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Columns Spring 2020

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spring 2020

the magazine of Southern Adventist University

columns

Be Still, and Know That I Am God

The Southern family shares experiences of
listening to God's still, small voice | page 12

Exploring the Future

Students from all academic areas on campus benefit from Southern's biannual Meet the Firms and Graduate Schools. Recruiters, such as Joy Riddle from Loma Linda University, share information as students network and explore options for internships, advanced education, and jobs following graduation. This year, 49 Southern graduates were accepted into the Loma Linda University medical and dental programs, while others are gaining valuable experience in the management residency program.



Photo: Calvin Sartian

contents



Photo: Terry Henson

feature

12 | Be Still, and Know That I Am God

God provides a solid foundation for believers. Whether overwhelmed by fear and uncertainty or by the hectic pace of life, we know that His promises of protection, comfort, and guidance remain strong. Southern faculty, staff, and alumni share their experiences of listening to His still, small voice.

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Cover caption: Located in front of Summerour Hall, "I Am the Way," a statue depicting Jesus and a student studying together, serves as a constant reminder to Southern students that Christ is the Great Teacher.

Photo by Ryan Pierce

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Highlights from the 2019-2020 School Year

Normal life at Southern is full of friends, fun activities, hands-on learning, beautiful nature, and so much more. As the school year comes to a close, we look back at just a few moments of campus life, taken throughout the year. Although the winter semester concluded with distance learning, all of Southern looks forward eagerly to the return of campus life in the fall!

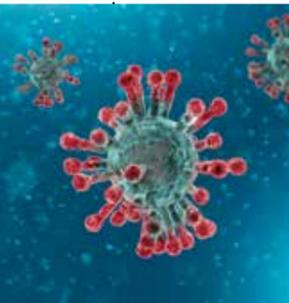
1: Nursing majors Vanessa Aquilera (left) and Evelyn Roman practice one of many skills required to become a registered nurse, contributing to the School of Nursing's strong reputation for excellence. **2:** Participating in one of the university's outdoor adventure program activities, Marcus Donesky, junior nursing major, tackles rock climbing at nearby Foster Falls Recreation Area in Tennessee's Sequatchie Valley. **3:** Rob deCarvalho, PhD, guest lecturer and friend of the Physics and Engineering Department, demonstrates liquid nitrogen, which was later used to make ice cream, during the department's best-attended convocation in history. **4:** In addition to giant Jenga, students compete in human bowling, tic-tac-toe, and other games while enjoying corn dogs—along with free T-shirts and fanny packs—at the Student Association's arcade-themed Welcome Back Party. **5:** Pablo Fernandez, assistant professor in the School of Journalism and Communication, provides information during the Main Event, a one-stop shop for new students at the beginning of the school year.

6: Mitch Bunch, sophomore marketing major, enjoys fresh air and sunshine as he studies in a quiet corner of Southern's tree-studded campus. **7:** New students study the hands-on displays in General Biology class during SmartStart last summer. **8:** We-Haul volunteers—including employees, alumni, and community friends—help students move their belongings into the residence halls. **9:** The Latin American Club topped off activities for Latin American Heritage Month with an ancient civilizations-themed LAC Night, complete with ethnic foods, cultural performances, and a play. **10:** Misael Polanco, junior liberal arts education major, and more than half of the student body participates in intramurals, including softball, basketball, flag football, floor hockey, futsal, and volleyball. **11:** Prospective students from Southern Union academies explore Southern's campus during one of the university's PreviewSouthern events.



Southern Takes Unprecedented Action in Response to COVID-19

After the World Health Organization officially classified the current coronavirus as a pandemic on March 11, Southern immediately canceled all official Spring Break trips and made the difficult decision to transition to distance learning for the remainder of the school year, closing the residence halls.



The May graduation was postponed and rescheduled for August 9.

Since these decisions were made right before Spring Break, the timing allowed most students to pack up their rooms and take home essentials such as textbooks without needing to return to campus. An exception was made for international students who could not go home; they were allowed to stay on campus, with one person per room or apartment. Refunds were made for unused meal plans, prorated residence

hall fees, and canceled mission trips.

Additionally, most faculty and staff began working remotely, utilizing technology to continue providing the same care, support, and services as usual. President David Smith began recording weekly video messages to the Southern community, professors quickly familiarized themselves with teleconferencing, and every academic area innovated to meet the new challenges.

In early May, Southern announced that classes will return to campus for the Fall 2020 semester. To see the latest information about Southern's plans, visit southern.edu/coronavirus.

— by Staff Writer

» by the numbers

20

Courses are offered to high schoolers through Southern's dual enrollment program.

20

Miles from downtown Chattanooga, Collegedale is also ranked in the top 20 safest cities in Tennessee.

20th

Annual DEEP Retreat took place in February, bringing together students from Southern and Oakwood University for discussion, fellowship, a service event, and time in nature.

13

Students in Professor Jodi Ruf's literature class received treats in the mail to enjoy "together" during a virtual viewing party of Shakespeare's "As You Like It."

374

Employee teleconferencing accounts help campus stay connected. These accounts racked up 1,053,224 minutes of meeting time during the first two weeks of online classes.

1,214

Classes transitioned online over Spring Break.

Spiritual Community Thrives Despite Distance

Faced with the challenge of physical distance, the Chaplain's Office team looked for ways to continue providing spiritual support to the Southern community for the remainder of the semester. From online vespers to virtual meetings with the chaplains, students appreciated the opportunities to connect to God and each other while apart.

"Many students see Southern as their spiritual home away from home," said Joseph Khabbaz, vice president for Spiritual Life. "The Holy Spirit has been powerfully moving in the lives of our young adults all semester, and we did not want these unprecedented times to stop what God had started."

Hundreds of viewers tuned in from across the country and around the world each Friday night for praise music and a relevant message (with all participants properly spaced for safety). After each vespers, students could download a reflection guide to encourage a deeper personal connection with the weekly topic.

Additionally, various LifeGroups continued to meet virtually, including a new group led by Bryan Arvelo, senior theology major. As the 2019-2020 Afterglow coordinator, Arvelo had restructured the bimonthly post-vespers session to include creative worship opportunities through music, art, and fellowship. Faced with new circumstances, he hopes the new group will maintain the culture of building spiritual bonds.

"Fellowship with believers is one of the key steps of spiritual growth," Arvelo said. "I've noticed how much students crave not only spending time socializing, but also spending it in worship."

All in all, Khabbaz hopes that even when apart, the campus community can continue to grow in Christ.

"Having a spiritual connection with God reminds us that He is the One in control of our lives and that we can trust in Him," he said. "During times of difficulty, it is easy to feel hopeless and experience loneliness. In these moments, God reminds us to take courage by finding His peace from within."

— by Tierra Hayes

Creative Teaching Methods Help Speed Transition to Online Learning

During Spring Break, Southern's professors embraced the challenge of moving 1,214 courses online, implementing innovative teaching strategies in the process. With a strong platform already in place through the university's Online Campus program, two-thirds of the faculty had some knowledge of the system that is now being used campuswide, according to Gus Martin, PhD, Online Campus director. The rest were quickly brought up to speed.

"Our teaching faculty consistently remain open to new ideas," Martin said, explaining how professors rose to the challenge, going above and beyond to ensure that students would have a positive experience.

