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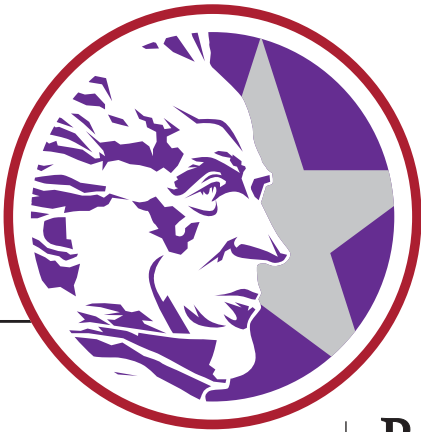
Friday, August 9, 2019

INSIDE:

- Involvement Centers help connect students with organizations, **Page 1B**
- Meet Mr. and Miss SFA, **Page 1C**
- AARC tutoring available at no extra charge for SFA students, **Page 1D**
- New head football coach looks ahead to first season at SFA, **Page 1E**

the PINE LOG

The Independent Voice of Stephen F. Austin State University



SFA breaks ground on \$26 million facility



Photo courtesy of University Marketing Communications

The Board of Regents recently broke ground on a planned \$26 million Basketball Performance Center. The center will have basketball courts, offices, locker rooms, a training facility and a weight room. The Basketball Performance Center is one of many projects that contribute to the university's 10-year campus master plan. Also in the master plan, the Board of Regents approved a welcome and student support center, expansion of buildings used by the College of Fine Arts, and construction and renovation of student residential and dining facilities. The Kennedy Auditorium, constructed in 1966, will be renovated for use as a welcome center and "one-stop shop" for prospective students and visitors. To support the welcome center and expand one-stop-shop student services, the Rusk Building will be renovated to include student support services provided by departments including admissions, academic advising, business office, financial aid, registrar and residence life. The university's campus master plan includes the development of a new first-year student residence hall and the renovation of existing residential facilities to enhance student life and increase the attractiveness of these facilities for prospective students. In addition, the renovation or replacement of the current East College Dining Hall and renovations to other existing dining facilities will more efficiently provide the flexibility needed to meet the demand for contemporary food-service options.

Board of Regents names Dr. Scott Gordon sole finalist for SFA president



Dr. Scott Gordon

By Raquel Torres
Editor-in-Chief

The Stephen F. Austin State University Board of Regents has voted unanimously on a sole finalist for the SFA presidency—Dr. Scott Gordon.

Gordon, a native of Malone, New York, received his bachelor's degree in biology from the State University of New York at Cortland and his master's degree and doctorate in botany/mycology from the University of Tennessee in Knoxville. Gordon is a first-generation college student.

Gordon has served as the

provost and vice president for academic affairs at Eastern Washington University since July 2016. Previously, Gordon served as dean of the Pott College of Science, Engineering and Education at the University of Southern Indiana.

In a recent SFA press release, Gordon called the opportunity to serve as a leader at SFA a "dream come true."

"I am honored to be named sole finalist for the position of president at Stephen F. Austin State University.

"I look forward to the next steps in this process

See FINALIST, on Page 2A

New SFA student regent appointed

By Raquel Torres
Editor-in-Chief

Gov. Greg Abbott has appointed Zoé Smiley, a second-year graduate student from Kingwood, as the new SFA student regent. Smiley is working toward her master's degree in student affairs and higher education and began her term on the board in June.

A new student regent is appointed each summer. He or she must be enrolled as an undergraduate or graduate student at SFA at the time of appointment and throughout the term. The student regent must also remain in good academic standing and maintain at least a 2.5 GPA.

According to the rules and regulations of the Board of Regents, "The student regent has the same powers and duties as the members of the Board of Regents, including the right to attend and participate in meetings of the Board of Regents, except that the student regent may not vote on any matter before the board or make or second any motion before the board."

Although Smiley will not have a say when it comes to voting, as student regent, she will represent the student body when asked for student input from the Board of Regents.

"My dad was really great friends with [late SFA President] Dr. Baker Pattillo. They were childhood friends growing up. One of the last things I told Baker was that I had applied for student regent. So to follow in Baker's footsteps is something that I really aspire to do. It's cliché to say it means the world, but to help live out the legacy he left here at SFA is an honor that's indescribable," Smiley said.

As a student on campus for five years, Smiley believes she is well-equipped to understand student climate and needs and to speak for the student body.

"There can be pressure to have the voice of the students on your shoulders, but I think my time here at SFA has prepared me for this

See REGENT, on Page 2A

"I think my time here at SFA has prepared me for this position. I work with students and parents on the daily, so I think I would be a good person to have that voice and to be there for people."



Zoé Smiley

Student Affairs creates EPIC program

Program provides incentives for campus engagement

By Raquel Torres
Editor-in-Chief

The Department of Student Affairs is developing a new program called EPIC. The Engaged Participation and Involvement in College program is made for students to become involved in student activities happening on campus. The program is set to premier during the first week of school, just in time for Weeks of Welcome.

Students will attend events and gain points for checking in online or on the app. The points will be considered as tickets, which will be entered into a prize drawing. In addition to checking in, students will have the ability to review the event and give their opinion on what they thought about it or how it helped them learn something new. A check-in will count for one point, whereas a review counts for five points. For every five points a student earns, he or she gets one entry into the drawing.

One of the goals of the program is to create a community incentive by sending messages to a direct group, specifically those involved on campus.

An example of a such a message would be: "EPIC members get 50%-off Icees today."

As students check in to events, they will be asked a series of questions that take no longer than a minute and a half. One of the key questions that will be asked is why the student was drawn to the event.

Director of Student Engagement Lacey Folsom explained how the event will benefit campus and students.

"We're trying to find how events connect students to SFA. When we say we want to create a sense of community, because students put their student ID number [at check-in], we are able to send them information about other events, like 'You attended this event, you may be interested in this upcoming event' so we are able to personalize their college experience, which is one of the missions of SFA," Folsom said.

The ultimate goal of the program is to show students that by attending events, their college experience can be enhanced.

See EPIC, on Page 2A



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GORDON: ‘A dream come true’

From Page 1A

and the opportunity to work with the SFA Board of Regents, university leadership, faculty, staff, students and the great community of Nacogdoches,” Gordon said.

According to Eastern Washington University, “[Gordon] has a comprehensive track record in all aspects of academic administration, including student recruitment and retention, core curriculum development, faculty recruitment, fiscal planning and strategic planning.”

After former SFA President Dr. Baker Pattillo passed away Dec. 29, the Regents hired a firm to assist in the search.

Regent Alton Frailey chaired the search committee.

“Dr. Gordon has an outstanding track record in all aspects of academic leadership, from both student and faculty recruitment to core curriculum development and strategic planning.”

“His vision for a student-centered education aligns with SFA’s values, and we look forward to introducing him to the campus and the community.”

SFA graduates break record number at May ceremonies



Photos courtesy of University Marketing Communications

The May 2019 SFA graduation class was the largest in the history of the University with 1,441 Lumberjacks earning their degrees and officially becoming SFA alumni. The class included 112 Summa Cum Laude, 136 Magna Cum Laude and 143 Cum Laude graduates. In addition, 78 University Scholars were honored during commencement.

REGENT: Smiley excited for new role

From Page 1A

position. I’m a very open person, and I work with students and parents on the daily, so I think I would be a good person to have that voice and to be there for people.

Smiley detailed some of the main concerns she’s heard during her five years on campus.

“I know that SFA is trying to be a Hispanic-serving institution, so helping serve just a more diverse group of students is something SFA is striving to push and to be more accommodating for people of different backgrounds.”

Parking is another issue on campus, but Smiley said administrators are pushing hard to find new and innovative ways for everyone to have a place on campus.

“If students are looking for a

campus that’s going to give them the opportunity to stand up for what they believe in, I think SFA is the place to do it because we give our students so much opportunity to be their own people and to start organizations and to stand up for what they want. If you want a school that’s going to back you when you’re in the right or want to stand for something that you feel is unjust, I think the school does a great job at you being able to do that,” Smiley said.

As a student regent, Smiley encourages everyone to voice their opinion.

“If you feel that SFA is lacking in an area, tell someone about it. We don’t know if you don’t tell us. We can only assess so many things by ourselves and what we can do,

so if you’re a student and you have concerns and you want a change to be made, take it to someone, bring it to someone higher. If you want to make a change, it can be done. Twitter can only do so much.”

Dr. Hollie Smith, assistant dean of student affairs for programs and Purple Haze Association adviser, nominated Smiley for the position and encouraged her to apply.

“She’s very positive and has a lot of school spirit. She’s a well-rounded student. She’s involved and she has good academics. She’s professional, and she also wants to have a career in student affairs, so the experience she’ll get sitting in on the meetings and having that administrative observation is something that’s going to benefit her professionally as well,” Smith said.

EPIC: Program offers incentives

From Page 1A

“We very much believe that getting involved is not necessarily having your name on a roster. So, to be engaged on the SFA campus is not necessarily about joining an organization. While there are so many to join and so many programs you can interact with through your academics, it’s about engaging with campus.

“When you’re coming to college as a first-year student, one of the most important things is to embrace everything the university has to offer,” Folsom said.

Folsom explained that statistically, students who are involved not only graduate at faster and higher rates, they also become active alumni.

Dr. Adam Peck, interim vice president for university affairs, said

the program has been in the works since April.

“The idea was to encourage students to come to events. It is part of our overall strategy to create the best student experience out students can have. We think that the prizes will create a lot of excitement and buzz. I think students are going to be blown away by this program.”

One of the benefits students will receive is personalized benefits that other students won’t know about.

“You might get a special meet and greet, a discount on your coffee or a larger prize. At the end, everyone will have a chance to win the big prize. You’ll be able to choose your prize. It could be a trip to anywhere in the continental U.S. with spending money, it could be a scholarship or a variety of other great prizes,” Peck said.

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Help desk moves to Steen Library

On-campus location provides students with better service

By Lauren Owens
Contributing Writer

The Help Desk has moved from its previous location off campus to Room 107-F of Steen Library.

When The Help Desk was located off campus, the distance made it inconvenient for students to visit, especially if they did not have a car or were carrying a large device such as a television set or game console.

According to Tim Lewallen, the assistant director of ITS customer service, the move was made to benefit students by moving SFA's technical repair services a lot closer to them.

"Having a facility about a mile from the main campus was not very convenient," Lewallen said. "It's inconvenient for the students that might have a vehicle, and it's almost impossible for the students who don't have a vehicle."

Overall, the change in location has helped the students as intended. According to Lewallen, the number of customers has increased significantly since the move.

"We get a lot more foot traffic, and it seems to be more convenient for the students that can just drop in if they have a quick question," Lewallen said. "They don't have to carry their devices as far to get service, and we're in a much better position to assist employees of the University as well."

Robert Minshew, help desk analyst, said he's also noticed the growing customer rate. He said the new location allows Help Desk employees to assist customers in a quicker and much more convenient way, especially students without transportation who previously had to walk or find a friend to drive them if they needed a device repaired.

Chase James, a senior

information technology major and technology application minor from Nacogdoches who works as a student technician for The Help Desk, said there has been a lot of praise from students since the move, and it's given The Help Desk a much better reputation compared to the one it had before. "People really disliked that we were over there and way off campus," James said.

"Everyone groaned every time I told them where we were."

According to Minshew and James, the only big concern with the new locations is that it has a smaller work space than the older one. However, they both said the positives still outweigh the negatives, and the smaller space is something the employees can get used to in time.

"Overall, I think it's going to be better once we warm up to it and growing pains are done," James said.

Students can start saving now for official SFA class ring

The SFA Alumni Association offers a program to help undergraduate students save for their official SFA class ring. Students who have completed 60 or more credit hours are eligible to purchase their SFA ring and participate in the Big Dip, one of the first steps to graduation and one of the best-loved Lumberjack traditions. Students can sign up for the ring-savings program their freshman year to save up for their ring early and not have to pay for the cost of their ring in one large amount.

To sign up for the program, a student should log into mySFA and select a savings amount of either \$75 or \$150 to be applied to their bill each fall and spring semester. By visiting www.sfaring.com, students and parents can get an idea of the type of ring their student might like and the estimated cost to determine if it would

be best to save \$75 or \$100 a semester. Accounts will be billed each semester and saved for the students until they complete 60 semester credit hours or are ready to purchase their ring.

In 2002, the SFA Alumni Association began the Big Dip where students who had purchased rings dipped one hand in a large bowl of purple, grape-scented dye. Students then received their rings from the university president. The students' hands remained purple for several days, showcasing their Lumberjack pride and achievement. This unique tradition has grown tremendously with an average of more than 350 students participating each semester.

"During the past several years, the cost of rings has escalated, and purchasing a ring is becoming harder for students and their parents to do in one lump sum," said

Craig Turnage, executive director of the association. "The Alumni Association recognized there was a need to help remedy this situation and began working with several SFA departments and Balfour, the official SFA ring partner, to create an online program to help students start saving for their rings."

Visit www.sfaring.com to view SFA class ring prices, sizes and styles. The Alumni Association also has samples of each ring available for students to see in person. Students can visit the Alumni Association's office from 8 a.m. to 5 p.m. Monday through Friday in the Tracie D. Pearman Alumni Center. Call (936) 468-3407 if you have questions, or students may visit their mySFA account to view a list of frequently asked questions.

To learn more about getting involved with the Alumni Association, visit www.sfaalumni.com.



Photo by LaShauna Bell / The Pine Log

New Power Up Charging Stations were installed last year in the Baker Pattillo Student Center. The Student Government Association worked with Information Technology Services to come up with a solution for students needing to charge their phones on campus. Each box locks and unlocks a phone with the swipe of a student ID. Students can leave their phone, locked in a box and charging, to pick up later. This is a free service.

Printing available at kiosks across campus

By Brielle Thomas
Contributing Writer

SFA's Information Technology Services has teamed up with Wepa to come up with a printing solution on campus for students.

According to David Bannister, who works in sales at Wepa, the solution is an all-in-one print kiosk system designed for campus printing.

"It was started by higher ed students who wanted more printing options, and then was designed to be a turnkey solution for the campus administrators and users," Bannister said. "Wepa is now seven years old, with over 2,000,000 users. It is entirely student / user focused. Wepa is the only company that provides end-to-end support for student printing."

Bannister said students can access and upload print documents from six sources, anytime and from anywhere.

"They just click file and print on their laptop, desktop, tablet, mobile device or from Brightspace or 365/Google Cloud, or plug in a USB at print station," Bannister said.

Parker said all students have to do is download the app or print driver software to their devices and print as they normally would.

"You will see printer choices that start with Wepa. You can walk up to any kiosk and print from a variety of cloud applications such as Office 365 OneDrive, Brightspace (formerly known as D2L), Google Drive, Dropbox or

Box. You can email or upload your documents to your Wepa cloud account and access those from the kiosks as well," Parker said. "The LINC lab computers on campus will also be able to print to the Wepa system."

A printing does not occur until a student walks up to a kiosk on campus, swipes his or her ID card and selects the document needed to print, said John Parker, SFA ITS director of enterprise architecture.

"Once a student sends a document to the Wepa system, it is available to be released for six days. Students can use any kiosk on campus to print their documents," Parker said.

There are currently about a dozen print kiosks on campus, including the Baker Pattillo Student Center, the new STEM Building, Steen Library and a few of the residence halls.

Printing on the Wepa kiosks is not free.

"Each black and white page is 10 cents, and double-sided is 20 cents. Each color page is 50 cents, and double-sided is one dollar," Parker said.

"Students are not limited to how much they can print provided they are willing to pay."

Bannister said students have different options when it comes to paying for printing.

"They can pay with prepaid cards, Venmo, PayPal, debit or credit card," Bannister said.

Parker said SFA has signed on for a year with Wepa and will closely monitor how the students utilize the service.

"If the students adopt and find value in the service, then we will continue with the Wepa solution," Parker said.

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Routers and smartphone hotspots interfere with the SFA-Wireless network and are not allowed to be used on campus.

Wireless printers should be connected to SFA-Printers. Instructions can be found at www.sfasu.edu/wireless.



Learn more at www.sfasu.edu/wireless, including ways you can help keep the SFA wireless network operating at an optimal speed.

The Technical Support Center provides student assistance, including telephone help desk support and free computer repair. Our hours are 8 a.m. to 8 p.m. Monday through Friday. Call 936.468.HELP (4357) or visit sfasu.edu/help for more information.

NacogdoTREES now accepting submissions

SFA's Arthur Temple College of Forestry and Agriculture hosts community-wide tree contest

Stephen F. Austin State University's Arthur Temple College of Forestry and Agriculture will host its 4th annual NacogdoTREES competition, a free community-wide contest celebrating the natural beauty of Nacogdoches, from Sept. 16 through Nov. 18.

"The goal of NacogdoTREES is to highlight the importance of urban and community trees, raise awareness of their ecological benefits, introduce the community to the field of forestry and encourage citizens to spend time outdoors," said Sarah Fuller, outreach coordinator for SFA's Arthur Temple College of Forestry and Agriculture.

The competition includes categories for largest tree circumference, largest crown, tallest tree, best shade tree and best overall

tree. Prizes will be awarded for each category. Faculty members developed videos to teach some basic forestry measurements, including treeheightandcrownspread. The videos are available on the competition's web page to guide participants through the process.

"Keep in mind that it's not just all about numbers and measurements," Fuller said. "The best overall tree may be the tree with the best story, the most fans or simply just the most beautiful. We really hope NacogdoTREES encourages people to visit some of our amazing city parks and the SFA campus."

Trees eligible for submission must be located on the SFA campus, properties managed by Nacogdoches Parks and Recreation or on the entrant's personal property. For competition guidelines, an entry form, a list of prizes, area maps and resources, visit forestry.sfasu.edu/nacogdotrees/. For more information, contact Sarah Fuller at fullersa@sfasu.edu



Photo by Amanda Barker / The Pine Log

A Chalk Maple tree at the SFA Arboretum was crowned champion in March and added to the Big Tree Registry. Dr. Steve Westbrook, interim SFA president, accepted the award.

Lumberjack Guardian app enhances campus safety

The SFA University Police Department offers students, faculty and staff a mobile phone app that transforms smart phones into personal safety devices.

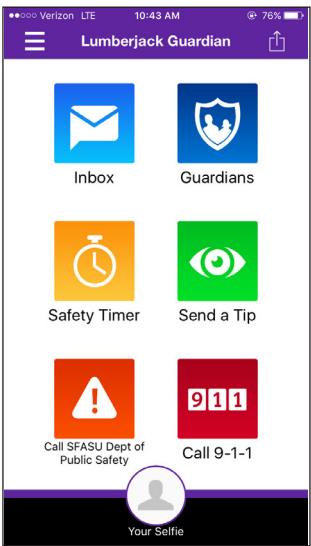
The Lumberjack Guardian mobile phone app, provided by the same company as SFA's JackAlert Emergency Notification System, enhances safety on campus through real-time interactive features that create a virtual safety network of friends, family and the University Police Department. Anyone with an SFA email address may voluntarily download the app and enroll in the service.

This virtual technology is free to all SFA students, faculty and staff members and fits seamlessly into the always-on, mobile lifestyle of today's college students. The features include a panic button, which directs an immediate connection to University Police Dispatch with the student's GPS location and personal profile information that the user enters into the app; tip texting that enables anonymous, two-way crime tip reporting through text and images; student-created safety profiles that contain such information as place of residence, medical conditions and personal safety concerns; and personal Guardians and Safety Timers that can be selected or set voluntarily by students.

The safety timer lets a student choose a person he or she trusts, such as the University Police, friends, roommates and/or family, as "Guardians" to ensure that student reaches the destination in the allotted timeframe chosen. During a timer session, Guardians and/or University Police, if selected as a Guardian, can check the status of the student. If the Safety Timer is not deactivated before it expires, the person selected as a "Guardian" is automatically provided with the user's Lumberjack Guardian profile to proactively identify and check in on the individual.

Individuals' profile data is stored privately and securely within Rave Mobile Safety's databases. The profile information is entered voluntarily by the student through the company's secure web portal. The information is shared with pre-designated personal contacts and/or safety officials only when the student initiates an alert or allows a previously set safety timer to expire. The user's identity is immediately known to authorities when the user initiates a call to the University Police or the safety timer expires, so that they can take swift action to locate the student – even if he or she cannot speak on the phone.

For more information about Lumberjack Guardian, JackAlerts or safety tips, go to <http://www.sfasu.edu/upd/> or www.facebook.com/SFAPolice for more information. To get the Rave Guardian app on your phone, go to Google Play Store (Android) or the App Store (iPhone). Search for Rave Guardian, download the app and follow the instructions. If you need assistance with the Lumberjack Guardian app or registering for JackAlerts, contact UPD.



Dining changes include new menu items, return of La Unica

Aramark and SFA Dining will have some new meal options for students look out for this fall.

In addition to their new look, Panda Express will be adding menu items, including the popular Grilled Teriyaki Chicken.

Sushic will also offer Poke Bowls as a new menu option. This trendy meal consists of chunks of raw, marinated fish tossed in rice and topped with vegetables and umami-packed sauces.

La Unica will return for the fall semester, so students should make sure to stop by on Tuesdays for 99-cent Taco Tuesday and look out for other daily specials throughout the semester.

Other on-campus brands include Which-wich, Urban Bricks Pizza Co., Starbucks, Great American Cookies, Marble Slab Creamery, the C-Store (Convenience Store), P.O.D Express Market in the Cole STEM Building and Einstein Bros. Bagels in the Steen Library.

Besides SFA Dining's retail brands, the campus offers two all-you-care-to-eat dining halls, the Student Center Dining Hall and East College Dining Hall. Both dining halls will begin continuous service this fall. This means that between meal periods, the dining halls will remain open with a streamlined menu to fit every schedule.

The dining halls offer made-to-order meals along with stations serving a balance of healthy and home-style entrees, an expanded pizza station that includes pastas, custom sandwiches, soups, a full salad bar and a bakery that satisfies every craving.

The dining halls also offer a variety of foods and personalized assistance for students with dietary restrictions. Registered Dietitian Jill Hamilton said she is excited for the return of the Very Veggie station at the Student Center Dining Hall. Very Veggie allows students to have veggies cooked and seasoned to their liking with whole grain and lean proteins available, as well. The Diner at East College is on the west side of the East College Dining Hall, offering students made-to-order options, omelets and yogurt parfaits and is open late.

Students can use their reloadable DiningDollars, cash, debit or credit cards at any of SFA's retail dining locations. They can also order ahead using SFA's mobile ordering application, Tapingo. This application can be downloaded on any smartphone to begin skipping the line in no time. Students have raved about the VIP status they experience by using the app.

Meals can also be taken out of the dining halls using SFA's Reusable To-Go Program. The unique Eco To-Go containers divert more than 230,000 Styrofoam containers from the Nacogdoches landfill each year. Eco To-Go works just like checking out a book from the library. You check out a to-go box at the register with your student ID, fill the container with any food from the dining hall and take it with you. Swipe and eat, return, repeat.

Students on the go can also utilize the Grab & Go options in both dining halls. For one meal swipe, students can grab one prepackaged entrée, two sides and a drink from cases located near the registers at the dining halls during lunch and dinner.

SFA Dining offers a variety of meal plans and options that are tailored to students' budgets, schedules and appetites, and customer feedback is always appreciated. To leave a comment or review, visit yourdiningvoice.com. Also be on the lookout for biweekly student Food Committee Meetings throughout the fall and spring semesters. For more information on meal plans, hours of operation or anything related to SFA Dining, visit sfadining.com or email Gonzalez-tiffany@aramark.com. For special dietary needs or nutritional inquiries, email our Registered Dietitian at Hamilton-jilll@aramark.com.



