



Panorama

Southern Adventist University's Parent Newsletter | November 2006



Relax, Relate, Release

The worried mother's knuckles whiten as she grips the phone. "Mom, I'm so overwhelmed!" A daughter's distressed wail reaches across the miles, wringing her parent's heart. A phone call like this would leave many parents to worry, worry, worry—some to the point of physical sickness. After all, what can a parent do for a student who now lives across the city, state, country, or world? It's simple. Relax, relate, and release.

Relax? How can a parent relax when a student is miles away and going through a crisis?

Well, if anything, a parent's stress may worsen the emotional turmoil the student is experiencing. As a general rule the child—no matter the age—will gauge the level of the situation by the reaction of the parent. So relax.

Once you've relaxed, you can start to listen and relate. The moments immediately after your student has confided in you, shared a problem, or voiced an opinion is not the time to unload your wellsprings of knowledge into his or her already full bucket. Unless you're asked.

Even then, try to make the best use of few words. When it's your turn to speak, try using this blueprint to create a two-way conversation with your student.

- Pray with your student about the problem on the phone, asking for God's wisdom for both of you.
- Instead of trying to provide all the answers or voicing your opposing opinion, ask your student questions that will help him or her to think through the topic independently.
- Hold your tongue. After a while, you may find your son or daughter asking you for advice that would previously have been ignored.

Finally, as you push the "end" button or put the phone back on the charger, release your student to God in prayer. Then continue to do so daily.

That's it. There is nothing more proactive, effective, productive, or powerful than the act of releasing your student to God daily in prayer and trusting Him with the results.

So, like the prodigal son's father, preserve your relationship and refrain from lecturing, reprimanding, or manipulating your adult student. God will be able to finish the maturation process in His own perfect time, just like He did for the prodigal son.

Source: Parenting 20-Something Kids, by Martha Pope Gorris, © 2005

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Dear parents,

What comes to mind when you think of Christmas? Many people think of Santa Claus, Rudolph the Red-Nosed Reindeer, gifts, and snow. Then they might remember Christ's birth and His purpose for coming to Earth.

I encourage you to let the myths fade away. Make Christ the center of your holiday celebration as we unite, heart and soul, with our students in showing true respect to Jesus by bringing Him gifts and offerings and as we minister to those in need.

This holiday season, hold on to the true meaning of Christmas and celebrate God's goodness in making eternal life possible for us!

"I have no greater joy than to hear that my children walk in the truth."
3 John 1:4

God bless,

Gordon Bietz

When Students Get Homesick

Homesickness. For students, the word represents a strong reaction to the combination of a new environment, the stress of classes, living outside the comfort zone, and an intense longing for the familiarity of home.

"I missed things like real rice, home-cooked food, having everything I need in one place, my friends, and my boyfriend," says Amy Lee, a freshman theology major from California.

Kassy Krause, associate dean at Thatcher Hall, provides lots of support for students missing home. She requires her resident assistants to fill out reports every week on the ladies on their halls and to tell her if they have any additional needs. Parents can also help by alerting a dean when their student has a problem or need.

"If a parent calls and says their student is homesick," Krause says, "we will contact the student and offer encouragement through notes or candy in her mailbox."

Sometimes when students miss their life back home, they just need someone to listen while they vent. When this is the case, phone calls from parents are priceless.

"I talk to my parents more now than when I was at home," says Debbie Thomas, a freshman voice and business administration major from North Carolina.

"When I am down, my parents express belief and encouragement by reminding me of my goals and what a blessing it is for me to be here at Southern," says Diana Santos, a senior religious studies and English major from Illinois.

Amy found comfort in her roommate, who is also from out of state and new to college, and expanded her circle of friends when she joined a Sabbath School and got involved in the yearbook.

"Every situation is difficult at first," Amy says, "but if you set your mind to it and believe you can do it, you'll get through it and be grateful for the experience."

