Fall 2001

Columns Fall 2001

Southern Adventist University

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Underwater education

Alumni honor faculty and staff

Fall 2001
My favorite teacher

This is the third issue we’ve completed since committing to produce Columns on a quarterly basis. The challenges of coming up with story ideas, writing, editing, taking photos and proofing are more than I had imagined, but seeing that finished copy fresh off the press makes it well worth it.

Putting together this issue was particularly enjoyable for a number of reasons. I had the opportunity to spend one rather hot July morning on the Tennessee River photographing Dan Kuntz as he captured and released turtles as part of a biology internship (page 4). I learned that the only way to be comfortable around a 30-pound snapping turtle is to be in a different boat, separated by several feet of water and fiberglass!

Working on the story, “Tracing our Heritage” (page 7) was also a delight. As I read stories of our early Adventist pioneers and looked at photos and videos from past Adventist Heritage tours, I was inspired to experience the tour for myself. Joy and I eagerly signed up for the tour and we’re counting down the days until our October 16 departure.

But perhaps the most enjoyable aspect of putting together this issue was reading all the faculty tributes (page 10). This year Alumni Weekend will focus on former and current faculty and staff, and the alumni office has been working to make it a weekend attendees won’t soon forget.

As I read the tributes, images of my own favorite teachers throughout the years came to mind: images of Mrs. Jones teaching me the alphabet in kindergarten; images of Mr. Rhodes teaching me how to play the trumpet in elementary school; and images of Dr. Blanco in Christian Ethics class as he passionately brought to life the crucifixion and the sacrifice at Calvary like I’d never imagined it before. I entered that class strictly to fill an upper division religion credit and to be with my girlfriend, but I left with a clearer picture of God and His never-ending love for His children.

When Joy and I decided to get married it was a clear choice to ask Dr. Blanco to perform our wedding ceremony.

Unfortunately students don’t often appreciate their teachers until several years after graduation. Through all the exams and homework, projects and presentations, it’s hard for students to find even the smallest morsel of appreciation for what some would consider slave mastery. This year Southern is giving alumni the chance to pay tribute to the faculty and staff who have made special contributions, not only to the campus, but to the lives of hundreds of students throughout the years.

From the teachers that mold the precious minds of young children, to the university president that distributes diplomas at college graduation, each faculty member has made an indelible impact on our lives. I invite you to join us at Southern on October 25-28 for Alumni Weekend as we recognize current and former faculty and staff, those who have contributed to making Southern all that it is today.

Sincerely,

Cover: River cooter turtle on display at the Tennessee Aquarium. Photo by Todd Stokey, Tennessee Aquarium.
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Turtle Trappings

by Daniel Olson

One student’s story of gaining practical experience through an exciting summer internship spent on the Tennessee River. It was an adventure he will never forget.
The large snapping turtle whirls its head around, and its pink mouth snaps violently in the air. Dan Kuntz holds the squirmy snapper (Chelydra serpentina) by its back legs while laying the turtle on the bow of the fishing boat. His partner, Chris Manis, a high school biology teacher, places a plastic pipe over the turtle's head to remain safe from the snapper's dangerous jaws. One wrong move could result in a missing finger.

Dan flips the turtle onto its back, and Chris tries to guide it into the net bag. The snapper curls its legs and tail in protest, but the thrashing momentum propels the turtle into the bag.

"Snapping turtles are awesome creatures," Dan says, as he measures the turtle, "but at this size they're also very fearsome."

While Southern students participate in various internships during the summer, few can wear a swimsuit to work as does Dan Kuntz, a senior biology major who researched the turtle population this summer on the Tennessee River in conjunction with the Tennessee Aquarium.

"The purpose of the trapping survey is to learn about the turtle population in the Tennessee River," says Chris, a volunteer for the Tennessee Aquarium. "We want to catch many turtles of many different species."

The opportunity for this summer internship developed when Dan enrolled in Southern's Vertebrate Natural History class taught by David Ekkens, professor of biology. Ekkens took the class to the Tennessee River Gorge on a field trip in September 2000, where Dave Collins, curator of forests for the Tennessee Aquarium, demonstrated the turtle trapping procedures. Dan expressed interest in helping during the summer, much to the delight of Collins, who wants to involve more people in the turtle survey and increase awareness about the conservation efforts being made on the Tennessee River.

The biology department at Southern normally sponsors a summer research internship in Massachusetts, but this was put on hold for 2001, making financial resources available to sponsor Dan.

On this particularly serene morning Dan and Chris set out on the Tennessee River about 9 a.m. Lush green trees and several mountain ranges overlook them as the boat putters down the river gorge. Their only company is a flock of Canadian geese that swim undisturbed. In the distance a blue heron perches on a log near the bank.

Dan and Chris head to a basking trap first. As Dan drives, Chris uses the binoculars to scout the traps.

"We survey the traps from a distance to see if any turtles are basking in the sun," Chris explains.

Basking traps are made of netting suspended from PVC pipe which floats in the water. The traps are attached to a potential basking site, such as a log or brush. The object is to return to the trap and startle turtles that are sitting on a log so that they fall into the trap.

By working quickly, the collectors can catch any trapped turtles before they escape.

As they approach the trap, Chris jumps into the waist-deep water. There are no turtles in either of the first two basking traps this morning, partially due to the fact that the string suspending the traps was broken.

After checking the next trap, this one a hoop trap, without any success, the two trappers are a little frustrated.

Hoop traps are long tunnels of mesh material with a funnel-shaped opening into one end of the tunnel that is easier for a turtle to enter than exit. Hoop traps are placed in the water near the surface with the opening facing downstream. Sardines are placed in the trap to entice turtles to enter. It is possible for a turtle to escape from a hoop trap but not likely.

One of the hoop traps has dropped completely below the surface of the water and needs to be adjusted, so Dan slides into the water. Fortunately, no turtles found this trap or else they would have suffocated. Turtles can be underwater and without oxygen for only a short period of time, depending on the temperature.

The fourth trap yields their first catch.

High school biology teacher, Chris Manis, and senior biology major, Dan Kuntz, educate children about turtles at the Tennessee Aquarium's Day Camp beside the Tennessee River in Chattanooga.
of the day, but Chris and Dan aren’t too excited. Their catch is a small male Cumberland slider (Trachemys scripta cooters), which is by far the most populous turtle on the Tennessee River.

The next trap the pair checks is the winged hoop trap, which is a pair of hoop traps placed 100 feet apart with a net stretched between them. Turtles that detect the smell of sardines and swim into the net are normally guided toward one of the traps.

Dan detects some frantic movement when he unhooks the first wing trap.

He empties the trap’s contents on the bow of the boat to reveal the yield—6 sliders, a catfish and a large male snapper weighing about 30 pounds. The other trap contains more sliders, two cooters and a painted turtle, the most beautiful of the region’s turtle species.

About the size of a man’s hand, the painted turtle is distinguished by the red, orange and yellow markings that crisscross its head, neck and legs. The painted turtle is also a rare catch; it’s only the fifth of its species caught this summer, Chris says.

Chris then works to untangle the two cooters (Pseudemys concinna concinna) from the net bag. “I know you’re not going to bite me,” Chris says jokingly to the much larger female cooter. However, if the turtle were to bite, it would be for self-defense, not out of hunger. Cooters are vegetarian turtles, and they feast on leaves and water plants.

After bagging their catches, Chris and Dan head upstream to meet with some youths from a local day camp. Chris lectures about the different turtles while Dan holds them. After the presentation, the energetic campers ask many questions.

Following their visit with the campers, Chris and Dan beach the boat in shallow water and document their catches. The documentation process involves weighing each turtle, measuring its carapace (top shell) and plastron (bottom shell), and recording its gender, the date caught and its species type. Then Dan uses a file and makes several notches in each turtles’ carapace. Depending on which spots on the shell are marked, the notches translate into a number that identifies the turtle if it is caught again.

“These notches don’t hurt the turtle at all,” Dan explains, as he carefully marks the twenty-second snapper caught on the river this summer. After the two mark the turtle and record its data, Dan cautiously launches the turtle back into the water.

“They’re not interested in people,” Dan says. “They just want to crawl up in the cool shade and unwind.”

The interest in turtles by volunteers like Dan and Chris has been helpful in research. The Aquarium hopes to continue the turtle research in order to chart the stability of river life. Information such as changes in the age and size of the turtle population over several years can give an idea of the river’s preservation.

Chris says he has enjoyed spending time on the river this summer researching the turtles, and he is considering using this research information in his master’s thesis.

The biology department at Southern is also pleased with this summer’s results.

“This project has given Southern really good exposure,” Ekkens said. “We hope we can get additional funding so that next summer another student can work on the river.”

For Dan, who plans to teach secondary biology after graduating from Southern, this summer has been a great opportunity to experience ecology as its best.

“Getting hands-on experience has been awesome;” Dan says. “I’ve enjoyed learning about the turtle population this summer, and so far, I haven’t lost any fingers!”
The story of our Adventist heritage is a story of young people who were willing to give their lives to Jesus Christ. At 23, J.N. Andrews, a brilliant young scholar, spent everything he had traveling throughout the Northeast preaching about the seventh-day Sabbath. James and Ellen White, 31 and 25 respectively, used every cent they earned to purchase the Review and Herald printing press. The Whites sacrificed so much that they were forced to use wooden crates as furniture in their home. Others such as Annie Smith, 24; Uriah Smith 20; and G.W. Amadon, 20, worked at the press doing typesetting, proofreading and editing.

