

The Magazine of Southern Adventist University

COLUMNS



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One Destination

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Inspired by Simulation

My chest felt tight as water covered my head and I moved lower and lower. *Hold on*, I told myself, *just a little longer*. Yet everything within me yearned for a deep breath of oxygen.

Why in the world would I simulate drowning on purpose? Sure, there's the writer in me who thinks that experience might come in handy for a novel one day, but the real reason has more to do with the philosophy I shared in my very first COLUMNS editorial back in the fall of 2005. (Want to read that editorial? Turn to page 23 to learn how to access the COLUMNS archive online.)



Lori Futcher prepares for her wet weigh-in at the Human Performance Lab in the Hulsey Wellness Center. This procedure establishes a precise body mass index (BMI).

Basically, I'm determined to live life to the fullest. As a university employee, this means making use of the expertise and resources that are all squeezed into the piece of the world my children call "Mommy's work." Since coming to work at Southern, my family and I have taken in art shows and concerts. We've taken in lectures about woodpeckers and sea cucumbers. We've enjoyed the archaeological museum, the pottery wheels in the art annex, and the tennis courts.

So when, for the third year in a row, my annual health assessment numbers weren't what I wanted them to be, I decided it was time to visit the new human performance lab in the Hulsey Wellness Center. (Turn to page 12 to learn how you can benefit from the expertise of the professor who runs the lab.)

The results from my tests have given me information about how my body works, which has helped me change my workout routine to be more effective.

Just as simulating drowning helped me create a better workout, simulating what it's like to be a student has helped me in the creation of this issue.

While sitting in Phil Garver's historic 100th Health for Life class, I was witness to an unexpected sidetrack on the creation/evolution debate (you'll find a description of Garver's spontaneous presentation on page 10).

Since the creation/evolution debate is such a hot topic, this got me thinking, *I wonder how many of Southern's professors find a way to*

highlight creation in the various subjects they teach? Out went an email to the professors, and soon my inbox was flooded with responses. (Turn to page 8 to read some of these professors' stories.) My hunch was correct: Southern's stance as a creation-believing campus affects way more than just our biology classes.

I hope you enjoy this issue of COLUMNS, and while you may not live close enough to Southern's campus to partake in some of the adventures described, I hope that the experience of reading the stories gathered here will be enough of a simulation to inspire you in your own endeavors.

Lori Futcher, Editor



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Six professors integrate the Biblical story of creation into their classes in creative and inspirational ways.



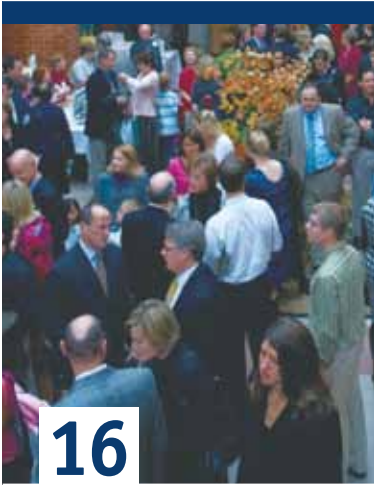
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Professor Harold Mayer applies the science of human performance to the goal of weight loss.

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Three Southern students share the detours, roadblocks, and discoveries they've experienced while traveling on their spiritual journeys.



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COVER: The hand of God reaches toward the newly created Adam in a recreation of the classic image depicted by Michelangelo on the ceiling of the Sistine Chapel.

One of Southern's Best

As a former student of Jan Haluska, I was delighted to read his article about teaching literature in the classroom. I was consistently blessed and challenged by Dr. Haluska's passion for literature and his ability to include spiritual principles and biblical theology in classroom discussions.

His classes always presented opportunities to seek excellence as a student—in other words, they were tough! But the challenge made him one of my favorite teachers in the English Department. I was delighted to see his teaching highlighted in COLUMNS (fall 2009).

Thank you for featuring one of Southern's best professors!

Sarah (Matthews) Asaftei, '03

Scrapbooker's Inspiration

COLUMNS is a quality magazine. Even though I don't usually have time to read it through in one setting, I always try to read all of the articles. I enjoy reading about former classmates and former students as well as getting acquainted with the current faculty and student body.

By reading the magazine, I find out about changes at the university and become aware of available resources and opportunities. My family and I were able to enjoy free storytelling in the library thanks to a news bite in COLUMNS.

The writing, however, is not the only thing I enjoy. The magazine has a classy, creative design and is still reader friendly and easy to navigate. Some magazines have such busy or ad-like design that I find them difficult to read.

I've even used some of the design ideas from the COLUMNS in my own designs for scrapbooking or other graphic design projects.

Thanks for a job well done.

Valerie Hunt, '84

More Examples, Please!

I scan my parents' (retired faculty Neville and Penny Webster) copy of COLUMNS periodically. A recent article, "The Interdisciplinary Textbook" (fall 2009), caught my eye. Is this one of a planned series? I hope so, as we need more best-practice examples to inspire excellence in faith-integrated teaching at all levels.

Glynis Bradfield

Editor's Note: While this is not part of a planned series, we do have a similar article in this issue focusing on how professors incorporate their creationist beliefs into their teaching. You'll find it on page 8.

InBox is a forum for reader feedback.

Questions, concerns, compliments, criticisms, and even discussions—all are welcome and encouraged. Letters may be edited for length or clarity. Please send InBox letters to: COLUMNS Editor, PO Box 370, Collegedale, TN 37315-0370 or email columns@southern.edu.

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Least Likely to Succeed

By Alan Parker, School of Religion

Jeff Tatarchuk's grin was one of the few familiar sights that greeted me when I arrived at Southern Adventist University in 2007. I remembered Jeff, a former student of mine at the Amazing Facts College of Evangelism, as a lanky boy with long blonde hair and more of an interest in surfing than studying.

I also remembered the time someone ran into him and dented his car. Jeff got out and tried to get the driver's details, but the driver, who was an illegal immigrant, didn't want to give them. "I won't call the police," Jeff told him, "but only on one condition. You have to come out to the evangelistic meetings and attend each night!"

Jeff's Vision

Just before my first semester at Southern began, Jeff, '09, and a friend made an appointment to see me.

"You won't believe the opportunity that's opened up!" he exclaimed. There was something in his voice that told me we were about to embark on a new adventure.

As he told me how he liked to drive around and find people to take to church, it became clear that Jeff still used his unusual soul-winning tactics. The story involved a man in a wheelchair who couldn't make it to church because he didn't have a car. Jeff couldn't fit the man's wheelchair into his car, but the man had an idea that Jeff couldn't let go of.

"Why don't you have church here?" asked the man, who lived in Patten Towers, a run-down apartment community for low-income residents in downtown Chattanooga.

