

fall 2015

the magazine of Southern Adventist University

# columns

## Fostering the Curious Mind

Academic risk-takers find a home in the  
Southern Scholars program. Page 16

## Milestone Moments

On August 27, President Gordon Bietz and his wife, Cynthia, celebrated their 48th wedding anniversary. In honor of this special occasion, he used the semester's first convocation as an opportunity to present her with a rose for each of those years. Employees and students alike were all smiles at the heartfelt gesture. Cynthia then distributed the flowers to students so they could express similar sentiments to their own significant others. "I hope the love and joy of our relationship was spread across campus by this simple act of kindness from my wife," Bietz said. The day's convocation was made even more emotional as it represented the last time Bietz, in his final year as president, would lead out in the student dedication ceremony.



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October always brings members of the Southern family back to Collegedale. Find your friends in this photo collection!

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# columns

**Volume 67** **Number 2**  
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## youtube

Find the video links at [southern.edu/columns](http://southern.edu/columns).



In this video, student missionaries from Southern share why they served abroad and personal benefits gained as a result. To support the efforts of future student missionaries, visit [southern.edu/give](http://southern.edu/give).



"The Hideout" is a short film about a young girl finding courage to speak up after being abused by her favorite teacher. Directed by Daniel Wahlen, '14, the film has won multiple honors, including Best in Fest and Audience Choice Award at SonScreen in 2014. Several other alumni worked on "The Hideout," including producer Matthew Disbro, '14, and cinematographer Chris Stiles, '14.



Southern prepares students to quickly find meaningful work in their field. We discuss this training and celebrate the professional success of recent graduates in a series of "Alumni Voices" videos.

## twitter



Thank you, Southern, for a great crew helping on the trails at Audubon Acres!

» @ChattAudubon

The moment when half your class randomly recites the Pathfinder Law and Pledge just for fun. #saulife

» Casey Vaughn, junior theology major  
@myupwardlook



Met Sen. Bob Dole Today! #sacdc15

» Arthur Harper, junior business and public relations major, @K1ngart2d2

Harper was in Washington, DC, for the Society of Adventist Communicators conference.

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## instagram



I love my department. #SVAD

» **Danielle Schafer, senior graphic design major,**  
@daniellereneeschafer

Faculty from the School of Visual Art and Design made fresh brick-oven pizzas at their welcome back party.

## worth a click!



And then there was one. Again. Chattanooga recently took home top prize from *Outside Magazine's* "Best Place to Live" contest for a second time. The online challenge began with 64 cities and progressed until Southern's metro neighbor beat out Port Angeles, Washington, by approximately 5,000 votes. When describing Chattanooga's victory, magazine editors cited not only the area's abundance of outdoor activities, but also its reputation as a growing business and technology hub: "People are relocating to Chattanooga because it has something that many other recreation meccas don't: opportunity."

[outsideonline.com/2006426/americas-best-towns-2015](http://outsideonline.com/2006426/americas-best-towns-2015)



## facebook

Things in life get put into perspective upon seeing the face of an Iraqi refugee child who takes his first bite of a Krispy Kreme donut.

» **Marci Corea, senior global policy and service major**



I was looking at this Pringles can and started to think I was going nuts, because I saw Hebrew on it. I seriously thought I was seeing things because of how late it is and how anxiously I'm studying!

» **Felipe Mendes, junior theology major**



I had a great time with these young men during Southern's Wild at Heart retreat. It was a mountaintop experience that brought us all closer to our Heavenly Father!

» **Marty Miller, '83**

Miller, left, is executive director of Blueprint for Men, a local nonprofit that helped facilitate the event.

Shook Ben Carson's hand and got to ask him a few questions on behalf of the *Southern Accent*! I love being part of the press.

» **Cassie Matchim, senior journalism major**

Carson signed copies of his newest book at the Hamilton Place Barnes & Noble in Chattanooga.



SmartStart begins in four weeks, and some of our incoming freshmen are already showing their school spirit.

» **Southern Adventist University**

Newly accepted Southern students receive a welcome package in the mail that includes a shirt, pennant, and other university gear.

## Local Businesses Invest in New Student Scholarships

The new Promise Grant program at Southern offers \$10,000 scholarships that give freshmen and sophomores an opportunity to earn money toward tuition while gaining practical skills related to their major or career interests. The only requirements are that students have access to reliable transportation, work 15 hours a week, and maintain a 2.75 GPA.

The program utilizes contributions from Chattanooga businesses to fund work by Southern students with local nonprofits. This allows companies to invest in themselves—a healthy city is always good for business—and to be compassionate corporate stewards at the same time. Southern's reputation for high-caliber students completes this equation, as both the investors and the nonprofits have confidence in the level of work being accomplished.

"When I'm in Chattanooga, I often hear from business leaders how much they ap-

preciate our students," said Gordon Bietz, president of Southern. "Whether executives met those students as interns, saw them working at a nonprofit, or partnered with them in a community service project, there is consensus that they are a credit to the university and the city."

Approximately 20 students are participating in the Promise Grant program this year. To learn more, call 423.236.2560 or email [promise@southern.edu](mailto:promise@southern.edu).

Southern also recently accepted \$1.6 million in gifts from a Chattanooga-area business that wishes to remain anonymous. The funds will make an immediate and significant difference for students; \$1 million of the contribution is designated for bolstering Southern's endowment, which supports scholarships. According to Tom Verrill, senior vice president for Financial Administration, these new funds will generate \$45,000 of interest annually for scholarships.



**Sophomore social work major Annissa Monteso works in a variety of capacities at the Chattanooga Area Food Bank as part of her Promise Grant scholarship.**

"This level of support makes a big difference in our capacity to assist students seeking a high-quality, Christian education," Verrill said. "Anything we can do in the area of scholarships means students will spend more time on academics and less on money issues that can sometimes overshadow the opportunities of college."

—By Cassie Matchim

## Firm Hired to Assist Board with Presidential Search

Southern's Board of Trustees continues to move forward in its process to name the next president of Southern; Gordon Bietz announced in April that he would retire in May 2016 after 19 years of leading the university.

The board hired Faith Search Partners (FSP), a firm that helps spiritually based organizations fill executive positions, to assist. FSP has previously worked with other Adventist organizations. The firm interviewed a variety of stakeholders—administrators, chairs, conference presidents, deans, Student Association

officers, and the alumni president, among others—to prioritize leadership qualities desired in Southern's next president.

FSP's initial offering of potential hires was presented to the board in October, with the first round of candidate interviews scheduled for November and December.

—Staff Report

## » by the numbers

731

New undergraduate students on campus this fall (539 freshmen and 192 transfers).

1,021

Participants in October's Duck Walk, four laps around the track to collect student and employee heart-rate data.

5

Homecoming events streamed online to better connect with global alumni. For links to archives, visit [southern.edu/columns](http://southern.edu/columns).

## Healthcare Administration Program Earns High Ranking

The healthcare administration program at Southern has been recognized as one of the best in the nation by Public Health Online, an organization that provides college students with expert-driven information about public health. The university was listed as a Top 50 Best Health Administration Program for 2015, based on its student-to-faculty ratio, job placement rate, number of concentrations, and availability of financial aid, among other factors.

"This recognition is a validation of our commitment to excellence," said Mark Hyder, '82, JD, dean for the School of Business and Management.

Southern provides undergraduate and graduate degrees for students interested

in becoming healthcare administrators. The program also offers a dual degree with the School of Nursing, allowing students to have a well-rounded grasp of the field. Though many of the universities on the

*"The premier feature in our curriculum is the Christian-values component. That's why someone would choose this program instead of studying elsewhere."*

— PROFESSOR ROBERT MONTAGUE, PHD

Top 50 list have excellent programs, Southern is unique in its integration of faith and learning.

"The premier feature in our curriculum is the Christian-values component," said

Professor Robert Montague, PhD. "That's why someone would choose this program instead of studying elsewhere."

Montague believes growth potential makes healthcare administration an excellent field to consider. Several graduates from the program are now in highly placed executive positions within Adventist Health Systems or local hospitals, and the possibilities for employment are still wide open.

"The job market has turned toward healthcare," Montague said. "More and more dollars are going into healthcare, so there are jobs, and those jobs are very well paid. This is a terrific field; even in a down economy, people still like to get fixed when they're broken."

—By Myron Madden



(Top) Mourners covered Lee Highway's makeshift memorial with patriotic symbols. (Right) When Liane de Souza was invited to help provide counseling for those directly affected by the attack, she was eager to help: "When one suffers, all of us do."



### SHOOTINGS AT CHATTANOOGA MILITARY SITES

## Southern Team Assists After Tragedy

Following the July 16 attack on two military sites in Chattanooga that took the lives of five service members, representatives from Southern joined hundreds of mourners at a nearby memorial to pay their respects to the fallen heroes—and to help their community heal.

Liane de Souza, '99, PhD, counseling services coordinator, and Reneze Trim, '11, clinical mental health counseling graduate student, are part of Chattanooga's Critical Incident Stress Management Team, a group that assists first responders and civilians in dealing with trauma. Members from the organization spoke with

people at the Lee Highway memorial, located 12 miles from campus, to help them grieve and begin the path to recovery.

"We tried not to be intrusive," de Souza said. "We simply wanted to start a conversation. When faced with a crisis, the quicker you talk about it, the better."

De Souza and Trim, along with five other Southern students, have since attended local debriefings to increase readiness for similar situations going forward.

"I want to be like Jesus," de Souza said, "and part of that is being present for people who need a word of comfort."

—By Myron Madden

3,100

Miles students will be from campus during the Christmas Break mission trip with ADRA to Manaus, Brazil.

10,000

Copies of Gordon Bietz's Fenton Forest book given away at General Conference meetings in San Antonio, Texas.

8%

Retention rate increase of first-year students since 2008 (70 to 78 percent).

## Alumni Awards Presented During Homecoming Banquet

Several Southern graduates—and a pair of newly minted honorary alumni—received recognition October 29 at Homecoming Weekend's Kick-Off Banquet.

O. Richard Caldwell, '69 (Distinguished Service Award), retired in 2014 after years of dedicated work on behalf of the world church and many personal accomplishments that helped advance both the legal and accounting professions. He is married to Cindy (Davis) Caldwell, '69, and lives in Winter Park, Florida.