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Lumberjack Marching Band to perform in Rome for NYE



Courtesy photo

SFA Lumberjack Marching Band members celebrate the recent announcement that the band will perform in the 2021 New Year's Day Parade in Rome, Italy, and hear the Pope's New Year's Day blessing.

The Lumberjack Marching Band at Stephen F. Austin State University has accepted an invitation to march in the 2021 New Year's Day Parade in Rome, Italy. The announcement was made to band students in April by Associate Director of Bands and LMB Director Dr. Tamey Angley. The band has represented SFA and Nacogdoches in prestigious venues across the nation and

around the world, previously marching in the Macy's Thanksgiving Day Parade in New York City, the New Year's Day Parade in London, England, and in the St. Patrick's Day Parade in Dublin, Ireland. "Getting an invitation to march in the Macy's Parade makes you one of the best bands in the world," Angley said. "So from there we got

invitations to march in parades all over the world. "Well over 50 million people across the world have seen our band," she said. These experiences have not only had an impact on the students who participated, but the worldwide exposure has impacted recruiting and branding efforts of the university in a positive way, Angley said.

In addition to performing in the Rome parade and in other venues, band members and alumni will visit the Colosseum, Roman Forum, the Vatican and Sistine Chapel. They will take a train ride through the hills of Tuscany to Florence for a walking tour of the city and to visit art galleries. On the day of the parade, the Lumberjack Marching Band will march down the main thoroughfare of the city directly into St. Peter's Square where the students will perform. "After that, we will hear the Pope give his New Year's Day blessing," she said. "This will be a once-in-a-lifetime experience." On Jan. 1 each year, tens of thousands gather in St. Peter's Square, filling the streets with pageantry and music, to celebrate and receive the Pope's New Year's Day blessing. A focal point of Rome's holiday season and the World Day of Peace, the Rome New Year's Parade celebrates life, cultural diversity and international goodwill.

Rec Center offers workout classes

The gym can be very intimidating for some people, from the muscle men lifting big weights to the fit people running the treadmills. Some students feel like eyes are watching and judging, but this doesn't mean you have to give up on your workout routine. According to the Campus Recreation website, the rec offers various Group Axe classes every day of the week. The Group Axe classes range from cycling, total body workouts, dance, mind and body, targeted workouts and aquatic workouts. In each of these categories, there are many types of classes such as cycle sculpt, booty sculpt, yoga, pilates, Zumba and much more. These classes offer alternative ways to get your workout done. The Group Axe instructors are all CPR/AED certified and go through instructor training. For every class, the recreation center offers equipment if needed, like yoga mats, weights, and more, according to the Campus Recreation website. There are multiple classes a day at different times, from 6:30 a.m. to 7:30 p.m. "I teach yoga three times a week, along with two others. It's super important to take care of your body and get physical exercise every

day," said Yoga instructor Melinda Cloudy, senior food nutrition and dietetics major from Sugarland. "Yoga is especially awesome because you focus on breathing and a lot of mental health as well. This is good for stress relief, relaxing... People are not judgmental. You can always ask the instructors any questions." During the yoga classes, Melinda said she turns the lights off to set a relaxing mood and to make people more comfortable. Group Axe helps students make friends and is a great way to get into exercising, according to Marissa Monreal, junior business major from Houston. "The classes are a more fun way to work out, I recommend it a lot," Monreal said. "There are inexperienced people and experienced people. It gets comfortable, I even come by myself. You don't even realize how much you workout because of how fun they make it." Group Axe classes are free to all SFA students, rec members, and any guests they bring along. The classes for the fall semester end on Dec. 7. There is a schedule of the Group Axe classes online at the SFA website.



Photo by Maira Corpus/ The Pine Log

Yoga Flow instructor Taylor Todd, a kinesiology graduate student from Grapevine, stretches with his class. The Rec Center offers various group classes during the week, including total body workouts, strength, mind and body, and targeted workout sessions.

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Veterans Resource Center supports vets, dependents

Lounge offers study tables, printing, snacks

By Raquel Torres
Editor-in-Chief

Easily camouflaged between Chick-fil-A and Great American Cookies in the Baker Pattillo Student Center, the SFA Veterans Resource Center exists for the sole purpose of supporting and helping student veterans, dependents of veterans and ROTC students.

For these groups, the center offers a lounge area with a television, study tables, charging station and a snack bar. Printing services are offered, along with free testing materials such as Scantrons and blue books, a complimentary coffee bar and more. At the entrance, guests are greeted by student workers, who are also veterans.

Amy Brooks, a senior psychology major with a minor in addiction studies from Anchorage, Alaska, has worked at the center for two years. Her duties include answering phone calls, making sure students get their veteran paperwork completed and turned in and greeting students.

“In the military, you are always grouped with people because they are like-minded. Being here still gives me a sense of that. It’s the same. They [student workers] know where you’ve been; they understand,” Brooks said.

Brooks joined the Coast Guard when she was only 20 years old and served

for 15 years. “I made lifelong friendships, I got to travel and see things, college is paid for, my kids were taken care of. I did search and rescue, drove boats, worked on aids and navigation ... and helped train the Dominican Republic navy,” she said.

Brooks expressed that when students walk into the doors of the VRC, having someone at the desk who they can relate to is important.

“It has helped me with my success in college. When I got out of the Coast Guard, we had to do a class that teaches you how to transfer into civilian life. The only thing I remembered is if you go to college, find the veterans resource center. That’s what I did. It helps veterans more than I could ever imagine. For dependents, it allows them to use the resources. Veterans talk to ROTC members because they’ve been active; we’ve lived it,” Brooks said.

John Fontenot, coordinator of the Veterans Resource Center since it opened in 2012, also serves as an adviser to these students. “We pay attention to mental health in here. We pay attention if one hasn’t washed their clothes in a while, or if they’re sleeping too much in here. We politely interview those folks and make sure they’re in a good place,” he said. “If not, we get them to one.”

Along with the lounge being open in the daytime,

the center also offers programing, résumé workshops, suicide-prevention workshops, bowling nights and other community activities.

As a veteran who served in the U.S. Army in the Third Ranger Battalion, Fontenot emphasizes the need for a support mechanism for veterans who are making the transition from the military to college and civilian life.

“Just like there’s multicultural affairs or athletics, we’re a unique population. Dependents have been raised by veterans; they’ve moved with different duty assignments. It’s important for that kind of camaraderie and continued brotherhood and sisterhood,” Fontenot said.

“It’s almost haunting to lose that sense of brotherhood and team and what it brings—company and people who support each other. We have that here on a smaller scale,” he said.

The VRC offers a wealth of knowledge and an instant family to those who use the center, Fontenot said. “It won’t work if you don’t use it.”

This fall, the VRC will start the SFA Chapter of Student Veterans of America. Anyone who is a veteran or simply wants to support veterans is welcome to join. More information on the new student organization will

SFA obstacle course honors hero

SFA held a dedication ceremony for the 1st Lt. Kile G. West Memorial Obstacle Course in April at the Student Recreation Center on campus.

West, who graduated from SFA in 2005, attended the field artillery officer basic course and was assigned to the 1st Calvary Division at Fort Hood. He and four of his men were killed in action May 28, 2007, in Abu Sayda, Iraq, while en route to rescue the crew of a downed U.S. aircraft. West was the first officer commissioned at SFA to be killed in action. He was posthumously awarded the Bronze Star with Valor and the Purple Heart.

“West absolutely embodied the Lumberjack Battalion’s motto, ‘Be the Best,’” said Maj. James Attaway, SFA chair and professor of military science. “We wanted to do something to honor his sacrifice to our nation and thought it would be appropriate to name the obstacle course after him because it will be regularly used by our cadets.”

Completed in April 2018, the obstacle course was designed by Sgt. 1st Class Jose Rendon, SFA instructor of military science, to help cadets develop the strength, stamina and confidence they need to apply to Air Assault School.

Attaway said the obstacle course requires cadets to literally take a leap of faith to make it over obstacles they may face in life.



1st Lt. Kile G. West

“The obstacle course helps cadets conquer their fears by putting them into challenging physical and mental situations. These experiences will help prepare them for challenges they will face as a United States Army officer,” Attaway said.

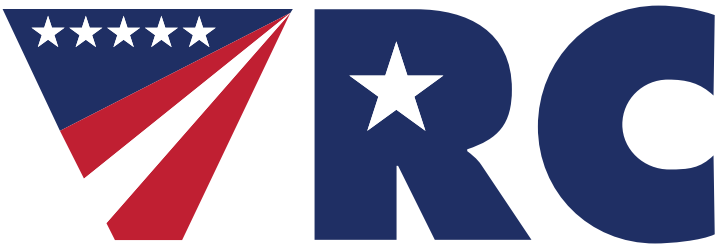
To learn more about the SFA Army ROTC program, visit sfasu.edu/rotc.

Food donations cancel parking tickets



Photo by LaShauna Bell / The Pine Log

Over 2,500 cans were donated last May when SFA students were given the opportunity to pay for parking fines with nonperishable food donations. The donated items were used to help stock the Food for Thought Student Food Pantry, which provides supplemental healthy food to students who are experiencing food insecurities.



VETERANS
RESOURCE CENTER

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(936) 468-6494

sfaveterans@sfasu.edu

[@SFAVeteransResourceCenter](https://www.facebook.com/SFAVeteransResourceCenter)

sfasu.edu/vrc

8 a.m. to 5 p.m.

Monday through Friday

(Closed during university holidays.)

The Veterans Resource Center at SFA provides a space to gather, socialize and form networks of support that lead to feelings of inclusion on the SFA campus.

Located in the student center, the VRC is open to all veterans, veteran dependents and ROTC members.

RESOURCES INCLUDE:

- academic advising
- career services
- counseling services
- disability services
- community activities and events
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CMYK

Office of Multicultural Affairs creates volunteer program

Mission is to create a campus environment in which all Lumberjacks feel welcome, included



Photo by Adriana Salazar/ The Pine Log

Individuals Making a Path Across Campus Towards Unity (IMPACT-U) is a volunteer program through the Office of Multicultural Affairs that is designed for students who are passionate about equality, diversity, social justice and desire to become more involved on campus.

These social justice advocates will be required to attend trainings held by the OMA professional staff, and as a result, they will be able to challenge and motivate students, faculty members and staff members to get involved and engage in conversations about various situations that affect marginalized groups. IMPACT-U students will also be able to present and participate in programs along with OMA student ambassadors, and they will

be able to step in in the absence of an OMA student ambassador.

OMA's mission is to create a campus environment in which all students, staff and faculty feel welcome and included, according to Director of Multicultural Affairs Veronica Beavers. OMA creates networks of support for students, staff and faculty, providing opportunities for meaningful cross-cultural interactions and learning experiences that promote respect for diversity. In addition, the office staff works with student organizations to host cultural celebrations and activities that are educational and that work to enhance students' abilities to succeed in a global community.

OMA is much more than a physical location

on campus; it hosts a spirit of family support and unity among the SFA community, she said. Those students who take advantage of the OMA resources will find mentors and lifelong friendships that will challenge and support their development as young adults.

OMA hosts student organizations such as the Lumberjack Cultural Association, National Association for the Advancement of Colored People, Organization of Latin Americans and Asian Culture Organization, just to name a few. Many of the cultural events throughout SFA's campus are developed through the OMA.

The Office of Multicultural Affairs' AXcel Peer-to-Peer Mentoring Program exists to help first-year students get and stay connected to available resources, services and programs at

SFA, easing their transition to college life.

The program emphasizes academic excellence, leadership, diversity and personal growth, Beavers said.

"First-year students are paired with current student leaders who exhibit a balance between academics and involvement. In addition, each student is also paired with an SFA faculty or staff mentor," she said.

For more information about OMA, visit www.sfasu.edu/oma, call (936) 468-1073 or email oma@sfasu.edu. New SFA students also are encouraged to follow OMA on Twitter @SFAOMA and "friend" OMA on Facebook to stay informed about upcoming events and activities.

Involvement centers help connect SFA students with clubs and organizations



Photo by Hannah Russell / The Pine Log

SFA students participate in Jacks Charge, a favorite university tradition, before a Lumberjack football game.

Ever wondered about SFA student clubs and organizations – how much they cost, what the time commitments are, when and where they meet or what the requirements are for membership? If so, SFA Involvement Centers are "one-stop shops" to answer all these questions, not only about getting involved on campus, but also in the community.

"Coming to college can be a very challenging time for freshmen," said Lacey Folsom, SFA's director of student engagement. "With classes—even finding some of them, getting to know your roommate, finding a job, figuring out where to park, making friends and attending Welcome Week activities, some students don't even know where to start when it comes to getting involved on campus. That's where the SFA Involvement Centers come in."

The Centers are located on the first floor of the Baker Pattillo Student Center and

in the lobby of Steen Hall. When a student comes to an Involvement Center, he or she is welcomed by a peer adviser who helps schedule an advising appointment that works with the student's schedule.

"Student-to-student advising is a key component to how the centers work," Folsom said. "The advisers were in the advisees' shoes not too long ago, and they can understand the sometimes overwhelming feelings college can cause."

At the appointment, the adviser walks the student through a menu of the more than 200 opportunities to get involved at SFA. They discuss the various requirements, including time and financial demands of organizations, that lie within the range of the student's interest to find the perfect match.

When the session is finished, the adviser provides contact information for the president of the organizations and/or departments the

student is interested in, so he or she can find out when the next meeting or event will be held.

"If you wish, we will forward your contact information to the organization to let them know you are interested in possibly joining," Folsom added.

In addition to student organizations, the Centers also have information on Campus Recreation events, Greek Life, SFA athletic events, community service opportunities, Fine Arts events and many more things to do in Nacogdoches.

New Lumberjacks are encouraged to stop by one of the Involvement Centers as soon as possible after arriving on campus. Incoming students can visit the website or Facebook page to sign up for an involvement advising session or come into one of the two locations to make an appointment in person.

For information, call (936) 468-6721 or email getinvolved@sfasu.edu.

A welcome from the dean

Greetings Lumberjacks,

The beginning of the fall semester is quickly approaching! There really is nothing like fall at SFA. From our exciting Weeks of Welcome events that draw new students into our community and allow our returning students to connect with them and with each other, to the excitement of receiving your first axe at Holler@Homer, to the Homecoming festivities, there will be plenty of excitement in store for you this semester. In fact, it will not feel like long before we see students studying for final exams and holiday lights go up all over campus.

I'd image that if you are like most students, you'll find that tips about success in college are never in short supply. Even so, I can't help but offer just a bit of my own advice that is specific to success here at SFA. I'd like to share three simple pieces of advice. I hope you find them useful!

My first piece of advice is get involved! Your classes will undoubtedly be the most significant source of learning at SFA. However, students who get involved in a student organization or a club sports team, work on a project with a faculty member or join a fraternity or sorority will find that they will benefit tremendously from this experience. Approximately 70 percent of students on-campus participate in some kind of experience outside of the classroom. Involved students tend to develop unique skills from these experiences, and those skills help them find work after graduation. I was speaking recently to an SFA alum who is in charge of recruiting for a Fortune 500 company. She said that she prefers to hire involved students over those who are not involved. When I asked why, she said simply, "Engaged students become engaged employees." Getting involved at SFA is simple. You can attend the Involvement Fair during the Weeks of Welcome. If you miss that, stop by the Involvement Center on the first floor of the student center. You can meet one-on-one with an involved student who can help you find what's right for you!

My second piece of advice is to remember that your most important project in college is YOU! You'll see posters all over campus with this important reminder. What does it mean? It means that you will complete many exams and projects during your time at SFA. But those are about more than just getting good grades, completing courses and earning a degree.

We have designed our processes to be transformative for you. We want each one to help you develop yourself into the kind of person you want to be. The more you invest your time and energy into your work inside and outside of the classroom, the more you will benefit.

Success in college (and, indeed, in life in general) is a mixture of two factors: ability and effort. If you have a lot of ability, you may get by with less effort. If you put forth a lot of effort, you can likely overcome limited ability. If you have high ability and put forth a lot of effort—no one can stop you. But unfortunately, if you have limited ability and put forth little effort, there isn't much we can do to help you. While our level of ability is not easy to impact, we get to decide our level of effort. I can promise you that if you treat your college experience as an opportunity to develop and grow, you can be successful here at SFA.

My last piece of advice is to seek help when you need it. We have so many resources here to assist you. And while you may think that using these resources feels like a sign of weakness, it is truly a sign of strength. Did you know that data show that the students who use the AARC the most tend to get the best grades? Some find that surprising. They think that those who use their services might be struggling the most and therefore get lower grades. The truth is, the best students take advantage of the resources available to help them. The same might be said of students who use our counseling center to address concerns like anxiety, depression and other mental health issues. These students are not only getting the help they need but they are demonstrating a trait that will be helpful to them throughout their lives: the willingness to use the resources available in order to be successful.

Please know that I am always here for you if you ever need my help with a problem that is more specific. One of my most important responsibilities is to help you be successful here at SFA. Please reach out if I can be helpful to you in any way. Have a wonderful year!



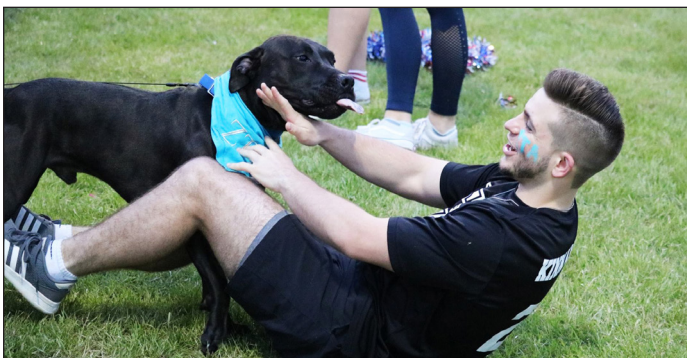
Dr. Hollie Smith
Interim Dean of Student Affairs



Did you know?

■ "Student engagement is who we are. Did you know that almost 75% of the nearly 1,400 students who responded to last year's Beyond the Classroom survey were involved in at least one campus organization? The national average is closer to 50%. We want every student to have the true Lumberjack experience, and that includes getting involved."

—Dr. Adam Peck,
Interim SFA Vice President
for University Affairs



Photos by LaShauna Bell and Caroline Metersky / **The Pine Log**

Interested students can browse SFA's Greek life website at sfasu.edu/greeklife for information about the fraternity and sorority community. There, they can find information on requirements for joining, how to sign up for recruitment, upcoming dates, frequently asked questions and more. For more information, contact the SFA Greek Life office at (936) 468-9296 or greeklife@sfasu.edu.

A large yellow hand sculpture is positioned in the foreground, reaching towards a fountain. The fountain features a statue of a man in a suit and cape, standing on a rocky base. Water is spraying from the base of the statue. In the background, there is a brick building and some trees. A small sign in front of the hand sculpture displays social media icons for Twitter, Instagram, Facebook, and LinkedIn, along with the text "#SFACCPD".

Courtesy photo

The CCPD focuses its services around the skills employers report they are seeking in their new hires, according to research conducted by the National Association of Colleges and Employers.

Greetings from ...

WEEKS OF WELCOME

STEPHEN F. AUSTIN STATE UNIVERSITY

Make plans to join Orientation Programs for Weeks of Welcome. WoW is designed to welcome new SFA students to campus and introduce them to campus life. For returning students, it offers a way to become involved and interact with new students and campus organizations.

KEY EVENTS

<p>FRIDAY AUG. 23</p>	<p>KICKOFF PARTY 8 p.m. ★ Student Rec Courtyard</p>	<p>FRIDAY SEPT. 6</p>	<p>CLASS OF 2023 PHOTO 7:15 p.m. ★ Homer Bryce Stadium</p>
<p>MONDAY AUG. 26</p>	<p>DOUGHNUTS AND DIRECTIONS 8:30 a.m. ★ Surfin' Steve</p>	<p>FRIDAY SEPT. 6</p>	<p>HOLLER @ HOMER 8 p.m. ★ Homer Bryce Stadium</p>
<p>THURSDAY SEPT. 5</p>	<p>INVOLVEMENT FAIR 5 p.m. ★ Student Rec Center</p>	<p>SATURDAY SEPT. 7</p>	<p>FRESHMAN TAILGATE 4:45 p.m. ★ Spirit Rock</p>

To view the full schedule, visit our social media or refer to your official WoW booklet.

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SFA Homecoming tradition unites Lumberjacks



SFA Homecoming is one of the most exciting events of the year for all Lumberjacks. Scheduled for Oct. 21-27, Homecoming week will be packed with events for SFA students, faculty, staff, friends, families and alumni to enjoy. This year's Homecoming will be planned around a music fest theme. The week will culminate in the Jacks' Homecoming football game against

McNeese State University at 3 p.m. Saturday, Oct. 26, in Homer Bryce Stadium. Students also are encouraged to walk in the Torchlight Parade, cheer on the Jacks at the Bonfire, participate in the biggest tailgate of the season and watch the annual Homecoming parade wind through historic downtown Nacogdoches. Other Homecoming events will include: campus

parade kick-off and dying of the fountain; 5K through the campus; nightly entertainment, including pub-style trivia, and annual Greek Step Show; Homecoming voting; blood drive; food bank donation drive; and a career fair. For more information contact the Traditions Council at (936) 468-6721 or visit the Involvement Center in the Student Center.

Top to bottom/ left to right: Two students use their torches to light the bonfire before the pep rally and concert, which followed the torchlight parade (By Caroline Metersky); Dr. David Campo, director of bands, conducts the Lumberjack Marching Band in Star Spangled Banner (By Alyssa Faykus); Charleigh Clayton smiles as she is crowned Homecoming Queen by SFA president Dr. Baker Pattillo. Blaine Van Buskirk watches as he holds his Homecoming King axe handle. Van Buskirk is the SFA Interfraternity Council president, and Clayton is the National Pan-Hellenic Council president (By Alyssa Faykus); SFA guard Shannon Bogues shoots a 3-pointer during the scrimmage at Jack Madness. This event gave students and the community a chance to meet and interact with the men's and women's basketball teams (By LaShauna Bell); Fireworks light up the sky after the Bonfire is lit. The fireworks kicked off the Homecoming concert (By Alyssa Faykus); A twirler performs during halftime at the homecoming football game (By Alyssa Faykus); John Michael Arnett, junior forestry major from Bastrop, left, and Christopher Longman, senior forestry major from Jackson, Missouri, cross cut wood during a competition (By Hope Feaster); The sorority sisters of Delta Delta Delta celebrate their victory at the 2018 Homecoming Step Show (By Adriana Salazar).



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& RESOURCE CENTER



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WEEKS OF WELCOME

Schedule to offer fun, friendship for all

The first two weeks of the fall semester are known as SFA Weeks of Welcome, and they are chock-full of activities offering everything students crave – fun, free food, T-shirts, prizes and opportunities to make friends.

This year's line-up features the return of many popular Weeks of Welcome activities, as well as some new events designed to make students' first days on campus fun and memorable.

"The purpose of SFA Weeks of Welcome is to welcome new and returning students to campus, introduce them to different facets of campus life and help them find their place on the SFA campus," said Rhylie Gachot, assistant director of orientation programs.

Weeks of Welcome will be held Aug. 23 through Sept. 7. Activities will include an Event Challenge, the Kick-Off Party, Residence Life programs, SFA After-Hours, the annual Watermelon Bash, traditions tours and the Class of 2023 photo with Holler @ Homer to follow at the SFA Football Stadium – just to name a few.