"The manager said she would love to have us there," Jeff continued, "and there's this great room they have upstairs that we can use for church."

"This would be awesome!" Jeff's voice rose a notch in intensity. "We'll have the nursing and pre-med students run a health expo. We'll hold seminars. We'll paint the place, clean the elevators (I'd find out about that later), and make it look better so that the building itself is transformed. And then we'll do tutoring and help them find jobs. And, of course, we're going to give Bible studies and start a branch Sabbath School and maybe even hold an evangelistic series there and ultimately plant a church! And then ..."

My Concerns

"Whoa! Slow down," I warned Jeff. "We've got to think this through."

"I can feel it in my bones," he responded unfazed. "This is going to be good. These people are ripe for Bible studies! They're so open to the

gospel! They just need Jesus."

I wanted to share his excitement, but it was obvious he had no clue about the work and sacrifice involved in such a huge project. My mind flashed back to my surfer image of Jeff. Could he really pull this off?

There were safety concerns, welfare issues, psychological challenges, and logistical nightmares. We had no money and nothing concrete in place. The only thing we had was Jeff's passionate zeal. Nevertheless, his youthful idealism was contagious.



Alan Parker's love for ministry is refreshed by the contagious enthusiasm of his students.

God's Success

I joined Jeff in his mission, one Sabbath clambering up the stairs (because the elevator reeked of urine) to the meeting room, only to find it locked. Undaunted, we went to the office for a key. The lady in charge refused. She felt that Jeff had gone over her head, and it took an hour of patient listening to calm her down. Finally she unlocked the door. Jeff was learning that dreams don't come easy.

The Patten Towers project, a "Least Likely to Succeed Award" candidate in my opinion, flourished. A blanket-making

party materialized, in which dozens of animated students gathered in Southern's student center to make fleece blankets to give to Patten Towers residents. A Christmas party for the Patten residents was next. Students painted, cleaned, tutored, held Bible studies, and ministered in nearly every way imaginable. When one of Jeff's Bible study participants died, Jeff preached at his memorial service, sharing how the gospel had transformed this man's life shortly before his death.

Watching students reach out to people unlike them in every way refreshed my own love for ministry. I realized that, as tired and overwhelmed as I might be, this was why I had come to Southern to be a professor—not to teach students facts and theories about the Bible, but to help them believe that miracles would happen when they poured themselves out as an offering to the Lord.

I'm still skeptical of youthful dreams, but I discovered that when you affirm the thirst for a student's passion—while providing guidance and counsel—these dreams can come true. ✧

William McKnight An Alum to Consult

William McKnight, '87, was working with some big-firm consultants when he realized he had found his true career path.

"In one position I held, I inherited scores of big-firm consultants who were not doing the job I knew I could," explains McKnight, "so I made the jump myself."

Eager to experience a new work environment and explore his capabilities, he formed a consulting company called McKnight Associates in 1998. Seven years later, McKnight was doing such an excellent job of running his company that someone suggested he apply for the Southwest Entrepreneur of the Year award.

"I didn't realize it had reached a point that would mean anything to anybody other than my team," says McKnight. "But somebody said I should apply, so I did, expecting to be laughed out of the process, but it took a different path."

Shocked and appreciative when he was presented the award that confirmed the worth of his work, he was right back to work the next day.

His focus remained on those things that had made the award possible: delighting clients and delivering return on investments.

McKnight's hard work was also reflected when his company was included on the prestigious Inc. 500 list. "I was humbled when I looked at the list," says McKnight.

Having recently sold his first consulting company, McKnight formed a second company, McKnight Consulting Group, this year. He has also recently published the book *90 Days to Success in Consulting*.

"Consulting is my passion, and I've seen and learned a lot in my 15 years of doing it," says McKnight, whose book is for readers who are looking to self-consult or who currently work for a consulting firm.

McKnight has come a long way since his days as a computer science major, but he hasn't forgotten the role Southern played in his road to success.

"The college experience," he says, "taught me how to learn, how to focus, and how to demonstrate my learning."

~ Aimee Bradshaw



William McKnight is the founder of two successful consulting companies.



Despite a serious motorcycle accident, Brett Mehlenbacher hasn't given up on completing his degree.

Brett Mehlenbacher Powerful Perseverance

One September afternoon his freshman year at Southern, Brett Mehlenbacher and his roommate, Ben, decided to go motorcycle riding. His roommate got ahead of him, with Brett nowhere to be seen. After driving several miles, Ben turned around and came back slowly. On the side of the road, he noticed a single black tire mark then saw Brett lying in the ditch. Brett had hit his head on a fallen tree that had a protruding branch, which cracked his helmet.

Having survived a massive brain injury, Brett faced many obstacles after coming out of a coma. He had to relearn how to talk, how to walk, how to drive, and how to write. His short-term memory and reflexes were also affected.

Brett came back to Southern in the fall of 2006, one year after the accident, needing special accommodations he hadn't needed before. Because he lost some of his fine motor skills, writing had become difficult. He would need scribes and classmates to help him take notes for different classes. Because of his short-term memory loss, he would need test proctoring. For



Nathalie Mazo

Journeying With Others

When it comes to some of the biggest transitions in a young person's life, Nathalie Mazo is often the one who is there, giving helpful advice or snapping a keepsake picture.

When Mazo graduated from Southern in 2005, she heard that Southern was looking to hire a recruiter, so she went on faith and interviewed for the position just a few months after graduating. A day after her interview, she was the newest addition to the enrollment staff.

Mazo now recruits for Southern in some very exciting areas of the country. She is no stranger to academies in the Columbia Union as well as Northern California and beautiful Hawaii.

Mazo strives to build a personal relationship with the academy students she meets.

"On a daily basis," she says, "I try to think of new and better ways to communicate with my students, whether by sending a little note, emails, or birthday cards to keep in better contact."

Kendra Mosher, a sophomore financial management major who was recruited by Mazo from Madison Academy in Madison, Tennessee, says: "I feel like I can ask her anything and she will be able to help me. My favorite thing about Nathalie is that she cares for everyone. It doesn't matter who the person is; she will be kind and friendly to them."

Yet, Mazo isn't only a part of the journey when it comes to the transition from academy to college. As a wedding photographer on the side, she is also a key part of the most

important day of many couples' lives.

Mazo discovered her passion for photography in high school and went on to hone her talent in an Introduction to Photography class while at Southern. But she still wanted to learn more. "The only way you can get better is to just keep clicking that camera."

She became the go-to photographer for her friends, but in April 2009, she was asked to do her first wedding. Ten weddings later, her passion has turned into a small business.

At the end of the day, Mazo loves what she does, in and out of the office. "What brings me a lot of joy is being a part of people's journeys," she says, "whether through photography or by helping people come to Southern."