Robert Jimenez, '87 (Alumnus of the Year Award), has served in several important business and community roles since

graduating. He is senior vice president of corporate communications at Cox Enterprises and is a member of the Metro Atlanta Chamber of Commerce's Board of Advisors. Jimenez lives in Kennesaw, Georgia, with his wife and children.

Kahlilia (Morris) Blanco, '08 (Young Alumna of the Year Award), just completed her first phase of postdoctoral training in molecular neuropharmacology at the University of Wisconsin. Even in this early stage of her career, Blanco has received more than \$150,000 in research funding from the National Institute of Health and the American Heart Association. She married Jonathan Blanco, '06, in 2011.

Tom Russell, '09 (Graduate Studies Alumnus of the Year Award), is known for creating a transformative culture within healthcare organizations and discovered his passion for helping others while serving as a missionary in Kenya nearly 40 years ago. Russell and his wife have three sons who have each attended Southern.

In honor of more than three decades of service to the university, Southern President Gordon Bietz and his wife, Cynthia, have been named honorary alumni. The couple moved to Collegedale in 1981 and are icons both on campus and in the Adventist global community.

—Staff Report

## [news briefs]

### "Best Colleges" Guide Ranks Southern as Top Tier

Southern earned Top Tier honors from U.S. News & World Report's "Best Colleges" guide for the 14th consecutive year, based on data gathered using 16 indicators of academic excellence. The university moved up nine spots in the 2015 rankings for Regional Colleges (South) and was also recognized on the organization's Best Colleges for Veterans list.

### Southern Fills Three Cabinet-Level Positions

During the last 18 months, Southern promoted and hired a variety of veteran administrators. Ingrid Skantz, '90, has worked on campus with increased marketing responsibilities since graduating and is now the vice president for Marketing and University Relations. Dennis Negron, '85, joined Southern in 1993 and was a professor and residence hall dean before becoming vice president for Student Services. Carolyn Hamilton assisted nonprofits in mission fulfillment for more than 25 years before coming to Southern as vice president for Advancement.

### Program Helps Students Transition to Mission Work

In the Fall 2015 Semester, Southern's Global Community Development (GCD) graduate program began helping students across various majors segue into mission-minded and nonprofit work through its Bridge Network, a collection of six online courses that count both as undergraduate credits and also toward GCD studies.



### Gallery Hosts Show by Popular Adventist Illustrator

The John C. Williams Art Gallery hosted works by Lars Justinen in October for his retrospective show "An Unexpected Journey." He is one of the most featured illustrators in Adventist publications over the past two decades. Along with speaking about his work on opening night, Justinen also served as guest instructor for a class in the School of Visual Art and Design.

### Finance Majors Complete Leadership Training

Among the 33 students accepted into Adventist Health System's highly selective 2015 Leadership Development program, nine were from Southern—the most of any school. These financial management majors spent 12 weeks gaining hands-on experience at some of the organization's 44 hospital campuses.



The Simulation Lab helps nursing students practice their skills while allowing room for a learning curve.

# Filled Near Capacity, Filled With Care

By Myron Madden, senior mass communications major

Finding new ways to help people has always been a goal of the nursing profession, so it's no surprise that finding new ways to help students has long been the goal of the School of Nursing. Southern's faculty and staff have poured time, energy, and resources into crafting a program that will be beneficial, not only for the students but also for those with whom the students interact.

## More Semesters, More Nurses

Samantha Smith, junior nursing major, started her summer differently than most. While her friends were off traveling or working at summer camp, she was prepping for class at Florida Hospital Hall, eager to turn her childhood dream of becoming a nurse into reality.

Smith was one of 70 students in Southern's first summer cohort for nursing. This 12-week term provides the academic equivalent of a third semester, allowing the school to accept an additional cohort—students working through the curriculum simultaneously—every other year. Those in the summer cohort were joined by 62 who started in the winter, so that there were 132 nursing students on campus May through August.

Though fewer students roamed the halls than during traditional semesters, the campus was still abuzz. Weekly mixers, intramurals, vespers, and convocations provided much-needed breaks from studying and class. While opportunities for recreation and fellowship were plentiful, some found that the quieter campus made it easier to focus on academics.

"I was able to explore my study habits and see how I perform when there are less distractions," said Praise Tinungki, sophomore nursing major. "It was a blessing that allowed me to focus a little more."

## Safe Place for Mistakes

As students first come face-to-face with one of her 10 talking, breathing mannequins, Associate Professor Callie McArthur can sense their apprehension; however, she knows that Southern's simulation lab is a perfect place for future nurses to practice their skills because it offers something even clinicals cannot: a safe place to make mistakes.

The lab gives nursing students in the associate's program a chance to navigate medical situations consistent with concepts they are studying in class. And students are expected to operate exactly as a nurse would in the hospital, including everything from washing their hands and introducing themselves to listening to the patient's heart and supplying medication.

The simulation lab teaches students to work independently. Instructors brief the students on their patients, operate the mannequins, and answer occasional questions, but the students are left to react to situations on their own. The resulting process of identifying their mistakes and discussing what they would do differently in the future helps them develop clinical judgment.

## Community Care

When Associate Professor Sonia (DiMemmo) Wrate, '85 and '11, learned that a patient her students were visiting passed away, she was devastated—until speaking with this patient's family. The daughter told Wrate that she lived two hours away and it brought her peace to know Southern students were visiting her mom once a week to check in when she was unable. This was not the first time Wrate received a call of this sort; students from her Population and Community Health course have long been a light in the community.

The course teaches students to work with vulnerable residents utilizing two primary service components: the Door2Door program and health screenings at public schools in neighboring counties. For Door2Door, students pair up and visit disabled or elderly individuals, instructing them about medication dispensers and providing home safety evaluations. Transcultural Nursing is another course that provides an opportunity to engage the community. Students spend 15 hours with refugees, helping the families learn to eat healthier, lose weight, and take care of diabetes.

As the School of Nursing continues to grow—it makes up nearly half of Southern's enrollment—summer terms, simulation labs, and community service are just three tools professors are using to prepare the hearts and minds of students. ■

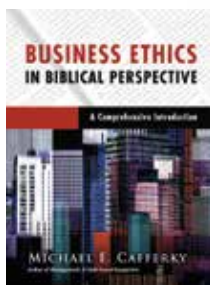
*For more information about the School of Nursing, including degree options ranging from associate's to doctoral, visit [southern.edu/nursing](http://southern.edu/nursing).*

**Southern's faculty stay busy in the classroom with students, but they also share their knowledge and talents elsewhere.** Here is a sampling of the published works and public presentations that take them off campus, whether in person or on paper. Visit [southern.edu/resourceguide](http://southern.edu/resourceguide) for a list of faculty and staff willing to present on a variety of topics at your church, school, or other venue.

School of Religion Professor **EDWIN REYNOLDS**, PhD, submitted the manuscript for a Sabbath School Teacher's Edition of the *Adult Bible Study Guide* (1-2 Peter) scheduled for use in the second quarter of 2017. He also recently submitted the manuscript for a commentary volume on the Johannine Epistles (1-3 John) for the new *Seventh-day Adventist International Bible Commentary*.

During the Biblical Foundations of Faith and Learning Conference aboard the Emerald Princess cruise ship in the Caribbean, Chemistry Department Chair **BRENT HAMSTRA**, PhD, presented "Gideon's Fleece: A Biblical Narrative Providing a Framework for Discussion of Issues in the Relationship Between Scientific Inquiry and Divine Revelation."

InterVarsity press published a textbook by School of Business Professor **MICHAEL CAFFERKY**, DBA. *Business Ethics in Biblical Perspective* covers a wide range of topics: consumer ethics, corporate responsibility, social contracts, and justice issues, among others. It also includes 17 original case studies designed to encourage dialogue on complex issues and 54 debate topics for further research, practical application, and discussion.



Physics and Engineering Department Professor **BLAKE LAING**, '00, PhD, gave a presentation titled "Quantifying Measurement Error from Digital Instruments" at the American Association of Physics Teachers' conference in College Park, Maryland.

History and Political Studies Department Professor **BEN McARTHUR**, PhD, wrote the introduction to *Adventist Maverick* (Pacific Press), a book honoring George Knight's work in promoting Adventist history.

**RICHARD SCHWARZ**, School of P.E., Health, and Wellness associate professor, led a gymnastic and acrobatic workshop for Dakota Adventist Academy with assistance from two Southern students.

Chapel Music welcomed School of Nursing Professor **JACLYNN (GRIFFIN) HUSE**, '94 and '03, PhD, as one of its recording artists. She performed two concerts at the General Conference Session in San Antonio, Texas.



School of Journalism and Communication Associate Professor **STEPHEN RUF** spent 12 days in San Antonio during General Conference Session as a writer and producer for the Adventist News Network. Working with a 20-person international news team in the Alamodome press box, he helped produce a daily 30-minute television newscast shown on the Hope Channel.



Stephen Ruf



Chemistry Professor Loren Barnhurst has won the President's Award of Excellence at Southern twice.

# Beats and Bridges to Engaged Learning

By Julia Bonney, junior mass communications major

You wouldn't expect raps and animation to be in the teaching toolkit of a scientist, but walk into the classroom of Loren Barnhurst, PhD, Chemistry Department professor, and that may be exactly what you witness. These creative techniques have helped him earn almost annual nominations for the President's Award of Excellence at Southern, an honor he has taken home twice (2004, 2015). Year after year, Barnhurst nurtures a unique learning culture that not only helps students master chemistry basics, but also gives them a deeper appreciation for the subject.

## Memorable Methodology

Barnhurst decided long ago that standard lectures were not the best way for him to share knowledge. One of his most infamous alternative teaching methods is the use of raps. Understanding that repetition and rhythm breeds familiarity, Barnhurst occasionally forms chemistry concepts into educational tunes. Admittedly, not all of Barnhurst's raps are perfect (many have been met with mixed reviews), but even the worst ones are memorable for their artistic shortcomings.

"On a test when I ask 'What's the first step in an SN1 reaction?' they all know it," Barnhurst said. "So I've satisfied my goal of instilling knowledge."

While his raps activate the auditory senses, Barnhurst makes sure to also engage students visually; his use of PowerPoint animations help lock the concept into their minds. While watching one of his presentations recorded as a screencast (videos used for those who miss class) he understood why students were having difficulty grasping one of the tougher topics. So Barnhurst worked with Stephen Cruz, '14, a School of Visual Art and Design graduate, to create a video simplifying the idea. As a result, students remember the information better and have told him they recall it when taking tests, such as the MCAT for medical school admission.

