



Logan Ehlert and Daniel Harper

## Success in Relationships

*“And whatever you do or say, do it as a representative of the Lord Jesus” Col. 3:17 (NLT).*

**D**aniel Harper, a senior business and marketing student, and Logan Ehlert, a senior print journalism student, started dating at Georgia Cumberland Academy.

The next four years were full of joys and trials, but the greatest challenge was Daniel's brain cancer diagnosis last summer. Despite the struggle, their relationship has grown even stronger.

“I had no doubts that he was the one I wanted to spend the rest of my life with,” Logan says. “Through the health obstacles Daniel has had, we have grown even closer to each other—a closeness I don't think a lot of people find for a long time.”

Daniel and Logan were engaged in September; their wedding is set for August.

### Parents and College Relationships

Daniel and Logan's parents always told them to follow God's will for their lives. They encouraged open communication and honesty, and their support helped the relationship thrive.

As a parent, you also want the best for your son or daughter, but you may not be quite sure how you can help. Here are a few suggestions:

### Talk About Relationships

One of the best ways to start conversa-

tions about your student's relationship is to ask questions and be interested. It may seem uncomfortable at first, but with practice, you will talk more openly.

Avoid pushing for information. If your student doesn't want to share, forcing communication will only cause withdrawal. Instead, talk about your own dating experiences. Tell your humorous and disappointing stories to let your student know you really have been there.

### Change Your Approach

Best friends, boyfriends, and girlfriends will likely become your student's confidants instead of you. You may feel pushed away or unnecessary, but don't give in to the feeling. Be patient, and realize your relationship with your student is changing. Move with the changes, and begin treating your student as a friend rather than a child.

### Look to the Future

God uses every experience for growth. Encourage your student to ask for God's guidance in relationships, and remember that whether your student graduates from college engaged, married, or single doesn't matter. Most important is your support and friendship to your child, now and in years to come.

~Melissa Maracle, assistant editor

Source: FamilyEducation, [www.familyeducation.com](http://www.familyeducation.com)

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# Q & A

with President Gordon Bietz



ASK THE PRESIDENT

## Why is the cafeteria minimum set at \$1,000 per semester?

Every higher education institution that I am aware of charges a minimum to sustain the minimal level of service for students on campus. Basically, the minimum enables us to guarantee a viable cafeteria and a viable place for students to eat. Southern's meal plan fee is one of the lowest out of 15 other Adventist colleges in North America. Here, it's only about \$7 per day. We don't feel that it would be too difficult to consume that amount of food.

## Have you considered offering a variety of meal plans instead of just one?

We had a task force of faculty, staff, and students evaluate that possibility last semester. We did a review of meal plans at other colleges and discussed meal plans with varying numbers of meals a week. It was determined, with help from the students, that it was simply more expensive to operate with multiple plans, compared to the way we're doing it now. A student who eats with regularity in the cafeteria has no problems with the minimum. In the end, we chose to maintain a low-cost position.

## What is your opinion on other meal plan options such as returning unspent money at the end of the semester or applying it to the next semester?

These options were all considered very carefully by the task force, and to keep expenses down, the task force actually recommended that Southern change the minimum to \$925 per semester, effective August 2008.

See the next issue of Panorama to find out more about meal plan changes for the coming year.

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# Finding Meaning in Student Leadership

Scott Kabel comes to work in sandals, and his curly blond hair is always just a little messy. He probably doesn't match the image most people have of a student association (SA) social vice president, but he has passion and a vision for Southern that he relentlessly pursues: he is looking for the meaning and purpose in every activity.

"I really like the idea of purpose, and I think sometimes it's lost," Scott says. "I wanted more meaningful things."

When Scott was first asked to run for the position of social vice president, he refused. He didn't want the commitment and the expectations, but he says the true reason for his hesitation was fear. While lying in bed one night, unable to sleep, he decided to face his fears and run in last year's SA elections.

