



Power for Mind & Soul

Panorama

Southern Adventist University's Parent Newsletter | December 2007



Traditions and Transitions

"A Savior has been born to you; he is Christ the Lord." Luke 2:11 (NIV)

Christmas: a time to remember friends, family, and the birth of Christ. How can you make the holiday rewarding and meaningful now that your student is in college? Here are a few good ideas to get you started:

Christmas Traditions

Continue family traditions, but adjust their timing to include your student. Wait to get the Christmas tree until your son or daughter is around to help decorate. String up Christmas lights together, make gingerbread houses, bundle up for a winter stroll, or go caroling. Head to the kitchen and start cooking; pumpkin pie is easy to make if you throw in a can of pumpkin pie filling and use a premade crust.

Shop for gifts together, and enjoy your gift-giving traditions. If you prefer activities not involving gift-giving, try bell-ringing for the Salvation Army or serving food at a soup kitchen. Find out if your church is sponsoring holiday community service activities and then get involved.

Spend time with loved ones. Invite friends over for eggnog or Bolthouse Farms Perfectly Protein drink (tastes like eggnog without the egg) and conversation. Gather in the living room, light candles, and read the Bible story of Christmas found in Matthew and Luke.

Whatever you decide, focus on making

the holidays a time for both relaxing away from school and reconnecting family ties.

Home Away From Home

Christmas tradition sounds nice, but some of you might be dreading the holidays because your student won't be coming home. There are ways to make Christmas special even if your student can't be with you.

Staying in touch is the best way to connect. Call on Christmas day or send an email with family pictures. Mail a Christmas package; gift baskets are a good choice because they are fun and versatile. For a personal touch, make the gift basket yourself and include fruit, candies or chocolates, snacks, stuffed animals, home-made cookies or breads, hot chocolate mixes, a snuggly blanket, popcorn, flowers, little games, and anything else your college student would enjoy on a chilly Christmas day.

If you don't want to try making one yourself, call the Village Market* or search the Internet for fresh gift baskets from Harry & David, GiftTree, Delightful Deliveries, or other similar companies.

Whether your family is together or apart, you can still fill the holidays with memorable experiences that will bring happiness and joy to your days.

*423.236.2300 extension 0

~Melissa Maracle, assistant editor

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Q & A

with President
Gordon Bietz



ASK THE PRESIDENT

Describe the measures you're taking to keep tuition down.

We work hard to keep ourselves in the bottom quartile of tuition being charged among the North American Division Adventist colleges. We've just voted to raise tuition by 4.9% for next year, which is less than our average increase over the past ten years. Other private institutions here in Tennessee are moving up at around six to nine percent, so we feel good about being able to keep our tuition increase so low.

To keep tuition down, we don't hire all the new faculty requested by our academic departments, and we don't fund all the new initiatives proposed. Our pay scales are monitored to be in line with the church, so our faculty are providing a living donation. We don't always scholarship at the same level as some of our sister institutions, although we try to be as generous as possible. This goes a long way toward reducing the bottom line operating cost. We are also careful with our energy use. We have a full-time employee who helps us restrict our use of energy.

But the biggest factor keeping our tuition down is the generous financial support of our alumni, donors, and supporters. Without these friends who are willing to contribute to the life-changing experiences our youth receive, tuition would be creeping up at a much higher rate. Our biggest benefactor is the Southern Union Conference of Seventh-day Adventists and all the conferences that make up the Southern Union. They support us in a big way, and I am grateful for their dedication to young people.

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Student Missions

Just 40 years ago, Southern began its student missions program with one missionary. In the years since, Southern has sent more than 1,750 students into the mission field. During the last week of October, Missions Emphasis Week encouraged students to be a part of a Southern tradition.

"We are trying to raise awareness and get students to think about serving as missionaries," says Gayle Moore, Southern's student missions coordinator.