For more information about any other SFA WoW programs, call the Orientation Programs office at (936) 468-6641 or email sfawow@sfasu.edu.



A favorite activity during WOW, the annual Watermelon Bash, is a popular SFA tradition that dates back to the 1930s. SGA will be serving watermelon and watermelon juice at Surfin' Steve, pictured here surrounded by dozens of cold watermelons.

Students must complete mandatory training by Sept. 16

All new students are required to complete an online educational program, Voices for Change, which is designed to make college safer and more enjoyable.

Voices for Change provides information about sexual violence, SFA's sexual misconduct policy, strategies for preventing sexual violence, and confidential and reporting resources for witnesses and victim/survivors. The course will take approximately 20-30 minutes to complete and offers the opportunity for

students to critically reflect on what they are learning and their own experiences preventing and addressing sexual violence.

The course must be completed by Sept. 16, or students risk having a hold placed on their account.

"College can be a critical time for students' social development. They are faced with making decisions related to their health and well-being that they might not have encountered before," said Dorothy Jackson-Tubbs, SFA's Office

of Violence against Women grant coordinator. "Voices for Change provides students with critical information and education to assist them in making the safest, healthiest decisions for themselves and those around them."

The University's emphasis on understanding and preventing sexual assault reflects data from the National Institute of Justice showing that one in five college women (and one in 16 men) will experience some form of non-consensual sexual activity by graduation.

"The widespread impact of sexual violence on students represents an urgent and pressing challenge for all college campuses," Jackson-Tubbs said. "Voices for Change looks at the critical issues of sexual assault, dating and intimate partner violence, and stalking. All of those issues affect countless college students everywhere."

In addition, Voices for Change addresses bystander intervention. "The research shows that college students are often in a position to influence their peers and intervene

when they might be engaging in questionable behaviors," Jackson-Tubbs said. "We want to encourage students to take proactive action whenever possible to help enhance the health and safety of their peers as well as themselves as well as give them the tools to support those who have been impacted by acts of sexual violence."

All responses given while taking Voices for Change are confidential, Jackson-Tubbs said. "Students should feel free to answer honestly. SFA receives reports about the student body as a whole, not about individual students' responses."

After registering, students will receive an email from Get Inclusive, the organization that created and manages Voices for Change. To access Voices for Change, students can click on the link provided in the email or log into My SFA. From the home screen, scroll down to the "Student Training" box, and select the "Student Training" link. The link will direct students to a website where they can select "Get Inclusive" to start the online course.

WELCOME

AUGUST 24



6PM-FREE
FAJITA SUPPER



7PM-SURVIVAL CAMP!

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WEEK

AUGUST 25



7PM-OUTDOOR
MOVIE NIGHT

AUGUST 26



7PM-INFLATABLES

AUGUST 27



7PM-HYJINX
TRAMPOLINE PARK

AUGUST 28

6PM-FREE
DINNER





7PM-WORSHIP

AUGUST 29



7PM-BROOM HOCKEY

AUGUST 30



7PM-UNITED CAMPUS
MINISTRY BLOCK PARTY



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†::::

CMYK

Get involved at SFA



Meaghan Morton
Contributing Writer

Almost every time I talk to an incoming Lumberjack, I hear the same six words jump out of my mouth: “We have a club for that.”

There are over 250 clubs on campus, including Greek life, and my friends and I were lucky enough to be a part of many of them and call at least one of them “home.”

You may not know it yet, but when you get to campus, you will be searching for a home that is filled with people similar to you and people you can share your stories and life with.

The Pine Log was my home. I spent the majority of my time in the office. We had parties, late-night talks and late-night projects. It made my two years at SFA memorable. My newspaper firends were involved in other activities, as well.

One was a leader in Hunger Jacks, the on-campus food pantry. Another was involved with the Horticulture Club (one of my favorite clubs that I am not involved with...I’ve bought too many of their plants.) One of my friends was involved with the Advertising Club, and one of the photographers was with the Anime Club. We also had several who were active in one of the largest organizations on campus, Student Activities Association.

It’s interesting to think that while we were all on The Pine Log, we also had other affiliations that pertained particularly to us and our interests.

But, do you know what I noticed most about these people who were in the clubs? It was a few things actually: The number of people they knew, the amount of time they spent on campus and how successful they were academically.

Several times while in The Pine Log office, I met new people when co-workers brought friends in to visit. These people, even though most of my friends lived off campus, would stay in the Baker Pattillo Student Center until ungodly hours of the night, listening to the latest Billie Eilish album or watching The “Nightmare Before Christmas” and making fun of one of our friends for being scared of claymation.

As for doing well in class, if you don’t know, being a mass communication major is very hands-on. There are several times throughout a semester when we have to take photos of, video and interview people, and if you are in a club or organization, you have an almost endless supply of people you can volunteer (or voluntell) to do these projects.

I was told once that it’s good to be in at least two clubs or organizations, one that pertains to your major and one that’s just for fun. For me, that was The Pine Log and The Purple Haze Association.

I’m not saying go and join 15 different clubs. There’s no reason to overwhelm yourself, but one of the things you might see on signs around here is that your most important project in college is you.

In that case, this is the time to figure out what you truly love and what you want to do. Don’t miss out on everything by staying in your dorm all of the time and going home every weekend. I used to be that student. Get involved, and sign up for some amazing experiences that can change your life.

It’s normal to feel scared



Gracie Porter
Contributing Writer

High school graduation comes. The excitement that built up the entire school year explodes on one night—you never have to take another 8 a.m. gym class! No more annoying high school teachers! Sweet, sweet freedom is finally yours!

You make a list of all you want to accomplish before your first day at college. Surprisingly, such things as “packing for college” and “signing up for classes” are nowhere on the list. Whatever, it’s summer! That is a problem for the future! Right now, you want to eat a whole watermelon out by the pool without putting on any sunscreen. Ah, the sweet bliss of adulthood.

After staying up late watching Netflix and putting off all of your college responsibilities until the last possible minute, it is finally time. You pack up stuff that you will probably never use, throw it into the back of a car and head to school. Class schedule? Eh, you can look at it later. Did you pack bedsheets? Probably. Woo, college!

While it may sound fun to put off college responsibilities, it eventually will be time to move on. You can Google what to pack for hours on end, but if you don’t actually pack, then what is the point?

College can be scary and intimidating. You may be pushing off any prepping due to laziness or you may just be genuinely terrified of the future. While you can get advice from family and from strangers online, no one really knows what will happen when you actually start your trek into college life. Will you go to killer parties and fail all of your classes? Maybe! Will you not have a social life and keep a report card of all A’s? Maybe! Will a giant whale fall down on the school the first day of class, crushing all of the faculty and staff and therefore keeping you from going to school for another year? It is unlikely, but maybe!

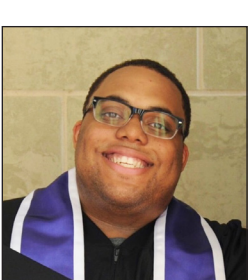
Forcing yourself to face the reality of what college will be is not easy. You may fear your roommate will be crazy or your professors will expect impossible things from you. Who knows if you will make any friends, and what is this “freshman 15” thing? However, it might be comforting to know—everyone has those fears and questions. The fear and excitement that you feel before your first day of class is normal and is something that you should expect to happen. Even approaching my third year, I’m scared.

College life can be hard, busy and stressful. It can also be exciting and adventurous. So I am going to share with you the three simple things I wish I knew before my first day.

1. Go to class
2. Get some sleep.
3. Know your limits—don’t sign up for an 8 a.m. class if you aren’t likely to make to to that class on a regular basis.

Also, breathe. You got this; college won’t know what hit it.

Planning helps balance school, job



Jordan Chaffer
Contributing Writer

No one is really prepared for their first year of taking college classes. Sure, you may have all your books pre-ordered, your clothes for certain days picked out, and you may even have food preparation planned. Unfortunately for some college students, that all goes out the window as the first semester goes by. Keeping up with the college course load can be tough to manage, especially when adding a part-time job into the mix. Here are some tips to help working students balance their work and school lives.

The first tip is to know your work limit. If you can only handle 15-20 hours a week at your job, make sure your supervisors know this. Most bosses, especially in a college town, understand you are splitting

your time up several ways and are willing to help any way they can. Knowing how much time you can spend at work weekly is important. It helps you determine when you can do homework, eat or do other productive activities. Once you decide how many hours you can work, speak to your manager.

Another important tip is to tell your managers your availability. If you know you can’t work on Tuesdays, say so. If you don’t, and you are scheduled to work, you are responsible for showing up and fulfilling that shift. If you decide not to show up, you can get in trouble with your coworkers and managers. When no one takes your shift, you must show up, and if you choose not to show up, disciplinary action will follow.

Here’s a homework tip for you. Do it as soon as you get off work, or right before you go to work. Sometimes your homework is to turn in a five-question quiz online. If your work schedule for that day allows you to turn it in before you go in, do it. It’s one less thing you have to worry about cramming in later. I don’t have enough fingers to count how many times I waited until I got

off at 11 p.m. to work on a short assignment due at 11:59 p.m. when I could have done it earlier that day. Sometimes you will have to wait until you get off in the evening to do your work, and that’s perfectly fine, but waste no time when you get home. Our parents aren’t around to keep us on track anymore; we must do that for ourselves.

Let’s say you have work right after class. You don’t want to be late, but you don’t want to leave class early. There’s an easy solution for that; take your work clothes to class. Some students wear their work uniforms to class. Others leave their clothes in their car, and their job allows them to change when they get there. I had to take my clothes with me to class almost every time I worked on weekdays.

It’s not easy being a college student. It becomes increasingly difficult when you add a part-time job into the mix. But with the right balance, working while in school is very doable. It was hard for me to balance class and school at first, and my grades suffered because of it, causing me to leave my job for a few months. Once I figured out how to balance the two, life got a lot easier.

Focus on your goals to relieve homesickness



Amanda Hope
Contributing Writer

A f t e r dreading the seven-hour drive from Corpus Christi, I felt a sense of relief when my family and I arrived in Nacogdoches. Our little, gray Nissan Pathfinder was overloaded with

junk, clothes and necessities. I was ready to get out of the car and stretch my legs. Not to mention my little brother asking, “Are we there yet?” every five minutes was getting annoying. As we turned into Steen Hall’s parking lot, I looked up at the two tall circular buildings and thought, “This is going to be my new home!” Only then I did not know how much I was going to miss my family, especially after what happened my first semester.

I was living my best life. I loved all of my classes, made new friends and was discovering a new town. However, just when I thought everything was going perfect, my mom called with devastating news: my nana was dying.

“Amanda, nana’s cancer came back,” my mom told me as she fought back the tears. “This time it’s stage four, and has metastasized in her liver.”

My heart stopped, and I could barely breathe. My nana was my best friend, my comforter and the person I could always turn to. She was dying, and I could not be there. I was seven hours away with no car. I was stuck in Nacogdoches, while my cousins from Missouri, North Carolina and Alaska were coming in to say goodbye. I was mad at myself because I could not be with my family when they needed me the most. Why did I go to a college so far from my home? Why did I leave my family behind? I questioned why I chose to go to SFA. I had never felt more alone.

When my nana passed away, my dad drove to pick me up so I could attend her funeral. I emailed my professors, letting them know what was going on and that I was going to be out of town for a couple of days. I was utterly shocked by their responses. I was expecting them not to really care, but I was very wrong. All of my professors told me that they would keep me in their thoughts and prayers. They said that if I needed anything, they were there for me. They reassured me that I was not alone. Even though I was going through a

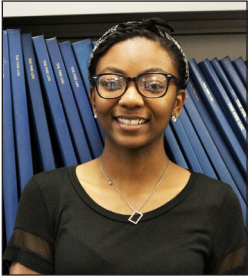
depressing time in my life, they made me feel at home.

During this time, I was extremely homesick and wanted to leave SFA, but my professors encouraged me not to quit. They reminded me I had a goal that my nana would want me to achieve. I’m glad I never left. I love where I am and who I’m becoming. This experience has made me a stronger, more independent person. I realized I had a dream I was not done with.

My friends were also a big help. They took me out, and we explored Nacogdoches. It may be a small town, but it has a bunch of hidden treasures. I developed relationships that I hope last a lifetime because I can’t imagine life without them. They helped me see Nac as my home away from home.

Homesickness is very real, and most college students have it, but don’t let it defeat you. You already took the first steps. You applied, got accepted and went to Orientation. You have your goal set. People are rooting for you. Make them proud, but most importantly, make yourself proud. If you need someone to talk to, professors help a lot. SFA also offers counseling services, for those who need them. Don’t let homesickness get in the way of your goal. When it hits you hard, think about why you started and why you are here.

Doritos, umbrella, planner top list of college survival tips



LaShauna Bell
Photo Editor

About four years ago, I was in your position, eager yet frightened at the thought of college. I thought I knew all I needed to know after reading over all those neat, purple brochures. Don’t

get me wrong, they were helpful, but they left out some tips I wish I had prior to arriving at SFA. These tips will hopefully

encourage you to keep your belly happy, your clothes dry and your brain sane.

1. Pack some snacks. One day I found myself sitting in my art appreciation class past noon with a hungry stomach and only one thought on my mind: “I should’ve bought those Doritos.” I was in the C Store that morning grabbing breakfast before my first class. At one point I encountered Nacho Cheese Doritos calling my name. I ignored those calls not knowing that I’d soon regret it, but I learned my lesson and made sure I had some the next class day and the class day after that. If you know you’re going to be in class most of the day, or if you’re always ungary like me, plan

ahead, and pack some snacks.

2. Yes, you should bring your umbrella. If you are one of those people who look out the window first thing in the morning to check the weather, do not let the sun fool you. Way too many times I have underestimated Nacogdoches’ ability to change its weather in a heartbeat, leaving me with a soaked backpack and a heart full of regret.

3. Carry a planner. I always felt my memory was good enough to remember what I needed to do, but that all changed once I came to SFA. Assignments, projects, tests and events are plentiful in college, and writing these things down in an organized fashion will save your sanity and grades.

‘First-gen-ish’ student’s advice includes getting help at AARC



Monica Perez
Contributing Writer

Being first is not easy; it often comes with many struggles and bumps along the way. Whether it is training every day to win first place or having to figure things out on your own as a first-generation college student, the reward is 10 times worth it.

I consider my self first-gen-ish—not 100 percent first-gen, but I have still had to figure things out on my own. You see, my parents came into this country with an education, and my dad even received his associate degree. But no one in my immediate family had pursued a bachelor’s degree. Nonetheless, education was a priority in my household. We weren’t allowed to have less than a B in a class, and we had to practice our Spanish frequently.

College was always the plan for my brother and me. I knew Mom and Dad would help me through it, but it was all up to me to figure out how to get there. I

didn’t know you typically applied to more than one university. I applied to SFA alone. I didn’t know what I wanted to do in life. I chose my major based on a character on a TV show. Later I found out that television has the power to make any job look fun—even assistant to the regional manager. I didn’t know the importance of the SAT and ACT. I took them because a friend did. All these things were situations that my foreign-educated parents couldn’t advise me in. My parents could help me with my homework (thanks, Mom, for getting me through accounting) but they couldn’t tell me what type of questions I would see on college entrance exams.

I went to Showcase Saturday and Orientation alone. I moved into my dorm by myself. So now let me be your first-gen-ish advice godmother!

Financial aid can be scary, but just sit down with your parents and their friendly tax returns, and go down row by row.

Get involved! Everyone says this, but, trust me, it will make your college experience so much better. My first semester I was driving home every weekend. It took a toll on my car. So basically, if you join an organization, you will save tons of gas money and make new friends.

Speaking of money, getting a job will probably be something on your list. Make sure you don’t let your job consume you, and definitively do not make it your first priority. Don’t forget, you moved hours away from home and left your parents behind to get an education, not to go work at a job you could have done back home. If you can get a job on campus, please do. The pay might not be as much as off campus, but your bosses will work with your school schedule, and you won’t have to spend holidays in Nacogdoches by yourself. There’s nothing worse than missing out on your dad’s Thanksgiving turkey just to watch people fight over a TV on Black Friday.

Shout out to Mom and Dad for helping me all these years in college. I know it hasn’t been easy, but look at us now!

Now, let me give you some quick Power-Point-style advice. We’re in college, after all. Sign up for a tutor at the AARC; Don’t overload yourself—only take the classes you can handle; It’s okay to not know what you want to do the first few semesters; Ask your mom how to do your laundry; Expand your horizons; and Talk to your professors.

And most importantly, you belong here. You figured out your own path to get here, and now it is time to shine.



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Opinion and feedback policy

The Pine Log is the independent student voice of Stephen F. Austin State University. During the fall and spring semesters, the newspaper is published weekly by an entirely student staff to serve the SFA campus community, providing news and information of interest and a forum for discussion of important

issues. The Opinions columns in this issue were contributed by mass communication students enrolled in a summer column and editorial class taught by Philip Anderson.

Letters to the editor are welcomed and should be typed and include the student’s hometown, classification, campus ID and phone number.

Pajama BINGO!



Photo by Katie Harris / The Pine Log

Testing their luck at the Student Activity Association's Pajama Bingo event last spring, Karoline Austin, left, a sophomore from Fort Worth, and Chloe Goestch, a sophomore from Plano, try to cover as many squares as possible to win.

Esports tournament club encourages online, offline community at SFA

By Webb Smith
Life and Arts Editor

The whirring of a small fan can be heard as soon as the power button is pressed—a screen lights up, thumbs are placed on D-pad and right stick and an Esports tournament begins in a universe where Mario could potentially fight Isabelle from Animal Crossing. This happens at SFA.

Esports is a form of competition with video games. On a large scale, it is competitive gaming at a professional level with large, televised tournaments and cash prizes. Specifically, a new club called Axe 'em Smash has formed around the game “Super Smash Brothers Ultimate.” Club representatives said they are working on bringing this competitive scene to SFA.

“I kind of feel like most colleges have started to gain traction in the esports community, so right now my goal is to make one here,” said Dalton Walker, a freshman from Lucas, who goes by the tag-name Weeblord.

SFA has had clubs that tried to fill this role, such as the Fighting Game Club,

which has disbanded.

“Hopefully the result will be a campus community that comes together for their love of ‘Smash Bros’ and other esports titles,” said William Lindberg, a senior from Plano who goes by the tag +Ultra.

“There’s nothing like a union of people with shared passions involving competition and the willingness to commune with each other for said interests.”

—William Lindberg

each other for said interests. I wish to see a friendly environment but also one of fierce rivalry.”

The club is aiming to have tournaments to help their more competitive players rise up to the challenge. Their tournaments change from time to time, but they’ve settled on having players do one-on-ones that even

give them the chance to continue playing after they lose. These tournaments also have friendlies, which are non-competitive matches that anyone can join. These tournaments draw a large number of people, so it’s best to show up early if you want to join.

“I’d like to say that I’m glad I found out about this club. Otherwise, I would stick to laggy online game play,” said Alexandra Garza, a senior from Houston who goes by the tag name Kyute.

“There’s a lot of cool people in this club, and as I said, a handful of great players to break my barriers. It’s more people than I expected, which is really good... Even though not every person is available to play, there’s always going to be a handful of people to play almost every night. Anyone new coming to this club is welcome”

As of now, there is no set meet-up times for the club, but the best way to stay in touch with them is through their Discord server. It stays updated with all of the goings-on of the club. The server can be accessed by going to discordapp.com/invite/NJCSJ2y.

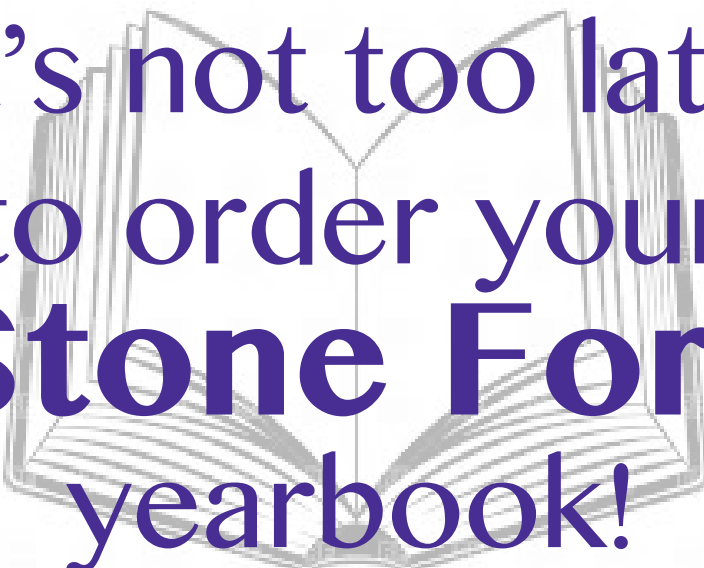
Family Weekend activities set

Parents encouraged to attend ‘Welcome to Nac!’ events

Parents and family members of SFA students are invited to campus Sept. 20-22 for Family Weekend 2019, an annual event designed to allow families to reconnect with their students and participate in Lumberjack traditions.

This year’s Family Weekend will have a “Welcome to Nac!” theme and is hosted by the Residence Hall Association and the Office of Student Affairs Programs. The schedule offers a weekend full of fun events open to everyone in the family. Activities will include a Friday evening reception and movie in the on-campus movie theater; on-campus meals; downtown Nacogdoches activities and opportunities to visit local shops; a family tailgate; the SFA football game against Nicholls State University; and much more.

To get more information, visit <http://www.sfasu.edu/life-at-sfa/family-weekend> or follow us on Facebook at SFASU Family Weekend. You can also call (936) 468-1358 or email familyweekend@sfasu.edu.



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Club teaches plant care

By Jayden Franke
Contributing Writer

The Horticulture Club is spending its time planting new ideas and nurturing them in to action. Plants, people and community are essential to the club, which involves more than just planting plants.

Last fall, the student-run club met every Tuesday at 6 p.m. in Room 118 of the Agriculture Building, according to Bella Reyes, forestry major from Allen and president of the Horticulture Club.

"It involves growing a community through growing plants, providing experience for students and learning new things about horticulture," Reyes said. "Every major is welcome to attend. We strive to make the club feel like you are home."

During the semester, club members attended the Nacogdoches Farmers Market every Saturday from 7 a.m. to noon. The market is located at 107 Pearl St.

According to Reyes, club members sold produce and plants that are all grown at the greenhouse behind the Agriculture Building.

The club also sold

horticulture-themed shirts and club shirts.

"My favorite part of the club is probably selling plants to students and others. I love to see the smile on people's faces when they receive a plant they love," said Maggie Bayn, sophomore horticulture major and club member.

In October, members put on the "Haunted Gardens," which is an outdoor haunted house that is \$2 per person and handicap accessible, according to Reyes.

The event was e held in the SFA Arboretum on Oct. 26, 27 and 31. There was hot chocolate and plants from their greenhouse for sale.

Also held in October was the Pineywoods Native Plant Center Sale, located at 2900 Raguet St. The October sale included plants, produce and shirts.

Along with events, there was a horticulture pop-up shop that will be run by club members for SFA students. According to Reyes, the shop was located next to Surfin' Steve. Students were encouraged to buy a plant and learn about it as well.

This new endeavor is something Jevon Richeson, horticulture major from Deer

Park and co-vice president of the horticulture club, is more than excited about.

"My job entails making sure plants are watered, sowing seeds, reporting plants and propagating plants to make sure that we have plenty of plants to sell for the farmers markets, as well as for the fall and spring sales and starting this semester at the Pop-up shop," Richeson said. "All of the proceeds from these many events go to benefit the club in some way, from providing food at every other meeting, to buying more seeds to plant and educational trips where students have the opportunity to gain internships and information based in horticulture."