“Few people understand the sacrifices our Adventist pioneers made,” says Michael Campbell, who graduated...
Campbell contracted Nix in December 1997 about leading the first tour. Nix committed and Campbell and Lake continued with their planning.

Six months before the tour, Campbell was looking at his calendar when he realized that he had given Nix the wrong dates. He spoke with Nix about changing the dates, but Nix informed him that he was booked the weekends before and after. But when Campbell asked Nix what dates he had written down, providentially he had scheduled the correct dates, despite Campbell giving him the wrong dates.

"Clearly, God's hand was on all the logistics of the tour," Lake said.

Six months later, 34 students were ready to head to New England, exploring the sites of our early Adventist pioneers of faith.

The actual Tour

The Adventist heritage tour takes place each fall in October during mid-term break. Students spend four days visiting sites.

Day one: The tour begins in Fairhaven, Massachusetts, as students visit sites related to Joseph Bates, the weather-worn sea captain who invested his wealth in the spreading of the Advent cause. Original footings of the bridge where Bates greeted a local Adventist and shared with him the news that the seventh day is the Sabbath.

Students spend the afternoon at Old Sturbridge Village, getting a first-hand feeling for the culture of antebellum America.

Day two: The students head to Portland, Maine, to visit the childhood home of Ellen White. Students visit Brackett Street School, where Ellen attended. They see the spot where she was struck in the face by a stone on the way home from school. The incident nearly cost Ellen her life, but God gave her strength to become His messenger of the Adventist Church.

Throughout the tour students visit various sites where youthful Adventist pioneers conducted tent ministry and passionately shared the message they held so dear.

The day is concluded at the Portland Head Lighthouse, one of the most photographed lighthouses in the world.

Day three: Students visit the home of Annie and Uriah Smith. The Smiths were heavily involved with James and Ellen White in helping start Adventist publications such as the Review and Herald, now known as the Adventist Review, and the Youth Instructor, now known as Insight. Annie's love for Jesus is seen in many of the beautiful hymns we sing today.

That afternoon the students visit the nearby Hastings Potato Patch. Leonard Hastings, a Millerite fervently waiting for Jesus to come on October 22, 1844, left his potatoes in the ground as a testament of his faith in the soon coming Savior. Neighbors begged Hastings to dig up his potatoes, but he refused.

The day continues in Washington, New Hampshire, where students visit the first Seventh-day keeping Adventist Church. Young people were so determined to dedicate their lives to Christ that one Christmas they chopped holes in the icing on nearby Millen Pond so that they could be baptized.

Day four: Sabbath is spent at the William Miller Farm in Low Hampton, New York. Sabbath morning students sing early Advent hymns, or as Ellen White called them, hymns of progress. The song-service is interspersed with stories of

from Southern with a degree in theology in May 2001. "But when young people realize what our pioneers went through, it's life-changing."

Since 1999, the School of Religion has been making it possible for students to embrace their heritage through the annual Adventist Heritage tour. For many students the tour has been a time of renewed commitment and faith, while for others it has been a life-changing experience and an opportunity to commit themselves to finishing the work of the Adventist pioneers.

How the Tour began

In 1997, Michael Campbell, then a freshman theology student, approached Jud Lake, professor of religion, about conducting an Adventist Heritage tour through New England. Campbell had developed a great love for Adventist history and he wanted to share his passion with his peers. And Lake, being the Adventist Heritage professor, proved to be the perfect match for Campbell as together they spent the next several months working on the logistics of the tour.

"I knew that visiting the sites of our early Adventist pioneers would make a difference in the lives of young people in our Church," Campbell said.

The biggest challenge was securing a tour director. Lake and Campbell's first choice was Jim Nix, vice director of the Ellen G. White Estate in Silver Spring, Maryland.
Adventist pioneers as well as the stories behind the songs.

Students spend the afternoon touring the William Miller Home. Behind the house is a maple grove that leads to Ascension Rock, where believers waited for Jesus to come on October 22, 1844.

On Sabbath evening students participate in a vespers program at the William Miller chapel. An evening speaker addresses the students and challenges them by asking them, "what is it going to take to finish the work that the pioneers began?"

Students share testimonies of what the trip meant to them, then walk through the maple grove to Ascension Rock where the climax of the tour takes place. There on Ascension Rock, the students participate in a sunset communion service and prayer time that draws the tour to a close.

The future of the Tour

With the success of the first two tours, the School of Religion is planning on continuing the experience. "My goal is to continue this tour on a yearly basis," Lake said. "I believe it is important that we give students the opportunity to experience this potentially life-changing trip."

On October 16, a group of students will embark on Southern’s third Adventist Heritage Tour. They will sit in the pews of the William Miller Chapel, stand at the gravesites of Annie and Uriah Smith and pass over roads walked by James and Ellen White. Each experience will take them closer to understanding the passion and fervor of the early Adventists. As they walk in the footsteps of our pioneers, Adventist history will come alive like never before.

If it’s anything like the first two tours, lives will be changed and commitments renewed. Students who went on the previous tours learned that reliving the past often points them to eternity. "I truly want to be used by God to finish the work so that we can go home," said Stephen Lundquist, senior theology major, following the 2000 tour.

Angel Ogando, junior theology major added, "we have a special honor and opportunity to finish what the pioneers started."

For more information contact Jud Lake at 423.334.2985 in the School of Religion, or for information on how to organize a heritage tour of your own, contact Thomas R. Neslund, president of Adventist Heritage Ministry at 423.396.4007.
In the spirit of this year’s Alumni Weekend theme, honoring current and former faculty and staff, we asked Columns readers to share with us memories of their favorite faculty and staff. The following pages are full of warm memories and heartfelt tributes from alumni who were especially impacted during their time at Southern.

Being surrounded by academics for nearly 20 years, not to mention growing up the son of a teacher, I've often wondered what it is that sets one teacher apart from another. Is it that they are more knowledgeable? Is it that they are stricter or more lenient? Is it that they are more creative? Or is it that they are passionate about what they teach and they have a unique way of passing on that passion to their students?

The following accounts are sure to conjure up memories of your favorite educators and the eternal impact they made in your life. ~ Garrett Nudd

Bruce Ashton is an extremely talented Christian gentleman. It seemed that anything I could play (even after hours of struggle and practice) he could play with more accuracy, more speed and better interpretation—and from memory!

Despite all the lessons and concerts he gave, and his orchestra participation, he had time to write for the Sabbath School quarterly. While most of our lesson periods were devoted to perfecting piano performance, I distinctly recall one occasion where we went to, as he puts it, “meddling.” He asked a couple pointed questions regarding the source of some music I had provided. A decade later I still remember that two-minute interaction on copyrights.

Ron Carter was an exceptional biologist who integrated spiritual dimensions. Evidently talented and torn between religious ministry and biological pedagogy—while choosing the latter the former still shone through.

Bill Richards was well credentialed, unquestionably smart, computer literate, a feared slave driver, but fair. While he expected a lot of us we knew he worked hard to prepare to teach. If we did our due diligence he’d more than meet us halfway.

Jolene Zackrison—The very first semester I noticed an interesting course called Word Processing and successfully signed up for it. The first day of class was just a bit intimidating—as the classroom filled, no other guys appeared—not that such a situation was all bad! What also added to my concerns were the very reasonable but demanding nature of the assignments. A transcribed letter with even one error which made it unmailable would earn an F and even if it were corrected the best one could achieve was a B. If the 2nd attempt had an error, the fixed versions was worth at most a C, etc. Part way through the course we figured out that I had somehow managed to evade four prerequisite courses. Nevertheless, I was able to pull out with a very respectable grade.

J.T. Shim, '86

The wavy, white hair that flew in the wind as he ran around the first floor of Brock Hall. Those green polyester pants with the matching plaid jacket. The en-
Ray Hefferlin was one of my favorite teachers because he could explain the wonders of the universe in physics and chemistry with small words that anyone could understand. It was so thrilling to have someone who not only knew the subject but could easily explain it, make it interesting, and enjoy doing it. To me that is a real teacher.

Clarice Esquilla, '71

Through the years at Southern I've had a couple of favorite faculty, but the one that comes to mind first is Ron Cutzet. What a man. I was able to spend three weeks with him and some other theology students in Africa this year on a field school and his dedication to teaching us was amazing. We spent nights in prayer, days in conversation and many other great experiences together.

Things changed between him and us when we returned from the trip. It's almost as if we became his 'sons' in a sense. He would sometimes point out our good qualities and express his gladness that we were his students. He's a great man and dedicated to his calling.

David Achata, '01

When I think back to the three years I attended Southern '69-72, one teacher stands out so vividly. His name was Robert Francis and he taught Religion. He made a positive impact on my life as a college student. I knew nothing about him when I signed up for his Sophomore Bible class, but I quickly became a huge fan. He made the Bible "come alive" in a way no one else in my life had been able to do. That was the only class in college that I never skipped. I looked forward to each one, and now wish I had taped them.

His tests and quizzes were tricky and difficult, so I only made an average grade in his class, but I learned so much. I had attended SDA schools for the previous 12 years taking the usual Bible classes, only attending because I had to. But I can honestly say that Elder Francis' class was the first one I really enjoyed. Because of his excellent methods of teaching, I chose to take Daniel and Revelation from him my Junior year as one of my electives. Taking that Religion class as an elective didn't make sense to anyone else but me, but I never regretted it. I was fortunate to connect with him years later and prior to his death to let him know how I felt and what a lasting impression he had made on my life.

