saved due to a lack of adherence to the Law, because they weren't circumcised, because of their race, and other reasons.

In fact, Paul was arrested because he was falsely accused of bringing a Gentile into the temple past the point where Gentiles were allowed to go. At the time, the Gentiles could only enter the outermost area of the temple called “The Court of the Gentiles.” This court was separated from the rest of the temple by a fence called the “soreg.” The Jews were so intent on keeping the temple pure, that the wall had inscriptions in Greek threatening Gentiles with death if they were to go beyond it.

Yet, Paul makes clear in Ephesians 2:11-22, that Jewish and Gentile Christians are now to be united under Christ and His sacrifice.

He even refers to the wall in the temple separating Jews and Gentiles in Ephesians 2:14-16, stating that both Jews and Gentiles access God the same, saying: “For through Him we both have access by one Spirit to the Father.” From this passage, it's made clear by Paul that the separation between Jews and Gentiles is gone. It could be said that this was the first denominational conflict of sorts, before the church has even really grown.

As far as the question, why does denominational conflict exist—here's a few ideas.

Pastor Mike Whitford, Vanguard University's Pastor and Associate Dean of Spiritual Formation, recalls wanting to seek Christian unity before becoming a Pastor, as a teenager. Pastor Mike remembers asking himself “why can't we just go to church in one place?” When I asked him the reason for denomination conflict, he explored the question with me on several levels. From a historical-political context he explains that, in his eyes, Martin Luther “opened the spiritual door... to denominations rising.” From a more spiritual viewpoint, however, Pastor Mike states that denominational conflict comes down to individuals having contrasting strong beliefs. He says: “These are deeply held beliefs so people when they disagree on deeply held beliefs, there's going to be conflict.”

“I think that's where a lot of denominational conflict comes out of, is when people are culturally Christian but not spiritually Christian, meaning they identify more with their denomination than they do with Jesus, and there's a difference. You can have denominations and it be healthy, so long as everyone's focused on the one for whom that denomination exists.” He emphasizes that everyone's beliefs must be grounded in spiritual truth. That if everyone is in spiritual truth, denominations can easily get along together. It's when believers become so focused on their denominations beliefs and rules, and they forget that all Christians believe in Jesus Christ, that conflict can occur.

Pastor Krystal Baca-Matthews, Associate Pastor of Vanguard University, shares her views on the causes behind denominal conflict as well. She has had personal experiences with conflict over women being in ministry, as well as other issues. “I think the thing that causes the most denominational conflict is theological differences. For example, some have disagreements on women in ministry, the moving of the Holy Spirit, and who we pray to, just to name a few.”

Now that we've established some of the reasons conflict exists between denominations, let's look at a few of the main conflicts in specific.

### **Doctrinal/Theological Disagreements**

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Pastor Mike points out another theological issue believers have. “Calvinism, it's this idea [of] predestination, that God's already chosen everybody that is going to be saved. Meaning that poor souls who aren't chosen aren't going to heaven. Where the AOG would say, we believe in the sovereignty of God. So, God does choose but we believe it's based upon foreknowledge.”

## OPINON COLUMN

Pastor Krystal highlights the issue women in ministry poses for some denominations with her own personal experience regarding this issue.

“The last college I worked at and VU are Assembly of God schools which are big supporters of women in ministry. Well a few times the last college I worked at sent me to preach at a few churches that were not AG churches and when I arrived and they saw that I was a woman they did not allow me to preach.”

### Scriptural Interpretation

Even within the same denomination, differences in Scriptural interpretation can lead to major conflict. With differences in understanding Scripture, comes different views of life and goes back to having different theological ideas.

### How Do We Achieve Unity?

Despite all the reasons believers use to remain divided, there is a solution to denominational conflict. Students at Vanguard joke that this is the answer to every question – however, when it comes to achieving unity, this IS the only answer: Jesus!

