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Recommended Citation

Southern Adventist University, "Panorama February 2006" (2006). *Panorama Parent Newsletter*. 3. https://knowledge.e.southern.edu/parent_newsletter/3

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Panorama

Southern Adventist University's [Parent Newsletter](#) | February 2006



When Sickness Strikes

What can you do when your student is sick? You know what you can't do long distance—give a hug, make honey-lemon tea, take a temperature—but what *can* you do?

"It's a frustrating situation," says Diane Ahler, parent of a Southern alumnus. "You feel helpless because you're so far away, and you wonder 'what am I going to do?'"

Not being able to be there physically can be worrisome, but it can also open the door to new, creative ways of showing you care when your student catches a bug.

"My parents usually send me money and call me more often when I'm sick," says Mike Teter, a junior community wellness major from Florida and resident assistant in Talge Hall.

The Village Market (VM) and residence halls also offer a variety of options for parents who want to stay involved and informed.

"Parents can send care packages through the VM to the dorm," Teter says. "They can also have the dean check on the student or send the student over to the University Health Center for medicine."

Ahler remembers one extreme situation, in which her son broke his collarbone at the beginning of the year.

"I jumped in my car and drove straight to campus," she says. "I actually stayed with him in the dorm for a few days."

Fortunately, situations like those of Ahler and her son are few and far between, and the University Health Center's services extend beyond its newly painted doors.

"Each residence hall has a treatment room specifically for students who get sick in the middle of the night or who are too sick to move to the Health Center," says Betty Garver, director of the University Health Center. "There's an experienced registered nurse on call 24/7 who will come to the residence hall and treat the student. If necessary, the nurse can call our nurse practitioner, who will then determine if the student needs more advanced medical care."

Although you may be tens, hundreds, or even thousands of miles away, you can rest knowing your student will be well cared for. And you can still send some love through a phone call, a care package, or, best of all, a prayer.

~Brian Magsipoc, senior public relations major from Florida, & Rebekah Bissell, editor

WHAT'S INSIDE

HEALTH DEPARTMENT NEWS
PG 2

PROFILE OF PROFESSOR SHIRLEY SPEARS
PG 5

PARENT TO PARENT TIPS
PG 5

SOUTHERN ADVENTIST UNIVERSITY'S GYM-MASTERS
PG 6

CALENDAR OF EVENTS
PG 7



Dear parents,

A new semester is under way, and as students adjust to the changes and challenges in each aspect of their busy days, life returns to a familiar cadence.

For students, this cadence often includes long work hours, piles of homework, and lots of quizzes, tests, and papers. College can be the best years of a student's life, but there are plenty of stressors that go along with learning, maturing, and doing well academically.

Although we as parents are not physically able to be present with our students as they experience their college journey, I know Someone who can be. He is willing to take your student as His own, and He knows the end from the beginning in your student's life.

He is just one prayer away. This semester, give your student to a Master Parent who cannot be separated from His children. Commit your student to Christ in prayer every day and see what God will do in his or her life.

God Bless,

Gordon Bietz

Moving Southern's Health Center

Southern's Health Center moved to a larger building in October 2005, and many students are happy about the change.

Sharon Adeleke, a junior mass communication major, has visited the new office several times since its opening.

"I wasn't in the waiting room longer than three minutes," she says. "I don't feel as cramped as I did in the other [building]. It was a much-needed upgrade."

The University Health Center was originally located off the side of Thatcher Hall in an office too small to accommodate the number of patients. Now it has its own building at 4687 University Drive, approximately half a mile from the center of campus. Instead of one exam room, the new building has three, each fitted with new equipment, which significantly decreases wait time, according to Betty Garver, director of the University Health Center.

In addition to more rooms, there is now a lab for blood work, something the former office lacked. The department also added a new nurse practitioner to their staff, and a doctor makes several visits a week.

Because the new building is farther from the center of campus than the previous offices were, students, when they need non-emergency transportation to the University Health Center, can call the center's secretary, and she can make arrangements with Campus Safety to transport them there and back.

"The goal of the new facility is to give students better medical care," Garver says. "We want to continue to provide good quality health care to the students. That is our primary responsibility."