"A typical class will generally offer something unique," Barnhurst said. "The goal is to make students leave class each day saying, 'I didn't know that, but it was interesting and I'll remember it.'"

## Personal Investments

While he enjoys helping students make connections, creating animation and songs doesn't always come easily for Barnhurst. Building clever connections has proven to be difficult work, but Barnhurst considers it energy well spent.

"The ramping up and preparing takes time," Barnhurst said, "but if I didn't want to do that, I wouldn't be a teacher!"

Barnhurst works tirelessly to create connections between concepts, but he works equally as hard building personal bridges between himself and students. He believes that establishing one-on-one relationships with them helps motivate students to invest academically.

"As soon as they care what I think about them, they try harder," Barnhurst said. "They know that I'm putting in all that I can to make their experience the best, and so they, in turn, do the same."

Students are appreciative of the effort Barnhurst puts into each class session.

"Dr. Barnhurst consistently goes above and beyond for student success," said Emily Moses, '15, a PhD student in chemistry at the University of California Riverside. "He always prioritizes student learning, often creating handouts, poems, and mnemonics to make Organic Chemistry memorable."

## Formula for Success

Students' mastery of the subject matter is important to Barnhurst, but their relationship with Christ takes top priority. He views morning devotions in the classroom as an opportunity to be honest with students about his own relationship with God, interacting with these young, impressionable minds on a deeper level.

"Above and beyond chemistry, my big-picture goal for all students is to help them draw closer to Christ," Barnhurst said.

He feels blessed to work with peers and leaders who encourage his creative approach to teaching. Some attempts have succeeded, and others have failed, "but no one has ever told me 'never again!'" he said. So if you walk by Hickman Science Center and hear rap beats coming from within, don't be alarmed. That's the sound of engaged learning, and it's 100 percent Southern approved. ■

Visit [southern.edu/columns](http://southern.edu/columns) for links to audio clips and videos of Barnhurst's teaching tools.

# Exhausted by Empathy

Alumni in a variety of fields—educators, nurses, pastors, and social workers, to name a few—spend all day (and often all night) helping others. But what happens when there's nothing left to give? Southern equips students to recognize and overcome compassion fatigue. *By Debbie Battin Sasser, '02*

**F**or more than a century, Southern has provided Christian education that prepares students to make a meaningful and lasting impact on the world. They have been given training beyond the classroom, beyond hands-on learning experiences, beyond travel and internship opportunities. All of this, as the university's mission and vision statements summarize, is because of a strong desire to graduate "servant leaders ... committed to living balanced lives."

That's no small goal. Balance can be elusive, especially for those quick to put the needs of others before their own. So what happens when academia is over and a life of full-time service becomes unmanageably stressful? What happens when people continually pour themselves into helping others without replenishing their own emotional resources?

"They become depleted; that's where compassion fatigue occurs," said Nivischi Ngozi Edwards, PhD, associate professor of counseling.

People often cope with compassion fatigue—a condition characterized by hopelessness, a marked decrease in pleasur-

able experiences, constant anxiety, and sleeplessness—using a combination of small steps made meaningful by both their simplicity and spirituality. While there are similarities in the various approaches, everyone has his or her own unique method for rebalancing the give-and-take equation.

## Classroom Preparations

Southern's job is to make sure students recognize the warning signs and have the tools to address compassion fatigue when it arises. Professors across multiple disciplines are proactively equipping students with skills to avoid exhaustion from prolonged service to others.

"In all of my classes, we discuss balanced living," said Faith Laughlin, EdD, associate professor of education. "We also talk about how draining teaching can be and that compassion fatigue is even more likely if we don't remain plugged into Jesus as our power source."

Those studying Global Community Development (GCD), a mission-driven graduate program at Southern where sustain-



ability is a key component of all projects, will be tempted to give of themselves at an unsustainable pace while working in refugee camps, orphanages, remote villages, and other difficult environments. The irony and challenge of this is not lost on GCD Director Sharon Pittman, PhD, who has built safeguards into her curriculum to accommodate.

"We don't allow our graduate students to assist vulnerable people groups without first requiring them to work with faculty on developing a personal prevention plan for avoiding compassion fatigue," Pittman said.

GCD graduate student Breck Lang, '14, recently returned from Tanzania where an internship amid the chaos of a 100,000-person refugee camp brought him face-to-face with those suffering from the stresses of humanitarian work.

"In my limited experience, I have found compassion fatigue to be very, very real and, unfortunately, it affects more people than I would have imagined," Lang said. "Many of the workers there were numb to the amount of need and pain that constantly surrounded them; it was almost as if they didn't even see the crowds."

Counseling is another field in which there is a great deal of emotional, traumatic, and otherwise negative experiences being discussed and processed internally. It can be difficult for people in this profession to steer clear of carrying the emotional weight of their clients' experiences with abuse or other trauma on their own shoulders. Teaching the course Ethics and Legal Aspects of Counseling gives Liane de Souza, '99, PhD, plenty of opportunities to illustrate the importance of self-care to her psychology students. Sometimes there are students in her classes who do not seem concerned about their own well-being, and for them she frames her compassion fatigue message in the pragmatic context of how it will make the students less effective at their future jobs.

"I tell them that when you continue to provide for others without regard to your own health, you will not be objective and can eventually cause more harm than good," de Souza said.

Graduate students pursuing their master's degree in counseling on

campus experience a preview of what the necessary personal-professional balance looks like by working with approximately 60 community clients during free sessions each semester as part of their coursework at Southern.

"They get to put theory to practice," Edwards said. "We are compassionate human beings, and God has called us to care about others, but we must develop the ability to leave the clients' situation at the office until we come back the next day."

## Wellness Matrix

Living a balanced life is not a natural, effortless experience. During her first class with the counseling students, Edwards talks about the wellness matrix, which includes self-care in the areas of physical, emotional, mental, social, and spiritual well-being. This information is essential as students graduate and move into their service-driven careers, but it isn't reserved exclusively for future use.

"Becoming a student can cause individuals to get out of balance as well," Edwards said. "Because they have so much reading to do or so many papers to work on, they might not engage in activities that help them achieve better wellness."

She encourages those in her classes to reconnect with pastimes they once enjoyed, taking breaks throughout the course of the day instead of being fully "on" all of the time and tackling responsibility after responsibility nonstop.

Another component of the wellness matrix is having an accountability partner or participating in small-group activities. Research shows that meaningful relationships help people avoid succumbing to compassion fatigue.

Global Community Development graduate students Albert Hernandez, left, and Breck Lang, worked with ADRA at a refugee camp in Tanzania (shown at right), where they saw how humanitarian work can impact compassion fatigue. "Self-care is not selfish when balanced in a healthy way with service," Hernandez said.



"It is easy to have friends or acquaintances we connect with using social media or other technology, but in accountability partnerships we encourage people to relate to each other at a deeper level," Edwards said. "The result is an intimate social circle of people who will drop what they are doing to help in your time in need."

Staying connected with loved ones and establishing professional boundaries are lifelong skills. Chris Sorensen, '01, and his family have served as missionaries in Thailand since 2003. After more than a decade of service, he still remembers an encounter on campus that helped shape his approach on how to stay healthy.

"In college I saw one of my theology professors, Derek Morris, walking around the track with his wife, and I went over to ask him something," Sorensen said. "He answered the question very briefly and politely; but at the same time, he made me feel like he was busy with something very important—his spouse! He needed to focus on her and the conversation they were having; that experience modeled balance for me, and I've never forgotten it!"

## At Home and Abroad

Compassion fatigue can impact anyone who serves in a helping role, including parents. Marta (Grentz) Wetmore, '01, is a stay-at-home mom and knows all too well the challenges commonly faced in pursuit of balanced living.

"As a new mom, you have this ideal that you strive for in what you expect from your kids, yet the road to achieving that ideal is paved with tantrums, potty accidents, Sharpie markers getting on something valuable, back talk, and emo-

tional meltdowns—from both the kids and Mom!" Wetmore said. "Life for parents is messier than planned and takes more patience than we ever imagined."

Wetmore finds balance through hobbies such as piano playing, cooking, creative projects, exercise, spending meaningful time with her spouse, daily Bible studies, and prayer. Of those tools, her spiritual connection has proved an indispensable weapon in the battle against burnout.

"I need a vibrant prayer life, a good list of what I am praying about for myself and others, an open heart when I pray, and a willingness to listen," Wetmore said. "I recently realized that God had been giving me the answer to a parenting issue quietly and repeatedly after praying about it, and I had brushed it aside as too simple. I was praying but not listening. I am trying to write down each time He speaks to me like this. I truly believe that it will build my faith and I will hear Him more."

Many missionaries find the fight for balance to be ever-present and inescapable. Sorensen's time in Thailand taught him that it's not one big thing that helps ward off compassion fatigue, but rather a persistent and almost subconscious series of small actions.

"Just as keeping my car safely on the road requires a thousand small corrections or tugs at the steering wheel, the same thing is true with my life," Sorensen said. "My work and schedule are always causing me to veer and drift off course, whether it be to one side of life's road or the other. It seems as if I'm constantly crossing the center line of balance, and sometimes I don't even realize how far I've gotten from it until I'm close to a ditch!"


The strain of missionary work is magnified when working in closed countries, where sharing about Jesus can result in imprisonment, torture, or even death. Joelle Thea (an alias) is a Southern graduate serving with her husband and daughter in one such country.

(Left) Missionaries Chris Sorensen, '01, and his wife, Shannon (Diamantoplos), '01, recharge their batteries by spending time with their children and Thai friends.

(Middle) Stay-at-home mom Marta (Grentz) Wetmore, '01, balances the stress of parenting with hobbies such as piano playing, cooking, and time in nature.

(Right) The School of Nursing's Barbara James, PhD, spent her sabbatical in Rwanda helping hospital workers learn better mental health practices related to self-care.





“Living in an environment where you receive very little spiritual nurture from the outside—and what is there is mostly in a foreign language, or you are the one presenting the sermon or devotional thought—can lead to a weakened spiritual life and compassion fatigue,” Thea said.

Earlier this year, Barbara (Davis) James, ’75, PhD, dean and professor with the School of Nursing, traveled to Rwanda on sabbatical to meet with and educate hospital and university medical students, workers, and administrators on better mental health practices. Compassion fatigue was heavy on James’ heart and a point of emphasis in her advising.