~ Yvonne Saint-Villiers



Nathalie Mazo finds joy in being a part of other people's journeys.

these things, he turned to Southern's Disability Support Services.

Brett says that professors have been very willing to help and to accommodate him. They offer encouragement and spiritual support, which motivate Brett to not give up.

"When he first came back, I wondered if he could hang in there," says Sheila Smith, director of Disability Support Services. "He has a wonderful attitude, and that's what gives him resilience."

On April 15, Brett received an Outstanding Student Award from the Tennessee Association on Higher Education and Disability.

Brett considers his life to be a miracle. He acknowledges that God played a big role in his life and has big plans for him.

"When I think about all that God has done for me, I am willing to do anything for Him—we'd still be far from even," says Brett. "Whatever He wants me to do with the life He has given me is what I am going to do. I am not interested in a life without God."

~ Brittany Russell



Creation



2 completed in six days.
2By the seventh day God had finished his work he had been doing; so on the seventh day he rested from all his work.
3And God blessed the seventh day and made it holy, because on it he rested from his work of creating that he had done.

Across the Curriculum

The world's first textbook—written even before the Books of Moses were recorded—is still accessible to every learner.

For those who still read this book, the lessons are extraordinary. “For since the creation of the world God’s invisible qualities ... have been clearly seen, being understood from what has been made, so that men are without excuse” (Romans 1:20, NIV).

At Southern Adventist University, the book of creation is still used across campus, enlightening students to the wonders of the world—and to greater wonders that can only be unlocked through inspiration from the Creator.

Laying the Foundation

by Hifsy Alcudia, senior public relations major

It’s the first day of Christian Ethics class. Professor Stephen Bauer challenges students with the question, “Does God have the right to prescribe moral standards to us?” His answer takes students back to the beginning: “God’s right to be God is founded in creation.”

Bauer, who wrote his doctoral dissertation on evolution and ethics, engages the minds of students taking Christian Theology I by introducing Genesis 1-3 as the foundation for the rest of the Bible. Bauer firmly believes that laying this foundation for his students provides the entire structure for Biblical theology and

doctrine. Genesis 1-3 helps students define who God is, who man is, and other concrete definitions the rest of the Bible depends on.

“I teach a lot of Biblical doctrines classes,” says Bauer. “In my estimation, creationism is the most foundational doctrine because it will affect your view of God and your view of salvation.”

The account in Genesis reveals a God who existed before all of creation, a God who is independent while the rest of creation is dependent upon Him, a living God who is so powerful that He could create out of nothing.

“The Great Controversy is an attempt by the creature to usurp the rights of the Creator,” says Bauer. “The plan of salvation is to restore the proper relational orientation in man—to recognize and honor God’s rights and claims.”

The Creationist Path

by Shelby Lambertson, senior public relations major

While the Outdoor Ministries class hiked through the Laurel Snow Pocket Wilderness, many students noticed they were walking upon pieces of coal.

“How was the coal formed?” one student asked.

“Coal deposits were developed from the flood,” answered Professor Marty Miller, ’83, which opened a discussion of the Genesis story.

Before coming to Southern to teach outdoor leadership classes, Miller taught high school biology for 26 years. His life-long love for nature is clearly illustrated in his office, where turtle and armadillo shells he has discovered decorate his bookshelves and desks.

Going on nature field trips with his class is one of Miller’s favorite



Marty Miller takes every opportunity to use nature as a classroom, revealing God’s love and power through His creation.

ways to explain his creationist viewpoints. He says that each student has the opportunity to feel the mighty power of creation by actually seeing and touching what God has made.

Another way Miller reminds students of the Creator is by showing the documentary *How Great Is Our God*, which demonstrates how everything on Earth is designed—even every molecule within a cell. “I love to see the reaction of students when they realize how small we actually are,” Miller says.

As Miller ties nature to Bible Scriptures, students are inspired.

“He never leaves God out of the picture,” says senior outdoor leadership major Eleni Tesch.

“It inspires me to learn and study more,” adds senior religious studies and outdoor leadership major Marlin Thorman, “so that I too would have answers when I am asked.”

Miller believes that understanding creationist views will strengthen a person’s faith and love for God. By looking at all that was created and God’s attention to detail, we learn of God’s love for us.

“God is the Creator,” Miller says. “And if He can do that, then He can take care of me.”



Stephen Bauer helps students understand that God’s authority as our Savior is rooted in His status as our Creator.



Phil Garver speaks to students in his Health for Life class about the ways Satan has corrupted God's original plan for His creation.

days of Earth's history. Together, this School of Visual Art and Design group has just re-created creation.

The scene set before them is particularly meaningful to Professor Brian Dunne, who grew up without being taught the story of creation. His conversion to the Seventh-day Adventist Church at age 24 was a major turning point not only in his spiritual life, but in his art career as well.

"In every piece of art I do, I try to communicate a thought about God or the great controversy," says Dunne.

"Otherwise art is quite purposeless to me."

Last year, Dunne inspired many at his art gallery show *The Two Image Makers*. With the help of School of Visual Art and Design colleagues, he illustrated the contrast between Christ and Satan through the medium of clay. One of his assistants attempted to create a pot, which Dunne subsequently destroyed, depicting how Satan tries to destroy God's creations. Meanwhile his other assistant worked on a sculpture rendition of himself, representing God creating us in His image.

Dunne's passion for creation also plays a big part in how he teaches. Pass by his classroom, and you'll notice the walls are covered with artwork depicting creation. You'll also find a room full of aspiring artists hard at work, as Dunne reads the Bible aloud.

"One of my starting points is Romans

chapter one," he says. "Paul has a lot to say about creation. He explains how mankind has no excuse not to believe in God because of the complexity of creation."

Visit his office, and you'll notice booklets about creation versus evolution.

"Education must be based in creation, because it is the genesis of all knowledge," says Dunne, "Art has been in a tug of war between two worldviews since the beginning of time—



Brian Dunne and his students find ways to depict the created world and praise the Creator through art.

"But with each generation of sinners, we have deteriorated," the second line goes down diagonally, "until we are now the furthest from perfect that we have ever been."

"But," he adds, turning his line so that it shoots straight up, "When Christ comes again, we will return to our perfectly created state."

This isn't the first time creation has come up in Garver's Health for Life class. It's been a subtle part of the entire curriculum, as he's contrasted Satan's counterfeit to God's original plan for our well-being.

"The world has a skewed view of creation," says Garver. "So I tell my students that they must know for themselves what God desires."

The Art of Creation

by Kaleigh Lang, junior mass communication major

Students and professors are covered head-to-toe in chalk dust. In front of them sit six huge slabs of sheetrock depicting the first six

God speaking creation into being or the created thing having the power of creation in itself."