Physics professor Blake Laing, PhD, worked with his peers in the Physics and Engineering Department to pilot a replacement for the common whiteboard. They came up with a "lightboard" that allows a professor to face the camera while looking through and writing on a clear board. The image is automatically flipped, letting the viewer see both the professor and the writing simultaneously.

"Compared to standard lectures, online



Professor Blake Laing (left) and Sean Ives, senior biophysics and mathematics double major, demonstrate a "lightboard" the physics team developed for online classes.

classes can actually be more engaging since everyone can look at each other at the same time," Laing said.

Rodney Bussey, PhD, professor in the School of Physical Education, Health, and Wellness, had to get creative in order to teach his hands-on athletic injuries course from a distance. With six lab sessions remaining, he mailed supplies to his 20 students, including one in Hawaii. After recording demonstrations, he posted the videos for viewing and asked students to record and share their own practice sessions of the various procedures.

"This community is much broader than technology," Martin added. "We are all in this together, doing what is best for learners. The changes made us stronger and more diverse in our teaching approaches, and some newer elements will continue to be used even after the bulk of instruction returns to campus."

— by Tina Smith

Postponed Graduation Leads to Impromptu Department Celebrations

The decision to finish the semester through distance learning was made shortly before students left campus for Spring Break. Knowing graduation would be postponed, several academic departments arranged last-minute celebrations for their graduating seniors.

In the School of Journalism and Communication, professors and staff members organized a mock graduation



Graduating seniors and their professors in the School of Journalism and Communication enjoyed an impromptu celebration.

ceremony. Seniors marched down the department's hallway to the tune of Pomp and Circumstance, receiving fake diplomas and an elbow bump from the school's dean, Rachel Williams Smith, PhD.

(continued on next page)

(continued from page 7)



Photo: Lisa Gano



Photo: Lisa Gano

In the School of Business, professors lent their regalia to graduating seniors for photos and surprised them with a cake.

“We wanted them to know that even in the middle of a storm and uncertainty, there are people who truly care about them and their future,” said Arlene Leavitt, the school’s office manager.

For Autumn Dunzweiler, senior mass communication major, the celebration became its own milestone as she was surrounded by those who were vital to her college experience.

“The School of Journalism and Communication is not just a department, but a family,” Dunzweiler said. “This celebration was truly a special moment that I will treasure forever.”

Similarly, the School of Business held a spontaneous luncheon for their whole department, specifically highlighting seniors. Professors also loaned seniors their personal regalia so that the students could take pictures.

“We enjoyed connecting with and ministering to all of the business students in this way,” said Stephanie Sheehan, dean of the School of Business. “We care deeply about them and look forward to the next time we can see them.”

– by *Tierra Hayes*

Admissions Launches Virtual Campus Visits

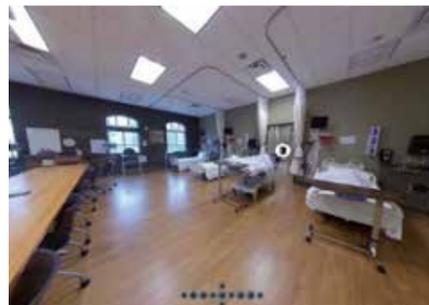
Now prospective students and families can explore Southern’s campus from the comfort of their own homes. Through video conferencing and screen-sharing technology, virtual visitors can take a campus tour with a student ambassador, meet with faculty members, and talk with admissions counselors.

“We recommend that visitors carve out about an hour for each of these three components of a virtual visit,” said Christalee Cray, campus experience manager. “The appointments don’t need to be consecutive, so they can be scheduled on different days and at times most convenient for our visitors and their schedules.”

During a virtual campus tour, an ambassador shares recorded views of campus while pointing out highlights about academic programs and buildings. In addition to seeing what is usually included in a walking tour, this platform allows visitors to cover more ground in less time, providing an even deeper look at areas that interest them than a traditional tour might accommodate.

With limitations on traveling and socializing due to COVID-19, a virtual tour may be a prospective student’s best chance to see campus before arriving for classes in the fall. Of course, virtual visitors will be welcome to come in person as soon as safety allows.

“Our team is thrilled to provide these interactions and showcase all that Southern has to offer at a time when personal contact is severely limited,” said Rick Anderson, director of Admissions. “Rather than pointing people to a virtual map, online tools allow us to see future students face-to-face and make live connections while sharing our gorgeous campus.”



In addition to offering online guided tours with an ambassador, Southern is developing a self-guided virtual tour that will allow prospective students to explore campus, including building interiors.

To schedule a virtual visit, simply go to southern.edu/visit and select appointment times, or send an email to visit@southern.edu and a member of the Admissions team will be in touch. Parents and other family members are always welcome to join tours, whether virtual or in person.

– by *Tina Smith*

Southern’s Largest-Ever Fundraising Effort Nears Completion

The Campaign for Excellence in Faith and Learning, a \$50 million comprehensive project begun in 2013, recently surpassed its original goal thanks to sacrificial giving by alumni and friends of Southern. A fall 2020 celebration event on campus will mark its completion.

Progress can be seen in all five of the campaign’s impact areas—the Bietz Center for Student Life, Endowments, Annual Giving, Campus Life, and Academic Growth—as contributions continue to come in. Faculty and staff are an important part of the campaign’s success. As of May 1, nearly 77 percent of employees made a financial gift to Southern during the 2019-2020 academic year—one of the highest levels on record.

“These are unprecedented times for all of us, but one thing remains true: our care and support for Southern’s students,” said Sandra Delgado, Annual Giving coordinator.

Bietz Center Update

During a spring filled with heightened levels of anxiety and uncertainty due to the COVID-19 crisis, it has been a source of comfort for many in the Southern family to witness brick-and-mortar progress on an exciting new building designed to benefit generations of students to come.

“As students left campus early for the remainder of the semester, it really highlighted the need for Christian community; it’s a central part of the joy we experience on campus and is too often taken for granted,” said Dennis Negrón, ’85, PhD, vice president for Student Development. “We’re eagerly anticipating the return of students this fall and the completion of the Bietz Center, where students will have the perfect



Despite delays caused by the pandemic and bad weather, progress continues on the Bietz Center for Student Life, which is expected to open in spring 2021.

gathering place to laugh, learn, and grow together.”

The steel and concrete shell of the Bietz Center has been completed for several months, and momentum continues to push the project forward. Recent progress includes the installation of steel stairwells and the majority of the interior walls. Rough electrical and plumbing are also near completion. Masons have now begun their work on the stone and brick facade.

Alumni and friends of Southern are

eager to get a closer look at the Bietz Center, a 40,000-square-foot “campus living room” funded entirely by gifts. Administrators estimate the structure will be ready for employees to begin moving into their new offices by spring 2021. Stay current on progress by visiting southern.edu/bietzcenter and southern.edu/webcam.

To learn more about the Campaign for Excellence in Faith and Learning, visit southern.edu/webelieve.

– by *Lucas Patterson*

Making It Worth It

by Tierra Hayes, senior mass communication major

For Southern English professor Kathy Goddard, Christian education has always been worth it. In fact, her connection to the integration of faith and learning has been a strong foundation in her life, from teaching at academies across the United States to raising money for school kids in Russia, from leading out in her Sabbath School class to supporting her own three children through Adventist schooling.

Then, she was confronted one day with a question that shook her to her core. She found herself sitting across from a student struggling to make ends meet to attend Southern, and it struck her: Was what she offered in her classes really worth the investment her students were making?