~Erika Gemmell, junior social science and communication major from Maryland

Parent's Weekend

Don't forget to prepare for Parent's Weekend, February 16-18, 2007. The event will feature guest speaker Jose Vicente Rojas, director of Youth and Young Adult Ministries and the Adventist Youth Service Network (YouthNet) for the North American Division of Seventh-day Adventists. Rojas is a speaker in demand around the world, an active consultant to the White House for various domestic policy initiatives, and is the author of the book "Jose: God Found Me in LA".

Other weekend highlights include a performance by the Gym-Masters, concerts by Southern's musical groups, and time to spend with your student. For more information, contact Kari Shultz at 423.236.2484 or email her at kshultz@southern.edu.

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Did You Know?

New: Vespers and Christmas Programs Stream Live Online

Southern's Friday night vespers programs, held from 8 p.m. to 9 p.m., are now available live online via web-streaming.

"Vespers is the best part of the residential experience at an Adventist college—worshipping with friends and celebrating the Sabbath together," says Vinita Sauder, vice president for Marketing and Enrollment Services. "Since Vespers is a campus highlight each week, we decided to share it with everyone, especially parents, via the web."

To watch, visit Southern's website at www.southern.edu and click on "Vespers Streaming Live" at the left. Be sure to tune in for the School of Music Christmas concerts on December 8 at 8 p.m. and December 9 at 3:30 p.m.

Counseling and Testing Services

Counseling and Testing Services offers many valuable resources. Testing is available to assist students making academic, career, and personal plans.

"We're here to serve students," says Dr. Jim Wampler, director of Counseling and Testing Services. "We want them to be successful."

Right From the Start seminars and an Academic Power Tools class can help new students adjust to the demands of college life. Counselors are available to talk about personal or career issues. All services are free of charge.

~Katherine Brownlow, junior print journalism and English major from Florida

Learning Success Services

Does your student need tutoring in a subject? Learning Success Services (LSS) is the answer. Specially trained tutors aid learning not only in each subject, but also in developing good study habits.

"Our goal is to offer every student an opportunity to reach their highest academic potential," says Januwoina Nixon, director of learning success services.

LSS is also responsible for campus-wide support and accommodations for any student with a documented disability. All services are free of charge.

~Katherine Brownlow, junior print journalism and English major from Florida



Email Updates: Interested?

Would you like to get additional news, ideas, and tips to keep you even more in the loop? If so, go online and visit Southern's parent page at www.southern.edu/parents to sign up for email updates.

STUDENTS SAY



Thanksgiving is just around the corner, so we asked our students what their parents give for which they are most thankful. The result is a remarkable list of loving parental actions and excellent advice.

“Even though I’m a million bajillion miles away, they still take care of me—they call to check up on me and give me advice, and they send food and money.”

~Magdiel Lorenzo, sophomore computer science major from Massachusetts

“My mom is big on women’s intuition—[she tells me] to be true to myself, and her guidance has helped me in making a lot of decisions.”

~Brea Holland, freshman outdoor education major from Virginia

“There are so many things, but I would say [my favorite advice is]—basically, as long as you take the Lord with you, you can do anything.”

~Melvin Taylor, senior management major from Indiana

“There’s a lot [of advice I appreciate], but the best would be to put God first in everything I do and that He will see me through.”

~Diane Douglas, freshman biology/pre-med major from New York

“They made sure I was the first to contact them after [I got to] college, instead of constantly calling me, and they continue to do that.”

~Katherine Brownlow, junior print journalism and English major from Florida

“They tell me to love God with all my heart and to never lose sight of Him, and to love and forgive other people.”

~Na’shay Batie, freshman biology/pre-med major from Florida

“Listen to God before you listen to anything else.”

~Josh Lake, freshman religious education major from Tennessee

“[I appreciate] that I know they’re always there for me, no matter what.”