"I knew that being scared to do something is never a good enough reason not to do it," Scott says.

The SA social vice president is in charge of planning events such as the fall festival, the *Joker* release party, the midwinter party, the talent show, and other large parties of which the

*"The job is growing me," Scott says.*

*"It's been crazy in a good way."*

whole student body can be a part.

Scott, a senior English major from New York, says the events he plans are more than average Saturday night entertainment. He wants to provide what he calls "purposeful fun," an atmosphere where students are both entertained and inspired. His focus is on bringing students together to interact on a deeper level than usual.

"As a Christian, it's important to bring purpose," he says. "I see this as a responsibility. I can change things."

Some events last semester were not as successful or popular as he had hoped, Scott says. His *Joker* release party, during which he tried to encourage students to see the needs around the world, was perhaps his most controversial. But Scott is undeterred.

"I really like layers of things," he says. "To make an event that has layers, that's exciting."

Scott says he thinks he is the one learning the most. He has faced his fears and grown through them.

"It's been crazy in a good way. It's been as wild as I expected," Scott says. "The job is growing me, and I like that."

~Melissa Maracle, assistant editor



Scott Kabel, SA social vice president helps with SA Christmas party decorations.



# Did You Know?

## Exercise Sharpens the Mind

### The Research

In 1999, the Salk Institute for Biological Studies published the results for a study of the correlation between voluntary exercise and increased brain power. The study involved a number of mice randomly placed in cages that either did or did not contain a running wheel. After six weeks, tests showed that the exercising mice had significantly more long-term ability for learning and memory retention than their sedentary counterparts. Further study showed that the exercising mice had brains that contained more new neurons than did the control group.

Based on the results of the research described, it can be suggested that exercise, especially aerobic exercise, can help create a stronger, faster brain.

### Exercising Smart on Campus

Southern's campus offers a wide variety of exercise options. Besides the basic walk to class, students can enjoy outdoor activities like hiking, running, tennis, rollerblading, golfing, biking, kite-flying, chasing ducks, and walking the track. Southern's School of Physical Education, Health, and Wellness also coordinates intramural games of football, basketball, hockey, and soccer for any students interested in playing.

Students who prefer to stay inside for exercise can try indoor activities like badminton, swimming, racquetball, or weight training, all available either at the Iles P.E. Center or in the residence halls workout rooms.

If your student is not doing so already, suggest a schedule of two to five 30-minute sessions of exercise per week. Should exercising outside of class become impractical, perhaps the easiest way to continue exercise may be for your student to sign up for a physical education class. Most classes meet at least twice a week and can provide regular exercise for the student.

Exercise is important, so tell your student to take a hike!

~Rebekah Bissell, editor



## Remember Mother/Daughter Weekend, February 15-18

Mother/Daughter Weekend is just around the corner, with special events designed just for mothers and the students they're coming to visit. The weekend will include a special vespers program, multiple church services from which to choose, and a chance to close the Sabbath with Evensong. Saturday night will feature a pops concert at 8 p.m. in the Iles P.E. Center. 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. If you'd like to spend a fun weekend with your daughter, you don't want to miss this event! To find out more, call Beverly Rawson at 423.236.2902. Tickets are required for the brunch and are available now for \$12.50 each until sold out.

# Parent-to-Parent Tips

## Keeping in Touch

Both our son and daughter are attending Southern. Of course we're overjoyed that they selected a Christian university to attend.

However, my wife and I sorely miss them. So every Friday night, I write a one-page letter to each child. In the letter, I include updates on what's happening at home, questions about what's going on at Southern, one study tip, and lots of love. I stamp and mail the weekly letter rather than sending it as an email because I want their full attention as they open it up.

I also call them on the phone several times a week to listen to what's going on and to express encouragement, love, and ongoing focus concerning their studies.

Lastly, I talk supportively with both my children about their possible majors and the corresponding classes needed. I work with them discussing potential classes for the next semester. They seem to really appreciate my awareness and interest in their opinions and the classes they need to take.

