



# Panorama

Southern Adventist University's Parent Newsletter | December 2005

## Help for the Homesick

The scene is a familiar one: new students, fresh out of high school, flood Southern's campus ready to begin their first semester of college. Many fit right in and adjust well to dorm life, but others experience homesickness, a longing for friends, family, and the familiarity of home.

"There were times I wondered if I should be here," says Matt Newbern, senior biology major from Florida.

"I was really homesick for a while," says Nicole Brown, sophomore business administration major from New Jersey. "The South felt really different from New Jersey."

Feelings like these are a natural part of adjusting to life away from home, and there are ways parents can help overcome homesickness when it strikes.

- When a student calls home upset or worried, listen carefully in order to determine how best to address his or her need in that moment.
- Brainstorm together on the phone to come up with possible courses of action as problems arise.
- Convey encouragement and reassurance on a regular basis in a variety of creative ways.

One way to do this is to send a care package with favorite foods and an encouraging note.

In addition to these strategies, phone calls, email, and instant messages go a long way toward helping students cope with being away from home.

"When I missed home, my dad let me call him all the time at work," recalls Sonya Reaves, senior social work major from Texas. "My mom sent me letters, which I greatly appreciated because they let me know I wasn't forgotten."

One of the best ways to beat homesickness is to encourage students to break out of their comfort zones, get involved in groups or organizations, and make friends.

"I missed my family, but I made friends and now I miss them when I go home," says Autumn Bechtel, senior psychology major from Pennsylvania.

Brown also found that friends helped cure homesickness. "The friendships you make at Southern last a lifetime," she says. "In a way, Southern has become a home away from home."

*~Brian Magsipoc, senior public relations major from Florida*

*Source: Let the Journey Begin: A Parent's Monthly Guide to the College Experience. MacKay and Ingram, © 2002*

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Dear parents,

The campus is alive with anticipation as students look forward to the holidays!

I remember well the excitement Christmas and New Year's brought to us as our daughters finished up each fall semester. In addition to this happy expectation, however, they often had to deal with stressors like papers due, final exams, and grades before they were "free".

To help with the frantic finals, Cynthia and I made it a point offer an encouraging word and to help them remember that Christ could provide for them in infinitely more ways than we ever could.

So when your students get caught in the middle of that semester's-end hustle, stay in touch and help them cope with the stress and changes of the season. Remind them to take each challenge one at a time with Christ as their strength, and He will get them through the end-of-the-year rush in high spirits.

God bless,

Gordon Bietz

## Social Work Students: Advocates for Social Justice

Southern's Social Work and Family Studies Department is working with the Adventist Development and Relief Agency (ADRA) for social justice, is facilitating reconciliation for the Tennessee court system, and has been contracted to train social workers for Tennessee's Department of Child Services.

Several students in the Social Welfare Issues and Policies Class traveled to Washington, D.C., in October to advocate for legislation. There they presented their research concerning recent healthcare cuts that have left millions with little or no coverage in Tennessee. Students also met with the chief of human resources for ADRA and key staffers for senators.

*"We're speaking as the voice of the people—people who may not be able to speak,"* says Chris Atkins, program director and associate professor in the Social Work and Family Studies Department.

*"This opportunity also provided valuable experience and may have opened the door for students to obtain internships and jobs in their field."*

Students also have many opportunities for learning through the Social Work and Family Studies club, including involvement in an ongoing program facilitating reconciliation between criminal offenders and victims. Several social studies students have volunteered to work with the offenders in coordination with the Chattanooga, Tennessee, court system. Results have shown considerable progress in breaking the cycle of repeat offenses.

A new development in state law has given the social work department an opportunity to re-train employees in Tennessee's Department of Child Services. Employees are now required to have a bachelor's degree in social work, and Southern is one of 13 universities in the state with an accredited program.