~Lindsey Gaspard, junior communication major from New Hampshire



From left: Faye Baerg, secretary; Lori Urbin, nurse practitioner; & Betty Garver, director of the University Health Center.

The University Health Center moved into its new building in October 2005.



Photographers: Marlena Andvik
Nick Everson
Erika Gemmell

Did you know?

Men's Residence Hall Systems

Students who live in Talge Hall have access to a wide variety of academic, social, and spiritual resources.

Two high-speed Internet connections in each room provide students immediate access to Internet resources—including Southern's online library, course syllabi, reliable internet research tools, and a local area network—without tying up phone lines.

Every night, one of 16 resident assistants (RAs) stops by each room to take record, talk about the day, lend advice, and ensure that students are having a successful experience. A new program for freshmen provides personal assistance from a junior or senior level student mentor on a regular basis. Students are also cared for by four deans and four student deans.

Talge Hall offers a recreation room, open from 6 p.m. to 12 a.m., where students can play pool, ping-pong, or watch the big-screen TV. For more health-conscious residents, the new fitness center in the basement of the new wing offers weight training and cardio equipment.

Students are required to attend 14 worships every two months, giving the residents an opportunity to incorporate spiritual life into their daily activities.

Entering freshman and students under the age of 18 have an 11 p.m. curfew which, after their first year, can be extended to 12 a.m. through good citizenship and academic excellence. Graduates and students over the age of 23 have a 1 a.m. curfew. Saturday night curfews are uniformly one hour later than the weekly curfew.

Talge Hall also has a weekly newsletter, *Flush Facts*, a name earned from its circulation on the bathroom stall doors.

~Charlie Cutler, sophomore journalism major from Vermont

Women's Residence Hall Systems

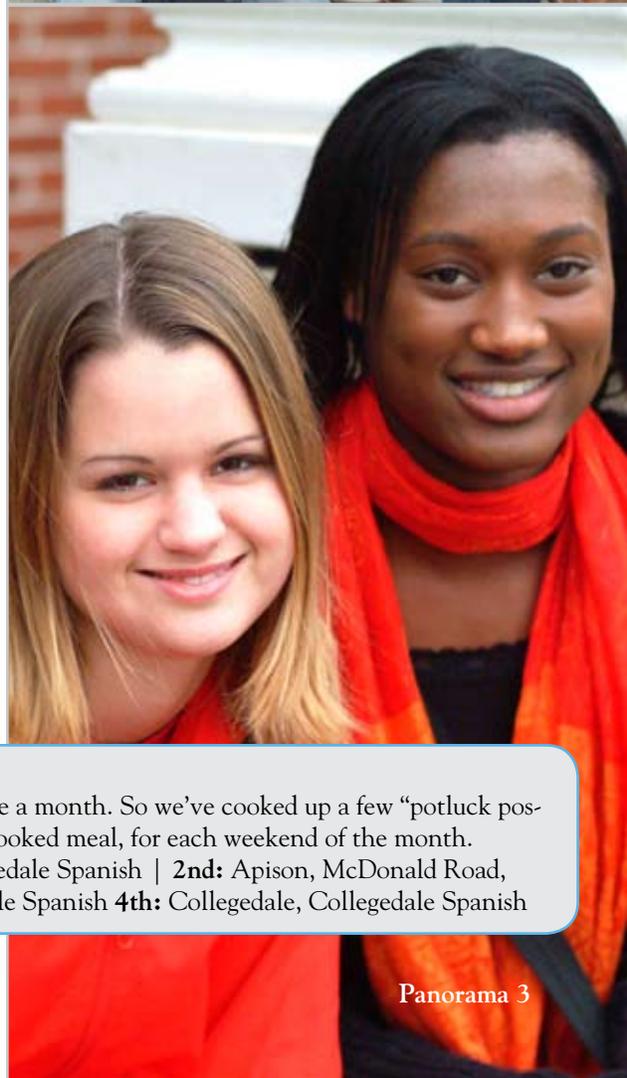
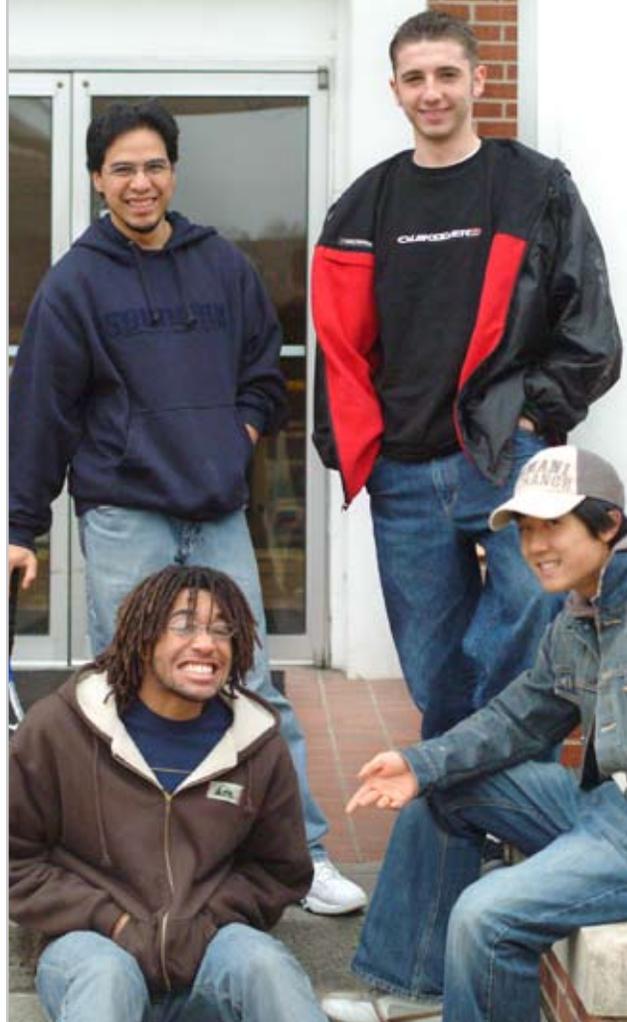
Students residing in Thatcher Hall enjoy an atmosphere of friendship, camaraderie, and caring.