Dunne says that a secular artist views nature as simply raw material. Therefore, man's intellect becomes the thing that he exalts. However, the creation view leads to humility. It's all about understanding our part and our place before the Creator God.

"Without having faith that God spoke and it was complete, man imagines that man must speak something else to make it complete," says Dunne. "Thus evolution, like all other wisdom of men, teaches a counterworking faith in the creature that denies the true faith in God, who alone can save and restore. Justification and righteousness by faith hangs in the balance, therefore, on this subject. Redemption and creation work by the same power. To mischaracterize one is to discredit the other."

Through his work, Dunne is impacting generations to follow. He encourages his art education students to develop six art lessons based on each day of creation. "This is really exciting for me," says Dunne. "They are actually teaching the Bible through art!" ✨

First of all, you must understand that in the last days scoffers will come, scoffing and following their own evil desires. They will say, "Where is this 'coming' he promised? Ever since our fathers died, everything goes on as it has since the beginning of creation." But they **deliberately forget** that long ago by God's word the heavens existed and the earth was formed out of water and by water.

2 Peter 3:3-5 (NIV)

Tests for Success

Math and Science Can Help You Lose Weight

By Brittany Russell, senior public relations major

After many failed attempts, Leslie Ann Schwarzer thought losing weight was impossible. Something had to change. The employee wellness program gave her answers and may prompt solutions for you too.



“Leslie, there is no reason why you can’t lose weight,” Professor Harold Mayer told the administrative assistant for Advancement while she was in Southern’s new human performance lab for testing in early September. “You just have to do it. It’s all about choices, and it’s up to you to make it happen.”

By October, she had lost seven pounds.

“My clothes started fitting differently, and I was sleeping like a rock,” says Schwarzer. “The weight was coming off faster than it has before.”

How It All Started

Schwarzer’s journey to weight-loss success began with an early morning visit to the Human Performance Lab in the Hulsey Wellness Center for two metabolic tests.

For the first test, Leslie lay on her back with a clear plastic “bubble” over her head, breathing calmly and trying not to fall asleep. This respiratory exchange ratio test, performed in the morning before the metabolism gets going, determines the ratio of carbon dioxide exhaled to oxygen consumed, helping Mayer figure out how much of what Schwarzer was burning is fat and how much is carbohydrates. The test also determines how many calories are burned at rest in a 24-hour period. Schwarzer found that she burned 1,300 calories at rest. This helped her get a better idea of how much she could eat without gaining weight.

During the second test, Schwarzer was hooked up to a treadmill with a hose in her mouth to detect how much oxygen she was using during each minute of exercise. Mayer continually bumped up the speed until Schwarzer couldn’t run any faster. This test determines whether carbohydrates or fats are burned during exercise as well as one’s maximum possible oxygen composition (otherwise known as the VO₂ max), which is generally considered the best indicator of an athlete’s cardiovascular fitness and aerobic endurance. Leslie learned that only 50 percent of the calories she was burning were from fat.

This test also records maximum heart rate and can be used to set a target heart rate that is essential to exercising effectively.

“My target heart rate is 120, which means I can work out between 115 and 125 for the maximum effect,” says Schwarzer. “I used to think that I needed to be out of breath when I exercised to make progress, but it’s not true. I can reach 115 beats on a brisk walk.”

Your Turn

Southern offers metabolic testing to the local community. If you’re in the area and would like more information, call 423.236.2594 or visit www.southern.edu/wellness/lab.

But even if coming to campus isn’t possible, you can still benefit from Mayer’s expertise. Mayer suggests doing a field test called the Rockport 1-mile Walk Assessment.

Here’s what you do:

Step 1
Choose a windless day to conduct the test. Warm up by stretching and walking slowly. Record your weight.
Step 2
Walk one mile at a steady pace. This is not a race; walk at a comfortable speed.
Step 3
Record the time it took to complete the mile and your heart rate (beats per minute).
Step 4
Determine your VO ₂ max by using the following calculation (for gender, female=0 and male=1): $132.85 - (0.0769 \times \text{weight}) - (0.3877 \times \text{age}) + (6.31 \times \text{gender}) - (3.2649 \times \text{time}) - (0.1565 \times \text{heart rate})$

Compare your results to the VO₂ chart (on following page). Take this test weekly during your first three months of training to monitor progress. After three months, take the test every eight weeks to calculate improvement.



Leslie Ann Schwarzer works out on one of the 20 treadmills at the Hulsey Wellness Center.

Before you start your exercise program, you’ll want to figure out your target heart rate so you can pace your exercise routine to be most effective.

Here’s how you find your target heart rate:

Step 1
Take your pulse for one full minute when you first wake up. This is your resting heart rate.
Step 2
Figure out your maximum heart rate by using the following formula: $206.9 - (0.67 \times \text{age})$
Step 3
Figure out your heart rate reserve by subtracting your resting heart rate from your maximum heart rate.
Step 4
Choose where in your heart rate zone you’ll want to exercise. This is your training percentage, which will be determined by your fitness goals. If your VO ₂ max shows that you’re in poor shape, you may want to work on getting fit and choose a heart rate zone of 55 percent. Once you’ve brought your fitness level up, you’ll be ready to begin losing weight, which requires a heart rate zone between 60 and 75 percent.
Step 5
Use the following formula to arrive at your target heart rate: $(\text{heart rate reserve} \times \text{training percentage}) + \text{resting heart rate}$

Making the Numbers Work for You

Testing is the first step to losing weight. However, keeping up with exercise is key to making steady progress.

Mayer recommends intermittent training (which he says is the most efficient way to burn fat) five or six times a week. Intermittent training incorporates periods of physical exertion interspersed with periods of rest. Mayer describes intermittent training as being like a car in stop-and-go traffic; the more stop and go, the more gas is used. It's the same with our bodies; the more stop and go, the more fat calories we burn.

"With intermittent training," says Schwarzer, "I run on the treadmill at 5 mph for a minute, then I drop down to 2.5 mph for a minute. I exercise that way for 50 minutes, but I am only doing 25 minutes of running." Intermittent

training has helped Schwarzer change the way her body works. Now, instead of burning only 50 percent of her calories from fat, she burns 98 percent of them from fat!

Many people have misconceptions about losing weight. It's a common belief that maximum exertion produces maximum results, but Mayer says that regular exercise within your target heart rate is the key to losing weight.

Of course, losing weight isn't based on exercise alone. Diet plays a key role too.