~Lindsey Gaspard, sophomore journalism major from New Hampshire

Social Work and Family Studies students stand in front of the National Association of Social Workers Headquarters during their trip to Washington, D.C., in October.

Left to right: Chris Atkins, Judy Moses, Heather Awe, Laura Aggabao, Dee Francisco, Trisha Demosthenes, Rachel Sullivan, Lori Blaisdell, and Karen Fleming



# Did You Know?

## Jobs for Southern's Students

Is your student having trouble landing a job? Although Southern doesn't have an "on campus job placement center," students can access several convenient resources to help them find employment. In fact, approximately 40 percent of our freshmen currently work on campus.

The Human Resources Office website provides students with easy access to a database listing more than 900 on-campus job opportunities available only to currently enrolled students. The website makes the job search process easy by providing contact names and phone numbers with each job listing. Students can apply for a job through email or by calling the department with the job listing.

Students working part-time on campus can earn between \$1,500 and \$5,000 in an academic year. For more information, visit the Human Resources Office on the second floor of Wright Hall, call 423.236.2276, or log on to [hr.southern.edu/jobs](http://hr.southern.edu/jobs).

## Campus Safety

Campus Safety, on call 24/7, is committed to protecting Southern's students. Officers keep a constant watch on all fire alarms, smoke detectors, and card key accessible doors through monitors and regular inspections. Campus Safety also offers locksmith help for vehicle lock-outs, provides personal escorts by request after dark, and jump-starts dead car batteries for students, faculty, and community members.

Students can call 423.236.2100 to report theft, vandalism, harassment, or suspicious activity on campus.

*~Brian Magsipoc, senior public relations major from Florida*



## Morning Meditations & Evening Worships

Many Southern students on and off campus rise early four mornings per week to attend a 7:30 a.m. joint worship called Morning Meditations in the Talge Hall Chapel.

"The morning worships are usually packed," says Erika Gemmell, sophomore mass communication major from Maryland. "Especially since both men and women can come, and even some village students attend to gain a morning blessing."

Students in the residence halls also have worships available at 7 p.m. and 10 p.m. plus one joint worship per week presented by the Chaplain's Office. Residence hall students are required to choose eight worships per month from the options available.

# STUDENTS SAY



There's no better way to know what your student appreciates and needs than to ask. So we asked the students at Southern what their parents do that they really appreciate, and this is what they said.

"We call each other periodically; thank goodness for the family plans. I know they've done everything they possibly can to stay in touch and help me out with school, including paying for my education, which I really appreciate."

~Ken Luk, sophomore nursing major from Texas

"My parents help me out tremendously financially, and we have a 'family talk' plan with our cell phone service that we use to call each other every other day."

~Sandy Bolejack, junior nursing major from Missouri

"My mom has helped a lot financially, but more importantly she's always been there to talk, give me advice about classes, and remind me about things I need to do."

~Andre Morris, senior computer systems administration major from Tennessee

"They've definitely helped me financially, and they also help me stay on task with homework and school work with constant encouragement. They keep encouraging me to try to be my best and listen when I need to talk or when I call and complain. I know without a doubt that they love me."

~Matt Stevens, junior pastoral care major from Florida

"They call me every day and send me packages with food, lotion, school supplies, and just little things that I really like."

~Nicole Smith, freshman clinical laboratory science major from Michigan

"They send me care boxes every so often, and we call each other every night to keep in touch. I think that being away from home has actually brought me closer to my parents because now we can communicate without getting on each other's nerves."

~Grace Nunez, freshman biology major from New York

"They call me every day, send me emails, and send me clothes, food, money, and all kinds of things in the mail. They also sent flowers and goodies to my sister from the Village Market for her birthday (my birthday is in the summer)."

~Noleene Allen, sophomore business administration major from Florida

"Between the two of them, my mom and dad call me almost every day to check on me. They also keep up with my school schedule and call me on test days to see how I'm doing and let me know they're praying for me."