Through all of the above, we have grown closer while they expand their independence and grow into adulthood at a great place called Southern.

*~Greg Schaller, father of Clifton, sophomore mass communication major, and Margeau, freshman business major, from Washington*

## Favorite Bible Text

*"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

Isaiah 40:29-31 (NIV)

*~Heidi Witt, senior accounting major from Florida*

*Cindy Harsany and Crystal Stitzer at Signal Point near Chattanooga, Tenn.*

## Visits Never Forgotten

When we left Crystal, our daughter, at Southern her freshman year, we knew that we would miss her. It was hard to have her eight hours away from our home in Ohio, but in spite of the separation (and possibly because of it) I have been left with fond memories of shared experiences with her.

As a family, we tried to drive down to see Crystal as much as we could, but on a few occasions I was the only one who could come. I would drive long hours, show up exhausted at the end of the day, and spend the night in Crystal's room.

I remember one visit when I drove down for the mother/daughter brunch. I got in late, and Crystal had some really good salsa that she wanted me to try, so midnight found me up talking with my daughter while eating nachos and salsa. I must confess that I regretted eating the nachos so late. I didn't sleep well the rest of the night, and I ended up going to the brunch looking haggard and exhausted. We still have the pictures to prove it. But what I found in the time that I spent with Crystal was a rare opportunity to experience life through her eyes. It rolled the years away, and I felt young again. I got to experience college life as Crystal was living it, got to eat in the cafeteria, go with her friends to Signal Point, sit and talk for hours, and just do whatever she did during the course of her weekend.

During these experiences, all the responsibilities of life and the generational gaps just went away; my mind was free of worries and stress. I just enjoyed the moments, and what great moments they were! I would encourage you as a parent, if given the chance to spend one-on-one time with your college student, to jump at the opportunity. It will push back the hands of time and create an experience that you will never forget.

*~Cindy Harsany, mother of Crystal Stitzer, class of 2004.*





## BEN McARTHUR: ACTIVE TEACHER, AUTHOR



When Ben McArthur and his wife, Caroline, began teaching at Southern in 1979, they probably didn't expect to still be here 29 years later. For more than half of those years, McArthur has been occupied not only by teaching but with creating his book, *The Man Who Was Rip Van Winkle: Joseph Jefferson and 19th-century American Theatre*.

McArthur was inspired to write the book, which he finished in 2005, while serving as associate editor for the *American National Biography* project, where he discovered that no biographical work had yet been done on Jefferson. Other works on McArthur's writing schedule include one chapter for a book on Ellen G. White and her culture and a biography of A. G. Daniells, which McArthur hopes to finish in seven years.

Although McArthur loves to write, his main occupation is his work at Southern.

"I like the active teaching—history and literature are about being exposed to the great ideas that shape our world," McArthur says. "I am really interested in the students' success and want them to know what excellence looks like."

In addition to writing and teaching, McArthur serves as the chair of the History Department. He also enjoys playing tennis and writing short historical film scripts.

McArthur earned a B.A. in history in 1973 from Andrews University then attended the University of Chicago until 1979, when he graduated with a Ph.D. in history. His current classes include American History and Government and Philosophy.

"What I like most now is watching students when they go off and be successful," he says. "That's been the most rewarding, and now I have children of former students graduating."

~Rebekah Bissell, editor

## Anti-Depression Tools That Can Help Students

Winter, a season of gray clouds, long nights, and cold temperatures, keeps many students indoors and under the weather.

In fact, according to research available at PubMed.gov, studies consistently show an increased prevalence of depression during the winter months. Research conducted on seasonal affective disorder (winter depression) has been held in numerous locations, including the Northeastern United States, Japan, China, and Iceland.

If your student might be suffering from mild depression\*, there are ways that you can help.

First, encourage him or her to maintain a close relationship with God, praying and studying His Word every day. As the Psalmist says, "O Lord my God, I called to you for help and you healed me" (Psalm 30:2, NIV).