"Losing weight is a numbers game," says Mayer, "calories in, calories out." Pounds can easily be shed if the calorie intake and expenditure are balanced correctly. Knowing how many calories you burn at rest can help you know how to balance your food intake and exercise output. Although getting tested in the Human Performance Lab is the best way to know your

individual resting metabolic rate, online calculators can help you find an estimate (see sidebar for this and other helpful calculators).

But be careful, cutting calories without exercising can be dangerous! When weight is lost by cutting calories alone, muscle is the first thing to go.

"Many people think that they can lose weight by only restricting their calorie intake, and they can," says Mayer, "but they are only hurting their metabolism. You have to eat in order to lose weight; eating increases metabolism."

If you're among those who have tried losing weight without success, there is hope. Many have lost weight following Mayer's advice. Just like he told Schwarzer on the day her weight-loss journey began: "There's no reason you can't lose weight. You just have to do it. It's all about choices, and it's up to you to make it happen." ✨

VO₂ max Norms

Condition (level)	Low (1)	Fair (2)	Average (3)	Good (4)	High (5)	Athletic (6)	Olympic (7)
Women (age)							
20-29	<28	29-34	35-43	44-48	49-53	54-59	60+
30-39	<27	28-33	34-41	42-47	48-52	53-58	59+
40-49	<25	26-31	32-40	41-45	46-50	51-56	57+
50-65	<21	22-28	29-36	37-41	42-45	46-49	50+
Men (age)							
20-29	<38	39-43	44-51	52-56	57-62	63-69	70+
30-39	<34	35-39	40-47	48-51	52-57	58-64	65+
40-49	<30	31-35	36-43	44-47	48-53	54-60	61+
50-59	<25	26-31	32-39	40-43	44-48	49-44	56+
60-69	<21	22-26	27-35	36-39	40-44	45-49	50+



Don't want to do the calculations by hand?

Here are some websites with online calculators to help you with the formulas mentioned in this article.

VO₂ Max Calculator

www.runnersweb.com/running/vo2_js.html

Heart Rate Calculator

www.livelongbestrong.com/resources/karvonen.htm

Resting Metabolic Rate

www.shapeup.org/interactive/rmr1.php

CREATE TOMORROW

Imagine a career where your technological skills could make the world a better place. Computer scientists use their talents to create new gadgets, contribute to medical breakthroughs, and find new ways of spreading the gospel.

For more information, call **1.800.SOUTHERN** or visit www.southern.edu/computing.

Students in Southern Adventist University's ABET-accredited computer science program have a selection of paid internships, many of which lead to full-time jobs. In fact 91 percent of Southern's computing graduates who have held internships now have careers in their field. The other 9 percent are in graduate school.

be a part

1 Corinthians 12:12: The body is a unit ... and though all its parts are many, they form one body (NIV).



Homecoming 2009: Keys to Excellence

By Audrey Cooper, senior public relations major



Among the many noteworthy activities this year, Southern Adventist University was officially awarded the prestigious honor of becoming the 100th All-Steinway School during the Thursday night banquet of the university's Alumni Weekend.

1

With Southern now the proud owner of 30 world-class pianos, Peter Cooper, piano professor, is more than a little delighted.

“For me the concept of excellence is intimately connected with an individual striving to be the best he or she can be,” Cooper says. “For the pianist, in order to achieve excellence, one needs a world-class instrument that

will inspire as musicianship is practiced and perfected.”

In honor of this milestone, “Keys to Excellence” was the theme of this year’s alumni weekend, which included musical highlights ranging from a Steinway piano open house and demonstration to a Die Meistersinger reunion concert.



2



3



4



5

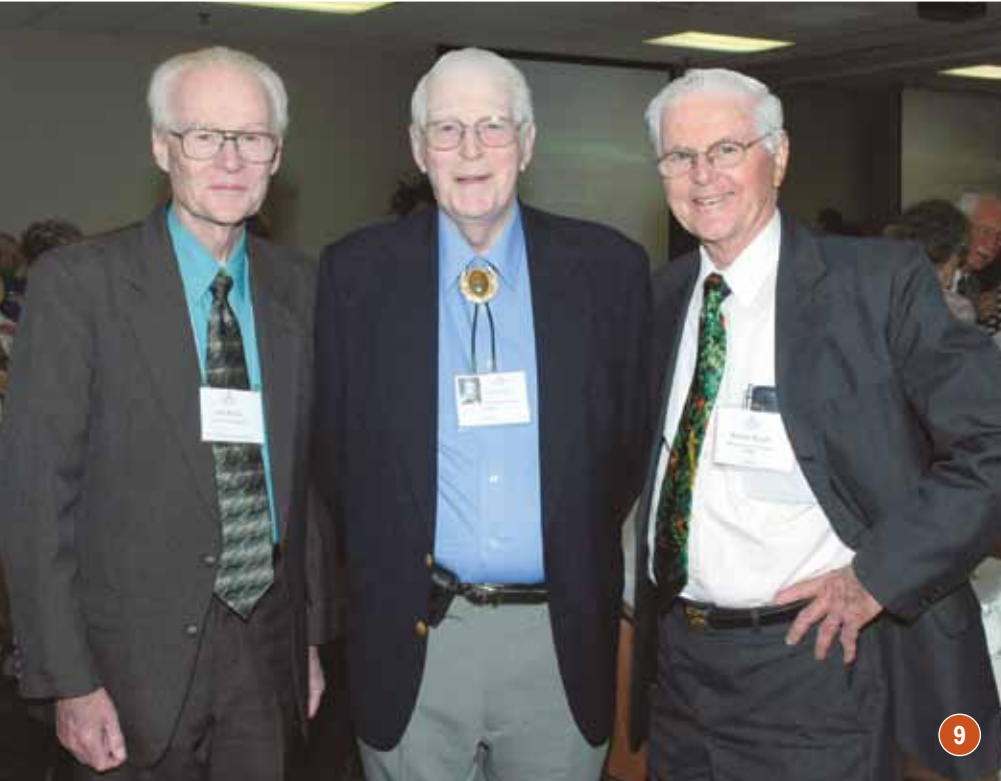
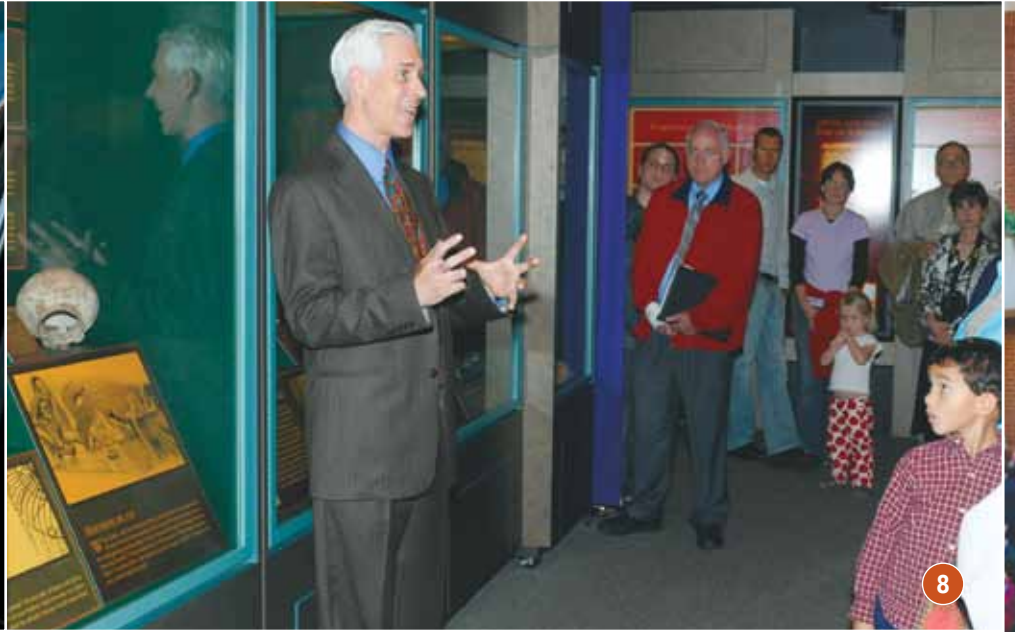