~Jennifer Lee, junior nursing major from North Carolina

"My mom sends me gifts every now and then, and my dad pays for my plane tickets to and from school when I visit."

~Robin George, art-character animation major from California

"They've kept in touch with me through the cell phone, Skype, Instant Messenger, letters, and packages of food from time to time. I appreciate that they always let me know how they're doing and that they're OK."

~Jose Loza, senior art-character animation major from New Jersey

"My mom calls me every day and sends me gift packages, and my dad sends me money."

~Jaribeth Carmona, senior business administration major from New Jersey

"My mom and dad call me a lot, and I love getting packages, from them in the mail."

~Lori Sherbondy, freshman nursing major from North Carolina

## Favorite Bible Text

*"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?"*

~Matthew 6:25,26, NKJV

*I like this verse because it's very comforting. When I read it, it helps me stop worrying and puts things into context.*

~Carolyn Scott, freshman general studies major from Wisconsin



## NEW ASSISTANT CHAPLAIN: KEVIN KIBBLE

**K**evin Kibble, Southern's new assistant chaplain, recently joined chaplain Ken Rogers in serving the spiritual needs of Southern's students. Kibble enjoys working one-on-one to encourage people in their continued spiritual growth.

"The focus of my role is to help students get to know Christ on a personal level," says Kibble. "This releases me to launch an intensely personal ministry. That chance to bring students personally closer to Christ is what I enjoy most about my job."

Kibble spent four years as men's dean at Pacific Union College before moving to Collegedale with his wife, Gennevieve. The couple now serve as a team, with Gennevieve working as the director of choral activities for Southern.

Kibble received a Master of Divinity degree from Andrews University. He also pastored in Washington and Southern California and spent time as the associate youth director of the Southern California Conference.

*~Elizabeth Blackerby, junior mass communications & public relations major from Pennsylvania*



## File That FAFSA!

**Filing your FAFSA late could cost your family thousands of dollars in financial aid.**

**D**on't join the hundreds of families who lose out on thousands of dollars of institutional financial aid each year because they file late! Get ready now to fill out the Free Application for Federal Student Aid (FAFSA) so you'll be prepared by January 1, 2006, the first day applications for the 2006-2007 school year are being accepted.

If you applied for financial aid for the 2005-2006 school year, you may be eligible to file a renewal FAFSA online.

The deadline for financial aid applications for institutional aid is March 30, 2006. The application process runs on a first-come-first-served basis, so the sooner forms are sent in, the more aid may be available to your student.

The fastest way to fill out a FAFSA and get it processed is to do so online through the United States Department of Education's website. There you'll need to apply for a Personal Identification Number (PIN), which will serve as your elec-

tronic signature when filling out the FAFSA. Both students and parents can apply for a PIN.

Once you have received your PIN, you and/or your student will need the following information before filling out the FAFSA

- Your social security numbers
- Driver's licenses (if any)
- Your and your student's current bank statements
- Your and your student's current business and investment records and information
- Your and your student's alien registration or permanent residence card (if not a U.S. citizen)
- The most recent tax forms for your student, you (if your student is a dependent) or his or her spouse (if married) and any other records of money, taxed and untaxed, earned. If not available, estimate the numbers based on the previous year and correct them later using the FAFSA corrections on the Web.

Applications are available online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). For more information, please call the Student Finance Office in Wright Hall at 423.236.2835.

Source: [www.fafsa.ed.gov](http://www.fafsa.ed.gov)



Members of the Trombone Choir play in Ackerman Auditorium

## Southern Adventist University's Wind Symphony

**S**outhern Adventist University's Wind Symphony is the perfect place for musicians who love a wide variety of music, want to use their talents to help other people, and enjoy performing tours.