He enjoyed teasing a few of us, but we knew that he truly cared and loved us. He never had any children, so he adopted his students and we became his extended family. We could tell he enjoyed his job because he put so much of his time and energy into his lectures. I give him a lot of the credit for my continued positive attitude, belief and support for the Adventist church.

Bet (Trivett) Ranson, '72

The faculty member that made the most lasting impression on me when I was a student at Southern Missionary College was K.R. Davis, my dean. He was not only my dean and friend, but he also took our wedding pictures and baptized my wife. Even to this day I still rely on K.R. for advice.

The following experience is an example of how he treated me as a patient father would. One particular Saturday night I was invited out to watch TV by the son of a faculty member. I knew the program ran past curfew, but hoped that I would not be missed. Wrong! I was called into Dean Davis' office the next morning.

Dean Davis very softly and in an unperturbed voice asked me, "Where did you sleep last night?" I nervously explained what had happened and asked for mercy. In his quiet concerned way he told me, "It would be nice next time if you would call me and let me know if you are going to be late getting back to the dorm." I assured him that I would and I was never late again.

He could have dealt me a severe sermon and dished out the punishment that I deserved, but instead he gave me compassion and trusted that I would do better in the future.

Merlin Wittenberg, '70
A compulsive choleric, Jerome Clark for thirty years taught history students the importance of using time wisely. "There are no shortcuts in mastering history," his bass voice resonated from the walls of Lynn Wood Hall 218. "It's slow and steady that wins in the study game."

Brian Strayer, '73

My first impression of Jeanette Stepanoske was in Social Studies Methods class. We were learning to do storypaths with elementary students and I thought she was vivacious to say the least. She was always talking and telling us positive comments. She put us right into the classroom to get the best possible experience.

I thought she was on the cutting edge of education and later found out she was. I took Behavior Management from her as well and realized what she taught me would go with me for a lifetime. Supervisor of student teaching must have been a hard load for her to handle, but she always did a great job when she came to visit us in our classrooms where we were doing student teaching.

Thank you Dr. Stepanoske for making education come alive.

Alyssa Koch, '96

I went to Southern Missionary College in 1944-46 when many young men were called into military service, so in some of the classes in Pre-Med it happened that I was the only student. How the college could afford to teach a class for one student, I don't know, but it was a great blessing for me. I could know that any time I had a question, it was going to be answered. Perhaps Professor Sevrens became tired of my questioning, but he never showed it. And I just thought it was wonderful to have a talking encyclopedia at my disposal. (If I didn't make good grades, it was my own fault.)

But it was not just his wisdom and knowledge that made me respect him. He was of a pleasant disposition, and a man of real principle. He taught me that a person can stand for principle, even though many around are not standing for the right. God holds us responsible according to light that we each have received. And principles can be shared with others in simple ways so that they are understood, and accepted.

Prof. Sevrens and his wife had invited a group of us seniors to their home one evening for a social. They had some very interesting and fun things for us to do. When it was over, I realized that cooperation could be as much fun as competition. And that a person could have fun while they were learning something.

The principles the Sevrens' taught me helped to shape my thinking and philosophy of life. It has affected the work that I have done and the teaching that became my major life work. It affected the raising of my family. So I am very grateful to Prof. Sevrens and his dedicated example at SMC. My honors diploma should really give honor to Prof. Sevrens.

Ann M. Wheeler, '46

Bob Egbert will always be one of my favorites because he knew how to build people. He placed the highest priority on building the individual over all else. As an older student returning to school and not feeling confident that I could get back into the routine of classes, I watched him as he worked to set me at ease along with the rest of the students. As time progressed, I was able to figure out more and more of the techniques he was and had been using. He took what a student considered to be a negative and turned it into something positive. I will always be thankful for the part he played in rebuilding me.

Leona Gulley met me with a hug. How I appreciated her hugs throughout the program. I had come with great sorrow and no one was giving me hugs. Whenever she saw me, her eyes lit up as though she had just stumbled upon a most delightful thing, and with a wonderful smile she would say "Hey!" as only she can. Every time I did something right, she made sure I knew how much it pleased her. So many times she would say "Good for you!" and she meant it. After two years in that wonderful department, I graduated and once again felt whole. Christian Education is wonderful!

Bonnie Matthews, '99

"Stick with me. Don't quit now. We'll get you through this", my advisor, K. M. Kennedy told me that hot sticky day in late July of 1971 when I was ready to 'give up'. As a young widow with two teenagers to get through academy and college, I was attempting to complete the requirements for a B.S. degree in elementary education. Summer school was my only hope of doing this since I was teaching all during the school year. I had really been giving it all I had while wondering how, or even if, I would ever make it.

Something about the confidence expressed in Dr. Kennedy's voice gave me assurance plus the strength to hang on and keep facing every day. I had learned to trust his counsel and concern for my plight earlier and felt I could repay his belief in me by picking up my sagging spirits and giving it another try. When my husband
It was my privilege to attend school in College Dale from 7th grade through college, 1936-49, interrupted by war service.

My eternal thanks go to Paul E. Quimbv. He was the only teacher in all those years, who took an interest in me, put his hand on my shoulder and said, "Ben, how is your spiritual condition?" That set me thinking and eventually led me to forsake fools hall and let God have his way with me.

Ben Wheeler, '49

For five enjoyable years, from 1972-77, I was secretary to the academic dean, Cyril F. W. Futch. I felt very blessed to have him as my boss. He was certainly a professional with a great deal of responsibility, yet he was always cheerful, kind, and laughed easily.

Through the course of a day, any number of faculty and students would come to his office to share an idea or present a special request which needed his permission. Dr. Futch always treated everyone with the greatest respect and courtesy.

Often there were deadlines in our office, such as the class schedule booklet or the college catalog (these were the days of typewriters—no computers in the offices). Whatever the stressful situation, Dr. Futch would always smile and say, with his delightful British accent, “Don’t worry!” Somehow that always made things seem better—and this was before the “don’t worry, be happy” slogan became popular!

I like to think back on those days as some of my happiest. My husband Lawrence and I always appreciated the Futchers and still do. I was so pleased that when my

Alice Voorhees, '75

Restoring Our Heritage

Since 1924, Lynn Wood Hall has been a campus landmark. Our master plan is to restore Lynn Wood back to a fully functioning campus facility. While the building houses the Heritage Museum, the advancement offices and the campus safety department, its spacious third story is unused and needs extensive renovations. Plans call for the counseling center, the center for learning success, and a large conference room to occupy the top floor, each providing much needed student services. Southern seeks the support of alumni and friends for this restoration project recognizing donors with a Lynn Wood Hall brick plaza. Every dollar donated toward this project will be matched through a challenge grant the university has received. Paving the plaza with donors’ names and creating another beauty spot on campus will enhance student life as well as restore an important part of our campus heritage.

For details on how you can become part of this project, call 423.238.5555, or go online at alumni.southern.edu.
youngest son was baptized at Fletcher Academy this past December. Dr. and Mrs. Futch, as members of that church, were in the congregation. We talked with them about how we wouldn't have guessed 23 years ago that they would be present for such an important event in our lives. We wish the best for them as they enjoy retirement.

Ann Gamey Walton, attended

When I came to campus in 1971, my favorite administrator was Laurel Wells, director of student finance. I was very intimidated by the costs of attending college and the process of applying for financial aid. Mrs. Wells was helpful and reassuring. She made me believe that I could afford to be there. She hired me as a student employee and I spent several years working for her. She was an excellent role model for young ladies at a time when there were not a lot of women in college administration. We saw that we could contribute in important ways.

During the time I worked for Mrs. Wells, I saw her help countless students attain their goals. She also represented Southern in the professional financial aid organizations in Tennessee, and the Southern and National organizations. She truly cared about her students and loved Southern.

Judi Henderson, '73

Ron Carter allowed me to take issues of Natural Science and Religion even though I was only a sophomore. His impact on my life was to take my rigid thinking, shake it up, turn it upside down and inside out. Even with the sweeping changes he began in my reasoning process, he provided an undergirding of faith and reflection that allowed me, even now, to face faith-defying problems and not crumble. Instead I build. Terms like "evolution" and "creationism" no longer frighten me. I don't have to be ashamed to be both a scientist and a believer in God.

Jan Haluska challenged me to communicate succinctly what I thought. He brought together ballads, essays, poetry and stories so that they made sense, enlightened my mind and enriched my life. He made literature come alive. Not only that, he was a fair teacher, and showed me how to keep track of grading so that students I taught could assess their own progress. I believe I have been a better teacher because of being his student.

David Steen inspired me by his direct teaching blended with his compassion and mercy. He laughed with me at my many mistakes, counseled me and influenced my future interactions with my own science students. I was lucky to be his student and am privileged to know him as well as his wife. His children are lucky to have him as a dad.

Mitzi Bame, '86

The Lyzuchiks have been part of the Collegeville community for thirty years. John and Agnes were the work supervisors at the Village Market Bakery from the '70s to '80s, and my wife Rene (Albers), '82, and I were student workers there. We'd often start at 4:30 a.m. and create baked goods of every kind by noon. Agnes and John's home was always open for all students, and Sabbath afternoons were especially memorable.

One Sabbath the guys and girls stayed too late, and it began to snow, and the roads turned icy. Agnes was frantic with the prospect of a group from both dorms under one roof, but the deans worked on a plan, and we all stayed on until breakfast Sunday.

Their hearts and home made being away from our own families more bearable, and their Tri-Sum Bakery at Four Corners is still a place to continue the friendship.