Plants are not the only takeaway from the club, but rather the community the club offers.

"I had my first opportunity to attend horticulture club and have already made lots of new friends," said recent transfer student Caleb Crow, horticulture major from Grapevine.

"Everyone was willing to show the new timers how easy it is to propagate and care for the various plants our college's greenhouse hosts."



Photo by Jayden Franke / The Pine Log

Jevon Richeson, a junior horticulture major from Deer Park, holds an insect during a club meeting. The group meets on Tuesdays in the Agriculture building.

Dance Marathon raises over \$30K for area hospital

By Raquel Torres
Editor-in-Chief

The 2019 SFA Dance Marathon raised \$31,659.26 for the Children's Miracle Network Hospital at Christus Trinity Mother Frances Health System in Tyler.

The six-hour event with the theme "Out of this World" raised money to help miracle children.

"One hundred percent of the proceeds go back to the hospital, and it gets divided between areas of the hospital. A majority of it goes toward the NICU and the pediatric program," said Camarin Guillory, executive director of external relations for SFA Dance Marathon and junior mass communication major from The Woodlands.

This year's event hosted five miracle families. For the miracle children who couldn't attend, there was a miracle room at the event to give donors the opportunity to read and learn about the children they were helping.

"Having the families there and having someone who has been impacted to come and share their story and put a face to who they're helping was really neat. It was an experience for everyone to see, 'this is who I'm helping.' It was so impactful," Guillory said.

Melanie Burnell, assistant director of external relations for SFA Dance Marathon and junior general business major from Wylie, said all of the interaction was her favorite part of the event.

"This year, I saw a guy from PIKE playing with Jack, our miracle child last year," Burnell said. "That made my night. It's the whole reason why we do it."

Each year, SFA Dance Marathon chooses a miracle child.

One of the night's major celebrations was the moment \$1,000 was raised in 30 minutes. During the event, SFA Dance Marathon had many contributions made online, coming to a total of \$11,310.05. There were also donations made at the door and inside of the event.



Photos by LaShauna Bell / The Pine Log

Left, Students dance the night away during the 2019 Dance Marathon. Right, 2018 Dance Marathon Miracle Child Jack Bryan, a 6-year-old with Leigh Syndrome, is introduced to the crowd of people in the Baker Pattillo Student Center Grand Ballroom.

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Residence Life

DEPARTMENT

What is Residence Life?

The Residence Life Department is here to support students living on campus. The mission of the Residence Life Department is to provide a learning-centered residential environment, which is conducive to the academic success and personal development of our students. The department sponsors the Residence Hall Association, who provides programs and activities for campus residents.

When can I move in?

The halls open at 8:00 a.m. on Friday, Aug. 23.

What is RHA?

The Residence Hall Association (RHA) is an organization that serves as the voice of the residents by housing campus-wide events, sponsoring community organizations, known as Hall Councils, and promoting a positive on-campus living experience. We are an organization that strives to build great leaders and make an impact in the residence halls.



What does RHA do for me?

RHA provides new and exciting programs within each community that will enhance your college experience. Get to know the staff in your building. Each area has Hall directors and Community Assistants to guide and help you.



We're excited to see you around campus, and we're here to help you enjoy your new "Home Away from Home."
SFA is our neighborhood.
-The Residence Life Staff

After Hours, Saturday, Aug. 24:



Shuffle the deck and deal! Enjoy a night of fun and games with RHA and SAA. From 7 – 10 p.m. in the Baker Pattillo Student Center. This is a free event! You don't want to miss out on the fun time and prizes.



Family Weekend Sept. 20-22:

Show your family your new home. This year's theme is "Welcome to Nac." For more information, visit our website at www.sfasu.edu/reslife.



Residence Hall Improvements

Residence Life is always looking for ways to improve the standards for your on-campus living experiences. A few projects you may notice: All halls will now have refrigerators provided.

RESIDENTIAL LEARNING COMMUNITIES

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Residence Life Department Contact Information

Location: Austin Building, Room 131
Website: www.sfasu.edu/reslife
Email Address: reslife@sfasu.edu
Phone Number: 936.468.2601





Q & A

with Mr. and Miss SFA

By Raquel Torres
Editor-in-Chief

Jacob Spies and Kristine Cross were named Mr. and Miss SFA and will be honored during the halftime at the men's basketball game at 4:30 p.m. March 9 in the William R. Johnson Coliseum. The two were chosen for their scholarship, leadership and participation in academic and co-curricular activities.

From Douglass, Spies is the recipient of the Stan McKewen Mr. SFA Award. He is in his third year of the five-year master's of professional

accounting program. This summer, he will be at Halliburton accounting firm located in Houston, working in the finance accounting department. He is currently at Axley & Rode working in the tax department, and next spring he will be going to Shreveport, Louisiana, to work in auditing.

Kristine Cross, a senior food, nutrition and dietetics major from Houston, has accepted the Arnodean Covin Miss SFA Award. Cross plans on pursuing a degree in higher education after graduating. She says that SFA is still in her mindset. She would like to continue planning

Photo by Caroline Metersky / The Pine Log

Selected students bestowed with titles

Spies:

her impact and use her passion for student development. Cross hopes to help students feel connected to their University and making sure that they're successful throughout college.

Q: How did you know you wanted to come to SFA?

A: After talking to alumni, they suggested this place. This past weekend, I would say that this is the best accounting school in Texas.

See MR. & MISS on Page 2C

New student body president, VP named

Meet Scarleth Lopez and Cathleen Young

By Meredith Janning
News Editor

The Student Government Association named the new student body president and vice president last week.

The new president is Scarleth Lopez, a junior psychology major from Dayton. Her vice president is Cathleen Young, a junior multidisciplinary studies major from McKinney.

SGA will hold a swearing-in ceremony during its banquet in April, but it will not be open for students to attend. Lopez and Young will have responsibilities as early as this summer.

"I will be working very hard over the summer. I am an orientation leader, so I will be here all summer," Lopez said. "I will be having meetings, and Jeffrey [Agouna] and Dr. [Hollie] Smith will be introducing me to people. So, [we will get started] as soon as possible. The first person I meet with, that's when my job starts."

The first task the new team aims to start is a monthly giveaway for a faculty/ staff parking space. The first giveaway is starting this month with the second annual egg hunt on April 17.

"I would like to provide more opportunities for smaller organizations and hopefully get more mental health resources and awareness on campus," Young said.

To aid students on campus further, Lopez is looking into setting up a blessing box in the library that will provide everyday items to students in need.

"Cat and I are really all about giving back to the students," Lopez said. "So I already had this idea with another organization to collaborate with them and create a blessing box. So the blessing box is already green- lights go, we just

need to wait for the budget to be here again. What we want to do is have this box in the library and fill it with everyday items that the students might need but might



Photo by LaShauna Bell / The Pine Log

not have the four or five dollars to go to the dollar store with."

The library has already agreed to house the blessing box.

"We want to make sure that the students feel like they're safe to go there, and that they don't have to feel ashamed to just need a pencil or a pen or something like that," Lopez said.

Lopez also hopes to find ways to make campus more environmentally friendly and has been working with Jennifer Crenshaw to establish a campus-wide recycling system.

"We have college senators and class senators, so what my idea was is to have every class senator assigned to a building, maybe assign them to a floor or two and have them just go put out recycling bins and then take them out themselves, and we would have like a monthly or every two months type thing where we would take it to the closest recycling location."

Significant tree on campus carved into popular sculpture



Photo by Garrett Uhl / The Pine Log

From left, Chris Dempsey, Gary Williams and Stina Herrera pose in front of their creation. The SFA sculpture was made from a popular tree that was dying.

By Raquel Torres
Editor-in-Chief

The new wooden sculpture that sits in the place of what use to be a significant tree, now symbolizes not only that the memory of the tree still lives on, but also SFA's school spirit.

Previous arborist, Allen Ross, sparked the conversation to make a wooden monument that now sits between the Austin and Rusk building. Ross, now retired, came up with the idea to replace the symbolic tree that was on campus possibly when the University was founded. The idea of this sculpture came back to the makers, only to make it bigger and better. A 15-foot stump was all that remained of the tree then.

There were many things to consider before making the sculpture, such as, is the tree stump sturdy enough to be worked into a sculpture? There were many unforeseen circumstances that had to be taken into consideration as well. Since the weather in Nacogdoches is often rainy, the tree stump had water in it, so the sculptors of the stump actually had to let the water out before doing any work to the tree.

They also had to consider if the tree was strong enough to endure chain saws and other tools. Since the sculpture sits on the original tree stump, there was no way they could start over if they messed up.

After evaluating if it was safe and after the administration approved the possible new addition to campus, the process began.

Stina Herrera, coordinator of transportation and special services, was one of the people who worked over the Christmas break. She helped design and sculpt the large SFA monument outside of the Rusk Building, all while having a broken hand.

"The smaller SFA sculpture is by the Austin building and we know how popular that is, so we just thought that having the SFA initials would be something that would be attention-grabbing, popular for photographs and would be easily recognizable," Herrera said.

Once a student herself, Herrera reflects on the tree and the value it contributed to campus.

"For me, the tree that we carved had sentimental value. When I was a student here, the arms of the tree stretched out, went over the slope and the stairs and I remember that beam providing shade. I was sad when we had to cut it down. As large as it is and as many rings as it has, it very well could have

been here when the University was established."

Gary Williams, grounds manager to the University since July 1997, explained that if an aging tree is cut for any reason, the department tries to get permission to conserve the stump.

"There are two trees that are extremely valuable to campus. There is one by the music building and one between Austin and Rusk. The age itself makes it very valuable," Williams said.

As grounds manager, the conservation of trees is important to keeping the campus beautiful.

"The trees, the landscape, the forest, represents East Texas. That's our most valuable attraction. I've been to universities in cities and there are no trees. We try to take that into consideration," he continued.

"It's so neat to see the sculpture and see people enjoy it. Whenever I see people taking pictures in front of it, it feels like I'm in it even though I'm not," Herrera said.

"They'll have those pictures forever. It's just a process that everyone is involved in from up to down, and we have to have the right people to finish it off and put detail and time. We took a lot of pride in this thing, and it really shows, because it's an awesome piece of work," Williams said.

Stina is also an art teacher on campus. She teaches how to make small pieces of jewelry. "I only make little tiny things. My art is small. I've never made anything that remotely big. This signifies a big leap to uncharted territory," she said.

A major thing that Williams would like the public to know is that the conservation of trees is very important.

"You can see the tree [the SFA sculpture now], there is a dark split. We reinforced it, but if people climb on it, the wood gets weathered over time and it could break," Herrera said.

Chris Dempsey, arborist and a graduate student in the Arthur Temple College of Forestry and Agriculture, also assisted in sculpting.

"I'm glad that I was able to be a part of it. It's exciting. I'm proud that I was able to create something that people will take photos in front of for graduation or any events. It's a good picture point," he said.

"Unfortunately, hinges on trees dying, but it's good that something was able to be done with the stump. This one was almost an issue because it started rotting from the outside in, so we had to adjust where we put the letters to get out of that," Dempsey said.

Q&A: What title means to Mr. and Miss SFA

From page 1C

Q: How did you feel when you got the news that you won?
A: I was ecstatic. It was a happy moment that completely changed my day. It was a normal day. Then the first thing I thought was, “I better call my mom.” That was the person who would want to hear it the most out of all my family. I was shaking. It was amazing just to receive such an honor.

Q: I know you were president of your fraternity, Alpha Gamma Rho. What was your fraternity’s reaction?
A: Just to see that their brother was being recognized for the hard work, it puts a positive reflection on what men we build in our fraternity. They’ve helped developed me into the man I want to be coming out of college. I’m an only child— those are my brothers.

Q: What does winning the title of Mr. SFA mean to you?
A: It really speaks out to me. It’s kind of a capitalization on my collegiate career. It’s very humbling yet rewarding to know that all of my hard work from whenever I started college to

now, has paid off. It’s definitely a confidence booster. It’s more of a reason to come back as a great alumni for both SFA and my fraternity.
Q: What would you like SFA faculty, staff, alumni and the student body to know?
A: If you work, consistently work hard, all your dreams will come true. They say you can’t escape your social destiny, but with the right hard work and diligence, you can. I’m a firm believer in that. It’s a motivation

Cross:
everyday to work hard continuously.
Q: To be named Miss SFA, a nomination is required. What message do you have for your nominator?
A: Thank you for all of the support and endless conversations. She [Veronica Beavers] has been one of my biggest mentors since I’ve gotten to know her over these last couple of years. Your hard work never goes unnoticed.

Q: Tell me a little bit about why you chose to come to SFA.
A: I actually wanted to stay in Houston.

Before coming here, I was big on staying home. I’m a person of comfort. Anything that was going to make me nervous or fearful, I wasn’t going to make that move. But my parents and counselor encouraged me to look at other universities. I was applied and accepted to SFA, so I came to Showcase Saturday and before leaving, my mom started crying. She was sad. She knew before I knew, but before we even got in the car to drive back home, I knew I was going to come the following fall. It was the university that felt like home.

Q: Tell me about the moment you received the news that you had won Miss SFA 2019.
A: When Jamal [the chairman] called me and told me I received the reward, there were definitely a few moments of shock. It was a humbling experience because it’s one thing to think, “I could potentially be Miss SFA,” but the reality of it still hasn’t hit, so it’s still an adjustment.

Q: What does all of this mean to you?
A: To me, its a chance to show all the younger students that no matter what you look like, no matter what you’re involved in, no matter what your major is, you have the

chance to impact so many people. The world is what you make it. SFA is what you make it.

Q: You’ve been very involved in student organizations since early on. Why do you think it’s necessary to be involved on campus?
A: Before I got involved, I wasn’t really enjoying my time at SFA. I met people here and there, but I didn’t have a passion for going to class or not going home every weekend. I was just here, going to class. The unique aspect that SFA offers is the variety of organizations available to students. I’ve been heavily involved in most of those organizations, so I know the impact that it has. It helps to mold you into the person you never thought you’d be. I think every student, whether you join five organizations or two organizations, whether its related to your major or service based, I think its an excellent idea to get involved.

Q: What was your family’s reaction?
A: When I was on the phone getting the news, I texted my mom and she called me before I could even hang up. They’re [mom and dad] definitely both really excited. They’re both going to come down for the game and see me showcase. .

Organization offers safe space, education for communities

By Raquel Torres
Editor-in-Chief

Founded in 1993, PRIDE Nac is an organization on campus that supports the LGBTQ+ and MOGAI community, (MOGAI is defined as Marginalized Orientations, Gender Alignments and Intersex.)
According to the PRIDE Nac Facebook page, “Our mission is to support our members by providing a physical community that focuses on uplifting, reassuring and networking. We strive to bring awareness ... through activism and education in order to make a positive impact in the East Texas community.”
There are meetings every Wednesday at 6 p.m. at the Baker Pattillo Student Center in Regents Suite B. At this time, the organization has between 20 to 30 people attending, with eight officers on the board.
One of the officers is Samantha Walker, a junior elementary education major from Dallas. She is the historian and brand manager for the organization. Her duties include managing social media pages and help with documenting different meetings and events.
“I think that our organization is crucial for the SFA campus simply because everyone needs and wants a safe space. Being who you truly are is necessary for humans to do in order to express themselves, and I hope that our club provides that for individuals,” Walker said.
Although PRIDE Nac is a safe space, Walker

said not everyone sees eye-to-eye on improper word usage.
“I have felt unwelcome in some spaces on campus, especially with the frequent usage of the word ‘gay.’ I’ve heard ‘that’s gay,’ in ways that are disrespectful and offensive to those that may identify using that word,” Walker said.
Andrew Gillis, co- president of PRIDE Nac and a creative writing major from Wills Point, said he has had similar experiences.
“It isn’t uncommon when I’m travelling from class or to the library to hear the occasional slur—it’s almost never aimed at me, but it’s the use of the homophobic or transphobic slurs. Most of the time, I don’t feel comfortable or safe speaking up,” Gillis said.
“PRIDE Nac becomes that space where students, faculty members and even Nacogdoches residents don’t have to worry about encountering that. If that defines us as a safe space, then I totally embrace it, and I welcome anyone who seeks the same.
“While we love SFA, it’s still a difficult world for the LGBT to navigate without issue or disruption. There are always going to be people out there who invalidate us or insult us or try to hurt us, and taking it one step in the right direction can affect the entire community for better,” Gillis said.
On the same page, Walker does believe that PRIDE Nac serves as a safe space.
“PRIDE Nac stands for acceptance, education, and love. We welcome any identity,

and we want people to educate themselves and be able to speak for the MOGAI community in the most respectful and appropriate ways. I would also love to always provide a safe space where anyone can be open and honest. I want everyone to be able to be themselves to the fullest capacity, and I hope that our organization can create that for anyone seeking the feeling of home and acceptance,” Walker said.
Holly Burris, co-president of PRIDE Nac and senior general business major from Houston, said the meetings can be informational, as well.
“We don’t assume gender identity or pronouns. We have informative meetings about the community and terminology. It is extremely important to know the correct pronouns for everyone. Mis-gendering



Photo by Adriana Salazar / The Pine Log
PRIDE Nac strives to uplift the LGBTQ+ and MOGAI communities through activism and education. Pictured above are Andrew Gillis, a senior creative writing major from Wills Point, and Holly Burris, a senior general business major from Houston. They are co-presidents of the organization.

someone can be quite emotionally harmful for anyone... This can be insulting or even contribute to gender dysphoria,” Walker said.
“The appropriate way to find out someone’s preferred pronouns is to first introduce yourself with your own pronouns, even if straight and cis-gendered people may feel this is silly, it is to normalize the idea that cisgender isn’t the default human setting,” Burris said.



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Little Lumberjack

Young fan cheers on football team

By **Raquel Torres**
Editor-in-Chief

At every SFA football game, there is a little lumberjack who sits next to the Purple Haze Association and wears a Lumberjack uniform, just like the SFA mascot. Noah Guadiana is an 8-year-old second grader from Pearland. His favorite color is purple, and his favorite subject at school is math. Like most kids, he loves to play Fortnite, but says he's a no-skin because he's not so good at it. His favorite hobby is to play baseball, but his bigger passion is SFA Football.

Guadiana was 4 years old when he first started dressing like the little Lumberjack.

"The first time I came here, it looked like it was a good place to be," Guadiana said. "Looked fun to experience and make friends here. People here are really nice."

One of his favorite parts of the football games is the school mascot, the Lumberjack. Guadiana used to have a very close relationship with the past mascot, Blake Taylor, who graduated in 2014.

Guadiana's aunt and cousin both attribute his nickname, The Little Lumberjack, to Taylor, who first called him that.

Gabriella Ruiz, senior human development and family studies major from Houston, is Guadiana's older cousin. She explained what his relationship with Taylor was like.

"Him and Noah had an instant connection," Ruiz said. "Noah would dress up in his Lumberjack outfit to the games. One time we were parading down East College, Blake noticed him and gave him two bandanas for his wrists, so the outfit would be complete. No one knew how much that small gesture meant to Noah, and to be honest, it was since then that Noah really felt a part of the team."

Guadiana's other role model is Chris

Wilkerson, who is the long snapper on the SFA football team. He said Wilkerson is one of his best friends here at SFA.

"Chris has always been such a good influence on Noah, and he really has shown him the true meaning of the game," Ruiz said. "Chris is one of the guys who makes this all worth it for Noah. Having those relationships inspire him to cheer on our team, no matter what the score."

Although Guadiana's inspiration is the football team, he feels like he also inspires them in a way.

"It's fun to dress up because it helps everybody get into the game," Guadiana said. "Like when everybody's tired before the game, I don't even know how to explain it."

Criselda Razo, his aunt and Ruiz's mother, explained she does not encourage him to be the Little Lumberjack.

"It's him," Razo said. "He could care less about the attention. He loves the game, and he loves the football players. He would tell me, 'put a picture on Twitter.' He would post the videos. He doesn't need any encouragement. This is all Noah, on his own. I've never once had to say, 'Let's go to the game,' it's always him."

— *Criselda Razo*

Guadiana hopes to one day attend SFA, just like his cousin.

"Obviously" he is going to be a Lumberjack," Ruiz said. "He has a little piggy bank that says SFA tuition, and anytime he gets money, he empties it into there. He is so ready to be a part of this amazing school, and I seriously can't wait for it to happen."

Noah is an example of what a true Lumberjack fan is. Last year, he wore a purple SFA shirt to school every day.

"He was known at his school to wear a different SFA shirt. Every day, all year long. He had to wear an SFA shirt. It was so random," Razo said.

He still has SFA decor all around his room.



Photo by LaShauna Bell / **The Pine Log**

Noah Guadiana, 8, cheers on the Lumberjacks football team with Purple Haze at the 2018 Homecoming game against Lamar University. Guadiana has a small piggy bank that says "SFA tuition." According to Criselda Razo, last year, Guadiana wore a purple SFA shirt to school every day. He also has SFA decor all around his room.

Student creates metal jewelry



Photo by Faith Smith/ **The Pine Log**

Bailey Crow wears a pair of the earrings she created. Crow's earring designs include a woman's face, hands, a banana and a leaf, and cost \$15 a pair.

By **Raquel Torres**
Editor-in-Chief

A little bit of creativity and wire has turned into a successful side business for one SFA student who decided to design and create gold-plated earrings.

Bailey Crow, a senior photography major from Cypress, first got the idea when she saw a pair of wire earrings on Pinterest. She was immediately inspired and began to practice and work with wire. Crow made her first pair of earrings, posted a photo on Instagram and people began to message her, wanting to buy them.

"I saw it on Pinterest and thought, why buy it for \$20 on Etsy when I could make it?" Crow said. "So, when I taught myself the process of sculpting wire, I posted them just because they were cute—they weren't for sale. I had people message me asking me how much they were. It was random honestly. It just took off."

She decided she would sell her earrings at \$15 a pair. While she has an Etsy shop, Crow realized that most of her business can be found on campus. A girl in Germany contacted Crow about having a pair shipped to her, but the shipping expenses surpassed the product's value, so it couldn't be done.

Crow's earrings feature designs such as a woman's face, hands, a banana and a leaf.

She has also been practicing on personalizing the faces she designs in her earrings. Crow said that a lot of the designs are made for women.

"They're all a feminist statement," Crow said. "I made them with women in mind, but if a man had his ears pierced and wanted to wear my product, more power to him."

According to Crow, the business is also important to her because it helps her pay for things she needs for her classes.

"What I'm making stands for goodness and femininity in that this business is helping me pay for school supplies," Crow said.

As an art student, Crow is taking a metals class as an elective. The class is open to anyone on campus and is three credit hours. She said this class has definitely helped her when it comes to making earrings.

While other brands have the typical cookie cutter jewelry and look the same, Crow said this won't be the case with her product. Each pair is handmade, so they will each look a little different.

"I think that it's so empowering and so very hard to be an artist. The fact that I'm capable of making something out of nothing versus just wrapping around some nails. It gives a handmade quality to it," Crow said.

Stina Herrera, adjunct art professor and 2008 and 2011 SFA graduate, teaches the metals class where Crow found her passion.

"Anyone can take the intro metals class. There are no prerequisites," Herrera said. "That's one of my favorite things. We get people from all over campus, not just art majors. The skills you learn in metals are very specific."

Herrera said she first met Crow in the intro to metals class and was impressed when she found out about her side hobby of making earrings.

"I think it's awesome for our students to use their skills to help support themselves; it's great," Herrera said. "I have noticed that she doesn't play it safe. She uses complex designs."

Lauren Walker, a sophomore art major from Fort Worth, is one of Crow's customers.