High-speed internet access and curfews in Thatcher Hall are identical to those in Talge Hall, and each freshman residing in Thatcher Hall also receives a mentor.

16 RAs, four deans, three dean's assistants, and four student deans help the women's residence hall function smoothly and make sure each student is doing well.

Residents take their pick of about seven worships from approximately 40 each month, ensuring a chance to enjoy the spiritual aspect at Southern.

Thatcher Hall also has a weekly newsletter, *The Grapevine*, offering spiritual advice, life counsel, and lists of resources to meet the needs of each student at Thatcher Hall.



Potluck Possibilities

Southern is surrounded by churches, most of which have potluck at least once a month. So we've cooked up a few "potluck possibilities", just in case you visit or your student calls with a craving for a home-cooked meal, for each weekend of the month.

1st weekend: Hamilton Community, Collegedale (free, limited tickets), Collegedale Spanish | **2nd:** Apison, McDonald Road, Standifer Gap, Collegedale, Collegedale Spanish | **3rd:** Collegedale, Collegedale Spanish **4th:** Collegedale, Collegedale Spanish



Renee Mathis

Balancing Act

When my daughter Renee began attending Southern, I was prepared. I had three years of practice being a university parent through my oldest daughter, Nikie, and I thought I was ready for anything. Although I was mistaken on that point, I have discovered a few diamonds of truth along the way.

...knowing that my children are in God's care and that He has a plan for them is a true comfort.

- Allow them to deal with problems on their own. By learning how to communicate and deal with conflict in col-

lege, students will become stronger and be more prepared for life out of college.

- When you miss them, remember that being at college is good for them, even though you wish they were home.
- Give advice with a caveat. I sometimes say, "I'll give you all the advice in the world because I'm your parent, but you have to make the choice."

Above all, my relationship with God has been my strength. Through hard times and good times, spending time with God and knowing that my children are in His care and that He has a plan for them is a true comfort.

~June & Don Mathis, parents of Nikie, Renee, & Tyler Mathis

The Lundquist family, from left:

Keith Lundquist, daughters Keri & Erin, wife Cathy, & son Ben with wife Kim



Long Distance Spiritual Support

During the years that our children attended Southern, we lived more than 12 hours away. In spite of the miles, we tried to nurture the spiritual side of our son and two daughters, and we'd like to share a few of the things that helped make our relationships stronger each year.