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- 1) Alumni had the opportunity to try Southern's new Steinway pianos during an open house Friday morning.
- 2) Marcia Hildreth McGrath, attended, entertained attendees between performances during the Southern Night Live talent program on Saturday night.
- 3) Students and alumni enjoyed climbing the Goliath Wall Sabbath afternoon.

- 4) White House Physician Jeffrey Kuhlman, '83, was the featured speaker on Thursday night as part of the E. O. Grundset Lecture Series. Alumni, students, and community members listened to a presentation about his personal journey from being a student in Hackman Hall to becoming the director of the White House Medical Unit.

- 5) More than 100 former and current members of Die Meistersinger reunited to perform on Sabbath afternoon. This was the group's third reunion concert. Formed by Marvin Robertson in 1974, Die Meistersinger has had a rich history of performing and touring during the past 35 years.
- 6) Alumni and their children enjoyed playtime in the Hulsey Wellness Center on Friday afternoon.



7) Alumni and community members participated in the sixth annual classic/antique car show hosted by Southern's Technology Department Sunday morning.

8) Michael Hasel, archaeology professor and curator for the Lynn H. Wood Archaeological Museum, described the exhibits as guests toured the award-winning museum on Sabbath afternoon.

9) Kenneth Wright Jr., attended; Walter Wright, '54; and Burton Wright, '51, sons of former college president Kenneth A. Wright Sr., traveled from the West and East coasts to reunite during Homecoming Weekend.

10) Dorothy Jean Graves Salhany, '49, was among the alumni who admired the creative handiwork on display during the fiber arts show.

11) Alumni connected with former classmates and friends during registration in the church atrium.

12) Barbara (Jacobs) Eller, '52, was the surprised recipient of the 2009 Woman of the Year Award during the Ladies' Luncheon. Family members wore hats representing many highlights of Barbara's life.



11



12



13



14

13) Former members of Die Meistersinger reminisced about their 1994 Middle East tour and other adventures during the reunion supper. Front: Tony Burchard, '88; Terry Rice, '99; and Phillip White, '96. Back: Mark O'Ffill, '96; Rodney Schwark, '96; Darron Boyd, '95; Bobby Brown, '91; Tony Wear, '96; guest singer Jeff Baker; and Kent Robertson, '97.

14) Professor Laurie Redmer Minner, Symphony Orchestra conductor; Gordon Bietz, university president; and Michael McClung, '85, associate director of Information Systems, sang a trio accompanied by the Wind Symphony at Friday night vespers.

Traveling Memory Lane Together—50 Years Later

By Audrey Cooper,
senior public relations major

Alex and Norma Couch met in academy, but it wasn't until they were both enrolled at Southern in the late '50s that they started courting—although not before Norma let Alex work for her affection.

"I let him chase me until I was ready to get caught," Norma says with a smile, sharing a loving glance with her husband.

In addition to holding the distinction of being the 50th anniversary of their university attendance, this year is also the Couch's 50th wedding anniversary. While attending Southern's Alumni Weekend for the first time, they took a pleasant walk down memory lane together as well.

During their courtship in 1959, the pair went on a date to the Incline Railway on Lookout Mountain. Dressed in a striped sweater, Alex remembers wrapping Norma in his arms as the two posed for a picture. This year, the couple returned to that very spot to replicate the photo, complete with the exact same sweater, still well preserved after 50 years.

"Marriages—and sweaters—can last a long time if given lots of love and care," Alex says.

The Couches have traveled a long road together, and after 50 years the spark in their eyes looks as though they could travel 50 more. What's their secret? A commitment to finish what they started.

"It was both our desires to establish a lasting Christian home together," Norma says. "And so we entered into our marriage with a lifelong commitment to each other and to God, knowing that was the only way we could succeed." ✨



Wearing the same sweater he did during his courtship, Alex Couch took his wife, Norma, back to Lookout Mountain during Homecoming to recreate a special moment.

COLLEGE STUDENTS UNDER CONSTRUCTION

WHAT DOES A TYPICAL STUDENT'S SPIRITUAL JOURNEY LOOK LIKE? PROBABLY NOT SO DIFFERENT FROM OUR OWN. THERE ARE UPS AND DOWNS, ROADBLOCKS AND DETOURS. YET THOSE VERY THINGS THAT TRIP SOME UP, CATAPULT OTHERS INTO THE ARMS OF GOD.

TRAVEL ALONG WITH THREE STUDENTS AS THEY SHARE SOME OF THE SPIRITUAL BUMPS AND BOOSTS THEY'VE EXPERIENCED DURING THE PAST FOUR YEARS THAT HAVE HELPED SHAPE WHO THEY ARE TODAY.

WORRY WAY'S ALTERNATE ROUTE

By Elena Acosta, senior English major

I couldn't keep holding back my frustrated tears any longer. "Mami ... Papi ..."

Sitting on a bench outside Thatcher South clutching my phone, I stammered through my sobs.

"I don't know what to do."

My freshman year I had joined Southern Scholars, where the academic requirements seemed like a worthy challenge to me. I had met the challenge and maintained a solid 4.0 GPA all year. But now, at the beginning of my sophomore year, the strong sense of self-sufficiency I had been cultivating was being ripped out at the root. I had just dropped half of my course load, and the classes I was still enrolled in, especially General Biology, were taking a heavy toll me. I wasn't used to feeling so overwhelmed.