“I just sat down in my chair and thought, ‘What is my student getting from me?’” Goddard said. “I felt like I had to justify why I was making students pay this kind of money for my instruction.”

She realized that students could attend any number of schools to get a similar set of technical skills and training. However, she firmly believed in Southern’s mission to offer more by providing a biblical foundation and a Christian community, so she sought guidance on how to add value and depth to her teaching and curriculum.

Seeking Guidance

Goddard reached out to Southern’s Center for Teaching Excellence and Biblical Foundations of Faith and Learning. She signed up for their summer seminar tailored to professors who wish to provide more for their students’ spiritual and educational experiences on campus.

Cynthia Gettys, PhD, the center’s director, appreciated Goddard’s enthusiasm and commitment to never stop learning.

“She is a champion for teaching with a biblical foundation, because she is such a biblical student herself,” Gettys said.

Through these seminars and focused study, Goddard has adopted an intentional approach



Incorporating biblical principles into her classes has become a priority for Kathy Goddard, associate professor of English, as she points students to the creativity of their Creator.

to the religious aspects of her English classes, taking them beyond just a prayer and a quick devotional thought. For many of her students, Goddard’s dedication has paid off. For Natalia Perez, ’19, Goddard’s spiritual connection with God flowed through her teaching in a way that made topics feel relevant to Perez’s personal spiritual life. It also made Goddard an invaluable confidant.

“I was in her class during a time when I was grappling with faith and trying to understand how to deepen my faith in God, and since I always admired her grace, I confided in her,” Perez said. “I’ve shed tears in her office and grown in her classroom, and I’m so thankful for her beautiful connection to God and how she loves so powerfully that it changes you and makes you better.”

Mirroring the Creator

As the director of creative writing instruction on campus, Goddard pushes to focus students’ imaginations on the creativity of God.

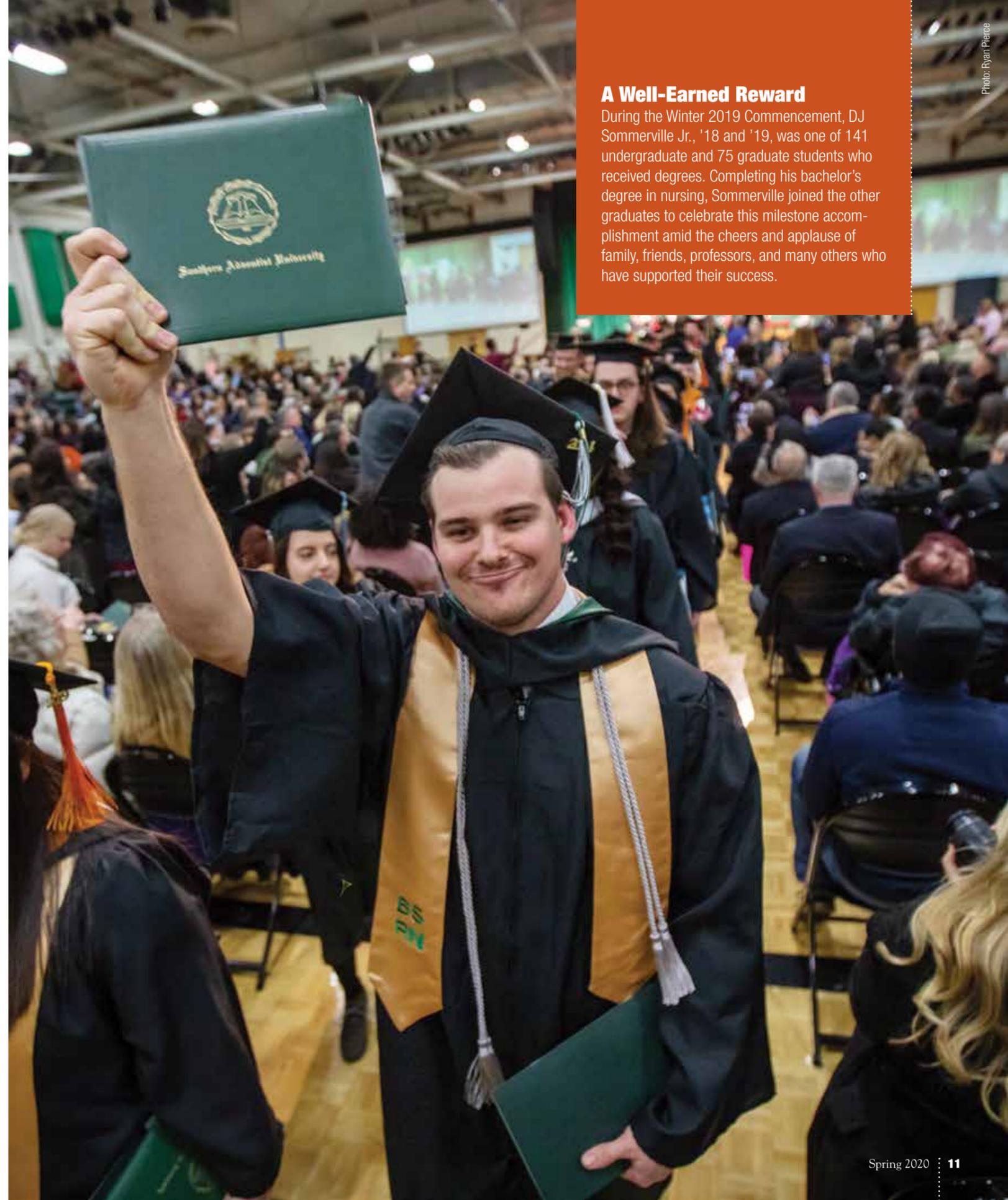
“Ellen White says that we have a power akin to that of the Creator: the power to think and to do so with creative thought,” she said. “Just as an artist can make his or her imagination tangible by taking a photograph or painting an image, we have the power to make our imaginations tangible by getting our thoughts down on paper.”

The perfect marriage of Goddard’s top two interests—the written word and her Christian beliefs—is found in her creative writing class called Biblical Wisdom Literature. This course teaches students how to craft thoughtful works on themes such as integrity, temptation, and divine justice and to respond critically and creatively to biblical stories such as Job.

“I hope students find the readings and the writings done in this class a means of connecting their own life experiences with that of ancient peoples of faith, finding relevance and resilience that positively impacts their relationships with God and with others,” Goddard said.

Even as she works to build bonds inside her classroom, Goddard also fosters connections to students far outside of Southern’s walls. She invites them on weekend trips to see plays or to her house for a meal, offering her store of knowledge and inspiration to those seeking understanding and guidance for the future.

“She is one of the most caring and loving people on this campus,” said Becca Overstreet, junior English major. “When I was struggling with my future decisions, I spoke with her about them, and she gave me encouraging advice. She loves to show students how God is involved in their everyday lives. The way she loves reminds me of the way Jesus loves—gracefully and unconditionally.” ■



A Well-Earned Reward

During the Winter 2019 Commencement, DJ Sommerville Jr., ’18 and ’19, was one of 141 undergraduate and 75 graduate students who received degrees. Completing his bachelor’s degree in nursing, Sommerville joined the other graduates to celebrate this milestone accomplishment amid the cheers and applause of family, friends, professors, and many others who have supported their success.