~Rachel Nance, freshman nursing major from Tennessee

“When I play my violin or perform, and they say it sounds good, I know they’re telling the truth. I appreciate that they tell me the truth, even if it hurts, because I know they’ve got my best interests in mind.”

~Janelle Junn, freshman fine arts major from Tennessee

“They’ve always let me know that no matter what I do, whatever choice I make, they may not agree with it but they will always love me.”

~Elisabeth Scott, freshman business management major from Canada

“It would have to be when my mom tells me that ‘procrastination makes the work twice as hard and worth half as much.’”

~Chris Allison, freshman theology major from Utah

“They pay for my college education—it’s quite a gift.”

~Ryan Siebel, junior history major from New Mexico

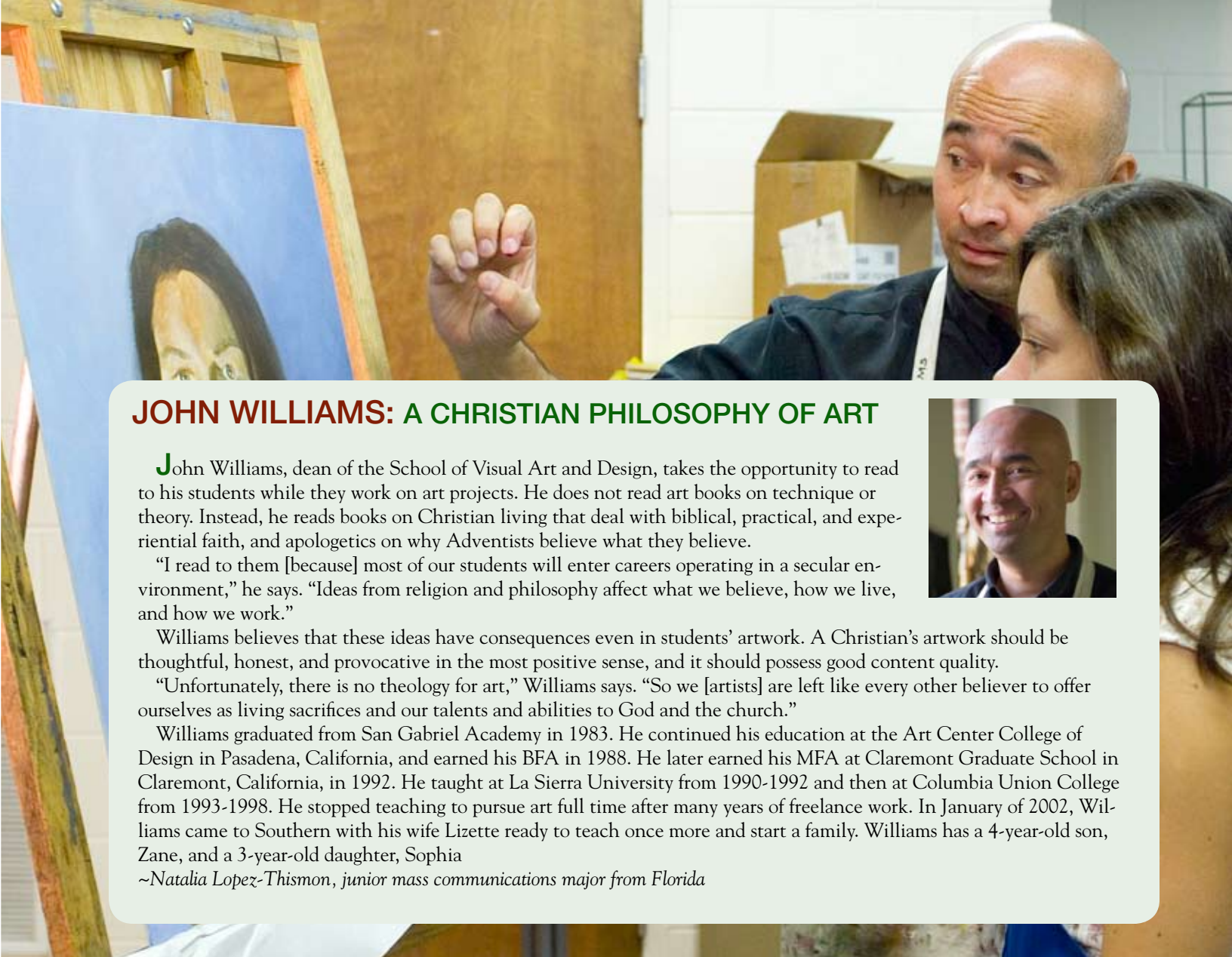
“[That] they paid my way for everything, and the good food I get when I go home. [The best advice?] Eat your greens and go to bed early, and don’t get into a relationship until you know yourself.”