The 50-member Wind Symphony performs often as a group, but it also plays in the form of several smaller groups. These include the Jazz Ensemble, Trombone Choir, Brass Quintet, Woodwind Choir, and Brass Choir, which perform during Wind Symphony concerts as well as on their own. One such concert held

by the Jazz Ensemble in October benefited the victims of Hurricanes Katrina and Rita. The performance raised \$750, which was donated to ADRA.

The Wind Symphony also benefits its members with a broad musical repertoire: students who join get to play music from over 24 different composers each year. Included in this year's pieces are Peter Tchaikovsky's *Suite from The Nutcracker*, Allen Vizzutti's *American Jazz Suite*, Eric Whitacre's *October*, and Jerry Bilik's *The Twelve Days of Christmas*.

To find out about how you can support students in the Wind Symphony, contact Ken Parsons at 423.236.2886 or [kparsons@southern.edu](mailto:kparsons@southern.edu)

### Wind Symphony Spring Break Tour Schedule

Date	Location	Time
March 1	Thunderbird Adventist Academy, near Phoenix, Arizona	7:30 p.m.
March 4	Vallejo Drive SDA Church, Glendale, California	11 a.m.
March 6	Loma Linda Academy	TBA
March 7	Glendale Adventist Academy	TBA

### Local Performance Schedule

Date	Event/Location	Time
December 3	Christmas Concert, Iles P.E. Center	8 p.m.
February 4	Collegedale Seventh-day Adventist Church	9 & 11:30 a.m.
February 18	School of Music Pops Concert, Collegedale Academy Auditorium	8 p.m.
April 10	Spring Concert, Collegedale Seventh-day Adventist Church	7:30 p.m.

## Visiting Parent Resources

If you've ever wanted to visit your student during the school year, you've probably wondered about the basics like where to stay and where to eat. Fortunately, when it comes to lodging and meals, Southern offers a variety of options.

Four inns, all within a 15-minute drive of Southern's campus, have a partnership with Southern and give discounts to people visiting the University. Located near exits five and seven off Interstate 75, each place has a unique combination of features and discounts.

**Fairfield Inn**, near exit five, offers a 15 percent discount off its regular prices of between \$69 and \$84 per night, depending on the time of year.

**Comfort Inn**, by exit seven, provides rooms at \$51.96 per night for one adult, \$55.95 for two adults. Children 18 years of age and younger stay free.

**Hampton Inn**, just off exit five, offers a special price of \$55 per night plus tax, a fixed rate that is from \$14 to \$27 less than the normal prices for 2006.

**Microtel**, also off exit five, offers rooms at two discounted prices: \$33.95 for one bed and \$38.95 for two beds.

An easy way to remedy the "where to eat" problem while spending time with your student is to visit Southern's food centers—the Cafeteria, the Campus Kitchen, and KR's Place—and eat together. You'll not only enjoy good food with your student, but you'll also get a better view into his or her world away from home.



# Calendar of Events

December	January
1 Convocation	8 Enrollment Activities
2 Vespers	9 Classes Begin
3 Evensong, Christmas Pops Concert, Wind Symphony	11 "Right from the Start" (Jan. 9-12)
4 Thatcher Hall Open House, Student Association (SA) Christmas Party	12 Convocation
5 Online registration for new/transfer students	13 Vespers
7 Biology Expo	14 Evensong, Holiday Bowl
8 Convocation	16 MLK Jr. Celebration, Community Service Day
9 Vespers	20 Vespers, SA surprise day
10 Christmas Concert, Club & Department Christmas Party	21 Evensong, SA midwinter party
11 Semester Exams begin	22 Week of Prayer begins
12 Hot Drinks on the Promenade, Bread night	23 Joint worship
13 School of Nursing Dedication	28 Basketball tournament, skating party
14 Winter Commencement	31 Joint worship
15 Christmas Break Begins	

## Tickets for Southern's Mother-Daughter Brunch Available

Tickets for the Mother-Daughter Brunch, scheduled for February 19, 2006, go on sale in January. For \$12.50 per seat, mothers and daughters can enjoy a delicious brunch in the Southern Adventist University Dining Hall while listening to the inspirational testimony and message of guest speaker Dannah Gresh. To find out more about Gresh and her ministry, visit [www.purefreedom.org](http://www.purefreedom.org). To buy tickets, call Beverly Rawson after January 1 at 423.236.2902.