"I just can't do it," I told my parents. "I'm going to fail this semester if I don't drop the rest of them." Telling me that neither failing nor dropping out were options, my parents instructed me to find a way to make it work.

I felt so helpless. I was worried about more than just my grades. I was worried about what this would mean for the rest of my years at college, I was worried about my career or whether I would even have one, and I was worried about what this would imply about future success in life in general.

The only answer I could come up with was that while I had no answers, usually the Bible did. I was skeptical of the open-to-a-random-place-in-the-Bible method, but I figured I would try. I opened to Philippians 4:6-7: "Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life" (MSG).

Those verses pacified my mind and calmed my heart, and contrary to



what I thought that day, I made it through my sophomore year without failing, dropping out, or leaving Southern Scholars. I came to realize that worrying was my way of exercising the self-sufficiency I had learned so well; but since then, God has shown me that depending on myself will only lead to inevitable breakdown. I learned the importance of relying on God and trusting Him to take me through those moments of frustration.

Now Philippians 4:6-7 is my favorite passage, and I still claim it as I face my senior year with more prayers than worries.

RUNNING IN THE SAFETY ZONE

By Chris Clouzet, senior journalism major

Every summer when the days are longest, I start thinking about two things: classes and the Cohutta Springs Triathlon. Training for this race has become a tradition for me since I came to Southern. Reflecting on my time in college, sometimes I feel like my relationship with this triathlon has been a lot like my relationship with God.

I always use the same triathlon training program: exercise how I can, when I can. Some days are more successful than others, but in the end, training is rewarding. Inevitably, I get butterflies of excitement dancing around in my stomach a couple of days before the race.

At my first triathlon, in spite of a discouraging run and only an average race time, the overall experience was good enough to get me hooked. Every year since then, I fall back into this same ritual every August, and every year the experience has gotten better.

My spiritual walk has been a lot like that. I came to Southern and got into a predictable routine. There would be weeks where I felt like my communication with God was strong and others when I felt unworthy to be called a Christian. But even in those discouraging times,



there was always a deep assurance that God is exactly who He says He is and that He never loved me any less. I can't always pinpoint exactly where I have grown or what things He has revealed about Himself to me, but I know that I have grown closer to Him every year.

As for the triathlon, the race this past October will be a hard experience to beat: perfect race weather, lots of friends, and even a personal record. Although nothing significant had changed in my training regimen or in the race itself over the years, each time I've raced it has been more rewarding than the year before.

God is good to me. Even though my relationship with Him has had its ups and downs, He has never been unfaithful. As I continue my walk, or *run*, with Him, I pray, in the words of David, that He will search me and know my heart and "lead me in the way everlasting" (Psalm 139:24). I know that with God, things will just keep getting better and better.

BETTER PROTECTION THAN A HARD HAT

By Angela McPherson, junior mass communications major

I had been lay preaching on a weekly basis for three years prior to coming to Southern. My life was the antithesis of atheism.

Then the daily grind hit. Stress was everywhere, and accomplishing academic tasks started to become everything to me.

The effect of this was the slow erosion of my spirituality. I was just trying to cope, reciting Jeremiah 29:11 in the shower, saying quick mumbled prayers at night, and falling asleep with the God-conversation half finished. I battled "functional atheism," operating in the day-to-day as if God didn't exist. God wasn't giving me a grade or a deadline, so sometimes He got pushed to the back burner.

So passed my freshman and sophomore years. Then one morning my junior year, I woke up panicked. My heart was racing even though I was lying flat and still on my bed. Anxiety crept up

from my stomach and overtook my cognitive function. I was having an anxiety attack.

I blame it on the functional atheism. You see, a verse in the shower and mumbled prayers in the evening won't work when you're under attack. It won't fill, and it won't sustain.

The anxiety attack brought me panicked to Christ, who told me that shower-time devotions weren't going to be enough to deal with stress—I needed more.

I started doing devotionals twice a day. Meanwhile, God started weaving a divine cocoon of impregnable peace. Instead of anxiety, I started experiencing unflustered, unflappable peace. That's something I can be proud of attaining when I leave Southern.

I am thankful for the stress college life gave me. Though at first stress made me behave as a functional atheist, when it came right down to it, stress drove me to the feet of Jesus. ✧



An Epoch of Change

By Jennifer Meyer, senior public relations major

Southern's History Department is seeing its own epoch (the beginning of a new period marked by radical changes and new developments) this year as it experiences changes in faculty and leadership.

Transition of Leadership

Ben McArthur, who had served as the department's chair since 1988, left at the end of the spring 2009 semester to take a position at Southwestern Adventist University. Dennis Pettibone became the new chair. McArthur had been on the faculty for 30 years, and during that time he taught and touched the lives of nearly 9,000 students. Students and faculty talk of him as a mentor and someone who did his job selflessly and joyfully.

"Dr. McArthur put the interests of faculty first in the most unselfish ways," says Pettibone.

In McArthur's absence, Pettibone is searching for a new full-time professor. Meanwhile, the department has brought in several adjunct faculty members and a temporary instructor, Mindi Rahn, '02.

New Classes

Rahn is using her love of history and political science to provide some new classes and a new perspective to students.

"Her class has presented new and interesting material that she supports with her own research," says Geoffrey Pittman, a junior history major who is taking Rahn's Civil Liberties and American Politics class. "That adds a personalized and educated point of view that keeps me very engaged."

Civil Liberties and American Politics is one of the two new-to-Southern classes Rahn is teaching. The other is International Relations.

A Valuable Resource

Recently the department has been working with the Thomas Memorial Collection, housed in McKee Library, to give students access to primary resources.

The library includes hundreds of volumes relating to Civil War history as well as several rare documents and artifacts, such as portraits

of Abraham Lincoln, one of the only surviving copies of a newspaper printed on wallpaper during the Civil War, and a check signed by Lincoln himself.

The Thomas Memorial Collection serves as a valuable research source for history students in the Research Methods in History class. In fact, this year Professor Lisa Diller is teaching the research class in the library itself, giving the students inspiration and access to all the documents and manuscripts.

Joe Mocnik, director of libraries who is also serving this year as an adjunct professor for the History Department, is encouraging the collaboration. He and Diller both see potential for the library to become a way to connect and build relationships with local historians.

Continued Focus on Success

Last semester, 18 history majors took the department's required senior assessment, which includes a written and oral exam on general topics in history and five historical books. This rigorous senior exam helps prepare students for post-graduate work such as law school or graduate school. Over the past 20 years, nearly all of the pre-law graduates of the History Department have been accepted into law school.

"The high standards that we have help to produce these kinds of results," says Pettibone.