Second, suggest a few changes in diet. Fresh fruits, vegetables, leafy greens, and legumes have been shown to help lift mild depression. These raw foods contain folate and natural carbohydrates, substances that play key roles in the production of serotonin, a mood lifter.



Students can get fresh fruits and vegetables in several places on campus, including the Dining Hall, KR's Place, the Campus Kitchen, and the Village Market.

Third, recommend a regular exercise routine. Research at PubMed.gov shows that exercise helps the body produce mood-enhancing endorphins.

Most importantly, stay connected. Most students will appreciate their parents' interest in their well-being.

~Rebekah Bissell, editor

\*Contact a primary care physician right away if a student shows signs of serious depression, which may include loss of interest, fatigue, restlessness, feelings of guilt, and trouble concentrating.



English Club members Kristin Thomas, Debbie Higgins, Ashlee Chism, and Rachel Lovelace

## Southern's English Club

The English Club provides fun and culture for its members with activities like writing, reading literature, going to plays and festivals, and watching classic literary films.

"The club is for English majors and those interested in literature," says Rachel Lovelace, English Club president and sophomore English major from Maryland. "It's also a good way to meet other English majors and non-English majors who are interested in literature."

Last semester, the English Club had a bonfire, a movie night, and a debate with the History Club.

"It's stuff that's fun and still relates to the field, and it's enriching to their experiences as students," says Debbie Higgins, associate professor of English and club co-sponsor.

Kristin Thomas, a senior English major from Virginia, has been in the club since her freshman year.

"The English Club offers an opportunity for learning in a fun way," she says. "When we have events, like going to a play, it's a good way to experience culture."

Rachel says she has high hopes for this semester. Besides planning to attend the annual Renaissance Festival, the club is considering going to a play, having book discussions, and continuing its involvement in community service.

The club has also spent time at Patton Towers, a low-income development in downtown Chattanooga. Members helped out with the Christmas party, went caroling, and gave bread to those in need.

Kristin and Rachel both say they are glad to be a part of helping the Patton Towers community.

"I feel it's important," Lovelace says. "They aren't homeless, but they could have been if it weren't for Patton Towers. They're people who need love."

~Melissa Maracle, assistant editor

## SODA: Deaf Awareness

Southern's Student Organization for Deaf Awareness (SODA) has taken on the mission of educating and reaching out to both deaf and hearing members of the community.

"It's a whole different culture that we're right in the middle of," says club president Shani Saylor, a junior religious education major from

California. "The deaf community in the United States is one of the biggest mission fields, and they just aren't reached out to as much. We would like to get people involved who can do that."

So how are they reaching out? By holding a deaf church the second Sabbath of every month. The services involve both interpreters and deaf signers, and sermons are always given by a deaf person and then translated into spoken word for the hearing audience.

Church attendance has been growing. Between 40-60 students attend in addition to community members, estimates Bernelle Taitague, a junior health science major and club officer.

"It's really fun to do, and the deaf people are really friendly and accepting," Bernelle says. "They love to know that people are trying to learn ASL (American Sign Language)."

On weeks when SODA does not hold church services, Gordon and Jane Meis of Collegedale must travel to Atlanta, Georgia, to fellowship with a deaf congregation, so they truly appreciate SODA's efforts in the Collegedale community.

"It shows that Southern has a wonderful level of acceptance for people of other languages and cultures to include a church service for the deaf," writes Gordon. "I hope to see even more involvement in spreading God's word to more of the deaf community in our area."

Shani hopes these events will continue and grow along with club membership this semester.

"We want people to realize that deaf people are all around us," says Shani. "They're the same as we are."