Victor Czerkasz, '83

When Steve Bauer first walked into Christian Theology I, several of us in the back row were snickering... "Who is this guy? He's too young to be our professor!" And then he started pulling these CORNY jokes and we thought he was just playing around... there was no way he could be for real... his gestures and facial expressions and everything about him made us laugh. But that was only the first few minutes of class.

From then on Dr. Bauer opened up the word of God and revealed it to us like we never heard it before. My brother Gregg and I personally felt the Holy Spirit working in our hearts as a result of that class period. The theme in Dr. Bauer's class was always faith. He stressed a trusting relationship in Jesus Christ, and that is what moved our hearts.

The only time I have ever wanted to stay after an hour-and-15-minute class period was in his class. Several of us would stay well after 4:45 and beg him to give us more from the Word of God.

I'll never forget that class and Dr. Bauer. That was my one class at Southern that I know for sure changed my life.

Glenn Aguirre, '01

[['Jan Haluska', 'David Steen', 'Ron Carter', 'Judi Henderson', 'Mitzi Bame', 'The Lyzuchiks', 'Steve Bauer', 'Glenn Aguirre', 'Ann Gamey Walton', 'Dr. Laurel Wells', 'Dr. and Mrs. Futch', 'Ron Carter', 'Dr. Bauer']]
I have pleasant memories of many Southern Faculty...

Bob Moore seemed to take a special interest in me, with his willingness to analyze girlfriend dilemmas as well as answer questions about abstract algebra or non-Euclidean geometry.

In the two decades since leaving Southern, I have appreciated the interest Ray Hefferlin has taken in me as well as in the whereabouts of all the physics graduates. Over the years, I think we’ve discussed more theology than physics.

I remember the quiet, reflective personality of Bruce Gerhart. I hoped to be viewed by others in this same way.

All in all, there are hardly any Southern faculty that I wish not to remember. As I glance at the mug shots here in this old Joker, I see staring back the faces of many sincere people who shared portions of their lives with me.

Larry Ashcraft, ’81

Jelene Zackrison taught me to navigate active and passive voice in writing business letters—a skill I exercise daily. And Bill Richards drew the line for B’s under my name on his grading curve in accounting and I was never so relieved; higher education lost an extraordinary professor when he left teaching.

Carol Lott, ’85

She smiles as she combs through a file drawer full of hundreds of “thank you” letters and cards. Blindly she reaches in and pulls out a card—evidence of the impact she made on this particular student.

The card reads, “Each time I come into your office I try to make your day, but it turns out you make mine.”

For 25 years Donna Myers has served Southern in the student finance office. As she prepares to retire at the end of 2001, she graciously acknowledges the blessings she’s received while working at Southern. Countless students have sat in her office. Some have laughed and others have cried, but all have been blessed by her infectious personality and courageous spirit. Donna’s job has brought her in contact with thousands of students and parents, but few know the story of how she came to Southern.

Donna and her husband, Dick, attended Andrews University, where they were both employed when they were married. In 1969, the Myers’ received a call to work at Southern. They declined the invitation.

Again they received a call from Southern and again declined.

Then Donna was involved in an automobile accident, which resulted in injuries to her brain. She remembers knowing what was going on around her, but she was unable to react. The process of rehabilitation began.

During one of Donna’s visits with the doctor, he informed her that various tests indicated that she had developed an intolerance for the cold. The tests revealed that exposure to temperatures below 70° F could be life threatening. The doctor suggested the Myers’ move south.

What her doctor didn’t realize was that the night before, the Myers’ had received a third call from Southern. This time they accepted the invitation.

Dick began his work with plant services after the move. Donna’s rehabilitation was successful and it wasn’t long before she received an invitation to work at the Village Market.

In 1976, Donna was transferred to the financial aid office to work under Laurel Wells. “Mrs. Wells was my mentor,” Donna says. “I’m so dedicated to my job because of her example.”

And through the years Donna’s dedication has been evident to nearly all who have come in contact with her.

“She treats each student as if they were her own child,” said Marc Grundy, director of student finance. “Many former students have told me that Donna remains in their minds as one of the biggest personal influences during their stay at Southern.”

What Donna finds most rewarding is watching students develop. “Sometimes a scared freshman will come in and cry,” she says. “They’re caught in a difficult stage between childhood and adulthood. They’re trying to adjust to college and they’re facing big decisions. Each student is an individual and each circumstance is unique. It gives me the opportunity to be their mom while they’re here.”

Myers’ success as a second mother is what students remember and thank her for.

Several moments have passed. Donna pauses, then slowly turns in the direction of the open file drawer. She quietly closes the “thank you” card and carefully places it back with the others, her mind still picturing the student who wrote so many years ago. In only a few months the drawer will be emptied and its contents taken home.

But as time allows, in-between volunteering at the Ronald McDonald House and Benchmark Physical Therapy, Donna will carefully sort the cards and letters and neatly place them in a scrapbook. And like every book, her book will tell a story—the story of a woman who was a mother to some, a counselor to many and a friend to all.

~ Garrett W. Nudd
School of Music awards $74,000 in scholarships

Fourteen incoming freshmen have accepted $74,000 in scholarships from the School of Music.

Headlining the recipients is Brian Lauritzen, a graduate of Collegedale Academy. Lauritzen plays the cello and was granted a $10,000 music scholarship.

Three students were granted $8,000 music scholarships in voice: Jaclyn Dove, from Portland Adventist Academy in Oregon; Alicia Hicks, from Howard Blake High School in Florida; and Kimberly Penner, from Auburn Adventist Academy in Washington.

Ten more students were granted $4,000 scholarships with talents ranging from piano to bass clarinet.

The scholarships are awarded over a 4-year period provided that the students maintain their requirements, said W. Scott Bill, dean of the School of Music.

Student missionaries unhindered by world turmoil

Despite overseas threats of attacks on the U.S. embassies in India and Yemen, and in the aftermath of a missionary plane being shot down over Peru in late April, there is no indecision on the part of student missionaries at Southern Adventist University.

A record 117 students from Southern have put their education on hold and committed to a year of missionary service. The student missionaries will travel to more than 35 countries around the world to serve as teachers, pastors, literature evangelists, chaplains and dormitory deans.

"We're seeing a renewed interest in service among young people," said Ken Rogers, university chaplain. "They're the ones that make this program work, and our purpose is simply to accommodate them."

Tanya McCreery, a senior music education major, served last year as a teacher in Taiwan. "Every person should make the decision to serve God in this way, and I'm disgusted with myself for putting it off so long," McCreery said. "If you want to grow spiritually, learn in a way that a university could never teach you and see things that you cannot describe, you'll find all that and more in a year of student missions."

At Southern, hundreds of students have answered the call of service throughout the years and their lives have been dramatically changed. Several graduates are now serving as lifetime missionaries in countries such as Guyana, Cambodia and the Philippines.

Student Missionary/Task Force List 2001-2002
S. A. officers begin new term

New Student Association officers are:
Brandon Nudd, President
Ben Martin, Social Vice President
Manny Bokich, Executive Vice President
Albert Handal, Parliamentarian
Robyn Kerr, Public Relations
Carla Malernee, Communications Director

Mindi Rahn, Secretary
Mellie Chen, Finance Director
Daniel Olson, Southern Accent Editor
Dominic Ramirez, Strawberry Festival Producer
Jill Hardesty, Southern Memories Editor
Nick Lee, Joker Editor

Conference offered on technology outreach

Almost 70 people, including a mix of web designers, information systems personnel, pastoral ministers and others interested in promoting spiritual outreach through technology, attended ComputingAndMissions.net 2001, a computing conference at Southern.

"The conference encouraged the innovative use of computers and Internet technology in mission outreach to further the message of the Seventh-day Adventist church," said Jared Bruckner, chair of the conference's program committee and associate dean of the School of Computing.

Speakers for the five-day conference included professors from Southern as well as various other computer professionals from across the country. The keynote speaker was Pete Holzmann, president of International Christian Technologists' Association. Topics included giving Bible studies via the Internet, how to build a church web site and how to purchase software based on a church's needs. The conference concluded with tutorials on several topics including PowerPoint presentations and web programming with Java.

For information on next year's conference visit the web at computingandmissions.net.

President enjoys valuable classroom experience

Gordon Bietz, university president, traded in his office for the classroom and spent the month of August teaching the Life and Teachings of Jesus Christ class for the School of Religion. Bietz spent four weeks teaching 50 students, many of whom were taking their first class at Southern as part of the SmartStart tuition-free fourth summer session.

"I have a new appreciation for the ministry of teaching," said Bietz, who prior to coming to Southern served as president of the Georgia-Cumberland Conference and a church pastor for the previous 25 years.

Clearly the majority of students considered the class a positive experience. "I have really enjoyed the class," said Carlos Quintero, a transfer student from Georgia. "Dr. Bietz makes the class much more than a lecture. He lets us give our opinions and I really appreciate his open mindedness."

Bietz's students weren't the only ones to benefit from the class. "Teaching this class has helped me focus anew on the reason that Southern Adventist University exists—to pass the faith to a younger generation," Bietz said.

New general manager appointed for WSMC-FM

David Brooks, Jr., an Ooltewah business consultant, took the reins as general manager of WSMC-FM, Southern's classical music radio station, on July 1.

"I really like and enjoy radio," said Brooks, who had previously hosted several weekly broadcasts of The Samaritan Report on WSMC, Public Radio 90.5.

"Brooks understands WSMC's role in the community and he brings a wealth of management experience," said Gordon Bietz, university president and chair of WSMC's board.