“The nurses there are emotionally struggling due to the genocide from 1994,” James said. “There is hardly anybody there who didn’t have a parent, sibling, uncle, or neighbor killed. Many of the victims were close friends or family members. The nurses worry, ‘If we pause from this job, who else is there to carry on this work?’” This leads the Rwandan nurses to block out the pain and not spend sufficient time caring for themselves. It’s also a universal question faced by all in the business of blessing others.

## Christ’s Example

Southern’s faculty train and educate students and professionals all over the world to be better equipped for Christ-like service, and that includes recognizing and overcoming compassion fatigue. Many of the faculty, students, and alumni interviewed for this article agreed that it is important to say ‘no’ to some specific tasks in order to say ‘yes’ to God’s bigger purpose. Discerning the right moments to apply this, howev-

er, can be tricky. As with many issues of Bible interpretation, otherwise like-minded people can look at the same scriptures and stories yet take away different interpretations.

“I’m not sure that compassion fatigue can always be avoided,” suggests Boaz Papendick, ’04, who serves as the health coordinator for the Middle East and North Africa Union of Seventh-day Adventists, alongside his wife LaRae (Coleman), ’04, and children. “If we spend our time looking out for ourselves and our own interests, are we really doing the work of Christ? He was the one who suffered from the ultimate compassion fatigue for us.”

That’s a fair observation and noble life goal, but others view that same example and draw a different conclusion.

“It is true that Jesus went without food, worked in a high-stress environment, and went about His business of saving the lost and healing people, even when it meant self-induced suffering,” Pittman said. “But his use of prayer offers us a great example of how we can look

to our divine source of sustainment and well-being when our humanity confounds our ability to serve others.”

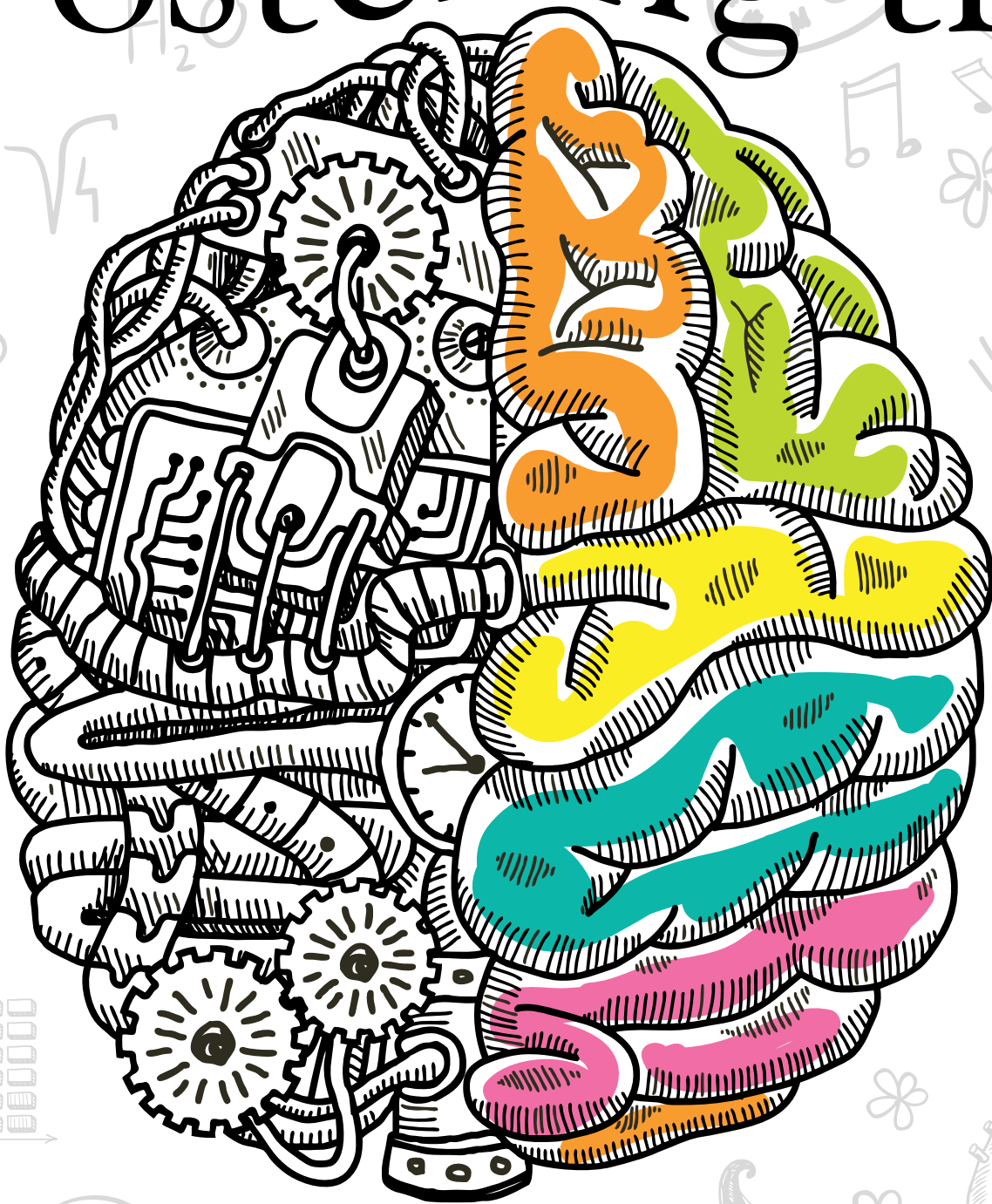
Almost all who pursue a life of service will experience compassion fatigue, but it can be overcome. Southern remains committed to equipping students for the best possible future, both with their careers and families here on Earth and eternally in Heaven. Training them to live a balanced life helps graduates more effectively bring physical healing, and the good news of Jesus, to a broken world. ■

“Just as keeping my car safely on the road requires a thousand small corrections or tugs at the steering wheel; the same thing is true with my life.” -Chris Sorensen, ’01

## Tips for Avoiding and Overcoming Compassion Fatigue

1. Know yourself, listen to your body.
2. Find an accountability partner.
3. Establish personal and professional boundaries.
4. Take breaks during the day.
5. Eat a healthy, balanced diet.
6. Sleep 7-8 hours each night.
7. Spend time doing recreational activities, exercise.
8. Make prayer and Bible study a priority.
9. Practice reflective journaling focused on gratitude.
10. Go on a spiritual retreat.

# Fostering the



# Curious Mind

By Suzanne Ócsai, '14

Academic risk-takers find a home in the Southern Scholars program, where students embrace an honors curriculum and creative off-campus activities in pursuit of the ultimate interdisciplinary experience.

The warm August sun shone brightly as Southern's white, 15-passenger van opened its doors in front of Wright Hall to load up students for a trip to the Hunter Museum of American Art in downtown Chattanooga. Future Picassos? Perhaps. If so, that's purely coincidental. The excursion was designed not for art majors, but for freshmen across a variety of disciplines who signed up to challenge themselves as part of the Southern Scholars program.

Their first group trip was an immersion experience called Museum-as-Text and is modeled after City-as-Text, a site-based experiential learning environment. Students go into an unfamiliar area and explore through intentional means such as mapping, observing, listening, and reflecting in order to better understand the inner dynamics of a community and its culture. Is there easily accessible public transportation? What advantages or disadvantages do the residents face due to how the city is designed? What does that say about the needs of a city or the residents who live there?

The goal is to get the students to read the city as they would a book, using critical thinking skills in ways an average outing does not require. Those who apply to be Southern Scholars thrive in moments of cultural and academic convergence such as these.

## Interdisciplinary Emphasis

Many who first hear about Southern Scholars assume they are students with the best grade point averages (GPAs), or perhaps it's a specific name for the university's dean's list. While there are academic requirements to join and remain in the program, this is not its primary focus. Being a Southern



A McKee Library conference room was recently converted into multimedia study space reserved exclusively for students in the Southern Scholars program.

Scholar sets students apart not necessarily as the smartest or brightest—there are many on campus with equal intelligence and grades who never even apply to join—but as individuals who desire to obtain information beyond books. They enjoy challenges not only within their own field of study, but also in other disciplines. They thirst for knowledge and strive for a greater understanding of the world in which they live.

"I'm not looking for straight-A students," said Mark Peach, PhD, Southern Scholars program director and professor in the History and Political Studies Department. "I'm looking for academic risk-takers, people who are willing to threaten their GPAs to gain a richer sense of learning, even if

it means a lower grade because they took a challenging class outside their major.”

In the mid 1990s, Lisa (Clark) Diller, '96, PhD, chair of the History and Political Studies Department, was a Southern Scholar. While on campus pursuing a history degree, she had that exact kind of internal drive Peach described. The honors program required her to take either statistics or calculus and she chose the latter, one of the few courses

within a particular discipline. Honors study is, in many ways, just the opposite. Students take that passion for learning and apply it across the wide spectrum of academia.

## Building Community

Peach and his team envision an honors program that benefits the entire campus, not just the 60-70 students who are in Southern Scholars each year. While the program helps these students meet other individuals with the same hunger for learning, it is, in a broader sense, also a



Junior biophysics major Jeanna Toulouse traveled to Mt. Rainier in Washington for a Partners-in-the-Park event, sponsored by the National Collegiate Honors Counsel.



Southern Scholars students explored Chattanooga's Hunter Museum of American Art in August during an immersion experience called Museum-as-Text.



Sophomore finance management major Michael Ciurea, left, visited Buffalo National River Park in Arkansas with honors students from around the country.

in which she did not earn an A. What some may see as a loss, she took as a gain and added math as a minor, having cultivated a deeper appreciation for the subject.

“I encourage people to join Southern Scholars, since it forces them to think outside of their discipline,” Diller said. “High-performing freshmen are often laser-focused on grades and sometimes won’t take a class that might stretch them because maybe, just maybe, it will lower their GPA. There are more important things than that.”

Diller would have graduated with a 4.0 GPA if not for the math classes. However, those exact courses were what helped her better understand the interdisciplinary benefits gained from stretching beyond an academic comfort zone. For example, studies show that students willing to do this excel at critical thinking and are better at recognizing bias and uncovering preconceptions.

University life is often about finding a niche, directing your passion, and entrenching yourself

growth opportunity for students not enrolled in the honors curriculum. Southern Scholars activities such as program-specific convocations and vespers are open to all students, and with the professor’s permission, anyone can register for honors courses, too. These interactions with scholars have the potential to inspire and motivate all students.