I don't want to oversimplify this very deep discussion about conflict that our religion has dealt with for centuries, but, when it comes to seeking God's will about a matter, sometimes the answer can be simple. We, the many different denominations of Christianity with all sorts of contrasting beliefs, all have one thing in common that ties us together.

It's the belief in Jesus Christ, that He is the Savior of our souls, the one who died on the cross for our sins and rose again from the grave. If we can be united under this fact, the rest is trifling in comparison.

Pastor Mike states that: “My Pastor in Washington DC says it this way: It's not about the name above the church door it's about the name above every name, Jesus Christ.”

“So, it's not about the denominational name, it's about the name of Jesus Christ. To make him famous. Whether you're Baptist, Prebysterian, Anglican, Pentecostal, Catholic.... that if Jesus is glorified—that's what it's about.”

“So long as we agree that Jesus Christ is the son of God, crucified on the cross for our sins and risen from the dead. If we can agree on the majors, then in actuality we're in unity. Not by way of what church building we go to or even what denomination we're a part of, but by way of what we believe in our core values.”

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Photo by DreamLiner on Wallpaper Abyss

Pastor Krystal explains that we can be united: “By pointing our eyes to Jesus! Though we may have theological disagreements we can all agree that Jesus is our savior. We have to uphold truth always, but also have a heart to listen and learn in the midst of disagreement. If we spent time looking at what we agree about and less time on what we disagree with we would have less conflict.”

Dr. Robeck, Assistant Professor of Theology, Ethics, and Culture, as well as an ordained minister with the Assemblies of God, shares his ideas behind the causes of denominational conflict as well.

“We will always have differences with others, but if we begin by focusing on the things we share in common, and listen to each other’s journeys of faith, I think we can begin to make some steps toward reconciling with one another. It’s something that matters to God, and so I think it should be something that matters to us.”

In addition to all these wise words, both Pastor Mike and Dr. Robeck quoted a key Scripture from John 17:20-23 as evidence for unity being a key part of God’s plan for his followers. The verse reads as follows:

“My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one— I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.”

Pastor Mike and Dr. Robeck both shared with me the importance of this verse; it being one of the last prayers Jesus prayed before His death. They emphasized how God calls us to unity, stating it clearly in more ways than one. Therefore, as believers we ought to do our best to achieve this unity.

We should not let ourselves be torn apart by anything. Theological differences, various views about ministry, contrasting opinions about the Holy Spirit, diverse expressions and rituals pertaining to one’s faith—none of it is big enough to outweigh the unifying love of Jesus Christ, our Savior.

After all, how are we to go out and spread the Gospel to non-believers if we can’t even agree amongst our brothers and sisters in Christ?

**When it comes to achieving unity,  
this IS the only answer: Jesus!**

## LIFE COLUMN

## Staying Close to God: Stress and Busyness

By *Isabella Perez*

As we students approach this season of high stress and busyness with finals week around the corner, and a new semester drawing near, we are faced with the struggle of leaning into Jesus when we feel like we have no time for anything. Despite the words that Jesus speaks in Matthew 11:28 when He says “Come to me all you who are weary and heavy burdened, and I will give you rest.”, we tend to search for comfort and rest in every other place besides the source.

In an interview with Vanguard University’s Associate Pastor Krystal, she gives wisdom from her personal experiences with stress in the last year as she recently started a masters program, got engaged, and planned a wedding. She states “We sometimes think we’ll be okay without it [spending time with God], but we don’t realize how much not making it a priority just adds to our feelings of being overwhelmed.” Pastor Krystal discusses her efforts in putting God first in the midst of busy seasons through being intentional in her devotional time and utilizing the SOAP method which stands for; Scripture, Observation, Application, and Prayer. In implementing this into her quiet time, Pastor Krystal mentions how she has been able to be more aware of when her mind is straying away from what Jesus says in his word.