She said she always tries to follow local artists and heard about Crow through Twitter.

"I wanted to buy a pair to support and because they're so cute and simplistic," Walker said.

"Art is the root of everything. Happiness, sadness, pain. Art can be made in any state of mind, and it's such an important outlet to express those emotions."

Crow said that in the future, she also hopes to begin making necklaces and personalizing her jewelry at her customer's requests.

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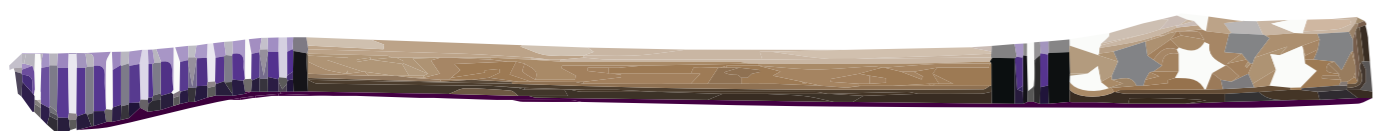
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SFA freshman competes at 2019 College National Finals Rodeo

Lumberjack team roper represents Southern Region in Casper, WY

SFA Rodeo Team member Kasen McCall, a freshman agribusiness major, competed in the team roping event at the 2019 College National Finals Rodeo in Casper, Wyoming. McCall, a Lufkin native, competed June 9 through 15 in three individual rounds to advance to the championship round, placing 11th in the nation.

McCall and his roping partner, Clayton Lowry of Panola College, squared off against more than 400 students from across the United States, as well as Canada, Brazil and Australia.

The duo, who have roped together for more than five years, competed in the Southern Region of the National Intercollegiate Rodeo Association throughout the 2018-19 academic year to earn a national bid.



Rachel Clark
SFA Rodeo Team Coach

“I am incredibly proud of Kasen and Clayton and the personal and professional goals they both achieved by qualifying for the CNFR,” said Rachel Clark, SFA coordinator of student publications and SFA Rodeo Club adviser and team coach. “The team roping was tough, but our Lumberjack was tougher. He and his partner put together solid runs to earn a spot in the championship round. That is certainly impressive for freshmen.”

McCall and Lowry missed catching their first-round steer but bounced back to rope their second- and third-round steers in 6.9 and 5.1 seconds, respectively. The team’s total time of 12.0 seconds on two runs earned them an exclusive spot in the final round.

“I was excited we made the short-go,” said McCall. “I was nervous, but knew we needed to catch to move up in the overall standings.”

The team roping event consists of a steer and two ropers—a header and a heeler. The steer receives a head start when released from a chute into the arena ahead of the two ropers. The header’s job is to rope the steer’s horns or neck and turn the animal left so the heeler can rope the steer’s back feet. Once the steer is caught and the ropes are stretched tight, the judge’s flag is dropped, and the time recorded. The fastest time earns the top spot.

McCall, along with other SFA Rodeo Team members, practice daily to achieve their goals and represent the University on the intercollegiate level. The team is housed within the Campus Recreation department and practices at the Walter C. Todd Agricultural Research Center, located off of Highway 259 North.

“I practice wherever I can, whenever I can,” said McCall. “I’m not only representing myself when I compete, but also SFA and the Lumberjack Rodeo Team.”

The College National Finals Rodeo streamed live on ESPN 3 and will air on ESPN U beginning Aug. 14.

Clark said the SFA Rodeo Team and Club were both established in the 1960s. While the Rodeo Club is open to all students, those who are a part of the SFA Rodeo Team typically have a strong foundation in agriculture and are required to provide their own horses and gear to compete. For more information, contact Clark at clarkr1@sfasu.edu or (936) 468-4703.

“The team roping was tough, but our Lumberjack was tougher. That is certainly impressive for a freshman.”

—Rachel Clark, SFA Rodeo Team coach



“I practice wherever I can, whenever I can. I am not only representing myself when I compete but also SFA and the Lumberjack Rodeo Team.”

—Kasen McCall,
SFA freshman team roper



Courtesy photos
SFA Rodeo Team member Kasen McCall competed at the 2019 College National Finals Rodeo in Casper, Wyoming, in June, placing 11th in the nation. Left, McCall (right) and his roping partner, Clayton Lowry of Panola College, competed against more than 400 students from across the United States, as well as Canada, Brazil and Australia. SFA’s Rodeo Team and Club were established in the 1960s. Members practice at the University’s Walter C. Todd Agricultural Research Center north of Nacogdoches.

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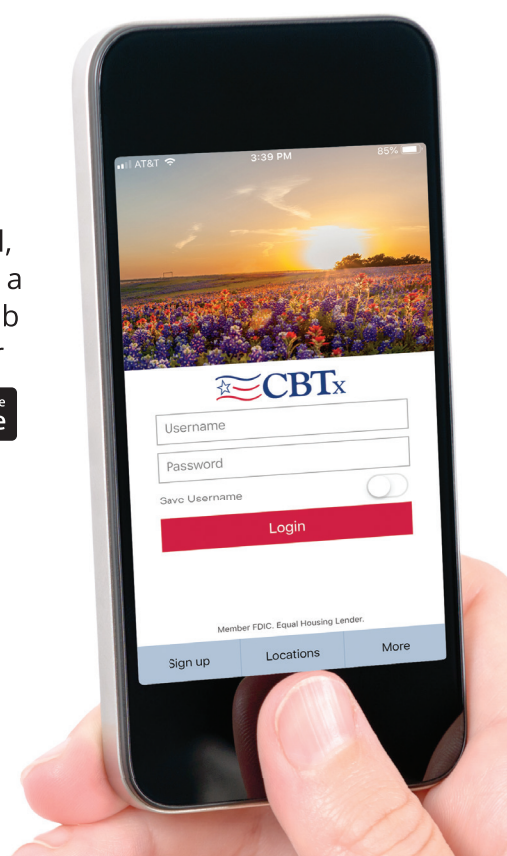


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Culinary Café to move to historic home



Photo courtesy of University Marketing Communications

The SFA Board of Regents recently approved renovating a home on Mound Street for use by SFA's hospitality administration program. The residence, previously owned by former U.S. Sen. Kay Bailey Hutchison, will be the future home of the Culinary Café, a student-run restaurant.

The Stephen F. Austin State University Board of Regents approved actions during the July quarterly meeting that will support students across campus, from Steen Library to those in disciplines ranging from agriculture to culinary sciences.

Regents approved a \$6.46 million capital plan that addresses academic support, student life and safety. Projects include the renovation of a home at 1401 Mound St. for use by SFA's hospitality administration program.

The residence, previously owned by former U.S. Sen. Kay Bailey Hutchison, will be renovated to house the Culinary Café, a student-

run restaurant that serves meals to guests two days each week during the regular semesters. Utilizing \$1.5 million in the capital Higher Education Fund, the residence will be renovated to keep its historic nature while adding a state-of-the-art commercial kitchen and prep area, according to Dr. Judy Abbott, dean of the Perkins College of Education.

"This learning laboratory, unique for a university in Texas, will provide hands-on, real-world experiences for students pursuing the hospitality administration degree," Abbott said. "Much like the Lumberjack Express, the mobile food laboratory recently unveiled, the

regents are acknowledging the interest in and growth of the culinary arts, entrepreneurship, event planning and food-service management. SFA is investing in the historic nature of Nacogdoches as it establishes state-of-the-art facilities that attract and transform students in East Texas and beyond."

The capital plan also includes a \$250,000 renovation of Steen Library, replacement of furniture in Hall 14 and fire-safety upgrades across campus. In residence halls, card-access systems will be installed to provide secure entry into the buildings, and the university's wireless network will be

upgraded. A \$3.5 million upgrade to a power plant that supports the College of Fine Arts buildings and the purchase of a radio system for the University Police Department are included in the plan.

Regents approved the creation of the Marilyn Cranford Quasi Endowment, the result of a \$1.5 million gift to support SFA's National Center for Pharmaceutical Crops. A quasi endowment allows for distribution of revenue and principal from a fund balance.

The mission of SFA's National Center for Pharmaceutical Crops is to improve human health

See CAFE, on Page 2D

School of Honors encourages students' intellectual curiosity

The SFA School of Honors promotes the intellectual curiosity of the University's most capable students, enabling them to confront complex issues. The program offers small classes specifically designed to develop critical thinking skills, expand the scope of investigation of a topic and explore issues in greater depth than can be done in conventional classes.

"All students in the School of Honors engage in research, which is a major focal point," said Dr. Michael Tkacik, director of the School of Honors. "Research improves resumes, provides opportunities such as internships and conference attendance, and increases engagement in college leading to improved understanding of material in class as well as increased networking with professors and peers."

Many Honors students have presented their work at professional or academic conferences across the nation, as well as at the annual Undergraduate Research Conference at SFA.

The program endeavors to develop students who are prepared to become active and thoughtful members of the University community by involving faculty working together with honors students on challenging topics. A wide variety of intellectually stimulating activities is offered, including Honors study abroad trips. Planning for a three- to four-week study abroad to Switzerland in summer 2020 already is well underway.

"While many of our students have directly entered the work world, others have gone on to attend medical school, law school and graduate school at a variety of internationally recognized universities," he said. "Whatever the Honors students' goal, we strive to prepare them for success while sharpening those attributes that make each student an individual."

There are many advantages to School of Honors membership. Honors students have the opportunity to take Honors-only courses and earn the University Scholar diploma. The program has a computer lab and other services, including free printing, reserved exclusively for honors students.

"These quiet spaces facilitate good study habits, which is a cornerstone of successful college students," Tkacik said. "Not everyone who is in Honors uses the facilities, but those who do also find camaraderie amongst their peers and support from the office staff that can serve them later in college and after graduation."

For more information about the SFA School of Honors, visit sfasu.edu/honors or call (936) 468-2813.

Award-winning AARC provides tutoring

SFA's award-winning Academic Assistance and Resource Center offers free peer tutoring for many entry-level classes, and students don't have to be struggling academically in order to benefit from these targeted services.

Located on the first floor of Steen Library, the AARC makes getting help easy through walk-in services, Supplemental Instruction groups and learning teams, one-on-one assistance, and online academic support. All of the AARC's tutors are SFA students who have successfully completed the course for which they provide tutoring.

The AARC has been in existence at SFA since 1983 and has received many prestigious recognitions, including the Texas Higher Education Coordinating Board's Star Award and the Distinguished Program Award from the Texas Association of Developmental Education. In the past year, the AARC logged about 50,000 individual visits, helping about 6,000 SFA students achieve their academic goals.

"The AARC presents an array of opportunities for students to maximize their full potential," said M.E. McWilliams, director of the AARC. "We have data that prove that coming to the AARC regularly during the first semester of college can significantly impact grades and GPA."

To learn more about the AARC's services, including descriptions of the types of help available and a list of SFA courses paired with SI groups, visit www.sfasu.edu/aarc. The website is updated regularly and is easy to navigate on any smartphone.

"If you don't see the specific help you need, remember that your professor is your No. 1 resource for success," McWilliams said. "The AARC is a proud No. 2!"

To help students develop a personalized tutoring plan

for the fall semester, the AARC will hold Open Enrollment Wednesday and Thursday, Aug. 28-29. Students may engage in personal consultations with AARC professionals who can make individual recommendations and get them enrolled for services that require a sign-up (one-on-one tutoring and learning teams.)

Incoming SFA students are encouraged to take a pro-active approach to their academics by plugging into the AARC's services before they begin to struggle in their classes. Even students who are already doing well can utilize the AARC to ensure they reach their full potential, perhaps increasing their eligibility for academic scholarships designated for high-achieving students.

"Tutors at the AARC have the time and resources to help individual students with their own specific challenges," according to Alexandra Sides, a recent SFA graduate and former AARC program assistant. "It can make all the difference in the world to replace that feeling of 'I'm in this alone' with the confidence of knowing 'someone else is on my team.'"

Even SFA's highest achieving students can benefit from the AARC's services, according to Dr. Michael Tkacik, director of the SFA School of Honors.

"Although Honor students are often employed in the AARC, successful Honor students also utilize tutoring to learn new study skills and boost their grades," he said.

"Often Honor students haven't learned good study habits, probably because they are bright and in the past the material was easy for them to pick up. However, in college, there comes a point where the material is fresh and can pile up if good study habits and effective learning strategies aren't employed. The AARC can be a great way to tackle this obstacle."



Courtesy photo

The Academic Assistance and Resource Center located in Steen Library offers walk-in services, Supplemental Instruction groups and learning teams, one-on-one tutoring, and online academic support. The AARC's data shows students who regularly take advantage of these services make better grades in their classes.

Rusche College of Business students study overseas

Theysaytheworld is a classroom, and for 44 SFA students in the Rusche College of Business destinations in Germany, Austria and Italy recently replaced their regular class schedules.

Trading the pineywoods for the sights and sounds of Munich, Germany; Innsbruck, Austria; and Verona and Rome, Italy; students enrolled in a marketing course focused on industry, education and sports experienced business internationally.

Dr. Matthew Lindsey, chair of the Department of Management and Marketing, said this trip helped students witness firsthand the concepts they are learning in the classroom. Before leaving for Europe, students studied management issues across cultures.

"It became clear the business culture in Germany was not the same as in Italy," Lindsey said. "The views on relationships,



Courtesy photo

During a study-abroad experience, 44 SFA students in the Rusche College of Business witnessed international business and marketing in Germany, Austria and Italy. At each location, the group visited with business leaders. One stop was the Munich Olympic State Park, which was the site of the 1972 Olympics.

communication styles, time orientation and other aspects of business life greatly differ."

Students visited with business leaders on a global scale. In Munich, visits included the BMW Welt, the Munich Olympic State Park, the Spaten-Löwenbräu Brewery and the Allianz Arena football stadium.

"The visits provided vivid examples of many business concepts discussed in the classroom," Lindsey said. "We

were able to learn about the product decisions at each company, the impact of pricing on the company and gain insight regarding why company leaders chose their locations."

In Austria, the group attended an Alpine tourism lecture at the Management Center in Innsbruck, the Berchtesgaden salt mine and the Swarovski headquarters. Italy brought students to the Zeni vineyards, Cinecitta Studios and a

presentation by Rome Field and Research International. The students also toured the Roman Colosseum and other tourist sites.

"Visiting the Roman Colosseum, the Olympic Stadium and the Allianz Arena provided an interesting contrast involving how large venues have changed through the years and how they have stayed the same. They have more in common than anyone suspected," Lindsey said. "The way athletes entered the playing field was surprisingly similar between Allianz and the Colosseum. Both used doors that opened and allowed the players to enter from below."

Along with Lindsey, Dr. Charlotte Allen, professor; Dr. Jason Reese, assistant professor and coordinator of the sports business program; and Dr. Mikhail Kouliatsev, professor and chair of the Department of Economics and Finance, led the trip.

Photography students take part in national Help-Portrait event

Photography students from the Stephen F. Austin State University School of Art recently put their skills to work for a good cause by taking part in a national service event called Help-Portrait.

Students set up a mobile lighting studio at Nacogdoches HOPE, a local food pantry, and made portraits for clients who might not otherwise have been able to afford professional quality photographs. Students also edited and printed the portraits on site, so that people were able to take home several finished prints from each session.

"I love doing this project," said Amanda Breitbach, assistant professor of art at SFA. "The students learn from working with new people and making portraits in a new setting, and they also learn that they can use their skills in photography to give back to their community."

Breitbach's students in the photographic lighting class have spent this semester learning the technical and creative aspects of lighting using studio strobes, flash and ambient light. The Help-Portrait project gave them the opportunity to practice those skills in a real-world setting, Breitbach said.

"I'm so glad we did this," said student Cameron Sweet as he and colleagues packed up their gear at the end of the day.

"Our clients and volunteers were absolutely delighted with their pictures," said Nacogdoches HOPE director Denise Lee. "It was a joyful day for me to observe individuals and families getting such beautiful portraits when I am certain they could not afford such a luxury. Everyone left with smiles on their faces."

Breitbach said she hopes to make the project an annual event for SFA photography students.

Photographer Jeremy Cowart founded Help-Portrait in 2008 with the mission of empowering photographers and others to use their skills, tools and expertise to give back to their communities. Help-Portrait events take place each year in communities across the country.

Cafe: ‘Regents are acknowledging growth in the culinary arts’



Photos courtesy of University Marketing Communications
Chef Todd Barrios looks on as human sciences students prepare food inside the newly introduced Lumberjack Express mobile food lab.

From Page 1D

by discovering novel anti-tumor and antiviral agents in native and invasive plant species and to enhance U.S. security by reducing dependency on foreign supplies of pharmaceutical ingredients. The center previously has received significant support from the U.S. Congress and the T.L.L. Temple Foundation, as well as from state and federal agencies and private individuals, like the late Marilyn Cranford, according to Dr. Steve Bullard, provost and vice president for academic affairs. “The center has a remarkable track record in creating new pharmaceutical compounds and developing innovative methods to control invasive plants and insects,” Bullard said. “This endowment will play a critical role in the long-term support of staffing and operations and will have a

great impact on SFA and East Texas, as well as a positive national and global impact.”
Regents approved the sale of timber from the Todd Agricultural Research Center to convert predominately pine forestland to silvopasture – a form of agriculture that integrates trees, forage plants and grazing livestock operations.
“The proceeds will fund pasture improvement and will create demonstration areas for teaching, research and outreach,” Bullard said.
Regents approved the purchase of property at 208 Feazell St.
“This acquisition will create a continuous section of lots and provide an opportunity to expand student parking,” said Dr. Danny Gallant, vice president for finance and administration.
Regents approved the selection of Page Southerland Page to create an updated campus master plan.
“The Board of Regents approved our current campus master plan on April 19, 2011, and that plan extends through fiscal year 2020,” Gallant said. “We issued a request for qualifications, and three of the five firms that responded presented their plans to the board for consideration. We look forward to working with this agency to develop a plan for the future.”
Page Southerland Page has completed projects for University of Texas campuses in Austin, Dallas and San Antonio.
Regents approved changes in course fees, an increase in the student application fee and an exemption of the distance-education fee for dual-credit students enrolled in ITV-delivered courses. They approved a one-time \$117 fee to be paid by students enrolled in programs utilizing Watermark LiveText hosted services.

MySFA portal, Office 365 among available tools

Goal of technology is to help students be successful in college

Several tools available to SFA students electronically are designed to assist in navigating academics and all areas of life on campus. Students should get to know mySFA, Office 365, Schedule Planner, Zoom, Degree Evaluation (CAPP), and campus alert systems as part of your college success plan.
The first step in accessing technology is mySFA. The online, mobile friendly portal provides targeted, up-to-date information and links to resources. MySFA delivers a robust suite of online tools, including important notices, adviser scheduling and identification, enrolled courses listings, Jobs4Jacks, and D2L Brightspace to name a few. The portal also provides access to online services like registration, book purchasing, meal plans, housing and financial aid. Content is organized into tabs for ease of navigation and content. For example, the graduation application appears based on a student’s individual role and status at the University, making the portal a useful tool for all students. Login is accessible through the SFA website or by going directly to mySFA.sfasu.edu. All users should be sure to click the Sign Out link after using mySFA as a security precaution to protect their personal data.
Downloadable and online accessible apps including Word, Excel, PowerPoint, OneNote, Teams, OneDrive and several more are provided through the Office365 platform. Additionally, students can access their SFA email, which is the official communication method used by all areas of the University. Email can be set up on mobile devices or forwarded to another account, and the apps can be set up through download on up to five devices. Access to email and these apps is available on the “Home” tab of mySFA in the “Student Email” section.
Schedule Planner is a tool that provides the ability to generate the optimum schedule based upon a choice of classes, creating breaks for work or activities, and narrowed choices by customized specifications. Schedules may then be saved for preferred selections, and once registration is available, students can push their choices to a cart and navigate directly to complete registration. The tool is available through mySFA on the “Registration” tab as the third step in the “Register” section, and instructions for navigating the tool are under the “Registration

Tools” section. Once registered for courses, refreshing the “Registration” tab will display the newly registered schedule.
Zoom is a video conferencing tool available to SFA students, faculty and staff. The tool works in an individual connection or within D2L Brightspace for class uses. Find the “Zoom-Web Conferencing” link on the mySFA “Home” tab under the “Stay Connected” section along with some helpful information on the tool through the “Zoom information” link. Zoom tutorials are also available on the <http://Help.sfasu.edu> portal.
Staying informed is an important part of being on campus. JackAlerts is the tool used to stay informed about important alerts on campus such as emergency situations. JackText sign up allows text messaging for grades, billing and more. This one-time sign up and ability to opt out at any time connects students to important campus information. Find both links on the mySFA “Home” tab.
A big part of student success is the ability to review the degree plan to decide what classes are needed, what classes were credited and an overall view of current grades with GPA information included. All of this information is found in the “Degree Evaluation (CAPP)” tool found in mySFA under the “Advising” tab in the “Education Planning” section. The tool is used by students and advisers to assess individual progress within a major. Instructions on using the tool are also available to help students understand how to navigate the tool for current major evaluation or performing a “what-if analysis” to review the impact of changing majors.
SFA strives to provide students with technology and services focused on helping students succeed while enrolled and as alumni. Accessing the multitude of tools and services available is an important part of navigating the University. The centralized mySFA portal provides ease of access to many levels of technology and important information. Technical assistance and information can be found at <http://HELPSfasu.edu>. Also, students can always rely on The Help Desk for support. The Help Desk is located on the first floor of the Ralph W. Steen Library and can also be reached at (936) 468-HELP(4357).

Hogg Foundation grant awarded

Through a \$410,000 Hogg Foundation for Mental Health grant, students in SFA’s School of Social Work and Department of Languages, Cultures and Communication pulled their collective knowledge, skills and resources to involve Nacogdoches County residents in addressing their own mental health needs.
In July 2018, the Hogg Foundation awarded \$4.5 million in grants to six Texas organizations to support collaborative approaches to well-being in rural communities. The grants are aimed to strengthen efforts to transform the environments where people live, learn, work, play and pray, bringing a population health approach to support resilience, mental health and well-being.
“The focus of this grant is primarily engaging with the community while developing a common agenda aimed at improving wellness, well-being and mental health,” said Dr. Stephen Cooper, associate director of research and professor of social work at SFA. “We are using an appreciative inquiry method to develop a common agenda for the grant. We are working with a group of community members to analyze data from our community meetings, which will allow us to continue moving forward with subsequent grants that will follow the current grant.”
Last summer, various community members and representatives from nonprofit organizations began discussing the mental health issues they believed were most important in Nacogdoches County. Throughout the 2018-19 academic year, Master of Social Work students helped facilitate “community conversation cafés,” where community members attended meetings to discuss the needs and problems surrounding Nacogdoches County’s mental health. The students fielded questions, took notes and coordinated conversations among participants.
According to the Hogg Foundation for Mental Health’s website, each grantee had considerable flexibility in developing its community collaborative and approach to ensure participation from historically excluded groups. However, all the grant recipients had to demonstrate a commitment to shared learning, provide detailed plans for community inclusion and participation, and address the need for inclusive leadership that does not reproduce existing inequities.
“The Hogg Foundation provided us with the resources to ask our rural community what they need and want to come out of this project instead of providing funding with an agenda on how to do it from an outsider’s perspective,” Megan Knight, a Winnsboro graduate student pursuing her master’s degree in social work, said.