Be Still, and Know That I Am God

God provides a solid foundation for believers. Whether overwhelmed by fear and uncertainty or by the hectic pace of life, we know that His promises of protection, comfort, and guidance remain strong. On the following pages, Southern faculty, staff, and alumni share their experiences of listening to His still, small voice.

There are times in our lives when God may feel far away, when the darkness of this world threatens to smother our faith.

Yet God is always there, longing to connect with His children, offering direction and comfort as only He can. We read the biblical stories of God communicating audibly to Abraham, Elijah, Moses, and others, and if you're anything like me, you feel a small twinge of jealousy.

While we wish for the clarity of His words spoken directly to us, God is not silent. His written Word, which is of inestimable worth, speaks across the centuries, as relevant today as when the verses were first penned long ago. Additionally, as Martin Luther once said, "God writes the gospel not in the Bible alone, but on trees and flowers and clouds and stars."

God longs to communicate with us, if we will only stop long enough to listen. In an uncertain and often chaotic world, I challenge you to accept His call to "Be still, and know that I am God."



David Smith, *president*

David Smith

I Will Praise You in This Storm

by Rachel Beaver, '19

It was the end of the second week of my summer internship in Charlotte, North Carolina, and after finishing work at 6 p.m., I began a long five-and-a-half-hour drive home to Tennessee for the weekend.

The trip back and forth to Charlotte through the mountains is usually incredibly beautiful, but not that night. That night, the mountains were covered in a torrential downpour that had me driving completely blind. The backroads were narrow, curvy, and pitch black with all the rain. All I could do was drive slowly and watch the lights on the car in front of me, but they eventually turned off the road, leaving me to fend for myself.



To keep myself awake, I listened to an audio book, but I was so afraid, and it was so difficult to see, that I finally turned it off and found myself singing the song "Praise You in This Storm" by Casting Crowns. After that song, I sang another and another, with prayers in between songs. I did this for a while, and it wasn't long until the rain began to calm and I could see again.

I thanked the Lord for clearing the rain and continued on. After a few minutes, my exhaustion caught up to me, and I decided to turn on my entertainment again. Not even a minute later, the downpour returned. I said aloud, "Okay, okay, Lord, I get it!" and I turned the book off. Almost as soon as I did, the rain stopped again. I spent the last three hours of the drive home just talking to God. I spoke to Him and He spoke to me, and we just spent time together.

I truly believe that God has a sense of humor sometimes. In quieting the storm, He got my full attention and wanted me to know that this was His time. He also wanted me to know that even through my fear, He is greater than any storm I might face in my life. He will always be there to clear the way and help me find my way home.

I HAVE TOLD YOU THESE THINGS,
SO THAT IN ME YOU MAY HAVE
PEACE. IN THIS WORLD YOU WILL
HAVE TROUBLE. BUT TAKE HEART!
I HAVE OVERCOME THE WORLD.

John 16:33

Be With Me

by Stephanie Guster, MSW, senior diversity adviser

The idea of stillness has never been part of my story; my *modus operandi* more closely resembles the U.S. Army slogan, “Be all you can be.” Be the top student. Be a volunteer. Be on multiple committees. Be involved in community service. Be part of a mission trip. Be the mission trip leader. Be on the VBS team. Be on the board. Be earnest. Be effective. Be successful. Be accomplished. Be the best.



The temptation to be part of everything competes against God’s call for me to “be still.” But as a dutiful wife, attentive mother, involved church member, and School of Social Work professor at Southern, I have asked myself: What does it mean to be still? Is stillness the opposite of busyness? Is it the antidote to constant motion and activity? Is stillness what my heavenly Father foreknew would be needed for me to really experience His presence?

Be still. Be quiet. Be less worried. Be less determined. Be less stressed. Be less demanding of yourself. Be less demanding of others. Be motionless. Be patient. Be joy-filled. Be alone with Me. Be uninvolved. Be in one spot long enough for Me to speak to you for longer than two seconds. Be with Me.

With the advent of spring, I invest time in my garden. Some seeds I start indoors. Others, I put directly outside in the soil. The process of growth is facilitated by a lot of stillness. Although I could sit and watch the seed I’ve pushed gently into the dirt, I think the waiting would be painful for my personality type. Instead, I carefully prepare the soil with nutrients, just the right moisture, and warmth from the sun or a grow lamp. Then I prayerfully wait.

I water daily and check constantly for growth. I get excited as the mystery of a still, motionless seed dying to itself somehow yields life and transforms into a tiny green sprout. It motivates me to water more faithfully, even multiple times in the same day. It inspires me to want to grow more myself. It challenges me to realize that perhaps the best growth does take place in stillness—sitting under the warmth of God’s presence, nurtured by His never-ending love, sacrificing the ongoing demands of this always-moving world, and dying to self.

Photo: Jerry Hanson

Going Deeper With God

by David Hartman, DMin, associate professor in the School of Religion

Times of uncertainty provide an opportunity to seek the Lord like never before. He invites each of us to “come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28).

Recently the global health crisis was weighing heavy on my heart, and I came across Psalm 91:2, which states: “I will say of the Lord, ‘He is my refuge and my fortress; My God, in Him I will trust.’” God whispered to me, “David, you’re in the palm of My hand; don’t be afraid.” His promise quieted my soul.

Whatever you are facing, here are a few suggestions for going deeper with God:

- **Pray gutsy prayers.** The psalmist offers the invitation, “pour out your heart” to God (Psalm 62:8). Tell Him your joys, sorrows, struggles, and fears, just as you would confide in your best friend.
- **Keep a prayer journal.** List your requests and praises under categories such as Personal/Family, Church/School, Outreach, and Special Needs. When God answers a prayer, circle the item and record the date.
- **Engage in biblical journaling.** Pick a book of the Bible and read in a verse-by-verse format. Contemplate each verse, asking, “Lord, what are You trying to say to me through this passage?” Look for the key principle, thought, insight, or idea, and then apply that insight to your own life.

There are many other ways to connect with God, such as listening to praise music, worshiping Him while exploring nature, and thanking Him for daily blessings. Additionally, I recommend praying every day that He will use you to bless at least one other person. You might be surprised by the results!

On His Path

by Christine Moniyung, '08, PhD, professor in the School of Nursing

I used to be a nursing professor at a secular college in Tennessee. I loved that job; I had great colleagues and wonderful students. I was even on track to receive tenure. To the average person, a job like that would be one to hold onto forever. It seemed like I had everything figured out, but I couldn't help feeling that something was missing.

Outwardly all was as it should be, but my heart could not find peace without the ability to fully share and teach my spiritual values to my students. Prayer was not allowed in the classroom, and I could not share with my students the spiritual aspects of nursing that are important to me.

So I turned to God, praying, "Lead me where You want me to go." I had my doubts about leaving that job, and it made me very sad to say goodbye to my students, but I see teaching nursing as my mission, and I wanted to be in a place where I was free to do that. The verse "Be still, and know that I am God" (Psalm 46:10) challenged me to trust Him.

And the Lord answered my prayers, leading me to my current position at Southern. I'm now able to teach in an environment where I can share my faith with students and also encourage them to make their faith a central part of their nursing careers. This has made teaching more meaningful to me.

God has a plan for each and every one of us. We can put our trust in Him and know that He will put us on the path we're meant to take.



