



# Panorama

Southern Adventist University's Parent Newsletter | April 2007



## Home Sweet Home?

The chance to spend time with family and away from classes is often heralded by anticipation, impatience, and nervous excitement.

However, for many residence hall students and their parents, those pleasant emotions may turn to frustration, discomfort, and confusion. The reality of trying to fit back into old routines and roles after spending nine months creating new ones can be, for some students, overwhelming. On the parent's end, the challenge of adapting home life, deciding what should stay the same and what should change, can be stressful and daunting as well.

Chances are that you, as parents, saw some of the changes in your student during other, shorter breaks. You may be aware that your student just spent a full academic year growing and changing in an environment very different from the one at home. Although knowing about the changes can help, dealing with them may still be a challenge.

Your student may have different sleeping and eating habits, a changed hair style, or modified religious, social, or political opinions based on classes, professors, or friends.

There have probably been a few changes at home, too. Siblings and parents are a year older, old friends have moved away, and perhaps a bedroom

has been converted to a guest room.

In spite of, and maybe because of, all the change the summer season brings, it is important for students and parents to remember Colossians 3:20,21.

"Children, obey your parents in everything, for this pleases the Lord. Fathers, do not embitter your children, or they will become discouraged." (NIV)

It is easy for parents to remember that even though students have been gone from home for a long time, they still have a responsibility to show respect in the home. However, it is also important for parents to remember that students, though still their children, have spent several months exploring new ways of thinking and living and may need some time, flexibility on the small things, and gentle guidance in order to readjust to family life.

So it may help if, when your student returns home, you make it a point to lovingly share your expectations regarding curfews, social activities, and family responsibilities as soon as is comfortably possible. Your student will appreciate it.

Finally, whatever you do as parents this summer, do as followers of Christ and "...do it all for the glory of God."

1 Corinthians 10:31 (NIV)

~Rebekah Bissell, editor

Resources: *Let the Journey Begin*, by MacKay and Ingram; *Parenthood*, by Jonathan and Ana Gallagher

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Dear parents,

God has been good to us this year! Whether we have seen His guidance in small or great ways, each one of us can declare that God is good.

Through our students, both those on campus and across the globe, He continues to spread the gospel to all the world.

Through our churches we are strengthened with fellowship and encouraged with friendship.

In an era filled with danger and sorrow, God has provided many promises through His Word to fortify our minds and hearts.

One of those promises is found in Psalm 147:13. "For He has strengthened and made hard the bars of your gates, and He has blessed your children within you." (Amplified Bible)

Won't you join me this spring and praise God for His marvelous works on our behalf? Let us thank Him for His goodness and pray for His protection and blessing for our children.

God Bless,

Gordon Bietz

## Parents Weekend: What Students Enjoyed Most

On the weekend of February 16, 2007, 400 parents visited Southern's campus and enjoyed Parents Weekend with their students. Highlights included guest speaker Jose Rojas at vespers Friday night, local church services on Sabbath, Saturday night programs by several of Southern's performing groups, and a Sunday morning brunch served in the Dining Hall. Here's what you and your students had to say about Parents Weekend 2007.

"Spending time with my family—I don't get to see them very often—and knowing that my parents made a long trip up here just to see me really meant a lot. To be able hang around the people who love me the most, who make me feel comfortable, and who make me laugh are just a few things that made my weekend special."

~Brittany Friedrich, freshman liberal arts education major from Florida

"Mostly we just hung out as a family. Sabbath we went to Coolidge Park, and that evening we went out to Olive Garden for a belated birthday dinner—my birthday was the weekend before—so that was pretty memorable."

~Anthony Stollenmaier, freshman psychology major from Tennessee

"It was just nice to be with my family. I showed them around campus and the different departments, and they really liked seeing what my major was and meeting the teachers."

~Loren Perry, sophomore psychology major from Kansas

"Well, [my parents and sister] got here late Friday night so they missed vespers, but I took them to Southern Missionary Church (SMC) for Sabbath School and Church and they got to meet other parents they knew there. We ate lunch in the gym and even got to have seconds, and we all enjoyed the Saturday night performances. My sister stayed in my room, and it was really nice to introduce my family to some of my friends. The weekend was very relaxing, and it was really nice that [Southern] provided meals."