Students encouraged to transition résumé from high school to college

While students arrive at college with a variety of work experience, it is important for all students to begin working on their résumé early in their time at SFA. The Center for Career and Professional Development offers assistance in a variety of ways to help students transition their documents into what employers are looking for in the application process.
If students do not have a résumé yet, Jamie Bouldin, CCPD director, encourages them to get one started.
“Even if it feels light on experience and they don’t have much to add yet, students will be a step ahead by simply creating a foundation,” she said. “Once they start getting involved on campus, working at a part-time job, volunteering, or taking part

in research projects, students will find they have a lot to add to their résumé.”
CCPD offers a wide variety of resources online (www.sfasu.edu/ccpd) to help students get started. Students are encouraged to browse these resources first, or to visit the CCPD offices on the third floor of the Rusk Building to utilize the office’s resource wall.
Once the student has created a draft of their résumé, there are a few ways they can request a critique. First, they can submit it online for a virtual critique. A CCPD team member will review the document and provide written feedback within five to seven business days. Students can also request in-person appointments for one-on-one critiques, or utilize walk-in hours (1-4

p.m. Mondays, 9 a.m. to noon Thursdays) for assistance.
While utilizing a résumé template can be tempting, Bouldin encourages students to instead browse the CCPD resources and take a fresh start on their document.
“Templates can be troublesome for a few reasons,” Bouldin said. “First, recruiters can spot a template a mile away, and students can be viewed as unoriginal because their document may look exactly like five others they’ve received. Second, templates often are not reflective of all the experience that students are gaining in college, and students often struggle to fit in study abroad experiences, internships, leadership roles, or other categories which may not be present in the template.”

In addition to critiquing résumés, CCPD will also provide feedback to students on cover letters, reference sheets and personal statements.
CCPD uses Jobs4Jacks, hosted by Handshake, as its online career management platform where students and alumni can access all services. Students can visit www.jobs4jacks.sfasu.edu, click on “Student,” click on “Stephen F. Austin State University,” and then enter their mySFA credentials.
Under the “Career Center” tab at the top, students can visit the “Resources” section to find out more about requesting virtual document critiques, or select “Appointments” to book a one-on-one critique.

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Boynton TV studio receives upgrades



Photo by Danielle Sanchez / The Pine Log

Two students work on a the department television channel while filming live. SFA-TV2 can be watched on Suddenlink's Channel 2 in Nacogdoches and around East Texas areas or viewed online on UStream at <http://www.ustream.tv/channel/sfa-tv2-jack-tv>.

By Parastoo Nikravesh
Contributing Writer

On the first floor of the Boynton building sits a fully equipped television studio. The learning playground is filled with lights, cameras and chances for students to experience what a career in broadcast will be.

The mass communication broadcast television studio, a learning lab where students taking television broadcast courses can gain hands-on experience, received technical upgrades this summer to aide in student learning.

Students learn by working in a variety of live broadcast positions such as directing, producing, technical directing, camera work, floor managing and on-camera performance for their production of SFA-TV2, according to Dr. Casey Hart, associate professor of mass communication and SFA-TV2 faculty advisor.

The two major updates were transitioning the broadcast into high definition, to match industry standards, and changing out the old lighting to energy-efficient LED lighting.

High-definition signal allows a clearer image for viewers and better suits modern monitors by filling up the screen, according to Dr. John Hendricks, chair and professor of the mass communication department.

"It's important that the students get accustomed to that quality, so they can better prepare themselves," Hendricks said. "It would seem crazy if they applied for a job and then got into a television studio and said 'I never worked with HD quality. I worked in analog'- it's 2018."

Additionally, lighting was upgraded to LED lights that produce less heat and are longer lasting.

"Expose students to the type of lighting that they will be working with, and working under, if they're on-air talent, and if they're on the behind the scenes crew," Hendricks said. "It had a technological aspect to it, but also an academic aspect to it. The students are only as good as the training that they get while they're here at SFA."

Hart explained that the goal of the studio is to teach students to be storytellers and to provide information, but also while serving the university and East Texas community. The students often bring in and interview individuals who work in and affect the community.

"I think it's [studio] a wonderful tool that SFA provides to the students," Hart said. "We are very proud of it in our department and we've worked very hard to keep it as cutting edge and contemporary as possible. One of the things that we are very proud of is that every

student that goes through our broadcasting cycle gets hands-on experience in front of the camera and behind the scenes."

Students in a number of broadcast classes use the studio as well as members of The Crew, the advanced TV Production organization for mass communication students.

"I feel that having and being able to use the studio has impacted me in a positive way..." Bryan Torres, a junior mass communication major from Granbury, Texas said. "... It really gave me a feel of what mass communication is about. The studio just makes it a lot easier to learn and apply everything I've learned in class."

President of The Crew Kristin Wange, a sophomore mass communication major from Garland, Texas, found that the studio allowed her the opportunity to prepare for a career in the industry.

"I went on a shoot with FOX Sports recently, and while our studio is not as complicated as theirs' I could recognize different elements of the process due to studio experience," Wange said. "This major requires a mostly hands on experience for any learning to occur. It's through doing things ourselves, even failing at times, [that] we improve."

On-campus media student staff earns awards at state competition



Courtesy photo

SFA members of The Pine Log staff attended the recent Texas Intercollegiate Press Association's annual convention and competition in Corpus Christi.

Students working for Stephen F. Austin State University's campus media outlets were recognized with a combined 20 awards for journalistic excellence at the 2019 Texas Intercollegiate Press Association's annual convention and competition held March 13 through 16 in Corpus Christi.

The Pine Log, SFA's student newspaper, garnered eight accolades for content produced during the 2018 calendar year, including overall excellence newspaper, first place overall web design and first place special print design for the 2018 Welcome Edition, which was mailed to the homes of new students in August.

In addition, SFA-TV2 was recognized with three awards for previously published content, including first place in-depth video. KSAU radio received two awards, including second place overall excellence radio program for "Between the Lines." The Stone Fort yearbook also received two awards for the 2018 edition, including honorable mention overall excellence yearbook.

In the previously published contests, SFA students compete against their peers at institutions with similar enrollment and program size. Ten SFA students attended the conference and participated in on-site contests, competing head-to-head with journalism students from other TIPA member institutions, regardless of size.

For their work in these "live" events, student members of The Pine Log staff received five awards. Recipients were Shannon Poe, copy editor and life and arts editor, first place radio news writing; Meaghan Morton, editor-in-chief, second place magazine design; Ana Conejo, video editor, third place live video news; Alyssa Faykus, design editor and social media editor, honorable mention public relations release writing; and Kayleigh East,

photographer, honorable mention feature photo.

In addition, LaShauna Bell, photo editor for The Pine Log, was awarded TIPA's prestigious Frank Buckley Scholarship.

"The TIPA convention and competition is an opportunity to showcase the work produced by our talented students throughout the year as they gain real-world experience contributing to our on-campus media outlets," said Amy Roquemore, SFA director of student publications and divisional media and adjunct faculty member in the mass communication department. "These accolades are a testament to the skill and determination of SFA students preparing to enter the mass communication field, and it is a joy and privilege to work with them every day."

Roquemore accompanied the students to the convention, along with Rachel Clark, SFA student publications coordinator and yearbook advisor.

Morton, a senior mass communication major from Trinidad, represented SFA at the conference for the second consecutive year. She said it was exciting to see SFA student media recognized as being among the best in the state of Texas.

"TIPA is such a refreshing experience for me every year, and I always look forward to sharing it with students who are attending for the first time," Morton said. "You are among like-minded people who want the same things as you — to win and become a better publication."

Established in 1909 at Baylor University, TIPA is the largest and oldest collegiate press association in the United States. Approximately 275 students representing 29 of TIPA's 60-member institutions attended the 2019 conference.



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College of Fine Arts announces upcoming performances

With recent performances like the high-energy dancing of Step Africa! and popular holiday shows by the Annie Moses Band and the Great Russian Nutcracker ballet, it's no wonder the audiences attending the University Series and Encore Events presented by the College of Fine Arts at SFA have been growing.

The 2019-20 season brings another varied and exciting lineup of shows that range from comedy to musical theatre to international dance. The all-professional performers will visit SFA from Chicago and Nashville, New England and New Jersey, Argentina and Austria.

"It has been great to see so many more students flocking to these live professional performances," said Scott Shattuck, associate dean of the College of Fine Arts and director of the series. "Still, we've got plenty of room for more students that are interested in some live entertainment."

The University Series will feature the world-famous comedy of The Second City on Sept. 6; the high-energy rockabilly performance of Lee Rocker of the Stray Cats on Oct. 24; the beloved holiday story of Ebenezer Scrooge in "A Christmas Carol" on Dec. 10; the powerhouse Argentinian dancing of Che Malambo on March 3; and a rowdy celebration of African American jazz in the musical "Ain't Misbehavin'" on April 16.

Two special Encore Events will feature the angelic-voiced musicians of the Vienna Boys Choir on Nov. 21 and the bluegrass Southern gospel of The Isaacs on Jan. 24.

There's a reason the biggest names in laughter all catapulted their careers from The Second City. Chicago's renowned comedy club has been the funniest place on the planet for decades, and their freshest young talent kicks off the University Series' 2019-20 season. This small cabaret theatre has grown to become the most influential and prolific comedy empire in the world, fostering generations of superstars from Mike Myers and Steve Carell to Tina Fey, Stephen Colbert and Amy Poehler.

"With sketch comedy, hilarious original songs and world-famous improv, The Second City will have Lumberjacks rolling in the Turner Auditorium aisles," Shattuck said.

Lee Rocker made his mark singing, playing, standing on, spinning and rocking his giant upright bass as a founding (and current) member of the Grammy-nominated rock band the Stray Cats, which sold more than 10 million albums and garnered 23 gold and platinum certified records worldwide. Rocker and his band are headed to the SFA campus to perform Stray Cats hits like "Sexy and Seventeen," "Stray Cat Strut" and "Rock This Town," plus lots of other songs he performed post-Stray Cats with music legends from Ringo Starr to The Rolling Stones. The performance is sponsored in part by Lehmann Eye Center.

As the fall semester comes to a close, bring your family together to celebrate the spirit of Christmas in spectacular fashion with PerSeverance Productions' presentation of Charles Dickens' classic tale, "A Christmas Carol." With all the splendor, magic and joy of the holiday season, this fabulous gift of a show overflows with 26 beloved yuletide songs and warm good humor as Jacob Marley and the ghosts of Christmas Past, Present and Future visit that great bah humbugger himself, Ebenezer Scrooge. This show is sponsored in part by Nacogdoches Medical Center.

Powerhouse all-male Argentine dancers bring to life the legacy of South American gouchos (cowboys) in Che Malambo's percussive dance and music spectacle. This fiery melting-pot performance blends flamenco, tango, tap and Irish step dance with the drumming of traditional bombos, singing and whirling boleadoras lasso work in a phenomenon of unbridled energy that is thrilling audiences around the world. Their performance is sponsored in part by Cataract, Glaucoma, Cornea & Retina Consultants of East Texas/Benchmark Optical/Medical Arts Surgery Center.

A celebration of the African American musicians of the 1920s and '30s Harlem Renaissance, the Tony Award-winning Best Musical "Ain't Misbehavin'" takes its name from Fats Waller's ageless song. "Ain't Misbehavin'" whisks audiences back to the high-society Cotton Club and Savoy Ballroom and to dives where piano players banged out the new beat known as swing.

"Coming to SFA through a partnership between the College of Fine Arts, the SFA Office of Multicultural Affairs and the Nacogdoches Alumnae Chapter of Delta Sigma Theta Sorority Inc., 'Ain't Misbehavin'" is a casual night of romantic, raunchy and humorous songs that will have everyone dancing in their seats," Shattuck said.

The first special Encore Event, sponsored in part by Commercial Bank of Texas, features the world-renowned Vienna Boys Choir. This performance will usher in the holiday season as these angelic-voiced singers perform a delightful

program of Austrian folk songs, classical masterpieces, hymns and perennial favorites. Widely considered the world's foremost children's choral group, these young cultural ambassadors for six centuries have been adored the world over for their wide range of repertoire, purity of tone and generosity of musical spirit.

The other Encore Event is a performance by the multi-Dove Award-winning and two-time (2017 and '18) Grammy-nominated family of singers – The Isaacs. Their inspirational style blends tight harmonies with contemporary acoustic instrumentation to produce a sound that appeals to audiences all over the world.

"Their unique mix of bluegrass, folk, country, rhythm and blues, contemporary and southern gospel is heard regularly at the Grand Ole Opry and at Carnegie Hall, CMA Fan Fest and recently on ABC-TV's CMA Country Christmas with superstar Reba McEntyre," Shattuck said. This special performance is sponsored in part by BancorpSouth.

Single-event ticket purchases for the University Series, Encore Events or any of the other performances presented through the College of Fine Arts can be made beginning Aug. 15. Tickets for SFA students are only \$3. Other ticket prices for the University Series are \$30 for adults, \$24 for seniors, \$15 for SFA faculty and staff and \$12 for non-SFA students/youth.

Encore Event tickets are \$45 for Section A seating; \$36 for Section B seating; and \$27 for Section C seating. Discounts are available for seniors, non-SFA students, children and SFA faculty and staff members. SFA student tickets at \$3 are available for the B and C sections.

"These are fantastic prices for entertainment of this quality,"



Courtesy photo

The Stray Cats' Lee Rocker and his band are headed to campus to perform hits like "Sexy and Seventeen," "Stray Cat Strut" and "Rock This Town," plus lots of other songs he performed post-Stray Cats with music legends from Ringo Starr to The Rolling Stones. The show is Oct. 24 in Turner Auditorium.



Courtesy photo

The improv-comedy of The Second City opens the 2019-20 University Series for the College of Fine Arts at SFA. The show is at 7:30 p.m. Friday, Sept. 6, in W.M. Turner Auditorium on the SFA campus.

said Diane Peterson, Fine Arts Box Office manager. "No SFA student should miss the chance to see these nationally and internationally acclaimed performances for only \$3."

Season tickets for the 2019-20 University Series go on sale Aug. 1 and are \$120 for adults, \$96 for seniors (62 and up), \$60 for SFA faculty and staff and \$48 for students. Encore Event tickets are sold separately. All performances are at 7:30 p.m. in W.M. Turner Auditorium.



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Sept. 6

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Stray Cats' Lee Rocker

Oct. 24

Rockabilly's best and wildest fronts his own band behind his legendary upright bass
Sponsored in part by Lehmann Eye Center

A Christmas Carol

Dec. 10

The classic family favorite with 26 beloved holiday songs to brighten the story of Scrooge and his ghostly visitors
Sponsored in part by Nacogdoches Medical Center

Che Malambo

March 3

Powerhouse Argentinian dance and musical spectacle inspired by gaucho tradition
Sponsored in part by Cataract, Glaucoma, Cornea & Retina Consultants of East Texas

Ain't Misbehavin'

April 16

Broadway's Tony Award-winning celebration of the Harlem Renaissance
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Free speech therapy helps people with Parkinson's disease

The Stanley Center for Speech and Language Disorders at Stephen F. Austin State University has received a two-part grant to fund Speak Out! and Loud Crowd, a program developed by Parkinson Voice Project, to offer free speech therapy to people with Parkinson's disease for a second year.

The Parkinson Voice Project is a nonprofit organization dedicated to addressing speech disorders that people with Parkinson's disease develop.

Through the grant, faculty members in SFA's Department of Human Services and all graduate students studying speech-language pathology have been trained to conduct the program.

"Up to 90 percent of people with Parkinson's are at high risk of losing their ability to speak, and aspiration pneumonia caused by swallowing issues accounts for 70% of the mortality rate in this patient population," said Parkinson Voice Project's founder and CEO, Samantha Elandary. "Awarding these grants has substantially increased access to quality speech treatment for those living with Parkinson's."

Speak Out! is an intensive individual therapy program designed to address the motor speech deficits associated with Parkinson's disease, such as softer speech, a hoarse or scratchy voice and inconsistent speech volumes. Typically, the program comprises 12 individual speech-therapy sessions.

After completing the Speak Out! phase, participants will progress to the Loud Crowd portion, where they will engage in a group therapy setting once a week for maintenance.

The Stanley Center for Speech and Language Disorders doubles as a community clinic and learning facility for SFA students to hone their skills in a supervised setting. Graduate students will conduct the therapy supervised by licensed speech-language pathologists for both parts of the program.

"Our clinic provides speech/language services, such as therapy and evaluations to clients of all ages and with varying disorders in the East Texas area. We see at least 60 clients per semester," said Deena Petersen, director for the Stanley Center for Speech and Language Disorders at SFA. "We are excited to offer the Speak Out! and Loud Crowd therapy for the second year to help those with Parkinson's speak with intent."

For more information, contact the center at (936) 468-7109.

Math building's new name honors donors

By Isabell Tenorio
Opinions Editor

The new name for the Math Building is now the Roy E. and Linda Bush Mathematical Sciences Building. It was recognized during a naming ceremony at 1:30 p.m. on Friday, April 29, in the Math Building.

The namesakes were married. Roy E. Bush was an alumnus for SFA who graduated with a degree from the college of science and mathematics. After graduating, Bush worked in the oil and gas industry and served in different leadership roles in companies such as Conoco and worked overseas in Egypt and Italy.

Linda Bush had a degree in accounting from LSU and started her career in the gas and oil company as well. She later transitioned into a career in real estate and worked in Houston, Austin and New Orleans, Louisiana.

The couple had met with Executive Director of Development Trey Turner in 2015 at an Alumni Association event held at SFA.

"During a visit at their home in Austin, they revealed to me their desire to create a scholarship for students pursuing degree in mathematics," Turner said. "After touring them around campus, introducing them to members of the university's administration and showcasing the transformative experiences SFA offers students, their fondness for SFA grew, and they decided to create an endowment that would positively impact countless future Lumberjacks."

Mr. Bush passed away on August 13, 2018 after living with Alzheimer's. Mrs. Bush wanted to honor his name and talked with Dean of the College of Sciences & Mathematics, Dr. Kimberly Childs, about doing so.

"We talked a lot about different things that were going on within the college," Childs said. "What we settled on is she really wanted a broad stroke impact in honor of her husband. And so, we finally settled in on naming the building... that way it covers the

"After touring them around campus, introducing them to members of the university's administration and showcasing the transformative experiences SFA offers students, their fondness for SFA grew, and they decided to create an endowment that would positively impact countless future Lumberjacks."

—Trey Turner

areas in which he was interested in."

Even in his condition, Mr. Bush wanted to make sure the campus would be able to help students well into the future.

"Working with Roy and Linda in the formation of their gift was a wonderful experience," Turner said. "It is gratifying to work with generous people who have a passion for positively changing lives through education. It was also rewarding because it afforded me the chance to get to know Roy before his passing in 2018," said Turner.

After the naming ceremony, the building next to the Ralph W. Steen Library will no longer be just the Math Building.

"We're just glad to have ... a former student to come back and want to be a part of our community by naming a building," said Chair and Professor of the Department of Mathematics and Statistics Dr. Lesa Beverly.



SFA celebrates the renaming of the mathematics building to the Roy E. and Linda Bush Mathematics Sciences Building. As the ceremony ends, the audience contemplate the newly added names to the building.



Photos by LaShauna Bell/ The Pine Log

Linda bush smiles for a photo as she stands with a plaque describing the new building's namesakes. Her late husband, Roy E. Bush, passed away in August 2018.

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Seven SFA professors earn Teaching Excellence Award

By Raquel Torres
Editor-in-Chief

An award ceremony to honor seven professors on campus who were awarded the Teaching Excellence Award for 2019 was held April 4 in the Baker Pattillo Student Center Twilight Ballroom.

Dr. Deb Scott of the College of Fine Arts, Dr. John Mehaffey of the Arthur Temple College of Forestry and Agriculture, Dr. Mark Montgomery of the James I. Perkins College of Education, Dr. John Pruitt of the College of Liberal and Applied Arts, Dr. Matthew Beauregard of the College of Sciences and Mathematics, Dr. Jason Reese of the Nelson Rusche College of Business and Jackie Rosenfeld of the School of Theatre are all recipients of the award that acknowledges performance in the classroom.

Montgomery came to SFA in the fall of 2015. He said that throughout the years he's spent here, he's glad to have been able to provide new opportunities to his students. Although he was surprised to receive the award, he said he is humbled.

"Being that selection is humbling because of the knowledge and

expertise of the other candidates," Montgomery said. "I believe that working in such a dedicated department and college, full of amazing educators, makes me want to be better at what I do every day."

Beauregard has taught at SFA for four and a half years. Although, he said he has a lot to learn, his teaching style is best described as innovative and changes as he sees fit. From technology to inquiry- based learning, Beauregard's goal is long-term professional success.

"My department has some of the most innovative teachers that I have ever met," Beauregard said. "For instance, this past semester our chair, Dr. Lesa Beverly, put together a single PDF of innovations that our faculty are implementing into their courses. Over 30 faculty members contributed, and the document was 27 pages long. The mathematics and statistics department is passionate about teaching, and this award that I am receiving is recognition not of myself, but of our entire department's unified and collective passion for teaching."

See AWARD on Page 7D



Photo by Caroline Metersky/ The Pine Log

Recipients of the 2019 Teaching Excellence award: (from left) Dr. Matthew Beauregard, Dr. Jason Reese, Dr. Mark Montgomery, Dr. John Mehaffey, Jackie Rosenfeld, Dr. Debra Scott and Dr. John Pruitt.

ROTC rappels down library



Photo by Katie Harris/ The Pine Log

ROTC students rappel down the Ralph W. Steen Library. Music from speakers blared and could be heard throughout the campus as the cadets yelled and supported each other before they made the initial jump. The cadets used this as a time to practice their skills.

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Undergraduate research opportunities available

By **Meaghan Morton**
Contributing Writer

Undergraduate research opportunities await qualified and willing SFA students with projects ranging from breathable athletic fashion to finding a solution to control invasive fish species.

According to the Office of Research and Sponsored Programs website, SFA has adopted “high-impact practices to enhance student learning” as part of the Quality Enhancement Plan. This includes hands-on learning in the field, in a lab or working with technology. At the end of the research period, students may put this experience on their résumé and in some cases receive a stipend for participating.

Dr. Pauline Sampson, dean of research and graduate studies, said there is a campus-wide initiative for undergraduate research that was implemented when the University’s strategic plan, “SFA Envisioned”, began in 2015.

“Undergraduate research and creative discovery is under the overarching goal of transformational experiences,” Sampson said. “But it also will impact the fostering academic and co-curricular innovation [supporting goal] as undergraduate research and creative discovery has proven to increase the retention of students.”

The Arthur Temple College of Forestry and Agriculture and departments of human services, chemistry and biochemistry, physics and astronomy, and psychology are among the many areas that have undergraduate research in progress. According to documents provided by Sampson, nearly 2,000 participants volunteered to participate in the psychology department’s research programs, generating more than 6,000 hours of research credit hours.

The Undergraduate Research Conference is a competition

showcasing work from SFA’s six colleges and other colleges in East Texas. According to the University website, the event includes presentations and performances by seven top undergraduate scholars, as well as a ballroom session of poster presentations by

student finalists. A committee of SFA faculty members evaluate submissions and choose the winners.

During the summer, Ennis junior Sarah Boone, Riesel senior Harley Conaway, Sadler senior Thomas Griffin and Dr. Matthew Beauregard, associate professor in the Department of Mathematics and Statistics, can be found on the third floor of the Math Building working on a simulation in an attempt to find a population control solution for an invasive species of fish.

“There’s an eradication strategy for an invasive species of fish and right now we are modelling that strategy to test its effectiveness before they use it in reality,” Conaway said.

The three students are from a field of 18 applicants.