## Favorite Quote

*"You have as much fun as what you make yourself." ~Unknown*

*I like this quote because it shows that you can't expect anyone else to entertain you. It puts the responsibility on you to take charge of your own life.*

*~Marlena Andvik, senior religious studies and graphic design major from Norway*

## FINAL EXAM SCHEDULE

Exam Time	Sunday December 11	Monday December 12	Tuesday December 13	Wednesday December 14
8 a.m. to 9:50 a.m.		8 a.m. MWF 8 a.m. MTWThF	8 a.m. T Th 8 a.m. T Th	9 a.m. MWF 9 a.m. T Th
10 a.m. to 11:50 a.m.		10 a.m. MWF	9:30 a.m. T Th 10 a.m. T Th	11 a.m. MWF
12 p.m. to 1:50 p.m.	12 p.m. T Th 12:30 p.m. T Th	11 a.m. T	12 p.m. MWF	1 p.m. MWF 1 p.m. MTWThF
2 p.m. to 3:50 p.m.	English Composition	2 p.m. MW 2 p.m. MWF	2 p.m. T Th 2:30 p.m. T Th	3 p.m. MW 3:30 p.m. MW 4 p.m. M
4 p.m. to 5:50 p.m.		Speech	3 p.m. T Th 3:30 p.m. T Th	4 p.m. Th 5 p.m. T Th 5 p.m. MW

Classes that meet after 6 p.m. will be given at the regular class time during test week. It is important that students be present for their final exam. Students with circumstances that might prevent their attendance are encouraged to arrange an earlier testing date with their professor. Rescheduling a midterm or final exam is \$65 per class.



# Vespers Higgles

One Friday night, after spending an hour curling hair and finding the right outfits, my friend Jill and I walked to church for a good vespers message.

Following prayer, the speaker arose and began speaking. Jill and I tried to be attentive, but we kept exchanging “eww-that’s-gross” glances while trying not to spot all the couples sitting around us. (However, I know that I secretly wished I had a boy sitting next to me with his arm around my shoulder.)

We tried to nail our eyes to the speaker again. But this time, something else caught our attention.

“Hiccup.”

It echoed on the tall ceiling and bounced off the stained-glass windows. Jill looked at me. I could only grin, put my hand over my mouth, and sink low into the pew.

I avoided any other glances and focused on my shoes this time.

“Hiccup.”

I covered my mouth again. This time Jill let out a puff of air, obviously tickled. The hiccups became more frequent. When I glanced over at Jill, she was holding her nose and mouth and had tears streaming down her cheeks. I offered her a tissue, but she refused and let out a snort.

Immediately I caught the disease—who knew laughter was so contagious? Each time I hiccupped, a giggle leapt out too, causing me to “higgle.” Holding it back now was like trying to anchor the Titanic with a pebble. To our embarrassment, we squirmed, sniffled, giggled, and “higgled” through the rest of vespers.

Though we didn’t gain the important spiritual message from the speaker that night, we did acquire a memory to add to the links in our chain of friendship. To Jill and me, vespers will always be a place to meet with God, but also to meet and fellowship with friends—just like we will in heaven. Only in heaven, God will “higgle” with us.

~Mindy Jamieson, senior english major from Maryland



**Contact Us:** We want to know what you think! If you have any comments, questions, or suggestions, please send them to Rebekah Bissell, editor, at [rbissell@southern.edu](mailto:rbissell@southern.edu) or call 423.236.2021.

www.southern.edu  
1.800.SOUTHERN  
Tennessee 37315  
Collegedale  
PO Box 370

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