~Lindsey Gaspard, senior mass communications major from New Hampshire





# Calendar of Events

February	1	Student Week of Prayer Vespers, Language Writing Contest begins, Student Association Candidate Election
	2	Cave Open BCU Night
	3	SA Superbowl Party
	4	Mid-Semester Book Buy Back
	7	SA Primary Elections, Rees Series (7 and 9)
	10	SA Valentine's Banquet
	11	University Senate Meeting
	12	Scottish Fiddle and Cello: Alasdair Fraser and Natalie Haas
	14	SA General Elections
	15	Mother/Daughter Weekend (15-17)
	16	Pops Concert, 3 on 3 Volleyball Tournament
	18	Preview Southern
	20	Honors Music Festival (20-23)
	21	Health Career Fair, Meet the Firms
23	Honors Festival Concert	
28	Symphony Orchestra International Tour (28-March 9)	
29	Spring Break Begins	

March	1	Cave Open
	9	Spring Break Ends Daylight Savings Time Begins
	12	Alpha Mu Gamma Induction Ceremony, Musical: Spellman Glee Club
	14	SA Senate Panera Day
	15	SA Talent Show
	16	National Week of Languages Festival, SA Senate Get-together
	20	Last day to drop a class and automatically receive a "w" on record
	21	Spirituality and Social Work Consecration
	22	SonRise Resurrection Pageant, Table Game Night
	23	SA Spring Open House
	28	Financial Aid Priority Deadline
	29	Gym-Masters Homeshow
	30	FAFSA Priority Deadline, Gym-Masters Homeshow Matinee Symphony Orchestra Concert
	31	Online Fall Registration for Returning Students, Deadline to finish incomplete and home study courses

## Favorite Quote

"Purpose starts with identity." ~Anonymous  
Submitted by Kirk Haugen, freshman general education major from California

## FINAL EXAM SCHEDULE

Exam Time	Sunday April 27	Monday April 28	Tuesday April 29	Wednesday April 30
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 a.m. 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. T
2 p.m. to 3:50 p.m.	English Composition	2 p.m. T Th 2:30 p.m. T Th	3 p.m. MWF 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 p.m. T Th	4 p.m. T Th 5 p.m. T Th 5 p.m. MW	Speech

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.



# Journey to My Father

For more than two months, I had been living in Europe. This was the longest I had ever been away from home. When the chance came for me to visit my father in London, I sprang at the opportunity.

After a long bus ride to the Irish coast, an uncomfortable ferry ride to England, and a restless night in a trucker's lounge, I was finally on the train to London. I nestled down into the plush cushions of the train, closed my eyes, and pictured my father at the other end.

The train stopped abruptly, and everyone was asked to get off. Down the line, a power outage had stopped the trains from running. We were escorted onto double-decker buses in an effort to jump ahead of the problem.

Once on the bright red bus, I sat front row, right. I propped myself up and prepared myself for the drive. Enjoying the view from the second floor of the bus, I figured this could be fun, but my eyes began to slowly shut from exhaustion.

SCREEEECH, THUMP, THUMP, REEEECH! I jumped awake. Trees scratched the windows of the bus as we pushed our way down a narrow street.

I had no idea what was happening. Frustrated and crying from disbelief, I wondered if I would ever make it to my dad. After we took several more streets, our bus driver made it to the train station. Angry voices batted words back and forth on the train. Glad just to have a seat, I closed my eyes and thought, *this will all be over soon.*

The train finally stopped. Numb, I walked off. A tired broken mess, I finally saw my dad. He looked at me with a great smile and wrapped his arms around me. In that embrace, all of my anxieties, fears, and brokenness melted away.

### Life's Journey

I would have become discouraged and given up on my journey if I had lost sight of my goal. But every time I thought about my father, it gave me strength. Life is difficult, but when we focus on God, our heavenly Father, we realize we have the strength to carry on.

“Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love Him,” (James 1:12, NIV).

*~Benjamin Stitzer, senior mass communications major from Georgia*

**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](mailto:southernparents@southern.edu).

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# Panorama

Power for Mind & Soul  
SOUTHERN ADVENTIST UNIVERSITY