Brooks' previous experience includes working as news director for WSMG in Greenville, Tennessee, and handling audio and visual programs for McKee Foods Corporation.

This year marks the 40th year of fine arts broadcasting for WSMC, the second oldest non-commercial FM station in Tennessee.
Samaan recognized for Teaching Excellence

Philip Samaan, professor of religion, was chosen by students and faculty to receive the 2001 Presidential Award for Excellence in Teaching. Coming from his experience with the written word, Samaan excels also in the spoken word. In his three years on campus, he has demonstrated his commitment to upholding the Lord of his life before the students who seek out his classes.

"I believe that teaching is more than presenting lively lectures and discussions, it is investing oneself in students," said Samaan, who regularly visits and prays with students in the residence halls.

"My goal is to help students establish vibrant relationships with Christ and build up their faith in God," Samaan says. "Students are the heart and soul of our ministry here at Southern."

Before coming to Southern’s campus, Samaan served as the chief editor of the Adult Sabbath School Bible Study Guide at the General Conference in Silver Spring, Maryland. He also spent time as a professor both in the Religion Department and in the Theological Seminary at Andrews University in Michigan.

The award, which carried with it a $1,000 honorarium, was presented at Southern’s spring commencement service on May 13.

Southern receives volunteer award

Southern received the Volunteer Group of the Year award from the Children’s Home-Chambliss Shelter, a United Way organization providing underprivileged child care for low-income parents and an emergency shelter for children with need in Chattanooga and surrounding areas.

Justin Carris, a junior theology major, led a core group of about 12 students that visited the Children’s Home-Chambliss Shelter each Saturday afternoon to play games, read stories and build friendships with the children.

"It’s encouraging for students to be recognized for their service," said Ken Rogers, university chaplain. "There is joy in serving others, and the award is just an added blessing."

A plaque commemorates Southern’s dedication to visiting the Chambliss Shelter. The inscription reads: "With deep appreciation for the many lives your ministry touched."

The Chambliss group was one of 15 outreach ministries coordinated by student leaders. At least 150 students participated in local outreach ministry every Saturday afternoon. Other ministries included clown and puppet ministries, literature evangelism and visiting a women’s shelter.

Religion professors publish books

Two of Southern’s religion professors recently published books. Guannone Diop published Portraits of Freedom and Fellowship: The Gift of the Gospel. In his book Diop offers a panoramic view of the inseparable concepts connected to God’s good news. He perceptively walks the reader through key biblical texts as he brings up major issues that shed further light on the depth of the gospel.

Philip Samaan published Blood Brothers, which is about the constant fighting between Jews, Christians and Muslims. Samaan explores the common heritage that binds the three great monotheistic religions together, the bitter rivalry among these blood brothers, and the only solution found in their Elder Blood Brother Jesus Christ, who sealed the covenant with His own blood shed on Calvary.

Both books are available for purchase at any Adventist Book Center.
Granite rock received for sculpture

A large block of granite was recently delivered to the campus. The rock will be carved and chiseled into a sculpture that will portray the biblical account of Elijah passing the mantle to Elisha, symbolizing the passing of knowledge from the old generation to the young.

“We are excited about having public art in the form of a sculpture on our campus,” said David Burghart, vice president for advancement. He also added that the funds for the project are being donated specifically for the sculpture.

The 40-ton piece of granite is the hardest rock in existence and is the first of two pieces to be delivered. After completion the piece will weigh less than 25 tons. The next piece to be delivered will weigh approximately 60 tons and should arrive in about a year. The rock was mined in Barre, Vermont, from one mile below the earth’s surface. The 40-ton piece of granite is the largest rock transport outside of the state of Vermont, requiring a special tractor-trailer with extra axles designed for the rock’s delivery.

The sculpture is being constructed by Wayne Hazen, dean of the School of Visual Art and Design. He will be assisted by several students. The project will take more than three years to complete.

A Christmas story

The story is told of an American volunteer who accompanied Samaritan’s Purse to the country of Nicaragua to help distribute toy-filled shoeboxes to children for Christmas. When she arrived in Nicaragua she was amazed at the poverty and the poor conditions in which the people lived. How different it was from the comforts of her home back in the States.

The following day she and the other volunteers went into the village and began passing out shoeboxes. The children swarmed the Americans, and as each one was handed a shoebox they excitedly opened it to inspect its contents. Heaping full of gifts and toys each shoebox held more presents than the children had ever seen. Many of them had not even experienced Christmas. Sheer joy filled the volunteer’s heart as she watched the expressions of delight on the children’s faces.

With an unopened box cradled under her arm, one timid little girl found a place to sit. The volunteer watched as the girl carefully removed the lid, to reveal a box nearly empty, containing just two small toys.

Quickly the volunteer searched the area for another box she could give the girl, but it was no use, they were all gone.

She solemnly headed in the direction of the girl who still remained unaware that she had been slighted. Suddenly the other children began to see what had happened. One by one the children walked over to the girl and placed one of their gifts in her shoebox. This continued for several minutes until the timid little girl had more gifts than she could fit in her shoebox, and more than she could ever carry.

The volunteer wept, for she had witnessed genuine giving—the real spirit of Christmas.

You can get involved

Last year students, faculty and friends of Southern Adventist University collected hundreds of toy-filled shoeboxes as part of Operation Christmas Child. We are eagerly anticipating the project this year and we’re hoping that we can double our participation. Within the next few weeks we will be calling on area churches asking them to help support this worthy cause.

We’re asking you to join in with us in support of Operation Christmas Child. Participating in this project is so easy. It only takes a few minutes and a few dollars to make Christmas possible for a less fortunate child. You can participate in one of the following ways:

- Bring your toy-filled shoeboxes to Wright Hall at Southern Adventist University.
- Bring your toy-filled shoeboxes to Alumni Weekend on October 25-28.
- Mail your toy-filled shoeboxes to Christmas Child, 4881 Taylor Circle, Collegedale, TN, 37315.

The shoebox collection deadline is Monday, November 19.

If you would like more information on how to become involved in Operation Christmas Child call Garrett Nudd at 423.238.2840.
Raul Jas graduated from Southern in 1993 with a degree in Health, Physical Education and Recreation and has been helping clients reach their fitness goals for 10 years. He owns Custom Fitness, a personal training center in Chattanooga, and is certified as a personal trainer by the American Council on Exercise (ACE). Raul has been a guest on numerous Chattanooga-area TV and radio shows lending his expertise on fitness and health. You can e-mail him at custfit@mindspring.com.

Would you like to be better at everything you do? Perhaps you'd like to have more energy, increased productivity, sharper mental abilities, better sleep, an improved self-image and a resistance to disease and injury. You can—simply by exercising consistently and making better food choices.

In my career as a personal fitness trainer, people often explain to me why they haven't been exercising. The most common excuse is, "I don't have time." The truth is, we don't have time not to exercise. The average person over age 25 gains 2.6 pounds of fat every year and loses a half pound of muscle every year—if he or she does not exercise. Exercising and leading a healthy lifestyle should be a top priority.

The best reason for a healthy lifestyle is that we are made in the image of God, and we should treat our bodies well. "Well" does not mean a daily dose of double-fudge ice cream. You owe it to yourself, your family, and those who benefit from your work to live a healthy lifestyle. It can be a treasure that you pass from one generation to the next. The best way to teach your children or grandchildren to have a healthy, active life is by your example. Find games or activities that require action. Plan leisure time events around recreation—a backpacking trip, a day at the park, bicycling or walking around the neighborhood or trying a new sport. Not only does walking with family and friends help keep your body healthy, it also maintains your relationships.

The four main keys to living a fit lifestyle are cardiovascular exercise, weight-training exercise, good nutrition and a positive attitude.
Cardiovascular exercise

Nearly every day someone asks me, "What’s the best way to lose fat?" and my answer is, "Do plenty of cardiovascular exercise!" Cardio exercise has been shown to reduce susceptibility to almost all illnesses, from the common cold and flu to heart disease and cancer.

A good session of aerobic exercise can burn off anywhere from a few hundred calories to a few thousand. That alone could be enough motivation for some people to start moving. Others don’t like counting calories. They don’t want to know that their two-mile walk burned off the caloric equivalent of the cream cheese on their breakfast bagel.

For long-term weight control and toning, aerobic exercise should be done at least three to four times a week for 30 to 45 minutes each time. Of course, any amount of exercise you do is good for you, so don’t worry if you can’t do a lot at first.

Walking is a good cardio exercise to start with. It’s low risk and almost anyone can do it, plus, you can play around with the intensity—such as speed, walking on hills and using hand weights. Do you need some ideas on how to fit walking into your day? Walk to and from work, during breaks at work, to appointments and down the road with the dog, instead of using the elevator, watching TV, surfing the Web and snacking. Make walking a family activity and a part of your vacation.

Cardio exercise also includes activities such as biking, tennis, swimming, jogging, aerobics, group fitness classes, racquetball, video workouts, mowing grass with a push mower, shoveling snow, skiing, or any physical labor or exercise that keeps your heart rate up for an extended period of time. Each time you do cardiovascular exercise, your heart becomes stronger and more efficient. (Feel free to start jogging in place while reading the rest of this article.)

Remember that every workout should start with a brief warm-up and a few simple stretches, and should end with more stretches. This lowers the risk of injury and soreness, and even improves posture as an added bonus.

Weight-training exercise

Every year at Southern Adventist University, the student mix has probably included a few "Hans and Frinz" types—guys who spend a good part of their college experience in the workout room. I admit I was one, but it fortunately led to a career that I love—helping people get fit. I especially love to see the difference that weight training can make in a person—male or female, young or not-so-young. In currently train clients of age 12 to age 83, and every one of them does weight training.