~Ryan Kloosterhuis, freshman architecture major from Tennessee

Favorite Bible Text

***“Create in me a clean heart,
O God; and renew a right spirit
within me.”
Psalm 51:10***

~Autumn Saxon, senior nursing major from Tennessee



JOHN WILLIAMS: A CHRISTIAN PHILOSOPHY OF ART

John Williams, dean of the School of Visual Art and Design, takes the opportunity to read to his students while they work on art projects. He does not read art books on technique or theory. Instead, he reads books on Christian living that deal with biblical, practical, and experiential faith, and apologetics on why Adventists believe what they believe.

“I read to them [because] most of our students will enter careers operating in a secular environment,” he says. “Ideas from religion and philosophy affect what we believe, how we live, and how we work.”

Williams believes that these ideas have consequences even in students’ artwork. A Christian’s artwork should be thoughtful, honest, and provocative in the most positive sense, and it should possess good content quality.

“Unfortunately, there is no theology for art,” Williams says. “So we [artists] are left like every other believer to offer ourselves as living sacrifices and our talents and abilities to God and the church.”

Williams graduated from San Gabriel Academy in 1983. He continued his education at the Art Center College of Design in Pasadena, California, and earned his BFA in 1988. He later earned his MFA at Claremont Graduate School in Claremont, California, in 1992. He taught at La Sierra University from 1990-1992 and then at Columbia Union College from 1993-1998. He stopped teaching to pursue art full time after many years of freelance work. In January of 2002, Williams came to Southern with his wife Lizette ready to teach once more and start a family. Williams has a 4-year-old son, Zane, and a 3-year-old daughter, Sophia

~Natalia Lopez-Thismon, junior mass communications major from Florida



Early FAFSA = Financial Aid

If you are a parent looking for financial aid for your student for the 2007-2008 school year, Jason Merryman has two words for you: “apply early.”

Merryman, an assistant director for Student Finance at Southern, encourages parents and students to apply before March 1, 2007.

“The later we get the FAFSA results, the less money we have to give away,” Merryman says. “But if we receive financial aid packets by March 1, 2007, students are guaranteed to receive any aid for which they are eligible.”

The amount a student or parent receives in financial aid awards is based on FAFSA information, so completed forms are necessary. Merryman emphasizes the importance of submitting an application, even if parents or students doubt their eligibility. The fastest way to apply is by visiting the FAFSA website, www.fafsa.ed.gov.

“The best gift you can give your student is to do your taxes on time, and to help your student get his or her FAFSA in on time,” says Vinita Sauder, vice president for Marketing and Enrollment Services. “The early ‘birds’ get the institutional funds that are available, and unfortunately we don’t have an unlimited supply. By early to mid-summer, we’ve usually already awarded all of our institutional funding. State funding is also usually time sensitive. The only programs that are not time sensitive are the federal funds.”

For more information, please call the Student Finance Office in Wright Hall at 423.236.2835.

~Omar Bourne, senior news editorial major from New York, and Rebekah Bissell, editor



Nick Evenson pulls a “scarecrow” at a local contest. Photo courtesy of Loren Barnhurst.