Loma Linda University medical student Hans Von Walter, '12, was a Southern Scholar during his time on campus in Collegedale. The interdisciplinary nature of this program helped him build a strong network of friends both at Southern and also on the set of *Jeopardy* while he was a contestant in November 2010. Von Walter was one of only a handful of science majors to compete that year, as game shows traditionally have more questions geared to the humanities. However, because of the honors curriculum, he felt better prepared and was even able to answer questions on the show based on information he studied directly from those additional classes. Von Walter still keeps up with many of the other contestants he met while on the show.

“Whenever one of us is in the vicinity of another, we try to find time to see each other,” Von Walter said. “One of my fellow competitors was recently on *Sports Jeopardy*, and I went to see him tape.”

## Walk in the Park

The Southern Scholars program encourages students to take full advantage of Partners-in-the-Park events, sponsored by the National Collegiate Honors Counsel (NCHC). The National Park Service recognized a large void of college-aged young adults within their visitor demographics. In an effort to attract more participation from

"I was pushed outside the comfort zone of Adventism and asked to explain and defend what I believe to mostly non-believing intellectuals. It was a great growing experience in that respect!"

-Michael Ciurea, sophomore finance management major

them, the parks have partnered with the NCHC to invite honors students from across the country to come for five-day intensives at various national parks. Students are able to not only study within the park but also network with other honors-level participants from across the country.

This past summer, two Southern Scholars attended Partners-in-the-Park events. Jeanna Toulouse, junior biophysics major, traveled to Mt. Rainier in Washington, and Michael Ciurea, sophomore finance management major, went to Buffalo National River Park in Arkansas. Along with the camaraderie born from hiking, canoeing, and camping together, Ciurea also found fellowship in conversation. The trip further

rooted him in his faith as he was challenged to defend Adventist beliefs.

"I was pushed outside the comfort zone of Adventism and asked to explain and defend what I believe to mostly non-believing intellectuals," Ciurea said. "It was a great growing experience in that respect!"

Balancing on the tightrope between faith and intellectualism is a skill the scholars program helps students develop while at Southern.

"Sometimes we all have doubts and struggle to formulate what we really believe," said Betsy Rodriguez Del Aguila, senior history major and Southern Scholar. "The honors classes we take expose us to people and ideas that help us discover the truth for ourselves."

## New Beginnings

Southern Scholars began in 1982 and has continued to expand, graduating 217 students from its program since then. Though there are financial incentives to engage—participants earn up to \$7,500 in scholarships spread out over four years—Peach said the most common reason cited by students for joining is how it prepares them for graduate or professional school.

As Peach and his colleagues sought to broaden the program's capacity to attract new students, some academic changes were in order. Flexibility was the primary goal. For example, Southern Scholars previously needed to take an intermediate language course, something not required for many of their degrees. The new curriculum still asks that students take a requisite number of honors courses, but how they reach the goal is a more user-driven experience. There are now honors courses in history,

public speaking, composition, and social psychology—all of which meet general education requirements and add no additional credit hours to a student's graduation total.

Another way in which the program is now more flexible involves the creation of honors contract classes. To become a contract class, the syllabus of a non-honors class is modified specifically for Southern Scholars—not just to create a greater volume of workload but to make the studies more interdisciplinary in nature.

Peach also wants to attract qualified candidates to Southern Scholars by establishing it as a resource for those seeking post-graduate opportunities, such as the prestigious Fulbright Scholar Program (a highly competitive program where the United States government sponsors students who travel abroad for the purpose of cultivating an increased understanding between nations). In these situations, Peach is both an adviser and a mentor, having spent time in Germany as a young Fulbright Scholar himself.

Through honors-specific activities, Peach and his team model for students what a healthy and active mind looks like while encouraging them down the path of experiential learning. It's working.

"A curious mind is a powerful thing," said Molly Theus, Southern Scholars mentor and senior biology major. "It deserves to be fostered with care." ■

*The Southern Scholars program requires high school students have a 3.7 GPA and ACT of 23 or cumulative SAT of 1070. To refer a student, call 423.236.2743 or email [scholars@southern.edu](mailto:scholars@southern.edu).*

# Keeping Sabbath During the Week

Would Sabbath-keeping be less meaningful if, on the other six days, our work disrupted human well-being or otherwise failed to honor the Sabbath Giver?

By Michael E. Cafferky, DBA, MDiv

**M**ore than 350 undergraduate and graduate students are pursuing business degrees at Southern this year, with emphases ranging from accounting to long term care administration. Whether the class is part of an associate's degree or a capstone course in the MBA program, it's exciting to engage with students on the biblical foundations of business, a topic many of them have never considered. As Seventh-day Adventists, nowhere is there more freedom for that than in discussing the relationship between Sabbath and sustainability, an industry buzzword with deep biblical implications.

Adventists often refer to Sabbath as a test of loyalty to God. This test, as presented by some, comes down to which day of the week to keep for Sabbath: the first or the seventh. An unintended implication of this may be that once a person commits to the correct day of the week for worship, that is the extent of worship loyalty. But as important as the correct day of the week is for worship, Sabbath (at a much deeper level) also refers to our entire relationship with God. People rest from human efforts to achieve salvation while sharing in the commitment to a set of moral principles designed to foster flourishing life.

In other words, Sabbath is a miniature representation of the entire relationship with God that applies all week, not just one day in seven. Therein may lie Sabbath's test for us on a daily basis.

## Sabbath Roots: Creation and Covenant

The Bible describes God as committed to all creation. He sustains it by His power. Therefore, creation has inherent value which must be honored not only on one day of the week during Sabbath worship, but also all week long while work is done. Wholeness in the biblical sense describes our

relationships with each other and our relationship with the Earth. To be genuine, worship on the Sabbath must be tied with worship of the Creator during the workweek; otherwise, Sabbath loses some of its meaning.

The Sabbath command rests at the center of the Ten Commandments. Obedience to its precepts is as much a response to grace as to a duty born of loyalty. The close relationship between Sabbath and our full relationship with God is described in terms of Sabbath being a sign. It is even spoken of as a covenant itself:

*"You must observe my sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy... celebrate it for the generations to come as a lasting covenant" (Exodus 31:13-16).*

But, think about it: Sabbath would cease to be a sign of our relationship with God if the principles of that relationship were applied only on the day of worship but ignored the other days of the week. The relationship is for all week long!

King David described the purpose of the Ten Commandments as to foster flourishing life of well-being in all dimensions, all week. This is described in the Bible as shalom, often translated into English as the word "peace" (Psalm 119:165). In our response to God's grace, by limiting the economic dimension of our own self-interest, God

*(Continued on Page 22)*

# Global (Godly) Goals

Whereas the United Nations frames its goals in the language of sustainable development, Christians see biblical principles of Sabbath and Shalom as motivators behind each admirable benchmark for a better tomorrow.

## U.N. Commission Goals for 2030

## Theological Roots in Sabbath/Shalom

### 1 ERADICATE POVERTY

Creation envisions bountiful prosperity for all. Covenant relationships comprehend reducing poverty.

### 2 END HUNGER

Creation provides a sustainable system of reproduction of food sources. Humans can increase the Earth's carrying capacity. Covenant relationships encourage working together and sharing the abundance.

### 3 PROMOTE PHYSICAL WELL-BEING

Creation describes the foundation of respect for physical health, life, and well-being. Covenant relationships are structured so that flourishing life is fostered, leading to shalom for all ages.

### 4 PROMOTE ACCESS TO EDUCATION

Creation occurred by the wisdom and power of God. Covenant relationships are fostered as we learn and share with each other the wisdom of ways in which the benefits of shalom can be experienced.

### 5 ACHIEVE GREATER GENDER EQUALITY

Creation establishes the interdependence between men and women. This raises the value of females beyond the bare minimum set by the United Nations. Covenant relationships must include all within the community.

### 6 ENSURE AVAILABILITY OF WATER

Creation comprehends the vital importance of water as the life-giving fluid necessary for existence. Covenant relationships recognize the interdependence that all persons have with each other and with the water.

### 7 ENSURE ACCESS TO ENERGY

For humans to fulfill the commission to have dominion over and care for the Earth and all living things, energy must be expended. Covenant relationships must be considered so that the impact of energy does not create toilsome labor, injustice, or harm to creation.

### 8 SUSTAIN ECONOMIC GROWTH

Creation and covenant both envision humans working in community toward the greater good of a flourishing life.

### 9 BUILD RESILIENT INFRASTRUCTURE

Shalom must be achieved by concerted effort. Building a resilient infrastructure requires entrepreneurship, moral leadership, and organization. Organizing requires making long-term covenant commitments.

### 10 PROMOTE PEACEFUL, INCLUSIVE SOCIETIES

Creation and covenant both envision communities where justice is spread throughout. Justice is a life-giving stream, the foundation for decisions regarding the use of this Earth and its resources.

makes room for us to enjoy the other dimensions of shalom in the community (Psalm 34:14). Sabbath under this way of thinking, connected with shalom, is extended to providing rest for the land, not simply people. The land and its resources cannot endlessly be exploited. Humans are expected to have dominion over the land but also to serve it and not hold the land in bondage (Genesis 1:26-28; 2:15).

The concepts of sabbatical and the year of Jubilee also illustrate that

Sabbath is an expression of physical justice toward the land as well as social justice toward the poor. It is something more than one day of the week for worship. Working together with God, humans have a responsibility to make right the injustices that have oppressed people and the Earth.

Well-being at the community level involves giving generously to those in need; however, this cannot be experienced if members of the community continually prey upon the willingness of others to help them. Borrowing in biblical times was discouraged, but there are rare occasions when loans are necessary. Only by fulfilling the responsibility to repay debts—in conjunction with loaners periodically releasing others from debts—could prosperity be promoted.

Every day at work, believers are asked to be faithful to the deeper principles of well-being in order to bless others. This comes out in how we structure our organizations, the kinds of values we emphasize in our organization, the organizational rules we establish, the kinds of strategic commitments we make to the communities we serve, and how we relate to key stakeholders such as employees, customers, and suppliers. One example of how these Sabbath principles are a test of loyalty to God can be described in terms of the popular idea known as “sustainable development.”