~Linda Ferguson, junior nursing major from Indiana

### Registration for Parents Weekend



**Editor:** Rebekah Bissell  
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## Parents Weekend: What Parents Enjoyed Most

“Friday evening was my favorite part—the speaker’s message about the mission, and the challenge he gave the students about serving in the mission field—the response was really good! And the choir Sabbath evening was good, of course (Nicole is in the choir).”

~Narita and Danny Cuizon, parents of Nicole, freshman nursing major from Florida

“Being with my girls was the best part, but vespers was good and the program Saturday night was good, too.”

~Sharon Coupland, parent of Heidi, senior art major, and Karla, junior finance major, from Oregon

“We appreciate President Bietz—he’s very friendly and interested, not just doing his job, but doing more than required.”

~Walter and Meredith Snyder, parents of Ivan, freshman English major from Kentucky

“What most impressed us was the spiritual aspect—if a student is willing to enhance his or her spiritual life, this [Southern’s] environment enhances it.”

~Judy and Anthony Wise, parents of Bradford, sophomore marketing major from Indiana

“Just seeing my daughters—I try to come down for every concert. I love the music department here—they have some wonderful Christians here!”

~Linda Peck, parent of Jessica, sophomore music education major, and Rebecca, junior biology major, from Virginia

“Pastor Rojas on Friday evening gave a really meaningful message and I (Robert) really liked the spirituals that the choir sang. For me (Mollie), since Katie was in the choir, I enjoyed that.”

~Robert and Mollie Browne, parents of Katie, junior psychology major from North Carolina

“It’s all been good, but the archaeology exhibit was nice. I think it’s really cool that Southern has Parents Weekend—it’s really neat.”

~Marlys Brinegar, parent of Scott Cronin, freshman theology major from North Carolina



Jose Rojas at vespers





## Website Review: [www.adventistcolleges.org](http://www.adventistcolleges.org)

The first item that catches the eye in this particular website is a quote from a student. If ever you doubted that sending your student to an Adventist college was a worthwhile investment, the featured quotes from students will give you reason to believe.

Just above the quote is a link “Just for Parents.” Although the introduction to that page is aimed mostly at parents getting ready to send students to college, if you scroll down you’ll find a treasure trove of information. A chart listing what parents like you have said they value most in a Christian education, testimonials from other parents with students at Adventist universities, and a list of other websites you might want to visit completes the main parents’ page.

Some of the links that seem especially important for the coming summer and fall semester include: the US Department of Education Parents’ Section, Advice for Parents, Discovering God’s Will, and Straight Talk on Paying for College.

In summary, this website has a lot going for it: nice pictures, meaningful quotes, numerous links, charts, and a convincing introduction touting it as the best website to meet any parent’s need. So the next time you have a free minute, have a seat and check out [www.adventistcolleges.org](http://www.adventistcolleges.org).

~Rebekah Bissell, editor

## Southern’s Insurance: How it Works for Your Student

The employees of the Risk Management Department at Southern Adventist University are committed to being of service to you and your student.

Southern requires that all undergraduate students taking six or more credit hours be insured for medical coverage. Students can either show proof of their own insurance or sign up for Southern’s student insurance policy.

In order to keep the cost of medical insurance affordable, Southern has in place what is called a hard waiver. This means that all students who do not submit proof of other insurance are automatically enrolled in the student insurance and the charge is added to their bill. A student (or parent if the student is a minor) may decline insurance through Southern by signing an Insurance Information Form and providing a front and back copy of their insurance card.

Southern’s student insurance is not a major medical policy. It is limited to illnesses and accidents which occur while the policy is in force. This policy does cover a student while he or she is away during breaks or during the summer if the premium has been paid.

Any charges incurred at the University Health Center are covered at 100 percent and if referred to another provider, the deductible is \$25 instead of the normal \$50 per accident or illness. The insurance company requires that a claim form be submitted prior to their paying any benefits. These forms are available at the University Health Center or the Risk Management Department.

If the student goes to an in-network provider, Southern’s insurance pays 80 percent of the cost, and if he or she goes out of network, it pays 60 percent. It is important for the student to present his or her medical ID card at the time of the visit in order for the provider to properly bill the insurance. The medical ID card has the name and address of where the itemized bills and the claim form are to be sent, as well as contact information for determining whether a medical provider is in-network or not.

To reach the Risk Management Department for more information, please call 423-236-2566.