BEING CONFIDENT OF THIS,
THAT HE WHO BEGAN A GOOD
WORK IN YOU WILL CARRY IT
ON TO COMPLETION UNTIL THE
DAY OF CHRIST JESUS.

Philippians 1:6

Give Tomorrow the Day Off

by Christian Bunch, '17, Student Missions director

Over Spring Break last year, I had three plans: visit my brother, camp on the beach, and visit my parents. I left Southern late one evening and drove until I reached my brother's house in Orlando, Florida. We had a great time, but throughout the weekend I kept thinking about how fun it was going to be to camp on the beach.

On Monday, I left Orlando and drove to Anastasia State Park in St. Augustine. It was everything I hoped it would be. Again, I had a great time, but I frequently thought about seeing my parents.

I left St. Augustine, and a few hours later I was home with my family. Pure bliss! That is, until I started thinking about coming back to work and finishing the school year.

When I was in college, all I could think about after Spring Break was, "when finals are over, THEN life will be good." Even now, I spend spring dreaming about summer, and when I get to summer, unfortunately the cycle of planning for the next season consumes my thoughts and energies. You get the idea. I plan out my life in such a way that I can never fully experience joy until tomorrow, and it's exhausting.

Of course we need to plan. We've got bills to pay, responsibilities to fulfill, and people to see.

The future is unknown, so we try to control it. But in our attempt to limit the anxieties of tomorrow, we might overlook the joy of today.

Whether we like it or not, life can only be lived one day at a time. Whatever circumstance you find yourself in, today is the Father's gift to you—the birds keep singing, and the heavens always declare the glory of God. You and I are dearly loved by a Friend who knows the future, so take a breath and smell the roses.



Managing Stress

by Cristy (de Souza) Pratt, '04, and Tron Wilder, '01, PhD, psychology professors in the School of Education and Psychology

Stress in itself is not bad; it is a natural part of life. Through normal ups and downs, as well as during unexpected challenges, the human body is designed to handle emotional pressure. The release of adrenaline, norepinephrine, and cortisol hormones produces a physiological boost to help the mind cope with perceived threats. This "fight or flight" response keeps a person alert, motivated, and focused. Once the stressor is relieved, pressure subsides as systems rebalance and calm is restored.

However, extensive or prolonged stress often leads to health conditions, such as respiratory issues, a compromised immune system, muscular tension, migraine headaches, panic attacks, increased cardiovascular risks, and gastrointestinal problems.

In addition to spending time with God, try these activities whenever stress is taking a toll on your body and mind:

- **Connect with other people.**
- **Be physically active.**
- **Stay hydrated.**
- **Get quality sleep.**
- **Pray with someone else.**
- **Listen to a podcast.**
- **Make a gratitude list.**
- **Write down things you have control to change.**
- **Focus on preparation rather than panic.**
- **Limit media use and consumption.**
- **Ask for professional help when needed.**

For additional information, visit southern.edu/columns to watch a TED Talk on "How to Make Stress Your Friend."

Moments of Providence

by Braam Oberholster, DBA, professor in the School of Business

As an enthusiastic and serious nature photographer, I have learned to wait patiently for hours at a place where wildlife is likely to be active or for the right light to illuminate a landscape. It may be sitting near a waterhole in the dusty, dry flats of Namibia looking for oryx; hiding by an eastern bluebird's nest; or waiting for the perfect mix of morning light on an autumn Appalachian landscape. I wait for the moment.

It is not idle waiting. It is time I connect with God, to observe and learn from His second book—the natural world. I take note of the insects scrambling around, the interaction of air movements on plant and animal life, the pattern naturally emerging from footprints in the sand. Being still, yet alert, I engage in a conversation with God. We talk about my life, about His creation, about my purpose, about His Kingdom. These are divine appointments often followed by an opportunity to capture a moment of Providence in a photographic exposure.

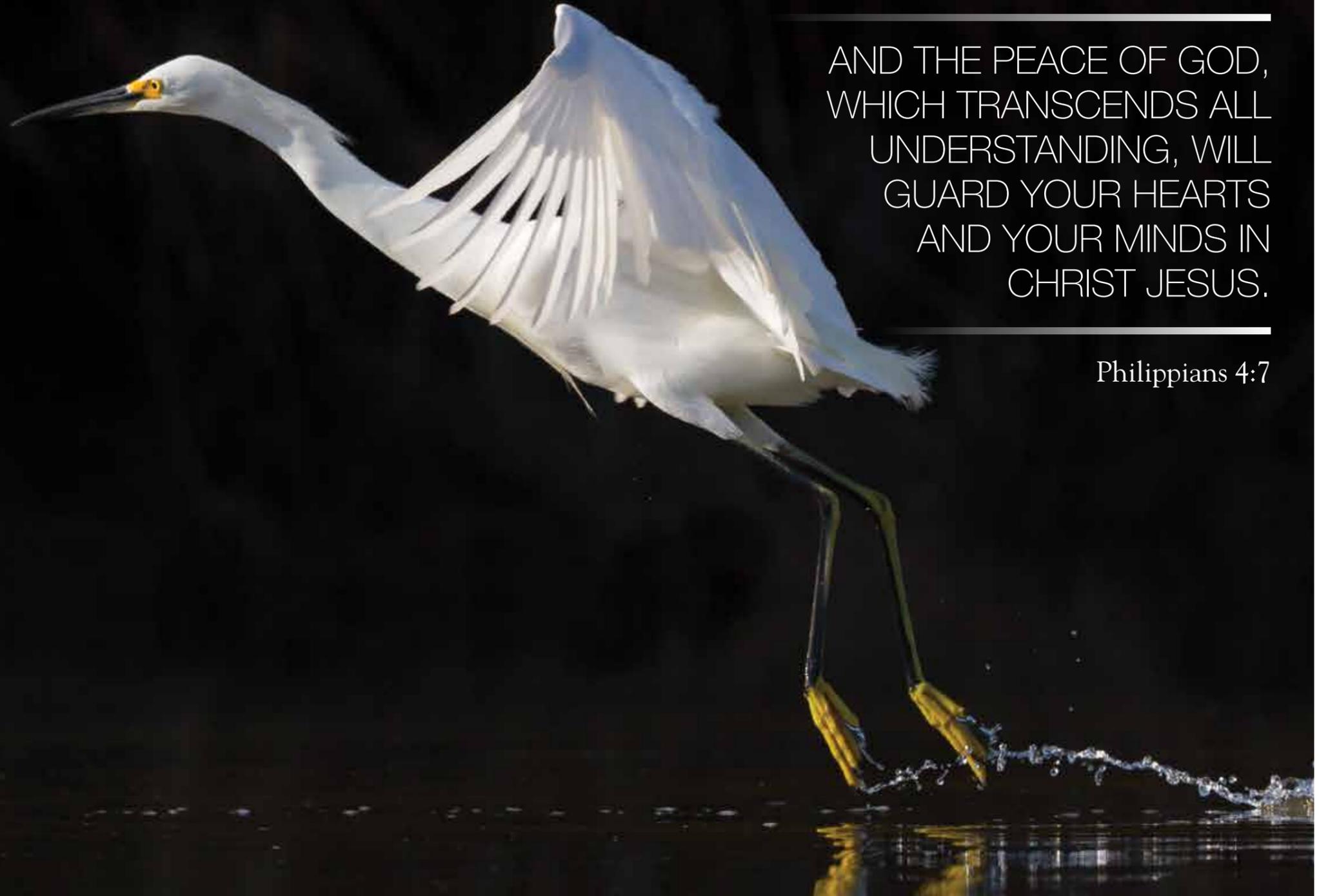


Personal experiences such as this have taught me that communion with God allows for Him to reveal Himself in the life experiences of my students and myself. I have incorporated this mindset into my role as learning facilitator by developing the habit of arriving in the classroom 10 to 15 minutes before class starts. This gives me time to pause in silent prayer near the seats that will soon be filled with learners.