Former student missionaries spent the week wearing mission T-shirts; hanging posters; passing out hot chocolate, cider, buttons, stickers, and bananas; and challenging students to be missionaries. Friday night's vespers talk was given by Marilyn Laszlo, who spent 24 years in Papua New Guinea working with the indigenous people.

At the end of the week, Saturday afternoon's Student Missions Expo featured booths staffed by former student missionaries and mission field directors from all over the world. They talked with interested students about their experiences and the need for missionaries.

There are currently about 70 Southern students serving around the world. Moore and Pastor Brennon Kirstein, Southern's chaplain, hope to increase that number.

"We were sending out 70 students 15 years ago when I was a student at Southern," says Kirstein. "And we had only 1,800 students at Southern then."

Kirstein proposed a goal for Southern: send a tithe, or 10 percent, of students every year into the mission field. That means about 260 students. Moore and Kirstein are confident that, with God's help, Southern can achieve the goal.



Former student missionaries share their experiences with other students at the Student Missions Expo, part of Southern's Missions Emphasis Week.



"We believe that just as the Lord blesses us for giving our tithe to Him," says Moore, "Southern [as a community] will be blessed many times over."
~Melissa Maracle, assistant editor

Did You Know?

Counseling Teaches Coping Skills

Southern offers confidential counseling as a free service to students who choose to use it. The service helps students deal with a variety of issues facing many college students.

"We see a lot of students for career decisions, anxiety, situational depression, and relationship problems," says Midge Phibbs, counseling services coordinator.

Phibbs has noticed that there are more students using the counseling services now than in past years.

"I think it's because there's a lot more going on in the world," says Phibbs, "the war in Iraq, Virginia Tech, AIDS epidemics, and an undercurrent of terrorism."

Counselors focus on helping students learn techniques for dealing with the stresses they encounter.

"The main goal for us is to help students deal with everyday stress and find coping mechanisms," says Liane de Souza, transition services coordinator.

Students can talk regularly with counselors who help them find solutions. Besides personal counseling sessions, counselors also give talks and workshops at residence hall workshops about relevant subjects like relationships, depression, and addictions.

There are currently between 250 and 300 students regularly receiving counseling assistance. De Souza says that by the end of the semester or series of sessions, most students say they have been helped in some way.

~Emily Young, sophomore print journalism major from Tennessee, and Melissa Maracle, assistant editor

Tutoring Helps Students Succeed

Southern's free comprehensive tutoring program is available to all students who want to improve academically. Learning Success Services (LSS) not only helps students understand course content but also teaches other valuable skills for college.

"Our offices give tutees more than just subject matter," says Januwoina Nixon, director for Learning Success Services. "They also help with things such as time management skills."

Starting this year, new students were introduced to LSS at the beginning of the semester through a program called Jump Start.

"It's for students to get tutoring before they get in trouble with their class work," says Nixon. This semester approximately 250 students are using the tutoring services.

~Emily Young, sophomore print journalism major from Tennessee

U.S. News and World Report 2008 Top Tier List

Southern has once again made *U.S. News and World Report's* 2008 list of the best colleges in America. Southern is number 22 on the list of top baccalaureate colleges in the South. This year marks the sixth consecutive time Southern has ranked in the top tier. For more information, visit www.usnews.com and click on "Education," then "Best Colleges."



Students Say



thankful

We asked students how their parents have impacted their lives for good. Here are their inspiring responses:

“They have impacted me by example. We always had worship, and we always went to church. They influenced me as a Christian and a Seventh-day Adventist. And they have instilled in me hard work; my parents are hard workers.”
~Kelly Klein, senior elementary education major from Georgia

“They have impacted me mostly by being there no matter what and by showing me a good picture of God.”
~Stephanie Schleifer, sophomore theology major from North Carolina

“My mother has always been after me as far as school is concerned. She always told me, ‘Don’t limit yourself. Learn as much as you can.’ Now, if there is something I don’t know, I have to learn it. My mother has instilled in me that hunger for learning.”
~Luke Francois, freshman business administration major from New Jersey