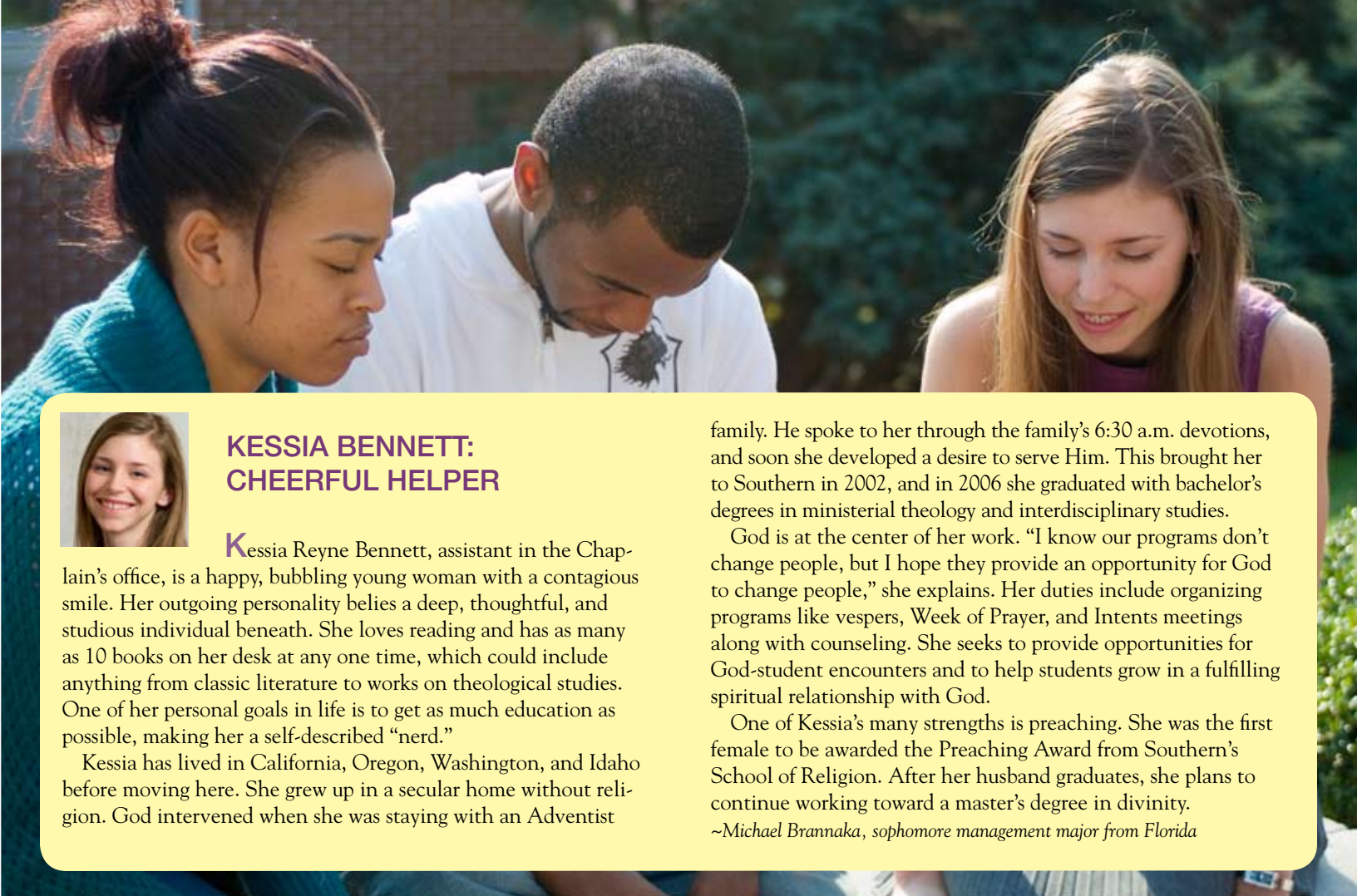
~Nancy Daily, director, Risk Management Department

## Favorite Bible Text

*The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.*

2 Peter 3:9 (NIV)

~Dana Molina, sophomore nursing major from North Carolina



## KESSIA BENNETT: CHEERFUL HELPER

Kessia Reyne Bennett, assistant in the Chaplain's office, is a happy, bubbling young woman with a contagious smile. Her outgoing personality belies a deep, thoughtful, and studious individual beneath. She loves reading and has as many as 10 books on her desk at any one time, which could include anything from classic literature to works on theological studies. One of her personal goals in life is to get as much education as possible, making her a self-described "nerd."