Be an encourager. Your son or daughter is likely to get discouraged at times, particularly during year one. Rather than saying, "Yeah, it was like that for me too," spread encouragement. "I know it's tough right now, but we believe in you. And you know the Lord is always nearby."

Be a listener. On the phone, listen to clues about how your son's life is going. Let your daughter fill you in on how her relationships are developing on campus. If the subject of church or Bible class comes up, ask how the experience has affected your student's spiritual life. Then listen.

Be a giver. Send letters. Slip in a little spending money. Even a simple note of encouragement with your favorite text can go a long way.

Be an anchor. Your daughter may be hearing a different angle on basic truths. Or your son may be exposed to some new viewpoints in class. College is a time for self-exploration. Avoid snap reactions. Encourage discussion. "What do you think about that?" If asked, state your belief and give Biblical support. Be that anchor in the midst of swirling seas.

Be a prayer warrior. Pray for your student's social, physical, mental, and spiritual well being. Tell your son or daughter: "I'm praying for you. How's your walk with the Lord?"

Remain close to God. College means changes at home too. Relationships change. Financial pressures increase. Life gets busier just at the time you thought it would slow down. Keep your own walk with the Lord and your spouse a priority. Read the Word. Pray together. Remain united.

~Keith & Cathy Lundquist, parents of Erin, Kari, & Ben Lundquist

Favorite Bible Text

"I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip—He who watches over you will not slumber."

Psalm 121:1-3 (NIV)

~Lystra Suddler, freshman psychology major from Georgia



PROFESSOR PROFILE: SHIRLEY SPEARS

Shirley Spears, associate professor of nursing, loves helping patients and working with students. “Teaching at Southern, I get the best of both worlds,” she says. “I can do what I love and can help educate others to be of service through nursing.”

In her spare time Spears sews and decorates, but her true passion is missions. “I love the example Christ gave us of healing the sick and caring for the poor,” she says. “There is no higher calling than to be of service as He was.”

Spears truly follows Christ’s example. During the aftermath of Hurricane Katrina, she made three trips to the affected areas. She coordinates mission trips down to Nicaragua and the Dominican Republic each spring break, annual programs the School of Nursing has supported for 12 years, and has also travelled to Haiti’s Eden Garden Orphanage twice. Spears continues to work to raise awareness of the countries’ many needs.

Born in Kansas but raised in Arizona, Spears graduated from Thunderbird Academy. She attended Arizona State University, transferred to Southern Missionary College, and earned a BS in nursing in 1970. She later attended the University of Alabama at Birmingham (UAB), graduating with a MS in nursing in 1994. In 1995, Spears returned to UAB for a post-master’s degree in adult health nursing. Spears currently teaches Mission Nursing and the Registered Nurse Update.

~Jaynie Medina, junior public relations major from Florida

Spring Break Specials

It’s true that some students will come home for spring break. It’s also true that some won’t. Many students see spring break as a time to “break” away from home and have fun with friends. Although fun away from home may bring to students visions of bonding through crazy experiences, it’s those crazy experiences that bring to parents a week of worry and prayer.

Fortunately, there’s a happy alternative for the spring break season through a variety of tours, trips, and mission opportunities sponsored by Southern’s groups and departments during spring break.

For starters, Southern’s School of Physical Education (PE) schedules an annual spring break skiing trip. Students can hit the slopes at Winter Park, a large ski resort in Colorado, where they spend four days and five nights in condos. The cost of the trip is \$825, which includes everything but food and warm clothing. The ski trip can also count as one hour of PE credit.

If students don’t care for the cold of Colorado, they can enjoy a much warmer spring break canoeing approximately 102 miles near High Springs, Florida. From March 5 to 12, the canoeing club will navigate the Santa Fe and the Suwannee rivers, camping along the way. The trip provides an excellent opportunity for spotting animals like manatees, says Mike Hills, assistant professor in the School of Education and Psychology. Students are provided with transportation, gear, canoe rental, food, and tents for a set price of \$300.