I call on God's wisdom to help me discover explanations, activities, and illustrations that will resonate with my students. I pray about known personal challenges students face and about God's perspective on their future roles in building His Kingdom.

This sets the stage for influential moments of Providence in the lives of students at Southern.

Stories in this feature, along with other uplifting content, can be found in an inspirational book originally created by Southern for the 2020 General Conference Session. To view the full book, visit southern.edu/BeStill.



AND THE PEACE OF GOD,
WHICH TRANSCENDS ALL
UNDERSTANDING, WILL
GUARD YOUR HEARTS
AND YOUR MINDS IN
CHRIST JESUS.

Philippians 4:7



Working with a team of dedicated volunteers, orthopedic surgeon Del Schutte (left) has helped many grateful patients in Nicaragua regain their mobility.

Improving Lives, One Step at a Time

by Angela Baerg, '06

From birth, H. Del Schutte Jr., '80, MD, has been surrounded by medicine. His father was a pediatrician, his mother a nurse, and his uncle Desmond Doss a combat medic. He loved to watch the positive impact his family members made on every life they touched. Not only did they offer medical care to those in need, but it was also clear that they truly cared about their patients' overall well-being. Their spirit of service would eventually inspire Schutte to launch an organization bringing new bone joints to the people of Nicaragua.

Laying a Foundation

While Schutte was in high school, a physician friend of the family invited him to observe a hip fracture surgery. Although for some this sight might be unappealing, it fascinated Schutte, making him more interested in the field of medicine than ever before. He was excited to enroll at Southern as a chemistry major—his first milestone on the path to medicine.

"It took me a while to hit my stride," he said. "I had to learn to truly apply myself in order to master the challenging coursework. But overall, I thrived at Southern. I made lifelong friends and was pushed to excellence by the dedicated faculty, who helped me realize how hard I needed to work if I truly wanted to achieve my goals."

After graduation, he studied orthopedics at Loma Linda University, then completed a fellowship at the University of Arizona. That's when he first dipped his toes into the world of missions, going overseas with a surgical group to Bhutan. In the years that followed, he traveled with other teams to the Marshall Islands, Nepal, Panama, and the Himalayas. His passion for missions was contagious, and over time more and more people wanted to join him on his adventures.

"It was important to me that everyone who was

interested could go," Schutte said. "I know from personal experience that the people serving get as much from the trips, if not more, as those served. We just had to find a new location that could handle everyone."

The Gift of Health

With this goal, Walk Nicaragua was born in 2015 as a joint venture between Schutte and OneWorld Health. Although Schutte usually works at the Charleston Institute of Advanced Orthopedics in South Carolina, twice a year he and his team began providing their orthopedic services to the residents of Nicaragua—the poorest country in South America, where residents earn less than \$4 per day, on average.

Walk Nicaragua partnered with Crosslink Orthopaedics, which donated the expensive knee replacement implants so that the surgeries would be completely free. They also collaborated with Uriel Diaz, MD, at Hospital San Juan de Dios in Esteli, Nicaragua.

"Seeing patients arrive with homemade crutches, riding on carts that have traveled over bumpy mountain roads—it really stops you in your tracks," Schutte said. "These are people who have been struggling with chronic pain or arthritis for decades. Within a week or two of their surgeries, they stand up straighter, look younger, and feel much better. It's a new lease on life for them!"

One patient named Juan had to ride his bicycle over rough dirt roads to get to work, but damaged knees made it painfully difficult. He was grateful to receive a double knee replacement surgery that made it possible for him to return to work and support his family again. Another patient, Donna, showed her gratitude for a life-changing surgery by working as an interpreter for the surgical team.

Passing the Torch

Just as it was for his father, mother, and uncle, service is the foundation for Schutte's faith. He has especially cherished being able to pass the torch to the next generation by sharing medical mission trips with his daughter Maddie and other young students, watching them develop their own passion to care for others.

"God can heal everyone on His own," Schutte said. "It is a blessing that He allows us to be involved for our own benefit."

To date, the group has completed eight trips, involved 110 volunteers, performed 127 surgeries, and helped 124 patients. Schutte and his team can hardly wait to go back again to continue using their gifts and improving lives, one step at a time. ■

You can learn more about Walk Nicaragua at walknicaragua.org.

50 Years of Learning

Construction began in 1968, and on Thursday, September 24, 1970, Southern held a celebration to officially open McKee Library. Much has changed during the 50 years since then, as the collection has grown from 60,000 books to 178,000 and technology has become a critical component of the library. Yet through the years, one thing hasn't changed: the librarians' commitment and desire to serve Southern students to the best of their abilities.

Join Us in Celebrating

As it did 50 years ago, September 24 falls on a Thursday this year, which Southern plans to commemorate with a special convocation and blessing ceremony. Additionally, all are invited to a 50th anniversary celebration during Homecoming Weekend, bringing together alumni and librarians to reminisce about this shared history.



1 In this acquisitions record book, librarians documented each new book, giving it an acquisitions number and noting the date it was added to the catalog. 2 McKee family members joined the celebration and official opening of the library bearing their name on September 24, 1970. 3 Using early library technology, a student explores the SOLINET catalog terminal. 4 One constant in the last 50 years has been Southern's helpful librarians, including Lois Doherty (center). 5 The original exterior of McKee Library (seen here) did not feature a peaked roof, which was added years later. Visit southern.edu/columns for more about upcoming library renovations. 6 In the span of five days, 60,000 books were moved from the A.G. Daniells Library to the new building, as documented in the August 5, 1970, *Southern Accent*.

Alumni Notes

70s **Robert “Bob” Coolidge** (attended) retired as president and owner of Health Ledger Services, Inc., in March 2018. He lives in Deland, Florida.

Ron, '78, and **Connie (Noble) Johnston**, '75, retired in January 2018. The couple lives in Kingman, Arizona.



Stephanie Austin (attended) launched her first devotional book, *My Will or His Will*, in February 2020. The mother of three daughters is a healthcare executive and has been a servant leader in church for more than 20 years, yet the role that brings Stephanie the most joy is serving God.

80s **Stephen**, '89, and **Jennifer (Spruill) Johnson**, '94, live in Apison, Tennessee, with their daughter, Rylie (9).

90s **Julie Vincent**, '94, '08, and '12, accepted the position of vice president and chief clinical officer for AdventHealth's Central Florida Division—North Region in November 2019. She previously served from 2012-2015 as the assistant vice president of nursing for AdventHealth Orlando. Most recently, she was the vice president and chief nurse executive of the Kettering Health Network in Dayton, Ohio.

Crystal (Sark) Plank, '98, is a clinical educator for the University of Missouri-Sinclair School of Nursing and a member of the university's MDS and

Quality Research Team. She provides education to skilled nursing facilities' team members in quality improvement practices, the latest clinical evidence-based practices in nursing and healthcare, and in evidence-based organizational improvement practices. Crystal and her husband, Terry, live with their daughter, Hannah, in Clark, Missouri.