Here are six things weight training can help you do:

1. Avoid muscle loss. Adults will lose about a half a pound of muscle every year if they don’t strength train.
2. Increase muscle mass. Research by Wayne Westcott, Ph.D., showed that a standard strength training program increased muscle mass by about three pounds during an eight-week training period. This is the typical training result for men and women who do 30 minutes of strength exercise three days each week.
3. Reduce body fat. One pound of muscle will burn about 50 to 75 calories a day, which means you’ll lose about four extra pounds a year just from every pound of muscle you add. One pound of muscle can be added very easily, and if you’re doing weight training, you’re bound to gain more than just one pound of muscle. Muscle takes up less than a quarter of the amount of space that fat takes up.
4. Increase bone mineral density for stronger bones. None of us are getting any younger, you know.
5. Reduce low-back pain. Strengthening certain muscles, particularly abdominal muscles, can reduce back pain significantly.
6. Reduce arthritis pain. The exercises can ease the pain of osteoarthritis and rheumatoid arthritis.

Weight training can be done by anyone as long as the program is geared to fit the person’s individual needs. For guidance, seek the help of an experienced exerciser, fitness instructor or personal trainer.

Good nutrition

We’ve all heard the recommendations. Eat more whole grain foods, vegetables, fruits and protein foods, and eat less fat, sugar and salt.

Planning meals is not difficult. Think balance and variety. Try to eat carbohydrates (examples: whole grains, vegetables, fruit), protein (examples: meat or meat substitutes, legumes, nuts, dairy) and fat in every meal. If you feel sleepy or groggy a couple of hours after a meal, chances are you ate too many carbohydrates or the meal was simply too large. Also, eating breakfast is a must if you hope to lose fat permanently. It kick-starts your metabolism and sets the tone for the entire day.

I’m not a proponent of high-protein...
diets, but I do believe—and research shows—that most people need to eat more protein. Our muscles are basically made up of protein and water, and we need enough protein for them to function properly. Not only that, but protein is one of the nutrients responsible for slowing down the absorption of sugar into the blood stream.

Many people still try to lose weight by dieting—eating few calories and skipping meals—and eventually they go back to their regular eating habits. Yet 95 percent of all dieters gain all their weight back by the end of one year. This is because dieting usually causes a person to lose water and muscle. Chronic dieting causes a large amount of muscle loss, yet muscle is the very thing that keeps us trim. We need to keep the muscle and lose the fat. Why are so many people involved in the self-defeating act of dieting? The answer is that they have a lack of knowledge about nutrition and a lack of commitment. We have not adopted a healthy lifestyle mentality when it comes to healthier habits.

Snacking is often the wrench in the works of a good eating plan. So often, we eat a snack just because we saw it and couldn’t resist it. Keep only nutritious foods handy to snack on.

Another reason we snack is because we think we’re hungry, but we’re actually thirsty. Drinking water will often satisfy a craving. Most people don’t drink enough water. We need at least eight glasses a day. It helps us think more clearly, overcome sleepiness and resist snacking. Water is exactly what the body needs to carry out all its processes. It’s the perfect beverage.

Here are five tips to improve your reaction to stress:

1. **Consider how you’ll handle a stressful situation before it happens.** Visualize your calm response.
2. **Learn to let go.** Stressful situations themselves don’t cause physical and emotional distress, our responses do. Some things are beyond our control and aren’t worth worrying about.
3. **Take a breather.** Practice deep breathing whenever you feel stressed out. Inhale deeply through your nose, hold it for 5-4-3-2-1, and then exhale slowly through your mouth. Repeat as needed.
4. **Learn to relax.** Be sure you have some quiet, relaxing time for yourself.
5. **Exercise!** It’s a great stress-buster because it releases those feel-good hormones called endorphins. So get out there and be proactive. Beat the stress before it beats you.

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**How to begin**

We already know that we should exercise more often and make better food choices, but how do we begin? How do we find the time? Follow these three steps and you’ll be on your way to a healthier, more energetic life:

1. **Plan exercise into your day.** You can make time for anything you are committed to doing. Actually write it on your calendar.
2. **Find a support network.** Try to get people to exercise with you, or at least to make you accountable.
3. **Set goals.** Why do you want to exercise—to lose weight, build muscle or improve your health? If you write down specific and realistic goals, you’ll know what direction to go in.

Make these a priority in your life: cardiovascular exercise, weight-training exercise, good nutrition and a positive attitude. A healthy lifestyle will positively affect everything that you do.

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**Small changes toward success**

Even small changes will help you succeed in your quest for a healthy life. Here are a few ideas to get you started:

1. Go for a quick, brisk 10-minute walk five days a week, in addition to your regular workouts.
2. Park farther from the front door of your place of work and other places you go.
3. Use the stairs instead of the elevator whenever possible.
4. Eat two less bites for every meal.
5. If you eat dessert four times a week, start eating it only two times a week.
6. Don’t eat anything within three hours before you go to bed.

Before long, you will start experiencing many health benefits—some you’ll see and some you’ll feel.

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**Why we do what we do**

Here are the top reasons men and women exercise, according to a survey by the Sporting Goods Manufacturers Association. Perhaps these are your motivations, too.

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Russell O. Williams, '38, lives in Collegedale, Tennessee. He is retired after serving as a hospital engineer at Memorial Hospital in Chattanooga, Tennessee.

Marlyn (Pond) Peters, attended 40's, lives in Boise, Idaho. She retired in 1991 from her job as a nurse in a doctor's office. Her husband, Donald, retired from teaching at the Loma Linda University Dental School.

Nellie Jane (Smith) MacDonald, '40, retired after thirty-nine years of teaching. She lives in Wheaton, Illinois.

Robert L. Conner, '49, lives in Denver, Colorado, where he is involved in food service. He owns a restaurant and two fresh food manufacturing companies.

Shirley Cody, attended 50's, currently resides in Portland, Oregon. After receiving her BA from the University of Oregon in 1971 and a MLS from U of O in 1972, she worked as the Librarian-Registrar at Walla Walla College School of Nursing from 1973-2000. She retired from WWC School of Nursing on June 30, 2000. Shirley is a published poet, and has won awards from Oregon State Poetry Association. Her poem, "Engines of Healing" was published in the Journal of the American Medical Association, and also in Uncharted Lines, a book of the best poems for the past 10 years in JAMA.

Dolllis Pierson, '50, just celebrated her 90th birthday, and she lives in a retirement home in Fletcher, North Carolina. Dolllis is the widow of Elder Robert Pierson (former General Conference president).

John W. Ryals, '52, retired from teaching and now lives in Danellon, Florida, where he keeps busy organizing a new church and assisting the local elderly residents.

W. Maurice, '52, and Dorothy Abbott, attended, have two grown children, Jeff and Shereen, who live in Tennessee with their families. Maurice serves as a director for church ministries and he enjoys visiting Southern when possible.

J.W. Henson, '53, and his wife, Audrey (Gackenheimer), attended, went to Germany to celebrate their 50th wedding anniversary. The Hensons have three children, all of whom attended Southern.

Donald E. Holland, '56, and his wife, Ann, are in good health and just celebrated their 51st wedding anniversary. The couple lives in New Port Richey, Florida, where Donald is a part time representative for ADRA (Adventist Development and Relief Agency).

Peter Durichek, '57, and his wife, Phyllis, live in Paris, Texas. He is a pastor in Paris and Delta, where they are building a new church.

Richard Arthur, '58, is now working part time as assistant manager at a senior housing unit in Healdsburg, California. He remains involved at Rio Linda Academy.

John Durichek, Sr., '58, taught at Highland Academy for five years following graduation and then at Southern for two. He returned to Highland Academy to serve as principal for three years and then returned to Southern where he has been for 31 years. He retired in 2000 and has been adjunct teaching ever since. On August 3 he had a heart attack, but he is now feeling fine. God is good.

Richard Coston, '65, and his wife, Clarence, live in Syracusa, New York. Richard serves as secretary and trust director for the New York Conference. The couple has three sons, two of whom are Southern graduates, and four grandchildren. They plan to move to Luray, Virginia, when Richard retires in December 2001.

Nancy (Steadman) Scholz, '65, works as a homemaker and a volunteer. Her daughter, Adrienne, received a masters degree in December, and works for Sotheby's. Her husband, Peter, is a professor of Cardiac Surgery. They live in Princeton, New Jersey.

Jack Boyson, '67, is a Professor of Communications at Johns Hopkins University in Baltimore, Maryland. He serves as the Senior Project Planner for the International Youth Foundation.

John Richard McLeod, '67, and his wife, Linda, live in Bishopville, South Carolina, where he is county director of adult education. He received his doctorate of education in December 2000 from the University of South Carolina. Linda works in the sheriff's office in Bishopville. The couple has three children and four grandchildren. They have traveled many places and donated much time to churches and the community.

James Brenneman, '68, is in his 18th year as head of the social studies and English departments at Laurelbrook Academy. In addition to his classroom, he sponsors the yearbook and works with the institutional newsletter and its accompanying web site (www.highwire.com/lba/trailerblazer). His work also includes collecting the campus trash, working with the grounds department and serving as the head deacon of the Laurelbrook church. Last year he pioneered the combination of two history and two English classes, writing the accompanying workbooks. James is married to Nancy Ruth Hopwood, '69 and has two children - Annette, who graduated from Southern with a two-year degree in media technology and Donna, who works as a production line worker at J.M. Huber in Spring City, Tennessee.