Kessia has lived in California, Oregon, Washington, and Idaho before moving here. She grew up in a secular home without religion. God intervened when she was staying with an Adventist

family. He spoke to her through the family's 6:30 a.m. devotions, and soon she developed a desire to serve Him. This brought her to Southern in 2002, and in 2006 she graduated with bachelor's degrees in ministerial theology and interdisciplinary studies.

God is at the center of her work. "I know our programs don't change people, but I hope they provide an opportunity for God to change people," she explains. Her duties include organizing programs like vespers, Week of Prayer, and Intents meetings along with counseling. She seeks to provide opportunities for God-student encounters and to help students grow in a fulfilling spiritual relationship with God.

One of Kessia's many strengths is preaching. She was the first female to be awarded the Preaching Award from Southern's School of Religion. After her husband graduates, she plans to continue working toward a master's degree in divinity.

~Michael Brannaka, sophomore management major from Florida

## Students Say:

Every student knows that the months between spring break and summer vacation can be the most difficult, so we asked a few of them what they would like to receive that might help see them through the last leg of the academic year. This is what they said.



"Probably money to buy stuff you can't get on campus. [I'd send] a thank-you card."

~Cesar Bernardino, freshman physical therapy major from Florida

"Just a letter would be nice, even if it didn't have anything in it. I'd probably write them back."

~Kim McCullough, freshman occupational therapy major from Tennessee

"Home-made cookies"

~Jeff Richardson, senior elementary education major from Virginia

"A care package would be nice. Just little fun things."

~Emily Jewell, sophomore psychology major from Kentucky

"A Starbucks gift card. I'd send them a thank-you card."

~Jennifer Paradis, junior financial services/accounting major from Florida

Compiled by Katherine Brownlow, senior journalism major from Florida



## Southern's Black Christian Union Club

**E**ach one reach one is the Black Christian Union's (BCU) mission this year.

"In everything we do, we want to reach people," says Nigel François, BCU president and a freshman theology major from Tennessee. "Our goal is to be a blessing to all."

One of the ways BCU reaches out to the community and the university is through its student-led choir. About 70 percent of all BCU members are in it. In the past few years, the choir has traveled to Florida and Georgia and to several churches in the area.

"The goal of the choir is to spread the word of God through singing ministry," says Paula Clarke, the choir's director. "Some of us aren't

speakers or actors, but we have a voice to share."

Next year, as BCU president, Nigel wants to emphasize union among BCU members. The club would also like to include the rest of the university in its plans for outreach to the community. BCU's goal is to continue to grow and develop.

"We want to expand and do outreach," says Ludine Pierre, social vice president and sophomore nursing major from Florida. "Our main purpose is to serve and to contribute to our university and our society."

~Natalia Lopez-Thismon, junior public relations major from Florida

## Southern's Latin American Club

**S**outhern Adventist University's Latin American Club (LAC) is just one of many cultural organizations that help bring people with similar backgrounds together.

Every September, LAC plans and presents an annual recognition of Latin American Heritage Month.

"Through this celebration we can share our culture with others," says Natalia Lopez-Thismon, LAC's vice president and a junior public relations major from Florida.

This year LAC recognized heritage month in a fresh way—by marking the occasion with a dinner theater instead of the traditional booths designed to represent Latin American countries.

Last summer Southern became an associate member of the Hispanic Association of Colleges and Universities (HACU) and the only affiliated university in Tennessee. Membership was granted in part because of Southern's Latin American enrollment level, which in 2005 reached 12 percent of the total student body. This means more financial assistance for Southern's Hispanic students.

"Southern's membership in HACU sends a strong message to those who identify with the Hispanic community that Southern is open to them," says Carlos Parra, LAC sponsor and chair of the Modern Languages Department.