“Each [participating student] has different proclivities and different talents, and when it comes to any types of research you have to have some sort of kind of commonality between the team, but also certain talents to bring to the table,” Beauregard said. “All three are really well organized. All three are really well adept at being creative, innovative... but all three are some of our best students in mathematics.”

Beauregard said it is best to apply for research opportunities early, to have reference letters and to plan ahead.

Boone, Conaway and Griffin all said their research has taught them more than what a class could offer. The team will present its research at the University of Oklahoma in late September at the Society for Industrial Applied Mathematics Central State Section meeting.

Students from the Arthur Temple College of Forestry and Agriculture have opportunities for both internships and undergraduate research.



Photo by Meaghan Morton/ The Pine Log

Pictured from left: junior Sarah Boone from Ennis, senior Harley Conaway from Riesel and senior Thomas Griffin from Sadler are working on a simulation attempting to find a population control solution for an invasive species of fish, along with Dr. Matthew Beauregard, professor in the Department of Mathematics and Statistics.

“Undergraduate research is part of the DNA and how we engage students in the learning process at the Arthur Temple College of Forestry and Agriculture,” said Dr. Matthew McBroom, associate dean and professor in the college. “We could not be as effective in engaging our students in a learner-centered environment without the undergraduate and graduate research components integrated into our curricular and co- curricular instruction.”

McBroom has received research grants for monitoring water quality and quantity for streams and reservoirs in the East Texas region for the Environmental Protection Agency and the Texas Commission on Environmental Quality permit compliance. He employs undergraduates to collect weather and climate data and conduct field research into ecohydrological processes.

Nina McCallum, junior from Katy, said she has mostly been involved with testing the water in the SFA Ag Pond.

“This past year my group was a finalist in the Undergraduate Research Conference for testing oil and grease movement throughout the Ag Pond before and after rain events,” she said. “For this next conference, my partner and I are testing E. coli and metal levels of the sediment and water of the SFA AgPond.”

“Undergraduate research has helped me learn a lot about what I want to specifically pursue with my major, and it has helped me gain a more in-depth understanding of the material I have learned in class by experiencing it hands-on and not just through a lecture.”

AWARD: Faculty reflect on teaching

From Page 6D

Rosenfeld attributes her success to the teaching mentors she’s had throughout her education. Her secret to success is to treat teaching as a conversation, working hard and creating a classroom where everyone feels welcome and excited to contribute.

“In addition to teaching our course content, we are also teaching our students how to be adults and grow into the people they want to become,” Rosenfeld said.

Reese started teaching at SFA in 2014. He focuses on solving industry problems through critical examination of case studies and brings case studies to the class shortly after presenting a new idea to students. The studies cause the students to think critically about industry-related

problems and try to find innovative solutions.

“Education is the path to improving people’s lives,” Reese said. “To me, a business teacher, that means not only improving the lives of the students I teach but improving the lives of the people my students encounter later in their careers.”

Scott, professor of trombone, said she focuses her teaching primarily on her students and is glad to be able to meet with them individually so often.

“I want students to feel as comfortable as possible,” Scott said. “In a performance environment, they must not develop anxiety about what they are doing. However, they know that I have high expectations and will not let them do less than what they are capable of.”

Mehaffey said the students in his classes are the most important thing to him.

“I have discovered most struggles come from having no real-world example or application to their current situation, but you must take the time to understand the situation,” Mehaffey said. “My most successful students know that I get them. They can come to me for advice, learning and instruction on almost any topic.”

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Freshman’s Guide to the Office of the Registrar

Welcome to Stephen F. Austin State University. The next four to five years will be some of the most exciting and challenging years of your life to date, and the registrar’s office wants to help you make the most of them! Here is a quick guide to familiarize you with the services our office provides:

FERPA Forms

The Family Educational Rights and Privacy Act states your parent’s rights to your educational records ceased when you enrolled at SFA. You may, however, have a parent who pays your bills or makes calls on your behalf. If this is true for you, then you need a student information release authorization form, which allows our office to work with your parents and to share your educational record. Authorization forms can be signed in the registrar’s office, located in Room 201 of the Rusk Building. Be sure to bring a driver’s license or picture identification.

Registration

Registering for classes can sometimes be a very confusing process for new students, so we have tips to help. First, pay attention to registration dates, which will include when registration starts and ends. You’ll also want to learn how to register online. To find your registration dates and for an online registration tutorial, visit us at sfasu.edu/registrar/399.asp. If you need further assistance in registering, then you may call our Registration Help Desk at (936) 468-1370, 8 a.m. to 5 p.m. Monday through Friday.

Classes Dropped for Non-Payment

Be sure that *some form* of payment has been submitted to the Business Office before your first class day. A partial payment will secure your spot in class and ensure that you don’t log on to mySFA to find a blank schedule of classes.

Dropping Classes

If you are feeling bogged down and are considering dropping a course, keep in mind that you are not permitted to drop more than six courses during your *entire* undergraduate career, including transfer courses. Dropping courses also may cause you to lose your financial aid, affect your medical and/or other insurance, and affect your academic status. Deadlines for dropping classes are found at sfasu.edu/registrar/170.asp.

Requesting Transcripts

The easiest way for freshmen to request a transcript is by visiting the registrar’s office in person. All that is required is a photo ID and about four minutes of your time.

Registration/Transcript Holds

Sometimes you will notice that you aren’t able to register or receive a transcript because of holds on your account. Registration holds must be cleared before you are able to register. If you need help understanding your holds, call our office at (936) 468-2501, or check mySFA for hold information.

Proving Good Grades for Insurance Purposes

You may qualify for a Good Student discount if you have commendable grades. Your transcript will reflect those good grades. Contact your insurance agent for further details to see if they carry such a policy.

Verifications for Insurance Purposes

Students often need to prove they are enrolled in college in order to stay on their parent’s insurance policy. This is why you might need a verification of enrollment. You can get a verification of enrollment through mySFA, call the Verification Department at (936) 468-2379, or stop by the Rusk Building, Room 202, with a picture ID during normal business hours.

Forgotten mySFA Username and Password

If you need help with your mySFA username and/or password, call mySFA help at (936) 468-7277. Having a hard time remembering your password might indicate that your number needs to be changed to something more memorable. You can easily change your password through your mySFA account. Follow these easy steps: on the mySFA login screen, click “Forgot Password?” then “Change My Password.” We also highly suggest you set up security questions the next time you log in to mySFA so that you can retrieve your password when needed.

The registrar’s office hopes this guide was presented in a fun and easy-to-read format. It is our desire to serve you the best way possible and to reduce any stress you may experience during your first year at SFA. All fun aside, we will now close our guide with some legal information that you need to know.

ANNUAL NOTIFICATION TO STUDENTS

The Family Educational Rights and Privacy Act affords students certain rights with respect to their education records. These rights are:

1. The right to inspect and review the student’s education records within 45 days of the day the university receives a request for access. Students should submit to the registrar, dean or head of the academic department [or appropriate official] written requests that identify the record(s) they wish to inspect. The university official will make arrangements for access and notify the student of the time and place where the records may be inspected. If the records are not maintained by the university official to whom the request was submitted, that official shall advise the student of the correct official to whom the request should be addressed.
2. The right to request the amendment of the student’s education records that the student believes is inaccurate or misleading. Students may ask the university to amend a record that they believe is inaccurate or misleading. They should write the university official responsible for the record, clearly identify the part of the record they want changed, and specify why it is inaccurate or misleading. If the university decides not to amend the record as requested by the student, the university will notify the student of the decision and advise the student of his or her right to a hearing regarding the request for amendment. Additional information regarding the hearing procedures will be provided to the student when notified of the right to a hearing.
3. The right to consent to disclosures of personally identifiable information contained in the student’s education records, except to the extent that FERPA authorizes disclosure without consent. One exception, which permits disclosure without consent, is disclosure to school officials with legitimate educational interests. A school official is defined as a person employed by the university in an administrative, supervisory, academic, or support staff position (including law enforcement unit and health staff); a person or company with whom the university has contracted (such as an attorney, auditor or collection agent); a person serving on the Board of Trustees; or assisting another school official in performing his or her tasks. A school official has a legitimate educational interest if the official needs to review an education record in order to fulfill his or her professional responsibility. Upon request, the university discloses education records without consent to officials of another school in which a student seeks or intends to enroll.
4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by the university to comply with the requirements of FERPA. The name and address of the office that administers FERPA is:

Family Policy Compliance Office
U.S. Department of Education
400 Maryland Avenue, SW
Washington, DC 20202-5901

Available for download at studentprivacy.ed.gov/file-a-complaint

The following items are considered **DIRECTORY INFORMATION** by the university and the university may disclose any of these items without prior written consent, unless the student notifies the registrar by completing a Request to Prevent Disclosure of Directory Information form in the registrar’s office, located in Room 201 of the Rusk Building.

- A. name
- B. all addresses, including university issued email address
- C. all telephone numbers
- D. major field of study
- E. academic classification
- F. participation in officially recognized activities and sports
- G. weight and height of members of athletic teams
- H. dates of attendance and enrollment status
- I. degrees and awards received
- J. previous schools attended
- K. photograph
- L. class roster (not the student’s class schedule)

For additional information regarding the Family Educational Rights and Privacy Act of 1974, contact the registrar’s office, or access the web at sfasu.edu/registrar.

Lynda Langham, Registrar

Hours: 8 a.m. to 5 p.m. Monday through Friday
Location: Rusk Building, second floor
Mailing Address: P.O. Box 13050, SFA Station
Nacogdoches, TX 75962
Phone: (936) 468-2501 • Fax: (936) 468-2261 or (936) 468-7638
Email: registrar@sfasu.edu

SPORTS

Page 1E

The Pine Log

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TRACK AND FIELD

■ The Ladyjacks earned their ninth Southland Conference Indoor Championship in Birmingham, Alabama, last year.

Volleyball



■ The SFA Volleyball Team received the AVCA Team Academic Award for the 2018-19 academic year. Read more on Page 3E.

MEN'S BASKETBALL

■ The Lumberjacks will take on 11 different teams in non-conference action late this fall. The season opener is scheduled for Nov. 6 vs. LeTourneau.

FOOTBALL

■ The first home football game will start at 6 p.m. Sept. 7 at Homer Bryce Stadium. The Jacks will face the Tarleton State University Texans.



Carthel hopeful for successful football season

By Deanna Swindell
Sports Editor

This could be the comeback season the Lumberjack fans have been waiting for.

For the past couple of seasons, the Stephen F. Austin football team has struggled. Last season, it went through an obstacle having to adjust to interim head coach Jeff Byrd. The team was only able to get two wins under Byrd—one against Abilene Christian University, 24-21, and another against Houston Baptist University, 42-14.

After the end of the season, SFA announced Colby Carthel as the new head football coach for the 2019-20 season. Carthel was the head coach at Texas A&M Commerce for six years and in those years, he won the 2017 NCAA Division 2 Football National Championship.

Since the hiring of Carthel, the athletics department hired Matt Storm as the offensive coordinator, Scott Power as the defensive coordinator and Josh Stoner as the director of sports performance.

SFA football was also the third-best recruiting class among all Football Championship Division institutions and the best recruiting class in the Southland Conference. Carthel signed 31 new recruits in February for National Signing Day and four other recruits throughout the summer in preparation for the

fall season.

At the 2019 Southland Media Day in Houston, Carthel said several recruits chose to leave. He said, “We are bringing in about half of what we had when I first walked on campus plus the recruits we had.... There’s a lot of transition that has happened in our program, and that’s not easy for coaches, their families or players.”

One of the signees to look out for is Defensive Tackle Carl Williams. At 6’2” and 356 pounds, Williams committed to SFA after receiving 12 offers including Oklahoma,

released in March. The Lumberjacks will play a total of 12 games, nine SLC games and four home games. Their first matchup is against Baylor at 6 p.m. on Saturday, August 31 at McLane Stadium in Waco. The game will be live streamed on ESPN+.

The rival game against Sam Houston State University in the 94th Battle of The Piney Woods is at 3 p.m. on Saturday, October 5 at NRG Stadium in Houston. Another rival game is against Northwestern State University as the 54th Battle for Chief Caddo at 6 p.m. on Thursday, November 21 in Turnip Stadium in Natchitoches, Louisiana.

Returning players who have continued to make an impact for SFA football include senior wide receiver Tamrick Pace who was named to the 2019 Preseason All-Southland Conference Second Team Offense. In his junior year, Pace completed a total of 42 passes for 623 yards and scored seven touchdowns.

Senior safety Alize Ward also returns to play for SFA. Ward was named to the 2019 Preseason All-Southland Conference Second Team Defense. Last season, Ward had a team high total of 36 solo tackles.

Carthel said, “The reality is, we’ve got a tough job ahead of us. It’s an uphill climb, but we’re going to put our best foot forward every single day.”



Top, several Lumberjack football players listen intently to their coach during a timeout last season. (By Danielle Sanchez). Left, new SFA head football coach Colby Carthel takes questions from the local media after his introductory press conference. (By LaShauna Bell). Carthel is preparing for his first season at the helm of the Lumberjack Football Program.

OPINION: Ladyjacks prove themselves worthy of support



Deanna Swindell
Sports Editor

There was a lot of success for the Ladyjacks at SFA in the last year. I’m not saying that the men’s teams didn’t have any success because they did, but the support the Ladyjacks received compared to the men’s teams was too low.

Allow me to explain. The Ladyjacks volleyball team went undefeated throughout the entire 2018 Southland Conference season and had a 32-3 overall record. They were also in the first round of the NCAA tournament where they faced the University of Texas. The bowling team won the NCAA national title for the second time in program history.

Soccer was also able to make it to the final of the SLC tournament against Abilene Christian University. The Ladyjack track team won the indoor SLC Championship and sent several athletes who competed and placed in the outdoor NCAA tournament.

Although the Ladyjacks have proved their dominance in the conference, the stigma that female sports aren’t as exciting as male sports still exists. Not surprising, the attendance for the Ladyjacks basketball games as significantly lower, even for doubleheaders at William R. Johnson Coliseum.

In the final season game in which both teams played against rival Sam Houston State University, the game attendance for the Ladyjacks was 3,611 while the Lumberjacks had 5,464. In those games, the Ladyjacks dominated the Bearkats in

overtime and outscored them 10-2. The Lumberjacks had a slight redemption from their meetup earlier in the season but were unable to keep up their momentum in the second half and lost 68-57.

I’m not going to lie, when I first watched the Ladyjacks basketball team—which I watched online—I did not think they were as exciting to was as the men’s team. When I went to a live game, I was proved wrong.

But if I had to choose a team that I had the most fun writing about, it would have to be the volleyball team. The volleyball games were some of the most exciting games I ever went to. Covering the games, I was not supposed to cheer, but the team made that difficult because by the end of the game I was up on my feet with the rest of the crowd.

The volleyball team does get a lot of supporters who fill up Shelton Gym. But a Southland Conference winning team deserves a bigger gym to play in and a lot more people coming out to the games. The same goes for the bowling team who were not only SLC Champions but National Champions. Some of the SFA community did not even know that the bowling team existed even when there was coverage on them.

As a sports fan, I love to keep up with as many sports as possible. I think it is also important for students, especially incoming freshmen and transfers, to know about our sports and support them. It’s also a way for students to be involved, spend time with other students, or even as a stress reliever or a break from their studies.

This column was not to say that the men’s teams are not deserving of your support because they are. It was to say that the Ladyjacks have as much athleticism and put in as much work and effort. All teams proudly represent SFA and continue to be great student athletes.

Bowlers make striking appearance in championship

By Nathan Wicker
Contributing Writer

In 2009, SFA introduced its fans to a brand-new sports program—bowling. Ten years later, fans gathered in the plaza to celebrate one of the most successful programs in SFA’s history as they brought the school its second national championship.

On April 13, The Ladyjacks battled and conquered No. 1-ranked and 2018 national champion, Vanderbilt, in the championship match to bring home the trophy. Dakotah Hazlewood bowled the final strike to clinch the win for the Ladyjacks and immediately grabbed the trophy and celebrated with the team.

“After the strike I couldn’t get back to my team fast enough,” Hazlewood said. “It’s something that you’ve worked so hard for. Bowling is definitely a sport that runs all year long. It’s literally sun up to sun down two semesters long, and we’ve worked so hard for it and we got to experience winning together.”

“We were very emotional. It’s a happy and exciting time, but personally, I think I was honestly shocked and speechless that we had done it, because we were so underestimated,” said Paige Beeney, senior bowler. “It felt good to prove everyone that we belonged to be



Photo by SFA Athletics

SFA bowling takes the trophy at the NCAA championship in Ohio. The team beat No. 1-ranked and 2018 National Champions, Vanderbilt. The Ladyjacks had to battle through No. 4-ranked Sam Houston, No. 2 McKendree and No. 8 Maryland-Eastern Shore.

called champion.”

To begin the tournament, the Ladyjacks faced off against Prairie View A&M in the opening round in Houston. After a 2-0 victory, the team made their way to the eight-team championship bracket held in Wickliffe, Ohio.

“It’s definitely a grind and wore on us pretty hard because it was do-or-die at that point,” Hazlewood said.

In the championship bracket, the Ladyjacks had to battle through No. 4-ranked Sam Houston, No. 2 McKendree

and No. 8 Maryland-Eastern Shore before the championship game against Vanderbilt.

“We were really underestimated this year, teams set us aside, but in our minds, we had nothing else to lose. We were the underdogs,” Beeney said. “I think the play-in was actually an advantage because it got us in the right mindset of do-or-die, lose and go home or win and advance.”

See BOWLERS, on Page 2E

Bogues beats buzzer, Jacks win 61-60



Photo by LaShauna Bell/ The Pine Log

A memorable game from basketball season: Shannon Bogues celebrates after shooting a game-winning 3-pointer with seconds left in the game. SFA won against Abilene Christian University 61-60 on Jan. 23.

BOWLERS: ‘After the strike I couldn’t get back to my team fast enough...’



Photo by Garrett Uhl / The Pine Log
Members of the bowling team celebrate their win in the Baker Pattillo Student Center Plaza. Members of the community and SFA showed up to take part in the festivities for the team.

From page 1E

For Hazlewood and Beeney, raising a national championship trophy is a familiar feeling, as the two are the only remaining players from the 2016 championship team. The two stand as the only two-time national champions in school history.

“We both worked so hard all four years, so to say that we are two-time national champions has a really nice ring to it,” Beeney said. “It was a great way to start and end our career, so I think we’re really proud.”

Hazlewood and Beeney both collected All-American accolades with Hazlewood selected as All-American First Team, and Beeney gained Honorable Mention. Beeney was named the NCAA Tournament MVP, and Hazlewood was named to the All-Tournament Team.

“There’s not a lot of people who can say they’ve won a national championship let alone be able to say they’ve won two,” Hazlewood added. “It’s a cool feeling that I can take with me for the rest of my life. We accomplished something massive, and I’m glad we were able to take the rest of our team with us so they can experience it as well.”

Head coach Amber Lemke has made a profound impact on the bowling program in her six years at the helm, molding it into one of the elite bowling programs in the nation. The accomplishment marks the second team she

has led to winning the national championship.

“I feel like nothing will ever take the place of the first [national championship team], but I think this group had to work extra hard for this to happen,” Lemke said. “We had a really slow start at the beginning of the year, so we knew we had a lot of work to put in to get there in the first place. So, for this to be the outcome at the end makes it even better because it was extra hard work that had to go in to get here.”

Upon returning to Nacogdoches, the Ladyjacks were welcomed home as champions by the SFA and the community. On April 23, hundreds of people gathered in the plaza to celebrate the moment.

“SFA has done a really good job of making people understand how big of a deal [the championship] is,” Lemke said. “It’s bringing a lot of recognition to the city and to the school, and obviously our main goal has always been to represent SFA and representing them the best we can.”

Hazlewood said, “It’s definitely encouraging, and I think the support we’re getting is great because it’s letting other people know that bowling is real and intense.

“Having that encouragement and support has meant the world to us because we feel it. Even when we’re thousands of miles away, we feel that encouragement and support,” Hazlewood said. “It helps push us along, and we want to do this for us and for our community back at home as well.”

Ladyjacks will open soccer season Aug. 23 in SC

SFA Soccer head coach Wally Crittenden recently announced the release of the full 2019 schedule, containing a total of 19 matches played across a four-month span. Ten of the matches take place at SFA Soccer Field while seven are true road contests and one is a neutral-site game. The schedule also contains a road exhibition against Louisiana-Monroe on Aug. 16.

“We are really excited about this year’s schedule as we get to play several great opponents here at home in front of our fans, and we open in Charleston, South Carolina, against two great teams that routinely compete for championships and postseason berths,” said Crittenden. “Coming off of a tremendous postseason run and spring semester run, this will be the first upperclassmen-driven team we have had in several years. I am really excited to watch our squad when they take the field come August.”

In Crittenden’s seventh season at the helm, the Ladyjacks will first head east to Charleston, South Carolina, where they will face the College of Charleston on Aug. 23 in the season opener. Two days later on Aug. 25, the Ladyjacks square off with UNC-Wilmington in a neutral site game at the soccer stadium at Patriot’s Point.

Following that trip, SFA returns home to begin a seven-match homestand beginning on Aug. 30 against Southern. Big 12 opponent and Lone Star State foe Texas comes to town on Sept. 6, followed by Texas Southern on Sept. 8. SFA closes out the non-conference slate with

home matchups against LSU-Alexandria on Sept. 13 and University of Houston on Sept.15.

For the sixth-straight season, the Ladyjacks will open conference play against rival Northwestern State, in a match scheduled to take place on Sept. 20. Following that, the Jacks host Texas A&M-Corpus Christi on Sept. 27 and Houston Baptist two days later on Sept. 29.

Back on the road to begin October, the Jacks will first travel to Beaumont on Oct. 4 to take on Lamar, before a quick jaunt over to Lake Charles, Louisiana, on Oct. 6 to face McNeese. A matchup with 2018 regular season champions Central Arkansas awaits the ‘Jacks in Conway on Oct. 11 in a single-game week, followed the final two home games of the 2019 schedule against Nicholls and Southeastern Louisiana on Oct. 18 and 20, respectively. Following those games, the Ladyjacks close out their regular season schedule with road tilts at Abilene Christian (Oct. 25), Incarnate Word (Oct. 27) and rival Sam Houston State (Nov.1).

The Southland Conference Tournament is scheduled to take place in Conway, Arkansas, Nov. 6-11 at the Bill Stephens Track/Soccer Complex. SFA is tied with Southeastern Louisiana for the most tournament appearances in the conference, with 20, and made waves last season as the tournament’s first ever seventh seed to advance to the title game, upsetting the second and third seeds along the way.

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CMYK

A pair of 2019 NCAA Tournament participants, premier road games against foes from the ACC, Big Ten and the SEC, as well as seven home dates, highlight the 2019-20 SFA men's basketball non-conference schedule.

In all, the Jacks are set to take on 11 foes in non-conference action through the months of November and December with their first four contests taking place inside venerable William R. Johnson Coliseum. SFA's season opener is set for Nov. 6, when the Jacks battle LeTourneau. From there, three NCAA Division I foes from three different states pay a visit to Nacogdoches

when North Carolina Central (Nov. 9), Niagara (Nov. 13) and Drexel (Nov. 16) travel to Texas' oldest town.

A stretch of three consecutive road contests in three different states awaits the Jacks following four-straight at home to open the season. SFA travels to Rutgers (Nov. 20), Duke (Nov. 26) and Arkansas State (Nov. 30) where they will play each of those opponents for the first time in program history before heading back to Nacogdoches.