Southern’s Wakeboard Club

The boat’s bow cuts a deep gash in the river’s glassy surface. Stretched out in a V pattern behind the craft, the wake surges forward with all the power of a freight train. Most people give little thought to the rolling water behind the boat, but to the ones assembled today it is the canvas on which art is performed.

Nick Evenson, a senior film production major from Arkansas, jumps the board a foot in the air and spins it 180 degrees in one fluid motion. Next he cuts hard into the wake, sailing into the air. Throwing his weight back, he completes a back flip on an axis perpendicular to the travel of the boat. In wakeboard speak, this is a Tantrum. Dropping effortlessly onto the water’s surface, he cuts out to try another trick.

“Wakeboarding is expensive, and the Club gives us an opportunity to go out on the boat and be with other people who enjoy it too,” Nick says.

Most people don’t associate religion and sports together, but Ryan Yeo, junior nursing and religious studies major from California, has found a way. The club was formed to offer Christian

A Standard of Safety

Safety is important to the wakeboarding club. The first precaution is choosing drivers. “The boat drivers,” says Ryan, “are experienced and know what they are doing.”

Members currently use their own gear but hope to get club-owned life jackets, helmets, and wakeboards.

fellowship for wakeboarders and give everyone a chance to go every other weekend. Each member donates \$10 per trip to cover the expenses of operating the boat.

On top of the “routine” boat outings, the club participates in community service at least once a year. On Southern’s community service day, the club goes to a lake or river to perform various cleanup duties. It offers the members a chance to give back to nature and the community.

“I love the opportunity to hang out with friends,” says Ryan. “The camaraderie of talking wakeboarding with my buddies is my favorite aspect of the club.”

~Michael Brannaka, sophomore management major from Florida

Southern Striders

Southern Striders, the university’s running club, had an energetic start this year with races against NCAA running teams and community events, like the Komen Race for the Cure in Chattanooga, the Cohutta Springs Triathlon, and the Southern Shuffle Moonlight 5K Run.

“I think it’s a lot more active than in previous years,” says Jessica Marlier, the club’s president and a sophomore physical education major from Florida. “We’re going to a lot more races, and more people are showing up for events. I’m really happy with the progress it’s made.”

The club has around 45 members enrolled this year—a much larger group than last year’s five or six. They’ve also designed t-shirts for the team, making them instantly recognizable at all their events.

“There’s a really large range of people who join, from very beginner and very basic to those who have been running for years,” Marlier says. Students come to improve their health, step up their running game, or just to meet new people.

Every Sunday a group of runners meets to run two or three miles around Southern’s campus. The club also participates in at least two races a month, according to Bob Bengé, a professor in the School of Physical Education, Health and Wellness and a club sponsor with Brian Dunne, an assistant professor in the School of Visual Art & Design.

“I love just going out there and running in the beautiful atmosphere God created,” Marlier says.

The Striders plan to attend several events in the next few months, including a few cross-country races and a half-marathon in Columbus, Ohio. They will also be running in Buddy’s Race for the Cure 5K, a cancer awareness event in Knoxville, Tennessee, on November 12.

~Lindsey Gaspard, junior mass communications-writing/editing major from New Hampshire



Calendar of Events

November	
1	Wind Symphony Tour, "Right From the Start" Second Chance
4	Cave Open, Mission Expo, Extreme Dodgeball
5	Student Association (SA) Senate Spirit Week (Nov. 6-10)
6	Klezmer Band Concert, Online Winter Registration (Nov. 6-17)
8	Donor Awareness Day
9	Encounters Weekend (Nov. 9-11), ACROFEST (Nov. 9-11)
10	SA Something Hot To Drink Day
11	ACROFEST Show
12	Symphony Orchestra Concert
16	PreView Southern 102 (Nov. 16, 17)
18	3 on 3 Basketball Tournament, Social Work NY Study Tour
22	Thanksgiving Break (Nov. 22-26)
26	Concerto Competition Finals
27	Chaplain's Cookie Contest (Nov. 27-29)
28	Christmas on the Promenade