## Sustainable Development: A Test of Loyalty

At the risk of oversimplifying the ideas, embedded in the term “sustainable development” are two concepts: 1) caring for the Earth in such a way that both present and future generations can benefit from its bounty while justice is preserved (sustainable); and 2) the wise use of resources for the purpose of



Having a “Shalom” birdhouse in your city, such as this one on public property at the four-way stop leaving campus, is a small but telling indicator that community leaders are thinking about issues of peace and sustainability.

fostering flourishing life for all, including the most vulnerable (development).

These somewhat competing interests need to be managed together rather than separately. For example, if poverty and hunger are not drastically reduced, these evils will have an unhealthy domino effect, causing social unrest and migration of people. As a result, physical and political safety of food and communities are threatened. Yet, by caring for the Earth in a sustainable way, we increase its capacity to the benefit of all.

The deeper Sabbath principles are further illustrated and expanded upon in this article’s table (see prior page), which compares some goals from the United Nation’s Commission on Sustainable Development with their spiritual counterparts. As co-workers with God, Sabbath-keepers have a role to play in contributing to the achievement of these goals. The goals of the U.N. Commission reflect problems highly resistant to even internationally organized efforts. Progress thus far in each major world region has been limited. If Sabbath-keepers abdicate our role in these processes, are we not at risk of failing a test of loyalty to our full relationship with God?

Contributing to solutions for sustainable development problems is a test born of Sabbath principles that gets to the heart of the very purpose of business. To what extent will Sabbath-keepers participate? Sabbath-keepers training to become business leaders might come to see their role as much larger than finding career success.

Success in business is indeed important, as it contributes to the development dimension of sustainable development. But the larger purpose of business, when seen through the lens of deeper Sabbath principles, becomes one of fostering flourishing life. We can serve the people closest to us while keeping in mind how those the farthest away from us, as well as those coming after us, also are impacted. ■

*Michael Cafferky holds the Ruth McKee Chair for Entrepreneurship and Business Ethics at Southern. He is the author of eight books including his most recent, Business Ethics in Biblical Perspective: A Comprehensive Introduction. Visit [southern.edu/columns](http://southern.edu/columns) to access a lengthier, annotated version of this article, originally published in The Journal of Biblical Integration in Business (Volume 18, Issue 1).*



### Stepping Up, Helping Out

Senior Crystal Catarama, right, first began working at Southern's Human Performance Lab in 2012. As a biology pre-med major, faculty had stressed to her the importance of research, and Professor Harold Mayer, PhD, was launching his double-blind study on training levels and metabolic efficiency. It was a perfect fit! But this past summer Mayer needed open-heart surgery, which required him to take off the entire fall term. Catarama, a regular on the Dean's List, agreed to lead the research in his absence alongside five other students. The team recruits study participants and tests them for resting metabolic rate, maximal oxygen consumption, residual volume, and hydrostatic weight. "I'm very grateful they kept the study going through this semester, and I look forward to presenting our research at the National American College of Sports Medicine meeting in 2016," Mayer said.

We'd love to hear from you, and so would your classmates! Send updates about additions to your family, educational accomplishments, marriage, professional recognitions, or other news you'd like to share to:

[alumni@southern.edu](mailto:alumni@southern.edu) or **Alumni Relations** • P.O. Box 370 • Collegedale, TN 37315-0370

## The Bridge Builder

An old man, going a lone highway,  
Came at the evening cold and gray  
To a chasm vast and deep and wide  
Through which was flowing a swollen tide.  
The old man crossed in the twilight dim;  
The rapids held no fears for him.  
But he turned when safe on the other side  
And built a bridge to span the tide.

"Old man," cried a fellow pilgrim near,  
"You're wasting your time in building here.  
Your journey will end with the closing day;  
You never again will pass this way.  
You have crossed the chasm deep and wide;  
Why build you this bridge at even-tide?"

The builder lifted his old gray head.  
"Good friend, in the path I have come," he said,  
"There follows after me today  
A youth whose feet must pass this way.  
This stream, which has been as naught to me,  
To that fair youth may a pitfall be.  
He too must cross in the twilight dim—  
Good friend, I am building this bridge for him."

-Will Allen Dromgoole (1860-1934)

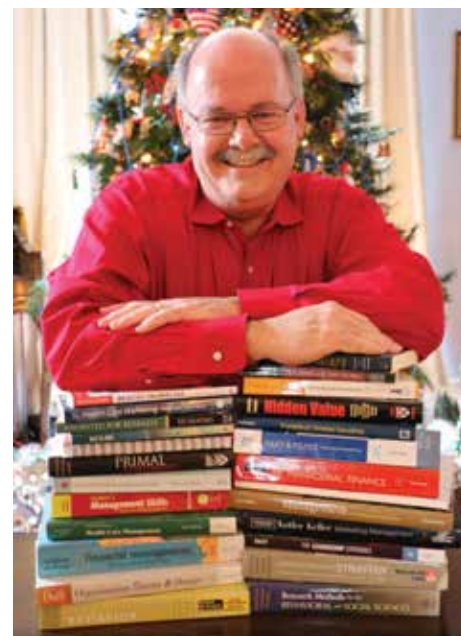
**M**any of us have benefited from the bridges built by those who came before us. We all have the opportunity to build new bridges for those who come behind us. Bridges make easier the paths we all must tread. Bridges like these help us fulfill our mission—to bring others across the toils of life into the arms of Christ.



The Alumni Association's mission is to better connect the university with its alumni, and to better connect alumni with each other. As I begin serving for the next two years as your new Alumni Association president, I truly want to know: how can the university help build a bridge in your life? Email your answers to [alumni@southern.edu](mailto:alumni@southern.edu).

I encourage readers to ask themselves a similar question: how can you help build a bridge for those behind you on the same path? These answers will help us grow closer and better connected in the Southern community.

Jay Dedeker, '88  
*Alumni Association President*



**70s** **Dennis R. Campbell**, attended '73-'76, was accepted into Emory University School of Dentistry program post-Southern. Thirty-five years later, he decided to pursue a business degree from Southern. In December 2014, he graduated at age 60 with an MBA in Healthcare Administration. His daughter, **Chelsea**, is a current student at Southern. Dennis and his wife, **Shellie (Shanko)**, '79, live in Asheville, North Carolina.

**80s** **Manyiu Ma**, '82, studied business administration at Southern with emphasis in international business. He lives in Grand Rapids, Michigan, with his family and three children.

**90s** **Daniel Wolcott**, '97, has been named president and CEO of Lodi Health. Previously, he served as president and CEO of Takoma Regional Hospital, and before that he served as vice president and administrator at Florida Hospital Memorial System. Daniel earned a Bachelor of Business Administration in marketing from Southern and an MBA in finance from Georgia State University in 2001. He and his wife, Cynthia, have four children: **Peter** (current), Joshua, Seth, and Sarah. They recently moved from Tennessee to California for Daniel's new job.

**00s** **Sam Heiser**, '07, '14 (MBA), and his wife, **Marlane (Costa)**, '07, welcomed their daughter, Rebecca Zyana, in March 2015. They are both employed by Adventist Medical Center in Portland, Oregon. Sam works on the business side, Marlane as an RN.

## Alum Serves in Nepal Following Devastating Earthquake

**Natalia López-Thismón**, '08, earned a master's in communication studies before working for the Miami Heat and then ADRA. As ADRA's associate director for communication, she went to Nepal after the 7.8 magnitude earthquake in April 2015 left more than 9,000 people dead and 23,000 injured.

"Being in Nepal was emotionally exhausting, but it was far from discouraging," Thismón said. "I saw the spirit of survival that human beings have and the spirit of generosity as well. People in the towns and villages most affected were sharing what food and supplies they had and helped each other clear the rubble from what used to be their homes. Seeing this reminded me that even in suffering we can be generous with one another."

In October, Thismón accepted a job as media relations manager with the National Communication Association in Washington, DC.



Thismón (right) found reason to smile amid the post-earthquake chaos while visiting with children in Dhading, Nepal.

**Lindsey (Gaspard)**, '08, and **Erick Quinones**, '13, were married this past June. Erick is taking online graduate courses in public health and wellness from Andrews University and also works as a personal trainer. Lindsey is a marketing communications specialist for McKee Foods Corporation. They live in Ooltewah, Tennessee.



**10s Harald Fredheim**, '11, and **Sara (Nalley)**, '12, were married August 24, 2014. Sara recently completed a Master of Arts in Early Modern History from Birkbeck College, University of London. Harald is finishing a Master of Science in Conservation for Archaeology and Museums from University College London.

**Nicole Garcia**, '11, recently launched Enjifit, an online fitness community. After graduation, Nicole began public relations work for a state agency in Florida, and two years later she took on the role of

brand champion to reposition a regional workforce board. Governor Rick Scott publicly recognized her efforts and the ensuing results at a recent reception. She has also kept busy through her public relations firm, Nicole Avenue Communications. She lives in Tallahassee, Florida.

**Melanie Bethancourt**, attended, took two years of Health Science from Southern before pursuing her bachelor's degree in child development from Appalachian State University in Boone, North Carolina. She graduated in December 2014 and moved to Charlotte, North Carolina. She is applying to graduate schools for a master's degree in speech language pathology.



**Kimberley Hutapea** (third from right), '13, traveled to Indonesia to teach as a student missionary for a year before returning to Southern and earning her MSN (nurse educator emphasis). She now teaches nursing as a career. Kimberley lives in Fontana, California.

**Jeremy Pastor**, '13, began his career as a night shift nurse in a Neuro Progressive Care and Orthopedic Unit at Florida Hospital's Altamonte Springs campus. Currently, he works as an ICU nurse at Florida Hospital's Orlando campus.



**Jaren Penner**, '13, and **Lauren (Behnke)**, '13, were married June 29, 2014. They both work with children in behavioral health. Lauren is also beginning a new, second career adventure as a mother-and-baby nurse. They live in Ringgold, Georgia.



**Justin Peter**, '13, and **Mary Kate (Stone)**, attended, were married December 2014 in Philadelphia, Pennsylvania. Mary Kate recently began working on her master's in counseling. While pursuing a degree in engineering, Justin joined the Army and recently completed Officer Candidacy School, making him a second lieutenant. They live in Fort Leonard Wood, Missouri.

**Reuben Plasencia**, '13, is in his third year of medical school at Montemorelos University School of Medicine in Mexico. This January, he also started his MBA (healthcare administration) with Southern. After graduation, he plans to do his internal medicine residency in the United States.