“My parents have always been very supporting, even if they didn’t always agree with what I was doing. That means a lot.”
~Dan Chamblee, sophomore theology major from Georgia

“They helped me make right decisions such as going to church and making good friends. They’ve always guided me in those decisions.”
~Christy Jensen, sophomore general education major from Texas

“They were always giving me positive advice: get an education, be someone. They inspired me to be here at Southern.”
~Zach Wilson, freshman business major from Bermuda

“Since I was a little kid, they would show me not only by the Bible what I was supposed to do as a Christian, but they would show me by their lives how to serve God.”
~Paulo Tenorio, junior theology major from Paraguay

“They’ve instilled lots of values. My dad has instilled in me a good work ethic and ambition. My mom has always taught me to look for the best in people.”
~Kim Sheel, sophomore nursing major from South Carolina

“My father was a man who, when I was a child, whenever I said I couldn’t, he said I could. He said the words ‘I can’t’ were not in my vocabulary. Now when something is hard, I don’t say ‘I can’t.’”
~Terrence Griffith, sophomore psychology major from North Carolina

“My parents have always told me to go for my dreams and never give up. If there was something I wanted, they told me to go for it.”
~Jessica Garvin, freshman elementary education major from Tennessee

“They’ve taught me to go for my dreams. Maybe it sounds cliché, but they never stifled me with ideas about my future or goals for me.”
~Kirsten Houmann, senior mass communications/music major from Florida

“They impacted my spiritual life in the way they raised me. They planted the seed inside of me and as I grew up, I came back to the values they taught me.”
~Ana Medel, sophomore nursing major from Florida

Favorite Bible Text

“The LORD will fight for you; you need only to be still.”
Exodus 14:14 (NIV)

“My grandma recently passed away. She always told me, ‘During the times you want to say something or fix something or do it by yourself, remember this verse.’ God is always going to take care of us. In honor of her life, I’m adopting this as my favorite text.”

~Mariesa Swisher, sophomore social work major from Ohio



LAURÉ CHAMBERLAIN: ALWAYS LEARNING

As the youngest professor in the School of Journalism & Communication, Lauré Chamberlain occasionally gets mistaken for a student. She's not currently enrolled in classes, but she is an alum.

"I always get to learn," she says. "In other jobs, you don't have the opportunity to continue getting an education. I get to teach and go to school all at the same time."

On a campus where professors are encouraged to integrate a spiritual element into the classroom experience, Chamberlain has found her own style and way to bring Christ to her students.

"If you, yourself, are spiritual professionally, then it's easy to incorporate that into how you teach your students to be professionals," she says. "Because, really, in the end it's all about sharing your experience."

When she's not at the front of the classroom, Chamberlain enjoys spending time with her husband, Jeremy Moore, who works as Southern's career counselor, and her 2-year-old son, Patrick. Her office, decorated in Atlanta Thrashers memorabilia, speaks of her love for hockey. Her other interests include traveling, photography, art, and history.

Chamberlain graduated from Southern in 2000 with a bachelor's degree in print journalism and went on to receive her master's degree in magazine, newspaper, and online journalism from Syracuse University in New York. This year is her fourth year teaching at Southern. Her current classes include writing, print design, and Web design.

~Britni Brannon, senior print journalism major from Georgia

A Southern Tradition

Convocations are just one of the many opportunities on campus for Southern students to engage their spirituality in a unique way.

Every year, Southern boasts more than 30 convocations featuring well-known speakers such as Dave Dravecky, former major league baseball pitcher; Shaunti and Jeff Feldhahn, best-selling authors of the books *For Women Only* and *For Men Only*; and actor Steven Ford, the youngest son of former U.S. President Gerald Ford.

Convocations are important, says Bill Wohlers, Ph.D., vice president of Student Services, because they "continue the long-standing tradition of corporate gatherings with a spiritual emphasis that is essential to a campus with our values and purpose."