Don Shelton, '69, and Anita (Coulter), '69, have just accepted an invitation to work in the Gulf States Conference as Ministerial Director and Conference Office Secretary. They will move from Goldboro, North Carolina to Alabama soon. Their daughter, Angela, will be married in November, and their son Todd works for the Adventist Health System West in Sacramento, California.

Judith Campbell, '69, spent 18 years teaching in church schools. She now serves as the registrar at Forest Lake Academy.
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John, '70, and Barbara (Day) Taylor, '71, live in Arcadia, Indiana, where John teaches science at Indiana Academy. John is also finishing a master's in biology through Loma Linda University.

Celia Bolaste, '70, lives in Madison, Tennessee, with her husband, Leo. She retired five years ago from her work as a registered nurse. She has two daughters, both of whom are registered nurses, as well as six grandchildren and eight great-grandchildren.

Kenneth Pritchard, attended, lives in Hudson, North Carolina. He and his wife, Margaret, have three children: Chris, '19, Jason, '15, and Brittany, '11. He is the manager of Century Furniture.

Dennis Campbell, attended, married Shellie (Shank), '79. They have a child, Chelsea, born in 1994. Dennis manages a private practice, Pediatric Dentistry, in Asheville, North Carolina.

Fred Bischoff, '72, serves as a physician with Southern California Permanente Medical Group. From his home in Loma Linda, California, he does nonprofit work with Adventist Pioneer Library.

Ron Brown, '72, does physician recruitment for Florida Hospital. He is married to Glenda, who serves in pastoral care at Florida Hospital.

Charles Ferguson, '72, pastors in Shelby, North Carolina. He successfully defended his doctoral project titled "Preaching to Reistant Audiences: A Call for Change" and graduated with a doctorate of ministry from Andrews University in August.

Sharon (Nogle) Hervey, '72, and her husband, Robert, live in Aztec, New Mexico, after living in California for 26 years. Sharon's art hangs in venues in California, Colorado and New Mexico.

Arlene (Potter) Arthur, '73, lives in Grand Terrace, California and teaches at Loma Linda Junior High. She has two sons. Prior to teaching in California, she spent 15 years teaching in Miami and 1 year in Kauai. She loves to scuba dive.

Douglas, '73 and Lanell (Crump) Jacobs, '77, live in Avon Park, Florida. He pastors the Walker Memorial Church. She is vice president for patient services at Florida Hospital Heartland Division. Their daughter, Janell, attends Southern and daughter, Katie, attends Walker Memorial Academy.

Chuck Brannaka, '74, has two sons, Michael and Joseph and is married to Nan (Huchingson), '75. Chuck worked in the Church's publishing field for nine years. He is now a Service Manager of Gateway Chevrolet in Lake City, Florida.

Robert D. Carney, '74, and his wife, Sherry, live in Mill Spring, North Carolina, and have two sons, Jason, '24, and Christopher, '14. The family attends the Tryon SDA Church.

Nelda Kay (Cox) Allen, '76, does volunteer work and attends the Central SDA Church. She and her husband, Wayne Allen, live in Union Grove, Alabama, with Carson, age 13, two cats, Tommie and Teddy, and Boston Terrier, Trixie.

Dayton C.K. Chong, '78, has taken on dual responsibilities, working for the Central California Conference as well as the Union. His father, Pastor Joshua Chong, passed away on July 14, 1999. Dayton is currently living in Fresno, California.

Dawn (Rice) Bowie, '78, is currently a law clerk in Rockville, Maryland, and a professor of family law at the University of Maryland University College, where she obtained a bachelor's in paralegal studies in 1994. She has three children: Amber, '22; Aeron, '20; and Aria, '17.

Daniel Burmeister, '78, is married to Debbie Gentry. They have two children, Ryan and Ashleigh. Daniel is director of patient accounts for a four-hospital centralized business office, Saint Joseph Regional Medical Center, Inc., in South Bend, Indiana.


Myra (Miller) Cowley, '77, and her husband, Al recently moved to Calhoun, Georgia, after living in Atlanta for 20 years. Their girls, Kristen, '81, and Ashleigh, '16, attend Georgia Cumberland Academy. Their son, Rhett, '06, and Myra has chosen to stay at home with him.

Barbara (Higgin) Foutch, '78, and her husband, have a successful florist business in Gallatin, Tennessee. They have three children: Brittany, '14, Jesse, '12, and Ricky, '10.

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Kellie VanEyk, attended, and her husband, John, live in Youngsville, North Carolina. They have a 20-month-old daughter, Brooke Annes vanEyk. John works as a Pediatric Physical Therapist and Kellie is staying home with Brooke.

Mary Janelle (Stratton) Tingle, '80, and her husband live in Cape Girardeau, Missouri, where she works as a diagnostic medical sonographer. Their son, Stratton, attends Southern, and their daughter, Kaelyn, is in high school.

Kathie Aylce (Michaelis) Schellman, '80, lives in Marietta, Georgia, with her husband of 11 years, Richard, and their three children: Madeline, 6; Melanie, 4; and Michael, 3. Kathie retired from her nursing career in 1996 after obtaining her degree from Kettering College of Medical Arts. She now is a homemaker. Kathie sings baritone in a women's barbershop quartet called Peach Jam, and they are two-time regional champions. Her husband is an anesthetist.

Ron, '80, and Carol (Fawcett) Smith, '83, live in Mount Vernon, Washington. Ron is employed by a software company that creates programs for the nursing home industry.

Betty Cheever, '81, lives in Ocoee, Florida. She attends the Clermont SDA church and is now an accounting manager for a securities firm. She is recovering from major surgery on her neck due to a car accident several years ago.

Laurie (Reinhardt) Salmon, '81, lives in Knoxville, Tennessee, with her husband of 15 years, Brian, and their two children. Laurie is a territory director for a medical sales company.

Linda Ann Dickinson, '81, recently began teaching at the Jasper Adventist Christian School in Jasper, Tennessee. Linda lives in Murfreesboro, Tennessee, where she taught at the local SDA school for the last 19 years.

Kathy (Rogers) Penno, '82, and her husband, Mark, moved from Texas to the Nashville, Tennessee area. Kathy is a CEO of Household Organization, and Mark is director of nutritional services at Tennessee Christian Medical Center. The couple have two children: Kylyn, 8, and Ariana, 5.

Rene (Albers) Czerkasi, '82, has completed a degree in occupational therapy since graduating from Southern. She and her husband, Victor, have lived all over the country, but are most satisfied to be in the Collegedale area on a small hobby farm with their two boys whom they school herself.

Jeanne (Schroeder) Johnson, '83, lives in Elk Park, North Carolina. She is a stay-at-home-mom right now and is home schooling her son.

Deborah (Bagar) Baxtron, '83, is working as a freelance writer (frequently for Liberty magazine) and filmmaker. She resides in Los Angeles.

Stephen Meinhardt, '83, is lives in Elizabethtown, North Carolina, with his wife, Jenny, and daughters, Jennifer and Stephanie. Steve works as a nurse anesthetist.

Catherine (Linnud) Biggs, '84, lives in Walla Walla, Washington. She is a mother of two, and works as the office manager of a medical facility, as well as an activist.
Kenneth D. Rozell, '84, has just been named a partner in the Manatt Phelps & Phillips, LLP firm in Los Angeles, California. Kenneth represents private and public entities in land use,development, environmental, redevelopment and government contracting matters. He previously served as assistant city attorney for several California cities.

Terry Reynolds, '84, is in his fifth year at Appomattox SDA School where he teaches K-8.

Carmailla Pollard, '84, lives in Grover Beach, California, and is a controller for Bonita Homes, Inc. She enjoys traveling, reading and time with her two daughters: Chandra, 12, and Ambra, 7.

James, 55, and Ginnie (Simmons) Hakes, '81, live in Hutchinson, Minnesota, where Jim pastor's the academy church at Maplewood Academy. Ginnie completed her master's degree before postponing her teaching career to raise their children: Mary Anna, 2, and Robert Lamson, 1. They can be reached at jghakes@hutchtel.net.

Betsy (Durichek) Farley, '86, married Chris Farley in 1993. Both Betsy and her husband are involved in the computer software and engineering industry. The Farleys live in Livernore, California, and invite their friends to visit them.

Jackie (Combs) Garrett, '86, works as a case manager and her husband Jeff, is a nursing home administrator. Jackie and Jeff live in Jacksonville, Florida, with their 5-year-old son, Brady.

Arthur Devlin, '88, is the principal at Indigo Christian Junior Academy in Daytona Beach, Florida, where he lives. Arthur enjoys writing and regularly contributes to two magazines/newspapers: the Winchester Herald Chronicle Tempo and the Montreagle Herald Chronicle.

April (Spinella) Shepard, '89, lives in Bradenton, Florida, with her husband, Chris, and children: Alexandra, 7, and Adam, 4. April enjoys working as a counselor for the public school system.

Gina (Kemp) Hutto, '89, is a licensed professional counselor and works as an alcohol and drug coordinator for a center outside of Atlanta, Georgia. Gina married Patrick Hutto seven years ago.

Laura Maxson, '98, recently moved to Seattle, Washington, where she serves as a secretary to the treasurer of the Washington Conference.

Hannah Johnson, '98, and Ken Cashman were married September 9, 2001. They plan to travel-nurse for the next year or two before settling down.