**Caitie Schwarz**, '13, was hired at Erlanger Health System in Chattanooga, Tennessee. She worked on a medical/surgical floor for two years before recently accepting a job as an RN in labor and delivery. Her plan is to explore and experience her nursing career before studying toward a master's degree. She lives in Ooltewah, Tennessee, but her home will always be in Kaneohe, Hawaii.

**Melissa Seidel**, '13, is a second-year student at Loma Linda University School of Dentistry. Since graduation, she has volunteered at many dental clinics and went on a dental mission trip to Nicaragua. She will graduate in May 2017 and plans to practice dentistry in her hometown of York, Pennsylvania.

**Erica Singh**, '13, continued developing her nursing career after graduation with a job at Florida Hospital Orlando, where she works as an RN for the Cardiovascular Progressive Care Unit. She plans to get her PCCN certification and has started the clinical pastoral education program in hopes of becoming a chaplain. When finished with her units for pastoral education, she plans to attend seminary and obtain a Master of Divinity degree.

**Maricel Zamoras**, '13, is a registered nurse specializing in congestive heart failure and pulmonary hypertension healthcare at Florida Hospital. Maricel sat for her PCCN certification this summer and will begin graduate studies next year. She lives in Orlando, Florida.



**Jeremy Grabiner**, '14, is a missionary in Mazabuka, Zambia. He serves as the head accountant for Riverside Farm Institute, a supporting ministry that works in cooperation with the Seventh-day Adventist Church to reach the community through medical outreach, a lifestyle center, evangelism, adult education programs, and production from the farm and industries. Jeremy hopes to pursue a master's degree soon.

**Nitha Halder**, '14, works as an RN in the Critical Care Unit at Memorial Hospital in Chattanooga, Tennessee. She works in psych nursing as well. Nitha's plans include expanding her knowledge base in critical care and applying for graduate school with the goal of becoming a CRNA.



**Jamie Howell**, '14, works at Dakota Adventist Academy in Bismarck, North Dakota, as assistant to the registrar. She also works part time as the cook in the cafeteria and runs the janitorial department. The Dakota Conference recently approached Jaime about starting a one-teacher elementary school on the Pine Ridge Indian Reservation in South Dakota. Payabya Adventist Mission School will be held in the converted two-car garage under Howell's apartment. Though this will be a challenge, Jaime credits her missionary experience in Bolivia through Southern as having prepared her for new cultures and being thrust out of her comfort zone.

**Yvette Mamora**, '14, began working for Erlanger Health System in Chattanooga, Tennessee, during her final year at Southern and remains employed there as an RN. She lives in Apison, Tennessee.



**Daniel Morgan** (right), '14, works for Adventist Care Centers (ACC), a not-for-profit skilled nursing and rehab facility. He recently finished an administrator in training program with ACC and passed the National Administrator Boards for his license. Daniel lives in Orlando, Florida.

**Hai Vo**, '14, moved to Silicon Valley shortly after graduation and recently joined Rocket Link Mobile, LLC as chief technology officer, assisting in the launch of two products. In July, he also became senior engineer for Sincerely Inc., the San Francisco branch of flower and gift delivery company FTD.

## Remembrance

**Betty Jeanne (Howard) Hughes**, '43, was born in Haiti on February 17, 1924, the daughter of missionary parents **Melvin D.**, attended, and **Pearl Howard**. She died in Hendersonville, North Carolina, on April 4, 2015. Betty was a member of the Mills River Seventh-day Adventist Church and is survived by three children: **Sharryn (Hughes) Mahorney**, '69, and her husband, **Barry**, '70; **Lynda (Hughes) Seidel**, '71, and her husband, Dave; and Glen Hughes and his wife, Lynn; five grandchildren, and nine great-grandchildren. She was preceded in death by her husband **Ross**, '42, her daughter, **Juanita (Hughes) Carwile**, '77 and '79, and her grandson, **Rick Seidel**, '98.

### Jan Haluska, English Professor and Department Chair

**Jan Charles Haluska**, former professor and chair of the English Department until his retirement in 2014, passed away September 25 at the age of 73.

Jan was born in San Francisco, California, on December 17, 1941, the only child of Charles and Lois Haluska. He was a graduate of San Rafael Military Academy, served three years in Germany with the United States Army, and was a founding member of the Desmond Doss American Legion Post 257. Jan's great passion was teaching; after seven years at Georgia-Cumberland Academy in Calhoun, Georgia, he completed his PhD in English from the University of Tennessee and taught at Southern for 33 years. He is survived by his wife of 42 years, Marcia Opstad Haluska, and two sons: **Aaron**, '01, and his wife **Jessica (Dorough)**, '08; and **David**, '03, and his wife, **Mindy (Bell)**, '01. He is also survived by grandsons Nathan, Joshua, and Seth. A memorial service was held October 3 at the Collegedale Church of Seventh-day Adventists and may be viewed online by visiting [southern.edu/columns](http://southern.edu/columns).



The Haluska family and Southern's English Department hope to honor Jan's legacy of service and passion for teaching by initiating an endowed scholarship in his name. To make a gift in his honor, call 423.236.2829.

# You Can Travel with Southern

Southern's 2016 calendar is full of life-changing trips sure to provide engaged learning and spiritual growth. We all have a travel bucket list: What could be better than experiencing those places with a fun group of people who share your faith?

## ARCHAEOLOGY DIG

**Destinations:** Israel and Jordan.

**When:** June 15-July 24, 2016.

**Trip Leaders:** Michael Hasel, PhD, School of Religion archaeology professor; Giselle Hasel, MFA, School of Visual Art and Design associate professor; Martin Klingbeil, DLitt, School of Religion archaeology professor.

**Highlights:** Visiting biblical landmarks, scuba diving in the Red Sea, and having the opportunity to discover artifacts and history firsthand from the time of Nebuchadnezzar, Daniel, and Isaiah.

**Cost:** \$5,985 includes 6 credit hours of tuition, airfare, lodging, breakfasts and dinners, luxury bus transportation, entrance fees, and gratuities for six weeks; \$4,595 for 3 weeks and 3 credit hours of tuition.

**How to Book:** Visit [southern.edu/lachish](http://southern.edu/lachish).

**Deadline:** March 15, 2016.

**Who Can Go:** Priority will be given to students of Southern Adventist University, but non-students may go as well, if there is space available.

## BRITISH REFORMATION

**Destinations:** Edinburgh, Scotland; St. Andrews, Scotland; Cambridge, England; London, England; and Oxford, England.

**When:** May 11-23, 2016.

**Trip Leader:** Greg King, PhD, School of Religion dean and professor.

**Highlights:** Seeing beautiful and historic sites, learning about the British Reformation, and strengthening friendships.

**Cost:** \$3,000 includes airfare, ground transportation, lodging, tours, and a partial meal plan.

**How to Book:** Email [gking@southern.edu](mailto:gking@southern.edu).

**Deadline:** December 2015.

**Who Can Go:** Priority will be given to employees of Southern, but non-employees will also be considered if spots remain.

## EUROPE (BUSINESS)

**Destinations:** England, France, Switzerland, Germany, and Czech Republic.

**When:** May 16-June 6, 2016. Leaders plan to repeat this trip on even years, alternating with a trip to China on odd years.

**Trip Leader:** Mark Guild, MBA, School of Business and Management associate professor.

**Highlights:** A unique combination of sight seeing and touring businesses to become familiar with European management practices.

**Cost:** \$5,500 includes 6 credit hours of tuition, airfare, ground transportation, lodging, most meals, entry fees to sites, excursion tickets, tips, and basic insurance.

**How to Book:** Email [mguild@southern.edu](mailto:mguild@southern.edu).

**Deadline:** December 2015.

**Who Can Go:** Preference is given first to business students and then to students of other majors. Non-students will also be considered, if there are available spots.

## EUROPE (CLASSICAL MUSIC)

**Destinations:** Czech Republic, Austria, Slovakia, and Hungary.

**When:** May 9-19, 2016.

**Trip Leader:** Suzanne Bona, host of the national radio show *Sunday Baroque*, and tour guide professionals from Collette Travel.

**Highlights:** Traveling through European imperial cities and learning about the music that originated there.

**Cost:** \$3,699 includes airfare, ground transportation, lodging (double-occupancy), site entrance fees, and partial meal plan.

**How to Book:** Visit [wsmc.org](http://wsmc.org) and click on the trip advertisement.

**Deadline:** Book by December 1 to reserve a seat.

Availability and pricing subject to change after then.

**Who Can Go:** Anyone who is interested can sign up on a first-come, first-served basis.

## EUROPE (GENERAL)

**Destinations:** Belgium, France, Germany, and Switzerland.

**When:** May 29-June 10, 2016.

**Trip Leader:** Bill Wohlers, PhD, former History and Political Studies Department professor and vice president emeritus for Student Services.

**Highlights:** Forging lasting friendships and seeing incredible European scenery.

**Cost:** \$4,600 includes airfare, ground transportation, lodging, site entrance fees, and morning and evening meals.

**How to Book:** Email [alumni@southern.edu](mailto:alumni@southern.edu) or call 423.236.2830.

**Deadline:** January 31, 2016.

## EUROPE (HISTORY)

**Destinations:** Germany, Poland, Hungary, Slovakia, and Czech Republic.

**When:** May 9-29, 2016.

**Trip Leader:** Lisa Clark Diller, PhD, History and Political Studies Department chair and professor.

**Highlights:** Explore Jewish life before and after the Holocaust, including current events, immigration, and the rise of anti-Semitism.

**Cost:** \$5,400 includes airfare, ground transportation, lodging, site entrance fees, and meals.

**How to Book:** Email [ldiller@southern.edu](mailto:ldiller@southern.edu).

**Deadline:** January 31, 2016.

**Who Can Go:** This trip is targeted at students for history and political science credit, but interested adults such as parents and alumni are welcome.



Dennis, '67, and Libby (Holmes) Steele, '63 and '66, were part of the Alumni Association's inaugural trip to Europe, an event open to graduates and non-graduates alike.