"There's evidence that when schools stop doing these kinds of things, they lose their spiritual identity," adds Wohlers.

Students and faculty alike agree that the effort and resources required to plan quality convocations are worth it.

"It's a rare opportunity to get to meet some of these speakers," says Wesley Statler, a freshman computer science major from Michigan. "It enriches the school program and makes it more



interesting by giving students something to think about outside of their core classes and major."

The important academic and spiritual benefits are just a few of the reasons convocations will continue to be a longstanding Southern tradition.

~Lorraine Park, sophomore history/nonprofit administration and development major from Michigan



Members of the Psychology Club stand in front of the Village Market with bags of food and a donation box.

Southern's Psychology Club

During October and November, Southern's Psychology Club collected cans for their fifth annual food drive to provide local families with food for Thanksgiving.

According to Kahlilia Morris, president of Psi Chi, an honor society that sponsors the Psychology Club, the food collected goes to the

Samaritan Center, a nonprofit social services agency. Ruth WilliamsMorris, psychology professor and Psi Chi sponsor, says the Psychology Club decided to work with the Samaritan Center because it is already a working and efficient organization.

"So often we wring our hands in helplessness over the enormity of human pain and need," says WilliamsMorris. "Being

able to participate in this food drive has provided me with some satisfaction of making a difference at our very doorstep."

Collection boxes are traditionally placed in the cafeteria, the men's and women's residence halls, Summerour Hall, and the Village Market.

During the drive, Morris was pleased with the generous response. Even some teachers encouraged donations by offering community service extra credit to students who gave cans.

"It's a great feeling to help those in need and know that you're helping a family that might have gone without a meal," says Cortney Hayes, a junior psychology major from Tennessee. "I was happy that I could be a part of this cause and help those in the community."

~Katie Hammond, sophomore mass communications major from Tennessee

Students In Free Enterprise

One of the best ways to make the most of college is to join a club. Southern has 50 clubs this year that vie for your student's attention. Students In Free Enterprise, or SIFE, is one of three student groups connected to a global organization, and it is the only one linked to an international competition.

SIFE member Mandy Brady, right, with children at a fund-raiser.



SIFE is all about reaching out and making a difference in the community by using the principles of free enterprise. Started by Sam Walton, the founder of Wal-Mart, SIFE gives college students around the world the chance to use what they learn in the classroom to create educational outreach projects that make an impact both on campus and off campus.

"It's a perfect opportunity for hands-on experience and team building," said Carrie Harlin, director of SIFE at Southern.

This year the SIFE team is involved in numerous projects including working with the campus recycling program and giving finance seminars at Patton Towers in downtown Chattanooga. Some projects continue every year, such as SIFE's partnership with Junior Achievement to teach elementary children the basics of business, economics, and success skills. For the campus community, SIFE hosts an employer panel of recruiters from businesses in Chattanooga who give students tips on interviewing and job search skills.

"SIFE is an excellent learning experience," says Alex Dillas, senior business management major. "It prepares you for the real world and gives you a chance to give back to the community."

SIFE is open to all students. With committed and talented students like yours, SIFE can continue to do great things.

~Laura Asaftei, senior business administration major from Romania

Calendar of Events

December	3	Online Registration for New and Transfer Students, Undergraduate Council	January	6	Enrollment Activities for New Students
	4	Tom Key: The Christmas Memory		7	Classes Begin, New Student Orientation
	5	SA Senate		10	"Right From the Start" Seminar
	8	Wind Symphony Christmas Concert		11	I Cantori Tour (Jan. 11-13)
	9	Employee Christmas Brunch, Talge Hall Open House, SA Christmas Party		12	SA Midwinter Party
	12	Biology Expo		14	Southern Union Summer Camp Recruitment
	15	School of Music Christmas Concert, Club/Department Christmas Parties		16	Immigration Basics Seminar, Russian Folk Culture: Golden Gates & Moscow Nights
	16	Semester Exams Begin		18	Southeast Youth Conference
	17	Hot Drinks on the Promenade, Bread Night		19	2nd Annual Cardboard Boat Event
	18	School of Nursing Dedication		21	Community Service Day, Martin Luther King Jr. Night: Sean Teal
	19	Winter Commencement		25	Social Work Fair, Ministerial Trainee Induction
	20	Christmas Break Begins		27	Symphony Orchestra Concerto Concert
				28	College Bowl