00s **Justin Birmele**, '00, accepted the position of director of AdventHealth Winter Park Hospital in January 2020. Justin earned a master's degree in healthcare administration from Webster University and has more than 18 years of experience in the healthcare industry.

3 **Hans Olson**, '00 and '15, was awarded his Project Management Professional certification and is the principal consultant for HDH Olson, a consulting business he started in the Washington, D.C., area. Hans and his wife, Debra, live with their 3-year-old son, Hugo, in Beltsville, Maryland.

4 **Roger Prather**, '00, earned a master's degree in Christian apologetics from Liberty University in December 2019. He began doctoral studies in public policy in January at the Helms School of Government at Liberty. Roger and his wife, **Loren (Preuss) Prather** (attended), live with their family in South Lancaster, Massachusetts.

Ryan Irwin, '03, earned a master's degree in education from Liberty University in 2015. He and his wife, Benjawan, live with their children in Spangle, Washington.

5 **Isaac Sendros**, '05, became the chief executive officer of Avista Adventist Hospital in Denver, Colorado, in November 2019. He has more than 13 years of experience in healthcare leadership, serving most recently as the vice president of operations at AdventHealth Kissimmee, Florida.

Sam, '07, and **Marlane (Costa) Heiser**, '07, and their 5-year-old daughter, Rebecca, live in Vancouver, Washington.

Danielle (Marshall) Lamarr, '07, and her husband, Daniel, live in Atascadero, California, with their children: Gabe (11), Logan (10), and Richard (2).

Rachel (Roddy) Somphou, '08, and her husband, Keo, live in Waverly, Ohio, with their 4-year-old daughter, Tipparah.

Austin, '09, and **Katrina (Spears) Schreiner**, '08 and '17, live in Maryville, Tennessee, with their three children: Lyla, Jakob, and Georgia.

10s **Erick**, '10, and **Hectmarie (Cruz) Pena**, '10, live in Berrien Springs, Michigan, with their children: Nathan (8) and Erianna (6).

6 **Jonathan**, '11, and **Katie (Longo) Chitwood**, '11, recently moved to the Navajo Reservation in Window Rock, Arizona. Jonathan is pastoring two Native American churches, and Katie is home-schooling their boys: Micah (7) and Ayden (5). The family loves living in the country, hiking, and discovering old ruins practically in their backyard. On their Facebook page, Missionaries in Navajoland, they provide updates about their missionary adventures. They are grateful to see God working in a mighty way to help them spread the gospel to His people in the heart of America.

Jeremy, '12, and **Brooke (Durst) Wong**, '11, and their 4-year-old daughter, Janae Joy, live in Westerville, Ohio.

Wayne Jernigan, '15, and his wife, Victoria, live in Virginia, where Wayne works as a hospitalist.

Happy Birthday, Future Southern Alumni!

Your alma mater is committed to recruiting the next generation of alumni. Through the Future Southern Alumni program, we hope to excite the children of alumni about their possible future at this university through a series of age-appropriate birthday gifts.

Visit southern.edu/future-alumni to enroll your child in this complimentary program. For further information, email alumni@southern.edu or call 423.236.2829.

The children of **Jose**, '07, and **Lillian (Portillo) Loza**, '05 and '16, look great sporting their Future Southern Alumni gear!



Sustained by Prayer



Keith Howard, '85, graduated from Southern with an associate degree in nursing and went on to earn a bachelor's degree in nursing from the University of Tennessee. While commissioned in the Air Force as a special operations operator, he was shot four times while on assignment in the mountains of Helmed Province in Afghanistan, just two weeks after the tragic events of September 11, 2001. He recovered from his injuries in less than a year. Then, in 2004, the helicopter in which Keith was a passenger was shot down while attempting to rescue hostages in



Iraq. He was shot three more times before being captured by Al-Qaeda and held for 16 days. Keith says it was prayer that got him through the ordeal. Now he is retired from the military and lives with his wife, Min Kung-Ah, and family in Virginia.

We'd love to hear from you, and so would your classmates! Send updates about additions to your family, accomplishments, marriage, professional recognitions, or other news you'd like to share to:

alumni@southern.edu
Alumni Relations • P.O. Box 370
Collegedale, TN 37315-0370
southern.edu/alumni/updates

Weddings and Family Additions

1 **Amanda (Gaspard) Collins**, '06, married Jonathan Collins on May 14, 2018, at an apple orchard in picturesque New Hampshire. The couple felt blessed to have many family members and friends in attendance. All of Amanda's bridesmaids were Southern classmates/alumni. The couple moved to Arizona soon after their honeymoon.

2 **Josh**, '09, and **Ellen (Luchak) George** (attended) moved to Montana from California in late 2016 and welcomed the birth of their first child, Elijah Asher, on July 1, 2018. Josh is working remotely as a business consultant in medical manufacturing, and Ellen is a full-time mom.

3 **Kaylie (Dobbs) Webster**, '14, married James Webster on January 31, 2019, in Fort Worth, Texas. The couple plans to enjoy life with their two dogs while traveling around the United States in a fifth wheel camper.

4 **Jennifer (Reed) Gray**, '19, married Zackary Gray on January 14, 2020. The couple lives in Chattanooga, and Jennifer is an adjunct instructor in Southern's School of Social Work.

5 **Hector** (attended) and **Shannon (Russello) Perez**, '10, welcomed Orion Salvatore to their family on October 25, 2019. The whole family, including their older son, Zuriel, who turned 5 in November, is in love with little Orion.

6 **Joshua**, '10, and **Stephanie (Roberts) Lewis**, '14, welcomed the birth of their son, Nathan, on September 12, 2019. The family is serving as missionaries, and they anticipate an exciting life ahead for Nathan as he grows up in Cambodia.

7 **Hannah (Ballard) Ringstaff**, '14, and her husband, **James** (attended) welcomed their first child, Aiden James, on January 30, 2020. The family lives in Jacksonville, Florida.



Remembrance



J. Don Crook, '53, passed away on January 24, 2020, at the age of 90. While attending Southern, he was a featured singer in the Adelpian Quartet. After a few years of serving as a pastor and singing evangelist, Don worked in public relations and taught music at Southern Missionary College from 1958-1966. He spent the majority of his career teaching Bible and music at Collegedale Academy until retiring in 1991, serving a total of 33 years at the college and academy. Don was preceded in death by his wife, **Sylvia (Moak)**, '68, and son, **Donnie Crook**, '82. He is survived by his two daughters and their husbands, **Kate "Kittie,"** '76 and '78, and **Kieth Schleifer**, '79 and '80, and **Joelle**, '82, and **Brian Ringer**, '82; daughter-in-law **Evonne (Kutzner) Crook**, '79; six grandchildren; and eight great-grandchildren. Visit southern.edu/columns for a link to condolences, pictures, and a recording featuring Don with the quartet.