Nursing students have the option to spend spring break outside the country. From March 2 to 13, students will provide traveling health care to villages in the Dominican Republic. The School of Nursing also provides an opportunity to work at a permanent clinic and mission in Nicaragua.

“Our objective is to reach people with the gospel message by first attending to their physical needs,” says Shirley Spears, associate professor of nursing. Each student pays \$1,000, which covers transportation, room and board, and medical supplies.

The Gym-Masters also do mission work in the Dominican Republic, where they have spent the last three spring breaks. While on tour they preach for church services and spread a “drug-free” message to orphanages and drug-rehab homes through their performances. Dominican officials, desperate to reverse the country’s drug problem, have figuratively rolled out the red carpet for them.

“We’ve been told that the Gym-Master’s message has made a big impact in the country,” says Coach Rick Schwarz.

The Dominican secretary of state has provided transportation and publicity, and has even invited the country’s president and first lady to meet the team. Each team member will pay \$400 to go this year. The trip will cost a total of about \$25,000.

With so many school-sponsored options, parents can rest at ease knowing their students will have good, clean fun over spring break and have a chance to make the world a better place at the same time.

~Missy Maracle, junior journalism major from North Carolina



Southern Adventist University's Gym-Masters

Southern Adventist University's gymnastic team, the Gym-Masters, use their talents to promote a healthy lifestyle through what Coach Rick Schwarz calls "Adventist gymnastics," a combination of acrobatics, cheerleading, and circus elements.

"Our main goal is to witness to others with the skills God has given us," Schwarz says.

The Gym-Masters, "America's anti-drug team," accomplish their goal through performances at local schools, Adventist academies, NBA and college basketball half-time shows, and mission trips to countries like Mexico and the Dominican Republic. Through these events, the 40 gymnasts not only witness to others but also support one another through friendship and help each other grow spiritually.

The theme this year, "Be Bold, Get Addicted" is about taking risks for God and getting addicted to Christ instead of drugs, alcohol, and other destructive habits. The Gym-Masters mission trip this spring will be in the Dominican Republic, where they plan to visit two orphanages, two rehabilitation facilities, and perform about two gymnastics shows per day.

Schwarz hopes that the team, with a lot of prayer and God's help, will be instruments for God, positively influencing everyone they meet.

~Elizabeth Blackerby, senior mass communications major from Pennsylvania

Spring Performance Schedule

Date	Event & Location
February 2-5	Georgia-Cumberland Academy Gymnastics Clinic, Calhoun, Georgia
February 10	Performance at Brown Middle School, Chattanooga, Tennessee
February 11	Performance at Mount Pisgah Academy, near Candler, North Carolina
February 17	Trio, Mixed, and Stunt Pair perform at local Seventh-day Adventist schools
February 20	University of Tennessee at Chattanooga Half-Time Shows: Mocs, Lady Mocs
March 2-12	Spring Break Mission Trip to the Dominican Republic
March 25	Home Show, Southern Adventist University Gymnasium

Gym-Masters perform for half-time at the University of Tennessee at Chattanooga.

To find out more about the Gym-Masters, visit www.saugymmasters.com.

Local Gift-Giving Resources

While your student is at Southern and away from home, there are a variety of ways you can send a little love. Emails of encouragement, phone calls to say "hello," and other tokens that show you care are sure to brighten any day. Sweet treats, beautiful flowers, or a basket of tasty fruit are particularly welcome arrivals. Fortunately, these goodies are readily available from local shops and can be ordered over the phone.

The Village Market has a wide selection of flowers, balloons, fruits, and other goodies for baskets. Pick your items, and the VM will deliver straight to your student's dorm.

Phone: 423.236.2300
Flowers: \$7.95 & up
Baskets: \$15 & up

Piece-a-Cake Bakery, just one mile from campus, offers cakes, cookie bouquets, and other pastries. The shop functions mainly on a pick-up basis but is willing to deliver to the campus upon special request.

Phone: 423.396.3334
Prices: \$10 & up, plus \$5 delivery

Ruth's Florist & Gifts, Inc. is always ready to deliver. From bouquets of flowers, balloons, chocolates, and bears to other creative gifts, Ruth's can supply just the right item for any occasion.