SFA's four remaining non-conference tilts come in December, the first of those against Arlington Baptist (Dec. 2) at home. From there, the Jacks'

final road trip in 2019 sends them to Tuscaloosa, Alabama, for a showdown with Alabama (Dec. 6). SFA's lone bout with an SEC foe is a return trip after the Crimson Tide came to Nacogdoches in December of 2018.

Once they return from Alabama, SFA will close out its non-conference slate at home by hosting Louisiana-Monroe (Dec. 14) and Paul Quinn (Dec. 28).

For complete coverage of SFA men's basketball this season, make sure to visit SFAJacks.com—the official home of SFA athletics—and follow the Jacks on Facebook (SFA Men's Basketball), Twitter (@SFA_MBB) and Instagram (@SFA_Athletics).



Photo by Garrett Uhl / The Pine Log

Armelle Cerdan swings in a 5-2 win over Nicholls State in March.
The Ladyjacks' 2019-20 tennis season will get underway in September.

In an announcement made by the American Volleyball Coaches Association, the SFA volleyball team found itself on the receiving end of the AVCA Team Academic Award for the 2018-19 academic year.

The Ladyjacks are one of 189 NCAA Division I volleyball teams - and one of 1,126 teams in total - who claimed the AVCA Team Academic Award which has been doled out annually since 1992-93 to teams that maintain a 3.30 GPA or better during the academic year. SFA is one of 10 Southland Conference volleyball teams who picked up the AVCA Team Academic Award for 2018-19.

For the year, the Ladyjacks posted a team GPA of 3.41 while constructing one of the greatest seasons in the history of

the program. SFA captured its 10th regular season Southland Conference title by going a perfect 16-0 in league action. Those 16 consecutive league wins represented a part of a 29-match winning streak for SFA - a run that was the longest in the nation.

SFA also made a return trip to the NCAA Tournament by winning the Southland Conference Tournament for the first time since 2006. In all, the Ladyjacks posted a 32-3 record while establishing a program record for single-season winning percentage.

With the announcement, SFA has now been the recipient of the AVCA Team Academic Award on nine separate occasions since its inception. Prior to this season, the Ladyjacks last brought home the award in the summer of 2013.

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Ladyjacks earn championship



Courtesy photo

The Ladyjacks captured their ninth Southland Conference Indoor title at the SLC Indoor Championships in Birmingham, Alabama. The Ladyjacks finished the competition with 141 points, 56 points higher than runner-up Northwestern State. The Ladyjacks had a total of four event winners in the competition: Kelsey Ramirez in the Women's mile run, Imani Nave in the Women's 400-meter dash, Madison Compass in the 800-meter and Brittany Innis in the Women's 3,000-meter. Other notable finishers were Jillian Turner, who took home second in the 60-meter hurdles, and the women's 4x400-meter relay team, which finished third. The men's track and field team finished in sixth place with an overall score of 57.50 points. Drake Murphy placed first in the men's 800-meter event.

Lumberjacks picked ninth in SLC poll

The 2019 Southland Conference Football Preseason Poll was unveiled in late July by the league office in conjunction with the conference's annual media day in Houston, and the SFA football program has been picked to finish ninth. Voted upon by the Southland's head coaches and sports information directors, the Lumberjacks received 63 points and were chosen ahead of both Northwestern State and Houston Baptist.

SFA edged the Demons by seven points (56) and were voted well ahead of 11th-place Houston Baptist (21).

Reigning conference co-champion Nicholls was picked to finish atop the league once again after gaining 20 first-place votes and collecting 200 points. The Bears of Central

year, the Jacks earned a victory over ACU with a 24-21 home triumph (Sept. 22) and also notched a dominant 42-14 road win at Houston Baptist (Oct. 20). SFA was picked sixth in each of the last two Southland preseason polls.

NCAA Division II national champion head coach Colby Carthel took over the Lumberjack football program in December and is entering his first season leading the purple and white. With a championship pedigree and high expectations for the future of the program,

specialist.

Recently, a trio of SFA seniors were tabbed preseason All-Southland as placekicker Storm Ruiz was selected to the first team offense and wide receiver Tamrick Pace was placed on the second team offense. Safety Alize Ward garnered preseason All-Southland Second Team defense honors after claiming All-Southland Second Team accolades in 2018.

The 2019 schedule features 12 games for the Jacks with the season opener slated for 6 p.m. Saturday, Aug. 31, at the Big 12 Conference's Baylor in Waco, Texas. SFA will also take on Tarleton State at home (Sept. 7) and Southern Utah on the road (Sept. 14) in non-conference action before beginning its nine-game Southland schedule, which will start Saturday, Sept. 21 versus Nicholls in Nacogdoches. In addition to the 94th Battle of the Piney Woods inside NRG Stadium in Houston against Sam Houston State (Oct. 5) and the 54th Battle for Chief Caddo at Northwestern State in Natchitoches (Nov. 21), the Jacks will host McNeese (Oct. 26) for homecoming and Incarnate Word (Nov. 9).

Carthel, along with Ward and senior quarterback Jake Blumrick were recently in Houston for the Southland's media day, held at the Hilton Houston Post Oak. Fans interested in purchasing tickets for the 2019 SFA season can visit SFATickets.com or contact the SFA Athletic Ticket Office at (936) 468-JACK.

coach Carthel signed one of the finest recruiting classes in the nation after just two months in Texas' oldest town. SFA's 2019 signing class in February ranked as the third-best among all FCS institutions and the top in the league according to 247Sports. Furthermore, the Lumberjacks' signing class ranked ahead of a handful of FBS programs and a plethora of FCS powerhouses.

Returning for SFA are 41 total letter winners, including 17 on offense, 23 on defense and one on special teams. The Jacks welcome back a total of 18 starters from 2018 with eight returning on the offensive side of the ball, nine on the defensive side and one

Arkansas were chosen to finish second with 154 points, while 2018 Southland co-champion the University of the Incarnate Word (150) earned one first-place nod and was picked third.

Sam Houston State (146) was tabbed fourth in the preseason poll as Lamar (123) was chosen to finish fifth, McNeese (114) sixth, Abilene Christian (112) seventh and Southeastern Louisiana (71) eighth. The Wildcats were given the lone remaining first-place vote.

The Jacks are coming off of a 10th-place finish in the final Southland standings a year ago, when SFA posted a 2-7 league record and went 2-8 overall. For the third-straight

Sylvans win annual conclave in Louisiana

The SFA timbersports team, the Sylvans, claimed its third consecutive victory at the 62nd annual Association of Southern Forestry Clubs Conclave hosted last spring by Louisiana State University in Baton Rouge.

"This was the most talented and dedicated team I've seen since becoming the faculty advisor in 2012," said Dr. Jeremy Stovall, associate professor of forestry.

The team competed in a series of challenging academic and physical events against 13 other universities from across the South, including Clemson, Virginia Tech and Auburn.

Although physical events, such as crosscut sawing, axe throwing and log birling, an event in which two competitors run on a floating log with the goal of pitching an opponent into the water, take center stage, excelling in the academic events is a key point of pride for the Sylvans.

"The win in the academic competition really speaks to the strengths of our forestry program and the quality of our undergraduate students," Stovall said. "This win is coming in the same year our student chapter of the Society of American Foresters won the national quiz bowl and our student chapter of the Wildlife Society won the state quiz bowl."

As if placing first in both academic and physical events wasn't enough, two SFA students sealed their positions in Southern Forestry Conclave history by setting records in two physical events.

For the first time in the 62-year history of the Southern Forestry Conclave, Tyler Jones, a junior urban forestry major, threw a perfect score of 15 by hitting five consecutive bullseyes in the axe-throwing event.

"The axe-throw competition was a lot of fun, and my throws went by like a blur," Jones said. "Breaking the record at my first conclave was such a surprise."

Senior forest wildlife management major Ian Erickson then broke a 26-year record in the men's bowsaw event by cutting an 8-inch-square cant in 6.56 seconds.

The Sylvans also were awarded the Sportsmanship Award for the team's efforts in assisting Louisiana State University in executing the event, as well as for overall professionalism.



Courtesy photo

The SFA timbersports team, the Sylvans, claimed its third consecutive victory at the 62nd annual Association of Southern Forestry Clubs Conclave last spring.

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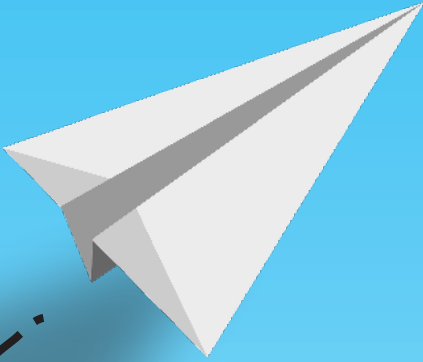
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SFA's Office of International Programs gives students the opportunity to travel across the globe to various destinations, not only gaining a unique education, but also plunging them into rich cultural experiences.

Contact us for more information about studying abroad:
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936.468.6604

SFA Spirit Teams win national title, place in several categories

Students attribute success to 200-plus hours of community and campus events throughout year

By Alyssa Faykus
Contributing Writer

The SFA Spirit Teams won five NCAA titles on April 5 in Daytona, Florida, including a national championship, making SFA Spirit Teams 30-time national champions.

The teams are made up of 73 members and won the national championship in pom dance, second in co-ed cheer, second in team performance dance, second in all-girl cheer and fourth in jazz dance.

T.J. Maple is in his 14th season of coaching with SFA and is coordinator for the spirit programs and cheer and dance coach.

“I want everyone to know how hard my students and coaches work,” said Maple. “It takes countless hours of sacrifice, practice, study hours, and fundraising to be able to do what we do and place so high. There isn’t another program like ours.”

The Spirit Teams attend 200-plus hours of football, volleyball and basketball games and other community and campus events throughout the year. Maple says this dedication to SFA is what makes his students “true champions.”

On top of appearances to campus and community events, the Spirit Teams work all year on their routines for nationals. Choreography is learned between November and March and routines last between two minutes and two minutes and 15 seconds.

Colten Matthews, a former cheer member and clinical mental health graduate student from Boerne has competed for four years with SFA Spirit Teams in cheer.

“There is nothing like competing with your best friends and teammates,” said Matthews. “The adrenaline rush is so real, and you have all the alumni and family there to cheer you on. Being a part of a team of such talented individuals makes me feel at home when I’m so far away from home. I love the programs and I’ve met my lifelong friends throughout my years.”

Emily Posey, senior rehabilitation services major, from Rowlett competed on the jazz and pom team this year.

“We were going for a lot of titles,” said Posey. “We tried to three-peat it obviously and TJ had been telling us that three-peating in a dance would be harder than winning in a dance for the first time because we literally had to give them no reason not to pick us.”

The pressure was on for all the teams, but especially the pom team trying for their third national title in a row.

“It was definitely a lot of pressure with it, but TJ’s expertise is in pom, so I think having him guide us through everything and his choreography is amazing as is. It was just amazing with all the hard work finally lift off of our shoulders it was just a relief to know that we actually did it and we broke the curse of not being able to three-peat because no one has ever done that before from SFA.”

Traveling with friends with friends was a highlight for Posey.

“Getting a group of 30 girls and five or six guys in a bus together is probably one of the most fun things to do. We are trapped in a bus with nothing to do but talk and laugh. We had rap battles and watched a bunch of movies and bonded on our way to Daytona.”



Photos courtesy of Robert Breitenstein

Asia Dove assists Emma Marrington in falling into the arms of the stunt group’s spotters as they warm up for their cheer performance in Daytona, Florida.



“I want everyone to know how hard my students and coaches work. It takes countless hours of sacrifice, practice, study hours and fundraising to be able to do what we do and place so high. There isn’t another program like ours.”

—T.J. Maple



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Photos by SFA Athletics

Bizzell takes the leap

Pole vaulter sets new personal record

By Deanna Swindell
Sports Editor

Achieving one goal means reaching for another. Kaylee Bizzell reached her goal within the first two years of pole vaulting at SFA, and has set a new goal for herself to reach new heights.

Bizzell, a Golden native, is a 21-year-old junior majoring in nursing. She recently set a new personal record at the Aggie Twilight meet, marking 13-feet and 8.5-inches and finished in first-place. The following week, she was named the Southland Conference field athlete of the week.

At the 2019 SLC Indoor Championship Tournament, Bizzell placed second, behind her teammate Nastassja Campbell, with a mark of 13-feet and 1-inch. As a sophomore, Bizzell won the SLC outdoor and indoor championship tournament in pole vaulting. She then placed

No. 38 in the NCAA Division 1 West Regional tournament with a mark of 12-feet and 4.75-inches.

In the seventh grade, Bizzell took on pole vaulting, and her uncle, who was a pole vaulter at SFA, coached her. She also worked with

Jeff Erickson who is an SFA volunteer assistant coach and the pole vault coach. She said that most of her family went to SFA and because she would practice with her uncle, she ended up coming to SFA.

"Nursing school has been extremely difficult to juggle

with track and field," Bizzell said. "So, it feels like that is my greatest accomplishment, keeping up with my grade."

Making friends is one of the best things Bizzell said she has done at SFA because all the women she made friends with, now live in the same

house and are also a part of the track and field team. One of those women is her long-time best friend Caitlin Lennon, who does multi-events. Bizzell and Lennon have known each other since they were in kindergarten.

"We're pretty competitive,"

Lennon said. "We did all the sports together and she had a big influence for me coming to SFA because her uncle went here so I decided to try it out."

At last year's SLC championships, Bizzell was not expecting to win either the indoor or outdoor

tournaments because she was behind on where her goal was set, and she had a few competitors ahead of her. She set a personal best at both tournaments and was extremely happy.

"I was very nervous," Bizzell said, talking about competing

"We've got a really strong pole vault program and she's right there at the top of it. She needs to break that 14-foot barrier and I think she will here in the next couple of weeks."
-Jeff Erickson, SFA Track and Field volunteer assistant coach and pole vaulting coach

Left: Kaylee Bizzell pole vaults at the Aggie Twilight meet, finishing in first place. Later she was named the Southland Conference field athlete of the week.

Right: Kaylee Bizzell is now a pole vaulter at SFA, but when she was in the seventh grade, her uncle, who is an SFA alumnus pole vaulter, coached her.

at the NCAA Regionals tournament. "I think there was like 40-something girls on the runway and there was so many great athletes there that I got a little stage fright. I didn't do as well as I was hoping to."

Bizzell's overall goal when she came to SFA was to jump 13 feet and because she managed to do that in her sophomore year, she said she hopes to jump 14 feet this year.

Erickson said that Bizzell has a good chance of making it back to the NCAA tournament.

"I think she will be an NCAA qualifier and maybe even an All-American next year," Erickson said. "We've got a really strong pole vault

program and she's right there at the top of it. She needs to break that 14-foot barrier and I think she will here in the next couple of weeks."

Erickson also mentioned how Bizzell is a great asset to the women's team. She is a great motivator to her teammates, but she also pushes herself to be a better athlete because of how competitive she is. Although he was disappointed with her performance at the SLC indoor championship this year, he has the same goals for Bizzell as she has for herself and knows she can reach them.

"Hopefully this year I know what's coming," Bizzell said. "I'll be ready for it this year."





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LMB Drumline provides ‘heartbeat’ for 300+ band members

By Raquel Torres
Editor-in-Chief

The 330-student SFA Lumberjack Marching Band has 26 members in the drumline, all of whom keep the beat going for the band during practices and performances.

Sterling Schlangenstein, senior biology major from Grand Prairie, was the student leader of the drumline last year. Schlangenstein oversees keeping the 26 people on beat and making sure they do not get lost.

“I really view my school work as well as my time spent with the drumline as my job right now,” Schlangenstein said. “The best thing for being able to handle both of these tests as well as personal life, is time management.”

According to Schlangenstein, preparation for the season begins a week and a half before school starts with an orientation to get LMB members ready for the performances. Throughout the semester, students attend band practice Monday through Thursday from 4 to 5:30 p.m., and the students in the drumline and leaders must arrive one hour early for

set up.

“The time commitment LMB asks for can take a toll on the students’ schedules since it requires near daily rehearsals and most weekends,” said Rick Gonzalez, bass drum player and sophomore music education

“I always tell the drumline members, ‘Be the example, not the exception.’ This means that the entire drumline needs to act like everyone is looking at us.”

—Sterling Schlangenstein

major from Harlingen. “This means that if you meet someone in the LMB, they are truly dedicated to something they love.”

For some band students, being a part of the LMB has had a great effect on their college life and has taught them life lessons.

“[The LMB] has taught me how to be comfortable in front of a large group of

people, especially my peers, discipline, and especially time management,” said Abbigail Ramsey, junior music education major from Prosper.

Along with the head band directors and drum major are student leaders throughout the band that make sure their section is the best they can be.

“I always tell the drumline members, ‘Be the example, not the exception.’ This means that the entire drumline needs to act like everyone is looking at us,” Schlangenstein said.

“We cannot afford to be messing around and goofing off. We need to be the example to show people how great we can be.” While the drumline is an important section, it works with the rest of the sections of the LMB to make one unified band. “We provide the pulse, the heartbeat and the drive behind the music on the field, but we would be nothing without the rest of the body, the rest of the LMB,” Schlangenstein said. “I know that the drumline is a very strong part of the LMB, but it is only one piece of the huge, complex, fired up puzzle that is the LMB.”



Photo by Caroline Metersky/ The Pine Log

Pictured (from left) are Lauryn Dean, Briley Peterson, Sterling Schlangenstein, Noah Richards and Alec Joffre, who are just five of the 26 members on the drumline in the Lumberjack Marching Band. Schlangenstein, who is the student leader of the drumline section, makes sure he and the other 25 members are the best they can be. The band practices from 4 to 5:30 p.m. Monday through Thursday in the Commuter Lot

SFA adds beach volleyball as i8th NCAA Division I sport

By Alyssa Faykus
Contributing Writer

SFA added beach volleyball to the list of NCAA sports offered at the university with its inaugural season beginning in the 2019-2020 academic year.

Adding a beach volleyball program was established through the Gender Equity plan that was approved in 2016, according to Ryan Ivey, director of athletics.

“The decision to add beach volleyball to our compliment of sport offerings was independent of the indoor team success,” Ivey said. “However, the success of our indoor program provides tremendous opportunities when it comes to recruiting and name recognition. The success of the indoor team is noticed throughout the collegiate volleyball world, indoor and beach.”

During its 2018 season, SFA’s indoor volleyball team had a 29 win streak, but was cut short on the opening round of the NCAA Tournament by the University of Texas Longhorns.

Later in the year, Alex Luna was announced as the head beach volleyball coach. Luna is a North Texas native who graduated from

University of Texas-Dallas with degrees in psychology and marketing. Luna played baseball, tennis and volleyball throughout his college career.

After graduation, Luna worked in marketing while coaching on the side. As time went on, Luna discovered his true passion was coaching and accepted a position at San Jose State in California as beach volleyball assistant and later, indoor volleyball assistant.

“It’s an awesome investment that the school is making,” Luna said. “We’re building four courts. This complex is supposed to have lights, bleachers, showers, water fountains, custom nets and pole pads. It’s going to be a private facility, so just for the beach volleyball program so it won’t be open to the public which is good. It allows us to preserve the courts to the standard which we need to be able to compete in the NCAA and host big events.”

These courts will be built near the kinesiology building and the rec center.

Luna is having to take a nontraditional approach to recruitment for SFA’s first season.

“All of the rules you have for the processes you go through as a recruiter and a coach get thrown out the window,” Luna said. “Typically,

you’d have a recruit on a visit, and you’d be able to show them what life is like as a student athlete in that sport. We’ve had recruits on campus already and I can’t introduce them to teammates, I can’t show them the facilities because they’re not done yet, I can’t show them the locker rooms because they’re not done yet, so it’s a way different recruiting game.”

Luna said he has to rely on the player’s relationship with him and the university. A recruit has to imagine their life in a program that does not yet exist.

“Even the faculty takes the time to meet with recruits and sell a program that doesn’t even exist yet,” Luna said. “All the support from the administration and the faculty coupled with Coach Humphreys (SFA indoor volleyball team head coach) and her experience and mentorship, it gives me a lot of confidence to say that I think this program can be really good and take off really fast and be a really fun new endeavor for everyone around here.”

With the formation of this sport, SFA will be adding a new venue.

“Beach is a completely different game than indoor and provides a laid-back atmosphere that engages multiple groups of people,” Ivey

said. “With beach being a spring sport, it provides another opportunity toward the end of the spring semester for people to enjoy our beautiful campus at one of the best times of the year.”

In its inaugural season, the beach volleyball team will use crossover athletes from the indoor volleyball team. Indoor volleyball is played in the fall and beach volleyball is played in the spring.

SFA’s beach volleyball team is in the Southland Conference. Starting in 2020 the SLC will officially sponsor the sport. By 2020 there will be a conference championship. Luna also hopes to play other schools not in SLC that are located in Texas, Louisiana, and the west and east coast.

“So much of the credit of the way this thing is being done should go to Coach Humphreys and what she’s doing with indoor,” Luna said. “She’s been and continues to be a really great mentor for me. I can’t tell you how much confidence it gives me to have the administration, the athletic director, Ryan Ivey, our academic staff, trained staff... everyone is on board.”



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NCAA BEACH VOLLEYBALL HISTORY

Getting its start on the NCAA scene by getting approved as an emerging sport for women in 2009, beach volleyball was originally called sand volleyball and by October of 2014 the sport had exceeded its original target goal of having 40 NCAA varsity programs. At that point, the sport was approved by Division I programs to be the NCAA’s 90th championship sport. In 2015, the NCAA officially changed the name of the sport to beach volleyball with the first NCAA Division I championship being held in 2016.

NCAA BEACH VOLLEYBALL RULES

In NCAA beach volleyball, two schools play five best two-out-of-three set doubles matches against one another, with the winner being the first to claim at least three of the contests. Teams are required to take part in a minimum of eight matches on a maximum of 16 playing dates. The majority of teams play 4-5 matches per weekend over a span of four weekend tournaments.

Just dance



Reaching up, the dancer controls her balance and points her toes in a graceful motion. SFA’s dance program showcased the Repertory Dance Company during its production of “Everything and Nothing... etc.”

Photo by Katie Harris/ The Pine Log



Dr. Alton W. Birdwell
SFA President 1923—1936

A Word of Welcome and Advice

Perhaps this is your first year in college. The whole atmosphere is different. There will be new privileges, new obligations, new duties. Your happiness will depend upon complete adjustment to the college environment.

We are glad you have chosen this as your college home. You are entirely welcome to Nacogdoches and to our beautiful campus. You will find a good place to work, and, therefore, a good place to grow. The equipment, the faculty, administrative machinery, exist for your benefit.

Hard study is your main business here, but you will make a mistake if you do nothing else. Try to remember that college is an important part of life. YOU MUST LIVE. In addition to your study, therefore, you should take an active part in one or more college activities. Try for the thing you enjoy doing. If you like sports, by all means go out for the college teams. Similarly the Band, the Choral Club, the Dramatic Club, the Debating League will make their appeals. Consider them. Make your choice of one or more of them.

Try to live joyously and abundantly.

Get your schedule of studies arranged quickly and wisely. Waste no time trying to find easy courses or easy professors. Neither exists. Disappointments lurk for those who hunt “snap” courses and easy work. Get under a grown person’s load and begin to do it from the first day. Remember you cannot make up for lost time.

Again, LIVE WORK, AND GROW — profit and happiness are sure to follow.

Sincerely,

A. W. Birdwell
1931

This advice was offered to students who entered SFA in the Fall Semester of 1931 by the University's first president, A. W. Birdwell. We believe it is as valid today as it was then.

Our Student Services Team is here to help you have fun and be successful.