Relious Walden, '53, passed away in Florida on April 29, 2017, at the age of 89. While serving in the U.S. Army stationed at Fort Campbell, Kentucky, Relious attended Sabbath services in Nashville. After hearing a guest speaker from Southern Missionary College, he decided to attend once his enlistment was up. While at Southern, he found his Southern belle, **Beverly (Smith)** (attended), and the couple married in June 1951. Relious served in denominational work for 40 years at the Southern Publishing Association, Georgia-Cumberland Conference Adventist Book Center, New Jersey Conference, Ohio Conference, South American Division, Iowa Conference, Southern California Conference, and Florida Conference. Wherever he worked, Relious was the model of a servant leader and a Southern gentleman. He loved people because he loved their Creator and lived by the golden rule, "Do unto others as you would have them do unto you." He retired in 1993 but continued to fill his life with purpose by volunteering in the local school, church, hospital, and thrift store, as well as on low-income housing construction projects and mission trips. He is survived by his wife of 65 years, Beverly; sons David and Neal; daughter, Lisa Butler; six grandchildren; and two great-grandchildren. A memorial service was held at the Forest Lake Church in Apopka, where Relious had been a member for 31 years.



Helen (Braat) Sauls, '63, passed away on December 29, 2019, in Fitchburg, Massachusetts, at the age of 87. She was a member of the Collegedale Church of Seventh-day Adventists until she and her husband moved to Massachusetts three years ago to be near their son and family. She received a degree in elementary education from Southern, taught in five Southern Union church schools for 10 years (including A.W. Spalding Elementary), at Atlantic Union College for 17 years, Andrews University for three years, and Southern Missionary College for seven years. She is survived by her husband of 67 years, **Richard Lynn Sauls**, '56; son Raymond; three grandchildren; and three great-grandchildren. Interment was in Collegedale Memorial Park.

Howard "Ellis" Adams Jr., '66, passed away on May 21, 2019, in Brandon, Mississippi, after a long illness. He was 77 years old. He is survived by his wife of 52 years, **Elizabeth Barbara (Gallner)**, '65; daughter **Kelli Simmons** (attended); and granddaughter **Emily Simmons**, who is currently studying at Southern.



Lloyd "Buddy" Fisher, '66, passed away on January 24, 2020, in Loma Linda, California, at the age of 79. He graduated from Southern Missionary College with a major in accounting and worked at Tidewater Memorial Hospital in Virginia for 10 years. While there, he met and married Lorraine. In 1977, they moved to Loma Linda, where Buddy was employed by Loma Linda University Medical Center in various areas of accounting, auditing, and financial administration until his retirement in 2010. Buddy enjoyed serving his local church as a treasurer, Sabbath School teacher, and elder. For the past 15 years, he sang with His Voice Men's Chorus. Buddy is survived by his wife, Lorraine; sister **Clarice (Fisher) Leslie** (attended); and nephew James Kelley. Memorial gifts may be made to the Buddy Fisher Class of 1966 Endowed Scholarship at Southern.

All memorial gifts may be mailed to Southern Adventist University, Advancement, P.O. Box 370, Collegedale, Tennessee 37315, or shared online at southern.edu/give.

Bringing Stories to Life

by Trisney Bocala, junior mass communication major

As a film student at Southern, Theo Brown, '10, dreamed of someday making meaningful content for a broad audience. He didn't sit back and wait for the dream to find him, though; he set out to get as much experience as possible and, in addition to his class projects, found a job in the Marketing and University Relations office, working on video projects for the university.

"Southern literally taught me everything I know about film," Brown said. "The one main thing that Southern really emphasized was 'Story, story, story.' That's something I'm constantly trying to sharpen and do better at."

After graduating, Brown put his film skills to work, first at Manchester Memorial Hospital in Kentucky and then at Loma Linda University Medical Center in California. On the side, he began working on his own film projects, and about six years ago, Brown embraced the life of a full-time freelancer in Los Angeles.

"There is no 'typical day,'" Brown said. "I usually balance some client work, which I'm either filming or editing, with personal projects like reading a new draft of a script, matching a cut with a music score, or getting feedback on any number of things."

Community of Creatives

Living in Los Angeles, Brown was pleased to find a Christian community that he says is "so amazing to be a part of." Additionally, despite being across the country from his alma mater, Brown is surrounded by former classmates, and they frequently work together.

"Some of them worked with me on the first projects I did when I was a freshman or sophomore at Southern," Brown said. "Southern gave me these incredible friendships, and I'm positive they will last a complete lifetime."

He also stays in close contact with David George, '98, MFA, associate professor in the School of Visual Art and Design at Southern,



While filming the stewardship series *Smoky Mountain Rescue*, Director Theo Brown enjoyed connecting with the cast, including Cade Tropeano, who played "Drew."

who taught Brown's first film class and has been a mentor ever since.

"That student-teacher relationship with David was great, and I grew as a creative with him," Brown said. "Then, after graduating, being able to see other sides of David and keep learning from him still to this day has been something really special for me. He literally changed my life."

"I am blessed to have Theo as a colleague and friend," George said. "He has an infectious enthusiasm and optimism that are undeniable, and he has a true passion for helping mentor those who are following in his path. Theo really embodies what the community of the School of Visual Art and Design is all about."

Passion in Action

Through the years, Brown's dream of using his creativity to make a difference has come to fruition as he has worked with organizations he believes in and personal projects he is passionate about. Last year, he worked with Southern and the North American Division Stewardship Department to create a short children's video series on stewardship titled *Smoky Mountain Rescue*. It premiered at the 2019 Oshkosh Pathfinder Camporee and is now available for free online (for a link to the series, visit southern.edu/columns). Currently, Brown is working on post-production for his first feature film, *An Electric Sleep*.

"I really love projects with themes that are all throughout the Bible, such as hope and love," Brown said. "And people resonate with that kind of content. There are so many stories out there that move, inspire, and encourage us—real people, fiction, and everything in between. It's an honor to be able to play a small role in bringing them to life and sharing them with others." ■

From Pain to Blessing

Student Week of Prayer marks a spiritual high point each year as students share their powerful personal testimonies. This January, the theme "Again & Again" focused on God's consistent and perpetual love. Annie Jeong, junior Spanish major, shared a talk titled "What Happened, and What REALLY Happened," exploring how her human perspective of the trials and pain in her life compared to what God had accomplished through them. "I've experienced being a foreigner in different countries, the pain of losing a loved one, difficult family situations, and uncertainty about the future," she said. "But these have all led me to grow closer to God."

Photo: Ryan Pierce



HOMECOMING WEEKEND*

HONOR CLASSES | 1940, '50, '60, '70, '75, '80, '90, '95, '00, '10

SAVE THE DATE!

October 29 to November 1, 2020

- **Symphony Orchestra Reunion Concert**
Alumni and current students celebrating 20 years under the direction of Laurie Redmer Cadwallader
- **McKee Library**
Celebrating 50 years
- **Sabbath Speaker**
Gary Rustad, '00, Adoration and Renewal Worship Services
- **Golden Anniversary Reunion**
Celebrating 50 years (Class of 1970)
- **Silver Anniversary Reunion**
Celebrating 25 years (Class of 1995)
- **Alumni Golf Tournament**
The Bear Trace Golf Course, Harrison, Tennessee

Visit us online to view updated Homecoming Weekend information, or contact Alumni Relations directly.

Website: southern.edu/alumni
Facebook: facebook.com/SAUalumni
Email: alumni@southern.edu
Phone: **423.236.2830**

*Although it is our desire to be physically together as an alumni family, all activities are subject to change at any time in accordance with recommendations issued by public health officials and mandated by campus policies. Alumni are encouraged to monitor updated information provided online at southern.edu/alumni between now and October.

EMPOWERED
by **KNOWLEDGE**