## TROPICAL BIOLOGY

**Destinations:** Indonesia and Singapore.

**When:** May 8-30, 2016.

**Trip Leader:** Keith Snyder, PhD, Biology Department chair and professor.

**Highlights:** Hiking up volcanoes, scuba diving in coral reefs, and spotting rainforest wildlife.

**Cost:** \$4,450 includes 3 credit hours of tuition, airfare, lodging, meals, entrance fees, and gratuities.

**How to Book:** Email [kasnyder@southern.edu](mailto:kasnyder@southern.edu).

**Deadline:** December 2015.

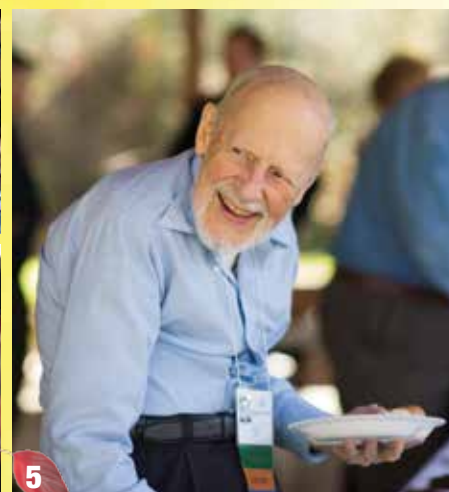
**Who Can Go:** The trip will be opened first to biology majors and next to non-biology majors and non-students. Snyder hopes to take an entirely non-student group in May 2017!

# REFLECTIONS ALONG THE PATH

Homecoming Weekend 2015 – Celebrating a Legacy of Service

Selected events were recorded. To view, visit [southern.edu/streaming](http://southern.edu/streaming).

ALL PHOTOS BY GEORGE NELSON, CURRENT; DANIELLE SCHAFER, CURRENT; AND TERRY HENSON, CURRENT.



**1)** Professor Ruth Williams hosted Friday's Psychology Symposium in Summerour Hall.

**2)** Ladies Luncheon is a popular activity during Homecoming Weekend. More than 100 alumni attended this year's event.

**3)** The registration area was still buzzing with activity, even though many alumni registered online at [southern.edu/community](http://southern.edu/community) (Southern's new hub for all things alumni).

**4)** Jack Blanco, retired dean and professor from the School of Religion, enjoyed food and fellowship at the Gentleman's Picnic in the Student Park.

**5)** Milton Norrell, '42, is a regular at homecoming, always finding the time and energy to participate in many activities.

**6)** The blacksmithing workshop provided students in the Southern Smiths club a

chance to show off their skills and lead out in hands-on activities with alumni.

**7)** Jennifer (Eaton) LaMountain, '90, shared an inspiring musical journey down memory lane during the Sacred Concert.

**8)** President Gordon Bietz and his wife, Cynthia, were named honorary alumni during the Kick-off Banquet.

**9)** Gerald Kovalski, '63, visits with Bill, '65, and Pat (Osborne) Kirstein, '65.

**10)** Former and current student workers stopped by Lynn Wood Hall's Call Center to celebrate a 10-year reunion.

**11)** Friday's Beyond the Columns Supper in the student center provided networking and mentoring opportunities between graduating seniors and alumni.



10



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**12)** Alumni on campus were having so much fun these deer came out of the woods on Industrial Drive to investigate.

**13)** President Gordon Bietz shared stories from *Parables of Fenton Forest* with future alumni. To get your own free copy of the book, call 423.236.2829.

**14)** More than 40 current and former Southern Scholars gathered for a meal in McKee

Library. See Page 16 for a feature article about this academic honors program.

**15)** Board of Trustees Chair Ron Smith, left, and President Gordon Bietz, right, led a Town Hall meeting to discuss the presidential leadership transition process and Southern's strategic plans moving forward.

**16)** Barbara James, '75, left, was recognized during the School of Nursing's open house as

a 40-year alum and for 25 years of service to Southern. James is dean for the School of Nursing.

**17)** Approximately 70 chorale and chamber singers alumni participated in the vespers reunion concert.

**18)** Dick Coston, '65, presented the sermon during first service at the Collegedale Church.

**19)** Members of the Golden Anniversary Class (50 years) received commemorative certificates.

**20)** Outgoing Alumni Association President Bert Coolidge, '65 (and his Studebaker truck), are fixtures at homecoming. See Page 24 for a welcome message from the new Alumni Association President.



### Immediate Connection

As a mentor in one of the Southern Connections classes for allied health majors, sophomore Molly Sherman, front, leads out in a ropes course group bonding experience alongside freshman Alexis Johnson, middle, and freshman Makayla Sanchez. Sherman signed up to be a mentor because, “when I was new here my mentor was really sweet and helped me feel like I already had a friend!” Though outdoor activities are always a fun part of Southern Connections, the idea behind this general education requirement is quite serious. The course gives first-year students pursuing the same major an opportunity to discuss and research topics of interest in a core subject area while developing critical and creative thinking skills. It also facilitates social adaptation to college and can provide students their first life-changing moments through engaged learning and personal relationships with faculty and staff.



# wisdom

By Gordon Bietz, president

My parents were strong believers in Christian education. Though neither had much schooling, both were dedicated to providing a wholesome, Christ-centered education to all nine of their children.

Yes, nine children.

Unfortunately, going to church school presented a seemingly impossible situation. My father was a homesteader and built a nice two-story house that was to serve us for many years, but there were no Seventh-day Adventist schools nearby. Inspired by a Spirit of Prophecy book warning them that it was “no longer safe” to send children to public school because of the lack of scriptural foundation, my parents soon found a suitable new piece of land only one mile west of a church. So we hitched the entire house up to two enormous steam-propelled engines and made the nine-mile trip toward our new home.

My parents may have been committed to Christian education, but in reality, they were committed to their children. My father often said that even if none of the church members sent their children to church school, his would always be there—even if he had to board the teacher and pay the salary himself. And one year, he did just that! As long as the Bietz children needed a church school, there was one in operation. The result? All of us remain active Adventist church members today.

## True Wisdom

What does it really mean to be educated? Does it mean knowing how to fix a computer? How to repair a heart valve? How to discuss the finer points of Shakespeare? Many of us have a distorted view of wisdom, using categories of our own design as an intelligence measuring stick. And if the scales tip in our favor when compared with others, we’re tempted to call ourselves wise. But are we?

Not according to Paul. In 1 Corinthians 3:18-19, he writes: “Do not deceive yourselves. If any of you think you are wise by the standards of this age, you should become ‘fools’ so that you may become wise. For the wisdom of this world is foolishness in God’s sight.”

Wisdom is so much more than information. Don’t get me wrong—our schools must be second to none in matters of career preparation and intellectual stimulation. But let us be careful not to evaluate their effectiveness simply by GPAs and graduate school acceptance letters. King Solomon pursued worldly wisdom and documented its emptiness in Ecclesiastes 1:13-14: “I applied my mind to study and to explore by wisdom all that is done under the heavens ... all of them are meaningless, a chasing after the wind.”

Many, like Solomon, acquire information only to find that it is never enough. True education is not just learning facts about the universe; rather, it is based on a fuller understanding of who we are, why we’re here, and how we should live. It gives life meaning and purpose. How do we begin acquiring this deeper education? Proverbs 9:10 is quite clear: “The fear of the LORD is the beginning of wisdom.” Teaching our children to love and respect the Lord is how we send them on the path to wisdom.

## Being with Jesus

Many may advocate for Adventist education because they believe it teaches the truth. It’s much more than that. (We say we have the truth, but the devil also has the truth and he is not saved.) Adventist education is not simply about obtaining religious knowledge; it’s about transforming lives so that we *live* the truth—not just *know* the truth. Adventist education is different because we show as well as tell. Students see faculty, staff, and classmates sharing their faith, and they witness the school family coming together to get involved in community projects.

Jesus’ disciples did not have much schooling; they were fishermen and common laborers. Yet when two of these men were quizzed before the intelligentsia of Jewish leaders, their wisdom shone through: “When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus” (Acts 4:13).

This is true education. This is the wisdom of eternal significance. My prayer is that after students have been to our schools and acquired more than information, others will recognize their courage and take note that they’ve been with Jesus. ■

# Because of You...

**SOUTHERN ADVENTIST UNIVERSITY**  
students, faculty, and  
constituents can say **THANK YOU!**

## Five-Year Giving Totals

**2014-2015**

**Dollars** \$9,196,810

**Donors** 4,428

**2013-2014**

**Dollars** \$9,271,907

**Donors** 4,880

**2012-2013**

**Dollars** \$4,438,022

**Donors** 4,486

**2011-2012**

**Dollars** \$3,907,509

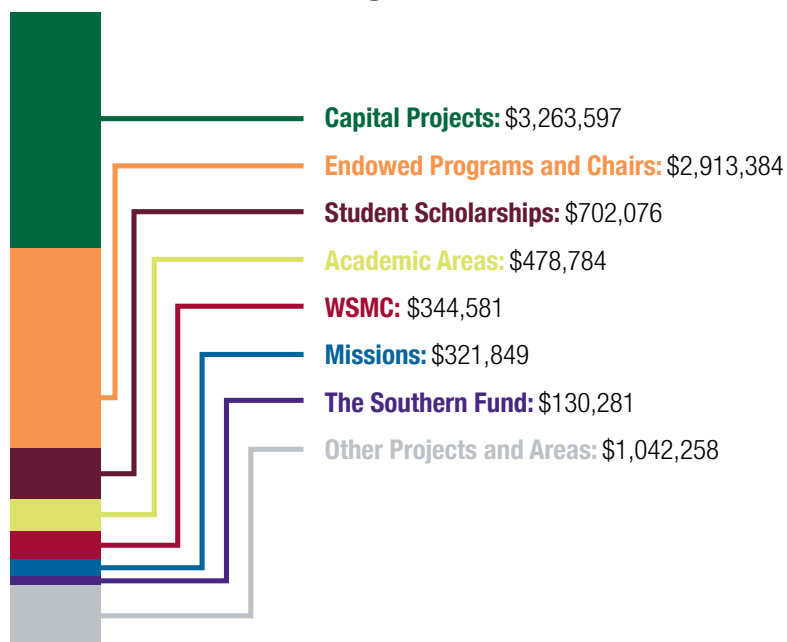
**Donors** 4,117

**2010-2011**

**Dollars** \$4,223,372

**Donors** 4,209

## 2014-15 Total Giving: \$9,196,810



When considering Southern for your year-end gifts, remember that every contribution, large or small, impacts the 3,125 students on campus this year.

**GIVE ONLINE:** [southern.edu/give](http://southern.edu/give)

**BY PHONE:** 423.236.2772

**OR MAIL:** Advancement, P.O. Box 370,  
Collegedale, TN 37315

For a comprehensive view of giving in 2014-2015, visit [southern.edu/annualreport](http://southern.edu/annualreport).