Phone: toll-free 866.544.7884
Prices: \$25 & up, plus delivery

Whether for a birthday surprise, to show your love on Valentine's Day, or just to keep in touch, these are three convenient options to meet your gifting needs.

~Elizabeth Blackerby, senior mass communications major from Pennsylvania



Calendar of Events

February	1	"Right from the Start" (Feb. 1,2,8,9, 15,16)	March	3	Spring Break Begins
	2	Convocation		13	Classes Resume
	4	Black Christian Union night		14	Joint Worship
	5	Student Association (SA) Superbowl Party		16	Convocation
	7	Joint Worship, Tax Seminars (Feb. 7,8,14,15)		17	SA Pancake Day
	8	Honors Music Festival		18	SA Talent Show
	9	Rees Series (Feb. 9,11), Convocation		20	Boys of the Lough (Celtic music concert)
	11	Honors Music Festival Concert, Evensong		21	Joint Worship
	12	SA Valentine's Banquet		23	Convocation
	14	Joint Worship		25	Gym-Masters Home Show
	16	SA Primary Elections, Convocation		26	Orchestra Concert
	17	Mother/Daughter Weekend, Social Work Consecration		27	Online Registration
	18	Pops Concert		28	Joint Worship
	19	Mother/Daughter Brunch, Orchestra Concert		30	Convocation
21	Talent Show Auditions, Joint Worship				
23	SA General Elections, Convocation				
26	Midterm Exams				

Guide to Graduation Weekend	Date	Event	Location	Time
	Friday, May 5	Consecration	Iles P.E. Center	8 p.m.
	Saturday, May 6	Sabbath School	Collegedale Church	9:45 a.m.
		Baccalaureate Service	Iles P.E. Center	11:30 a.m.
		School of Education and Psychology Dedication	Collegedale Church	4 p.m.
		School of Nursing Dedication	Collegedale Church	7 p.m.
Sunday, May 7	Commencement	Memorial Auditorium	9:30 a.m.	

Favorite Quote

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." ~ John Wooden

~Bryan Geach, physical education major from Georgia

FINAL EXAM SCHEDULE

Exam Time	Sunday April 30	Monday May 1	Tuesday May 2	Wednesday May 3
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. MW 3:30 p.m. MW 4 p.m. M	2 p.m. MW 2 p.m. MWF	3 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 p.m. T Th

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.



Singing for Southern Missionary Church

It was Sabbath morning, but it wasn't just any Sabbath morning. This was the last Southern Missionary Church (SMC) service of 2005, so it had to be special. As associate music director of SMC, I decided to have an impromptu Christmas Chorale perform for church. Anyone could come up and sing Christmas carols with the choir, as long as they were there a few minutes early. I thought that I had covered all my bases. I had the songs picked out, the sheet music, and a talented pianist. People were bustling in from the cold and finding their seats, enjoying the festive atmosphere. At one point I had a vague feeling that I had forgotten something, but I soon dismissed it and decided to start the Christmas service anyway.

As the choir sang, I beamed with pride at my church. Everyone was singing their hearts out. Then, when "The First Noel" came up on the screen, it occurred to me what I had forgotten. I never checked the PowerPoint to make sure we had the order of songs and words put in correctly!

I never knew there could be so many verses in one song!

Each chorus of Noel seemed to drag on a little bit more than the last, and I know I detected some groans intertwined with the music. After what seemed like the eighteenth verse I looked over at the choir, and they stared back at me with desperation in their magenta faces. We had to end this song, and soon! Luckily, the next verse was the last, and everyone sat down in relief.

I would love to say that this usually doesn't happen at SMC. But the truth is, there is always one or more silly things that happen in the service that we can all laugh about later. I love this about SMC. This student-led, student-driven church is all about coming together as a community and giving whatever offering we have to God, no matter how small. We are exhausted college students who find great freedom in coming before God just as we are, out of our own free will. We encourage each other in that precious window of time and talk about how we saw Jesus in someone that week. This gives us strength and excitement to see what God has in store for the next week. If you're ever at Southern, you should come worship with us at SMC. You never know what will happen.

~Erika Gemmell, sophomore communications major from Maryland



Gemmell, far left, and her "Christmas Chorale" sing for song service.

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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Southern Adventist University's Parent Newsletter | February 2006

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