**“Come to me all you who are weary and heavy burdened, and I will give you rest.”**

Matthew 11:28

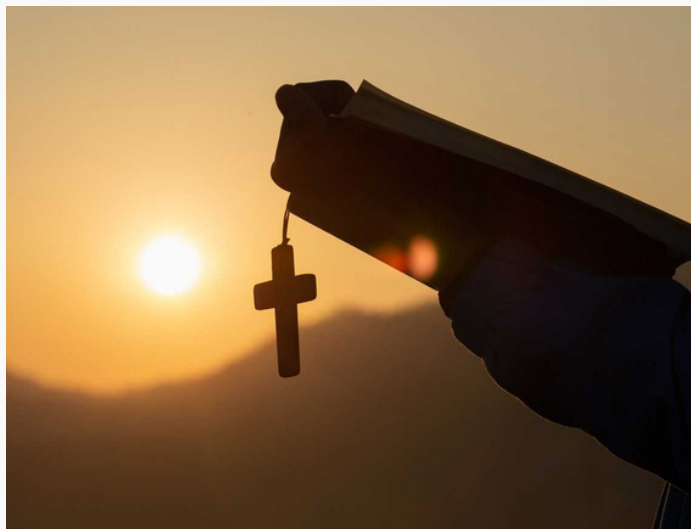


Photo by Bob Hostetler on Bible Verses About Faith

**“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33**

As we students are on this journey of pursuing a degree and future career, we can often lose sight of why we started in the first place.

Pastor Krystal encourages us students with these words, “Sometimes it’s so easy to get stuck in the present with all of the chaos, but it’s important to keep your focus on what is to come.”

She goes on to express how our time in college is our main ministry as God prepares us for life after we graduate. She says with intent, “You’re giving these 4 years to God as preparation, give it all you’ve got and I believe that God will see that faithfulness and bless it.”

To the students who feel like things are getting too tough, be encouraged by Pastor Krystal’s words when she says “God doesn’t waste a sacrifice, a pain, or a tear, he uses it all to bring honor and glory to His name!”.

**“Trust in the Lord with all your heart, and do not rely on your own understanding. Acknowledge Him in all your ways, and He will make your paths straight.” Proverbs 3:5-6**

## LIFE COLUMN

**Get Involved!***By Kayla Limon*

Meeting new people does not come easy for many students at Vanguard. Having to introduce yourself and make small talk with a stranger just isn't everyone's forte, and that's perfectly fine. But the truth is, some people forget how important it is to get connected with fellow peers, professors, and clubs on campus. It's imperative that students build connections during their four years at university. By simply introducing yourself to someone on campus, a handful of benefits can possibly come out of it. You never know who knows who, therefore building connections with people around you is extremely important. Then, there is the great possibility of making life-long friendships. An easy way to build connections with fellow peers and professors is through getting involved on campus. There are countless clubs on campus, and countless possible opportunities for students.

Senior Andrea Velasquez, Department Lead for the Intercultural Student Programs, commented on the role of clubs at Vanguard, "Clubs at Vanguard University are created in order to give the students a sense of belonging on campus." Even future employment opportunities can emerge from being involved on campus. Many students have received internships and job opportunities thanks to the connections they've build while attending Vanguard University.

Velasquez stated, "Clubs at Vanguard University create an inviting atmosphere for students have the opportunity to develop the knowledge and relationships they desire."

One student who benefitted from getting connected and involved at Vanguard is Senior Xavier Villa. Xavier Villa is a Communications major with an emphasis in Public Relations. It was through his involvement with the Public Relations Students Society of America (PRSSA) chapter at Vanguard, that Xavier will be graduating from Vanguard University already employed within his field of study. In an interview with Xavier, he was asked whether getting involved at Vanguard has come naturally to him. "Yeah, it has come naturally because I'd have to say that I've always been a people person."



Photo by Omega Community Development Corporation

Following this, Xavier shared when and why he began getting involved at Vanguard, "I would say I definitely tried to get more involved freshmen year. I went to all the events and talked to a lot of people. Literally I'd say hi to everyone I sat next to."