~Anh Pham, senior journalism major from Texas



# Calendar of Events

Month	Date	Event
April	1	Gym-Masters Home Show Matinee, Senior Recognition Banquet, Symphony Orchestra Concert
	2	Online Fall Registration Begins
	3	Drama: Sheila Flitton as "Beezie"
	5	Preview Southern
	7	SonRise Resurrection Pageant, Cave Open, Table Game Night
	10	Campus Research Showcase
	12	Housing Fair
	13	Student Association Senate Donut Day
	14	Fine Arts Festival
	15	Adventist Robotics League Southern Challenge, Wind Symphony Concert
	18	Student Appreciation Day
	19	Origins Weekend Begins
	21	5th Annual Wheelchair Basketball Game
	22	SA Strawberry Festival
	25	Biology Expo
27	School of Religion Senior Consecration and Commission Weekend (27, 28)	
28	Jazz Ensemble Concert, Open Gym Night	
30	Cookies on the Promenade, Bread Night	
May	1	Book Buy-Back Begins (1-3)
	4	Graduation Weekend Begins
	6	Commencement
	20	Flea Market
July	22	Parents Day
	26	Summer Commencement
	29	We-Haul, Enrollment, Parent Orientation
	30	SmartStart Begins
August	16	Resident Assistant Retreat/Training Begins
	22	Student Advisement Begins
	24	SA/Campus Ministries Retreat Begins
	25	Open Gym Night
	26	We-Haul, Orientation, Parents Seminar, Mentor Training, New-Student Dedication
	27	Amazing Race
	28	Breakfast and Community Outreach, New Student Orientation Continued
	29	Organization Showcase Supper
	30	Classes Begin, Department Welcome Parties

## Graduation Weekend

Date	Event	Location	Time
Friday, May 4	Senior Breakfast	Church Fellowship Hall	8 a.m.
	Graduation Practice	Iles Physical Education Center	9 a.m.
	Social Work Pinning	Collegedale Spanish Seventh-day Adventist Church	5:30 p.m.
	Senior Consecration	Iles Physical Education Center	8 p.m.
Sabbath, May 5	Graduation Sabbath School	Iles Physical Education Center	9:45 a.m.
	Baccalaureate Sabbath Services	Iles Physical Education Center	11:30 a.m.
	School of Education/Psychology Dedication	Collegedale Seventh-day Adventist Church	4 p.m.
	School of Nursing Dedication	Collegedale Seventh-day Adventist Church	7 p.m.
Sunday, May 6	Commencement	Memorial Auditorium, Chattanooga	9:30 a.m.

## Favorite Quote

"If God had a refrigerator, your picture would be on it. If God had a wallet, your photo would be in it. He sends you flowers every spring and a sunrise every morning."

By Max Lucado

~Amanda Wegh, freshman social work major from West Virginia

## Final Exam Schedule

Exam Time	Sunday April 29	Monday April 30	Tuesday May 1	Wednesday May 2
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	10 a.m. MWF	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. Tu	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. MWF 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. T Th 5 p.m. T Th 5 p.m. MW

Exams for 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 exams. Students with circumstances that might prevent their attendance are encouraged to arrange an earlier testing date with their professors. Rescheduling a midterm or final exam costs \$65 per class.



## Success or an Excess?

Everybody gets stressed out at one time or another. For those of us in college, the most stressful times are the weeks leading up to finals. For other people, it may be planning for an event, getting tasks done, or just trying to do too many things at once. A few weeks ago, I found myself at the peak of my stress tolerance level, and I knew that if I didn't let something go, I would burn out.

I was working three jobs, producing a radio show, taking 17 credits of classes, dating a boy, and trying to find time for friends. I had spread myself out so thin that nothing I was producing was getting priority or quality. I prayed that God would make everything easier, but He gave an answer I didn't want to hear. He impressed me to let something go. I'm not a quitter, but I knew that if something didn't change about the way I lived, I wouldn't survive the school year.

I walked into work the next day and poured out my heart to my very understanding boss, then gave my two weeks notice. It was the hardest thing to quit something that I'd loved so much. I also started incorporating the word "no" into my

vocabulary and made sure not to commit to too many extracurricular activities. It changed my life. I no longer feel guilty about taking time out for me, and I am doing better in the activities that I do participate in.

Our society pushes us so hard to be involved, self-sacrificing overachievers. While it's good to succeed at any age, we still have to sit back and learn how to enjoy the ride without burning ourselves out. That's why God gave us a whole day out of the week to relax and do nothing stressful. He ingrained in us from the beginning of time the concept of balance, and He is hurt when we push ourselves too hard for our own good. There is no fine line between what is too much or too little, but God will provide answers if we just rely on Him.

~Erika Gemmell, junior mass communication major from Maryland



Erika at one of the activities she chose to continue: a radio show called "Southern Breeze."

**Contact Us:** We want to know what you think! To sign up for regular email updates or to fill out an electronic poll of Panorama readers (coming soon), please visit [www.southern.edu/parents](http://www.southern.edu/parents). For more information, contact Rebekah Bissell, editor, at [rbissell@southern.edu](mailto:rbissell@southern.edu).

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