Mother/Daughter Weekend

Mothers, mark your calendars for February 15-18, Southern's Mother/Daughter Weekend. The event will include a special vespers program, multiple church services to choose from, and a chance to close the Sabbath with Evensong. Saturday night will feature a pops concert at 8 p.m. At 10 a.m. on Sunday, Jillian Englund—a singer and inspirational speaker who has appeared on programs like *Focus on the Family* and *The 700 Club*—will speak at a special Mother/Daughter brunch in the Dining Hall. To find out more, call Beverly Rawson at 423.236.2902. Tickets are required and will be available in January.

Favorite Quote

"There is no top. There are always further heights to reach."
~Jascha Heifetz (1901-1987)

Submitted by Karolina Grekov, freshman pre-med/Spanish major from California

FINAL EXAM SCHEDULE

Exam Time	Sunday December 16	Monday December 17	Tuesday December 18	Wednesday December 19
8 a.m. to 9:50 a.m.		9 a.m. MWF 9 a.m. T Th	8 a.m. MWF 8 a.m. MTWThF	8 a.m. T Th 8:30 a.m. T Th
10 a.m. to 11:50 a.m.		11 a.m. MWF	10 a.m. MWF	9:30 a.m. T Th 10 a.m. T Th
12 p.m. to 1:50 p.m.	12 p.m. T Th 12:30 p.m. T Th	1 p.m. MWF 1 p.m. MTWThF	11 a.m. Tu	12 p.m. MWF
2 p.m. to 3:50 p.m.	English Composition	3 p.m. MWF 3:30 p.m. MW 4 p.m. M	2 p.m. MW 2 p.m. MWF	2 p.m. T Th 2:30 p.m. T Th
4 p.m. to 5:50 p.m.		4 p.m. T Th 5 p.m. T Th 5 p.m. MW	Speech	3 p.m. T Th 3:30 T Th

Exams in 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.



A Letter From God

I don't dread going to third grade; it's just not my favorite class. There are 30 kids in this class, and I feel like I haven't been able to bond with them like with my other classes. Well, on this particular day, grumbling to myself, I headed off to third grade. I had been talking to God about how I could not connect with this class and how my attempts seemed to be so inadequate and useless.

Upon arrival at the classroom, I got rushed with hugs, and one of the little boys slipped me a piece of paper. I stuck it in my pocket, not thinking much of it. After a tough class I sat down to open the letter. There were few words, but they were some of the most powerful that I have ever read. It said, in Spanish, "Dear English Teacher, I love you like I love my own mother, thank you."

I sat there completely dumbfounded. I do not remember doing anything extraordinary or noteworthy for this child. I don't even remember paying any special attention to him. And

then it hit me: This is God's way of speaking to me. Out of the mouth of babes, God wrote me a letter.

God takes our feeble attempts and the simplest of our work and uses it for His honor and glory. For this quiet, shy little boy to share that sentiment with me was the best thanks from God.

This thought has really stuck in my mind. "God does not call us to greatness, He calls us to faithfulness."

We might never receive recognition for anything, but God knows our hearts, and our rewards are not of this earth but in heaven.

~Giselle Handal, student missionary teaching children in Ecuador



Students line up in formation for "flag day" at Giselle's school.

Contact Us: We want to know what you think! If you have any comments, questions or suggestions, please call Rebekah Bissell or Melissa Maracle at 423.236.2582 or send an email to southernparents@southern.edu.

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