Xavier shared how his involvement shifted a bit around sophomore and junior year. This was due to other priorities and the unexpected pandemic, Covid-19, that swept over the U.S..

Xavier explained how recently during his senior year, he's attempted to get more involved again, "Since it's my senior year and we got to come back on campus, I decided to try and get more involved. So I became part of the Public Relations Students Society of America (PRSSA) chapter here at VU."

Xavier carried on to express his gratitude for the PRSSA Chapter and Professor Heinly, who helped him acquire his current job at a PR agency, "If it hadn't been for getting involved in the PRSSA Chapter, then I wouldn't have the job I have now.... Honestly, I'd probably still be working at my old job. So I'm extremely grateful for the PRSSA chapter and Professor Heinly."

Xavier ended with advice for his peers, "I'd encourage everyone to get involved while at Vanguard. By getting involved, you can meet new people and build amazing relationships. Your involvement can be a form of networking that can become beneficial to you in the long run. I've heard people say that the people you meet in college will be the people you invite to your wedding, so go out there and make new friends."

Go out there, and as Xavier recommended, make new friends!

## Meet The Staff

**Jazmin Aguilar**, Staff Writer & Social Media Manager

Jazmin Aguilar enjoys writing and telling stories. She believes everyone has an extraordinary story to tell and it is her passion to hear it.

**Bertha Cuellar**, Staff Writer & Digital Media Designer

Bertha Cuellar is a Public Relations Communication Major & Journalism minor. She is an artist and musician who loves keeping herself involved both in and out of campus. She enjoys writing about her passions and reading fiction.

**Kristian Davis**, Staff Writer & Social Media Manager

Kristian Davis is an avid fan of comic book literature, film, and everything technological!

**Emily Dodge-Davis**, Editor-in-Chief

Emily Dodge is a Senior English major minoring in journalism and part of the VU Scholars program. She hopes to go into copy editing and creative nonfiction writing.

**Abigail Frank**, Staff Writer & Marketing Editor

Abigail Frank is a freshman at Vanguard. She loves reading, writing, and taking photos when she has time.

**Jenna Kallal**, Staff Writer & Digital Media Designer

Jenna Kallal is a Junior at Vanguard University, majoring in Communications. Journalism is a big passion of hers that she hopes to pursue as a career.

**Kayla Limón**, Staff Writer & Social Media Manager

Kayla Limón is majoring in Communications with an emphasis in PR and a minor in Journalism & Digital Media. She is graduating in Spring '22 and couldn't be more excited.

**Megan Luebberman**, Guest Writer & Copy Editor

Megan Luebberman is a Junior English major, studying creative writing in hopes of writing her own book someday.

**Theresa Nguyen**, Staff Writer & Copy Editor

Theresa Nguyen is a sophomore at Vanguard, majoring in environmental science.

**Isabella Perez**, Staff Writer & Social Media Manager

Isabella Perez is majoring in Communications at Vanguard. She is emphasizing in Tech/Emerging Media and minoring in Journalism. She enjoys writing, being in nature, cooking, and spending quality time with friends, family, and Jesus!

**Jared Rhone**, Staff Writer & Copy Editor

Jared Rhone is a sophomore at Vanguard. He is an English major with a Journalism minor. He hopes to pursue Sports Journalism in the future.

**Michael Robles**, Guest Writer & Copy Editor

Michael Robles is very passionate about writing, journalism and music. Working on *The Voice* allows him to explore all three and share them on a newsworthy basis.

**Andrea Velasquez-Mejia**, Guest Writer

Andrea Velasquez-Mejia is a senior English major, minoring in Journalism.

**Faith Zimmerman**, Staff Writer & Social Media Manager

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Faith Zimmerman is a Junior at Vanguard. She enjoys reading, writing, and making videos in her free time.



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