December	
1	SA Senate Something Hot to Drink Day
2	Cave Open, Wind Symphony Christmas Pops Concert
3	Thatcher Hall Open House, SA Christmas Party
4	Online Registration Open for New/Transfer Students
6	Biology Expo
7	Basketball Team Meeting
9	Christmas Concert, Christmas Parties
10	Semester Exams Begin
11	Hot Drinks on the Promenade, Bread Night, Book Buy-Back (Nov. 11-14)
12	School of Nursing Dedication
13	Winter Commencement
14	Christmas Break (Dec. 14 - Jan. 7)

January	
7	Activities for New Students
8	New-Student Residence Hall Orientation
9	New-Student Orientation
11	"Right From the Start" (Jan. 11, 18)
12	DEEP Exchange Weekend
13	Bowling Night
15	Community Service Day - No Classes, MLK Day Presentation
16	Southern Union Summer Camp Recruiting
18	Immigration Basics Seminar
19	SA Senate Donut Day, Ministerial Trainee Induction (Jan. 19, 20)
20	SA Mid-Winter Party
22	College Bowl (Jan. 22, 24, 29, 31)
25	PreView Southern 103
27	Student Week of Prayer, Volleyball Tournament, Sigma Theta Chi Skating Party

Favorite Quote

"Any concern too small to be turned into prayer is too small to be made into a burden."

Corrie ten Boom

FINAL EXAM SCHEDULE

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

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.



Triathlon Triumph

I had promised myself that I would do this. There was no way I was giving up now. I had been training for over a month and still wasn't sure if that was enough. I knew there was only one way to find out.

The day of the Sunbelt Triathlon at Cohutta Springs, Georgia, was beautiful and everyone was in good spirits. I had never done this race before, so I had no idea what to expect. I felt lost as I set up my shoes and bike for the transitions. Then I stepped into the crowd as the race began.

The first leg of the race was the half-mile swim through chilly water. That was the most brutal part because it was full contact swimming with low visibility. It was difficult to stay calm when bodies were crawling over each other, and there was no way out but around the lake. It took a few minutes, but I finally fell into my swimming rhythm and resisted the urge to panic.

As soon as I walked out of the water, I heard my name being yelled. "Go Rika, go!" I saw a small crowd of my friends running after me with cameras, shouting encouragement and advice. I laughed as I threw on my shoes, jumped on my bike, and began the 18-mile bike ride. Right after mile three, I noticed that I was being passed by a lot of people. I looked down at my back tire and saw that it was pretty low. In my pre-race jitters, I had forgotten to double-check my bike tires. I had to remind myself

that I wasn't in this race to win, just to finish. After the third 50-something-year-old woman passed me, I thought, "This is ridiculous. I have to step it up a level."

After what seemed like an eternity, I came around the corner to the transition zone. I heard shouts of excitement from all of my friends as I threw down my bike and ran back down the road. By that time, the end was in sight and I knew for sure that I could finish the race after all.

I did my best to enjoy the running because I knew that nothing else mechanical could go wrong. Fellow Southern students threw cups of cool water on me as I jogged by, and I even caught up to some of the older ladies who had passed me on their bikes. After the 2-mile mark, the rest was downhill. As I ran around the last corner, I saw the sunburned but joyful faces of my friends, and I crossed the finish line with a huge, goofy grin plastered across my face.

That morning I read that Paul made his body his slave and kept his eyes on the prize. I know that a lot of times I take on way too much in college, and it can get stressful juggling school, sports, relationships, jobs, ministries, and more. Sometimes life feels like one big triathlon, and I know it's not much different for parents. We have an ultimate goal, though, and that's heaven. As long as we've got our eyes on the true prize, we can't really go wrong, no matter how low our tires are.

~Erika Gemmell, junior social science and communication 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 or call 423.236.2021.

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