Jim Riesch, '99, is currently studying for his master's of music in horn performance at the University of South Florida in Tampa. Jim also teaches lessons at East Pasco Adventist Education Center in Zephyrhills, Florida.

Stephanie Clemens, '99, is the principal and teacher of a one-room school in Cheyenne, Wyoming. She is also pursuing a Master's degree in Education. She is married to Adam.

Hans N. Olson, '00, serves as the assistant editor of Outlook, a magazine published by the Mid-America Union. His responsibilities include layout and display advertising.

Elisa Brown, '00, spent a year in Zambia after graduation as an Accountant for Riverside Farm Institute. She recently moved to Orlando, Florida and is working at Adventist Health System as a financial analyst.

Wesley Bradford, '01, is currently teaching music at Gem State Adventist Academy. The school is located within 20 miles of Boise. He enjoys being close to his home state of Washington. He will be moving back to Washington for the following school year.

Jill (Cuttinger) Riley, attended, lives in Bloomingdale, Indiana, with her husband, Mike, attended. The couple has two sons, Brandon and Grant. Jill works at a children's hospital in Indianapolis, Indiana, as an operating room nurse. She enjoys working on the heart transplant team. Mike works as a senior computer systems analyst at Indiana University.

Corrections

Connie (Nelson) Serl was listed as Connie (Nelson) Lawrence. Lawrence is her husband's first name.

Brenda (Smith) Gorza, '74, is a registered nurse and dietitian working full time at Florida Hospital Heartland Medical Center in Sebring, Florida, as manager of health education. She lives in Avon Park, Florida with her three children.

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Sheri Bjelland, attended, is married to Keith Bjelland. They have a son named Samson. Sheri works as a home daycare provider in College Place, Washington.

Amy Byers, attended, now lives in Indianapolis, Indiana. Her husband works as a LAN Administrator. She is a full-time mom and home schools their two children: Taylor, 7, and Michael, 4.

Prior to moving to Indiana, Amy's husband served in the Air Force so they have called England, North Carolina, South Carolina and Florida home. They are happy to finally settle down, but miss their mountains in North Carolina.

Katrina Joy Long, attended, just got married on October 2, 1999 to Christian James Elsader. She graduated from Indiana State University in 1996 with a Bachelor of Science in Business Administration. She lives in Lafayette, Indiana.

She is a case manager and her husband, Dan, live in the Republic of Yemen, where Sheryl works for ADRA as director for landmine victim's assistance. Dan is country director for ADRA. The couple enjoys their life in this conservative Islamic society.

Sheela Choppala, '91, has received a master's degree and certification as a nurse practitioner. She works for Oregon Health Sciences University, and she is finishing her doctorial work in nursing from the University of Washington in Seattle.

Dale, '94, and Elaine (Aikman) Gould, attended, live in Portland, Tennessee. Dale has served as an administrator for the past six years and is currently involved with a local civic group. He and his wife enjoy the joys and challenges of having two teenage daughters.

Juan Rodriguez, '95, is the associate director of youth ministries for the Florida Conference. He and his wife, Odalys, have two boys: Nicolas and Cristian. They live in Jacksonville, Florida.


Phil, '97, and Tamara (Avant) Wilhelm, '98, live in Chattanooga, Tennessee, where Phil is a math and physics teacher at Collegedale Academy.

Alan, '97, and Ruth (Gifford) Meis, '92, are pastoring the Chilimaking SDA Church in Michigan while Alan attends the seminary at Andrews University. Ruth stays at home with their daughter, Autumn, 3.

John Beckett, '98, holds the title as the youngest assistant director at the General Conference. John serves as the webmaster for the Adventist Church's web site and is responsible for the impression of the Adventist Church that the site's 12,000 weekly viewers receive.
Do you ever wonder how much fat is in your food when eating at a restaurant? By the time your server brings it to the table, you are probably too hungry to pay attention.

When I worked as a server at a local restaurant, I served hundreds of fattening, greasy, creamy, rich, sweet, slimy, crispy, and otherwise 'well done' plates of food. But in my experience, serving has gone beyond carrying trays and plates. Serving food has combined with serving Christ, and the results are a miracle.

It was my first time working in a non-Adventist environment. I had applied at several local grocery stores, gas stations, and the Samaritan Center, but no one would hire me. Then I walked into a local restaurant.

They hired me on the spot, and I began the next day. It was tough work, and during that first month, some guests weren't very patient with my inexperienced style of serving. Every night my feet were sore by the end of a 4-7 hour shift.

The people I worked with were not Adventist. I began to realize that I had stepped out of my comfort zone. It was a little intimidating. They knew I was an Adventist because I did not work Friday or Saturday. That is when the questions began.

Why don't you work on Saturday? Did you know Fridays and Saturdays are our busiest days? Why don't you eat meat? You eat chicken and fish, right? You're 21 and you've never had a drink! What do you think of homosexual people? You think I'm going to hell because I smoke, don't you?

I did not even know how to begin to share my faith with these people. Focused on their own lives, they didn't express any concern over their eternal destination or God. They seemed only interested in the rules, and the do's and don'ts of Adventism. It seemed like a hopeless cause.

I knew that I would not interest my co-workers by passing out flashy religious tracts, preaching about my church, or even inviting them to my church. Although I was impatient at times, I continued to wait for them to ask the questions.

Eventually one of the cooks, Bob*, an alcoholic smoker, became interested in the beliefs of the Adventist church. I answered his questions about vegetarianism, Adventist entertainment, the Sabbath, and other standards and doctrines of the church. In my conversation with him I ultimately pointed him toward Christ.

Slowly we built a friendship based on Christ's acceptance and ability to transform lives.

After just one working week with Bob and the other co-workers, I knew that God needed me to be a missionary for Christ in my work place. I began to see that eternal destinations could be affected by my influence. With this realization I began to pray very sincerely for the Holy Spirit to work through me.

There were many times when I did not have the answers. One time Bob asked me to write down some Bible verses, and I was ashamed because I could not remember the references. The environment was less than ideal for in-depth conversations about God, but Bob began to change by the Holy Spirit working in his heart.

Now, Bob has become a vegetarian, he studies his Bible frequently, and he shares with me what he is learning in the Bible. He especially enjoys books written by George Vandeman. He is presently trying to move to another apartment where he will not be influenced to drink and smoke.

He said that it is hard to break such strong habits when you are surrounded by people practicing them. He joined a Bible study group with some Christian friends, and plans to return to church.

I have learned many things from working in the restaurant, and from talking to Bob. First, people need encouragement, and affirmation. It is amazing the way people change when there is someone in their life who believes in them. Giving people goals, and showing them their potential can make a world of difference.

Second, I know that there is never a prayer that does not receive an answer. The Holy Spirit works on people's hearts when we pray, and prepares them to hear the truth.

The most important lesson I learned is that God wants to use us where we are. Whatever job we have, that is our mission field. We don't have to be in the jungles of Africa, or the rain forests of South America, or even living in primitive conditions to be a missionary. God wants to work through us to encourage people, and love people with His love everyday wherever we are.

We just have to be willing and interested in ministering to our co-workers, neighbors, friends and family. It has to be a priority and a goal. Each day is a chance to change lives. Have you gotten your daily recommended dose of service?
Men or women

Join Alumni Networking, Design, and other events.

Alumni Banquet—$15
Please use adjacent reply card to RSVP.
Join us in the Dining Hall for a wonderful evening of fine food, delightful music, and inspiring alumni presentations. Members of the Class of 1951 are our honored guests. Register by October 19.

Southern Golf Classic, 7:30am
Please use adjacent reply card to RSVP.
$60 earlybirds ($75 after October 19)
The Bear Trace at Harrison Bay is a Jack Nicklaus Signature Course, and this tournament is a winner! The fee includes 18 holes, range balls, cart rental, beverages, and lunch. Two-person select shot. Lots of chances to win: putting, closest-to-the-pin, and long-drive contests.

One-Hour Seminars
Please use adjacent reply card to RSVP.
9:00am
“God’s Love and the Good News about Hell”
Dr. Gordon Bietz, University President
10:30am
“What a Fellowship!”
The Expressive Power of Hymn Singing in Christian Worship
Dr. Scott Ball, School of Music
2:30pm
“Finding Reliable Information on the Internet”
Dr. Jared Buckner, School of Computing

Ladies Friendship Luncheon, noon
Presidential Banquet Room (no charge)
Faculty, staff, and alumni ladies are invited to meet for an elegant luncheon honoring wives of former and current presidents. The So-Ju-Conian Woman of the Year award will be presented.

Gentlemen’s BBQ, noon
Student Park (no charge)
Faculty, staff, and alumni men of all generations are invited to join David Burghart, VP for Advancement, and other Southern gentlemen for a free BBQ in the park.

Alumni Vesper
Dr. Lynn Sauls, retired professor of Journalism and 1956 graduate, is the speaker for the alumni vespers at 8pm in the Collegedale Church.

Worship Services
Carla Gober, ’81, is the worship speaker for the 9 & 11:30am worship services in the Collegedale Church.

So-Ju-Conian Supper
Presidential Banquet Room (no charge)
SJC’s are invited. We’ll present the Birthday Scholarships and honor the couple of the year.

SMCite Supper
Collegedale Church Fellowship Room (no charge)
SMCites are invited to a light supper and an early evening of reminiscing and inspiration. Arnold and Mary Cochran are the hosts.

• SABBATH •

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alumni@southern.edu

Southern Adventist University
Collegedale, Tennessee
1.800.SOUTHERN

Plan now to attend Alumni Weekend October 25-28
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