One student exemplifying the level of quality that the department has been producing is Ryan Thurber, a senior history major who recently

passed his senior exam and is a part of the Southern Scholars honors program.

As a member of Southern Scholars, Ryan has worked alongside Mark Peach, a professor in the History Department who serves as the director of Southern Scholars. The honor program, which recently had changes that make it even more challenging, provides another way to prepare students for life after graduation.

"The professors take academics very seriously," Ryan says. "The program prepares you for the career that you will find and teaches you that a degree is not an end to itself."

Throughout this period of transition in the department, students continue to show success, a sign that the department faculty are on the right track. ✧



The Thomas Memorial Collection provides history students access to a wide variety of primary resources related to the period of the Civil War.

Southern Remembers Kirsten Wolcott

Rain clouds hung over the Collegedale Church as Southern students, employees, and community members gathered to honor the life and legacy of Kirsten Wolcott.

Kirsten, who was serving as a student missionary in Yap, went jogging the morning of November 19 and did not return in time for classes. Her body was later found and her death ruled a homicide.

The memorial service highlighted Kirsten's love for life, adventure, and Christ and brought the campus together to mourn the loss of a friend and classmate.

"I couldn't have asked for a better roommate," says Wynntre Robinson, senior outdoor leadership and psychology major and Kirsten's roommate from the previous year at Southern.



Southern's I Cantori choral group performs at Kirsten's memorial service.

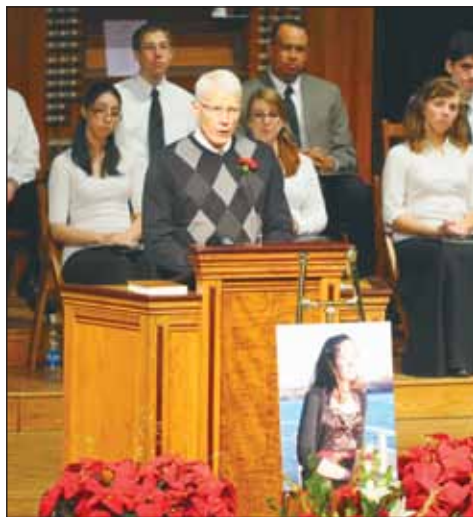
"She impacted me in so many ways; I was privileged to have shared in her life."

University President Gordon Bietz showed pictures and video clips from his trip to Micronesia and spoke of the impact Kirsten made on the island. While on Yap, Bietz was given a copy of a resolution made by the government there in honor of Kirsten. The resolution states that November 19 will be "observed each year as the Memorial Day in remembrance of Kirsten Elisabeth Wolcott and all innocent victims of violent crimes against humanity in the State of Yap and the world." The road where Kirsten was found has also been renamed after her, and a permanent memorial will be erected at the site.

In honor of Kirsten's love for running, Robert Bengge, physical education professor, announced that the annual Fitness for Life 5K has been renamed the Kirsten Wolcott 5K Memorial Run. The race had 196 participants this winter who ran in honor of Kirsten.

"I look forward," says Jessie Ewing, sophomore outdoor leadership major, "to running with her one day on the streets of gold."

~ Suzanne Ocsai



Gordon Bietz shares details of his trip to Yap following Kirsten's untimely death.

Digitized Versions of Campus Publications Archived Online

Anyone can now view past issues of COLUMNS—and other historical Southern publications—with just the click of a mouse. With the assistance of a grant and a digital archiving service, McKee Library has provided an online archive of old yearbooks, Legacy literary magazines, and COLUMNS.

The new digital archive uses modern technology to make each issue searchable by date, publication, and keyword, resulting in an excellent research resource.

"We want students and alumni to know that we are doing everything in our power to bring the library firmly into the 21st century," says Mocnik.

For Alumni Relations, this project offers a way to preserve many of Southern's older publications that are irreplaceable, such as older versions of the university magazine and yearbooks from the 1920s through the 1940s.

"This is a really good way to permanently preserve what we could physically lose," says Evonne Crook, director of Alumni Relations. "I like that we are moving toward new technology to help with the preservation of history."

Lori Futcher, COLUMNS editor, also sees the historical value of having COLUMNS magazine in a digital format that is searchable by keyword. This feature will make searching for articles on specific topics in past issues of COLUMNS much faster and more convenient.

"We will be able to do research in a fraction of the time it used to take," says Futcher.

The library is currently making decisions about moving forward with digitizing other campus publications to continually increase the archive and provide more resources to university patrons.

The digital archive can be viewed from the McKee Library webpage at library.southern.edu/cms/digital.

~ Jennifer Meyer



Upcoming Events

Semester Exams	April 25-28
Graduation Weekend	April 30-May 2
First Summer Session	May 3-28
Second Summer Session	June 1-23
Khirbet Qeiyafa Archaeology Excavation	June 16-July 27
Recharge Pastors Retreat	July 11-23
SmartStart.	July 26-August 20
Fall Semester begins.	August 26

Half Marathon Attempt Becomes Full Marathon Run

In the final stretch of her senior year, Sarah Belensky, '09, realized her goal of running a marathon would have to be met soon—if ever.

Gathering with other premed students to listen to Stephen Nyirady from Loma Linda talk about what to expect in medical school, Sarah heard the message loud and clear. “You won’t have time for fun things once you start medical school,” Nyirady told the students. “You certainly won’t have enough time to train for a marathon.” She knew it was now or never.

But Sarah wasn’t sure she was ready for a full marathon; she had run only a half marathon for the first time a year earlier. It was just a few weeks before the race, and a half marathon was all she had signed up for.

Not wanting to register for something she couldn’t complete, Sarah continued training, deciding that if she felt ready for a full marathon by race date, she’d change her plans.

The weekend of the race, Sarah joined other Southern students at a cabin in Pigeon Forge for a Sabbath of hymn singing and fellowship before heading to the race site to pick up their packets. By this point, Sarah felt confident she would be able to run the full marathon the next day and asked the race organizers what would be involved in changing her registration.

“You’ll need to pay the \$25 difference,” she was told. It was still an hour before the end of the Sabbath, and there would be no way to pay after sunset. Not willing to go against her conscience, Sarah knew she wouldn’t be able to make such a business transaction.

“What would happen if I just ran the whole thing?” she asked. No one had an answer.

Sunday morning, she wore a green bib, indicating she was a half-marathon racer, but mentally she was preparing herself to run the whole thing. Race volunteers flagged her over to the half-marathon finish line. “I want to keep going,” she responded as she continued running the full marathon course.

“They didn’t understand,” Sarah remembers. “They started pointing furiously. I kept shaking my head. Then they started running after me, so I started running faster.”

Throughout the rest of the race, Sarah had people pointing at her and asking if she had missed a turn, but Sarah kept running, not letting anything get between her and her goal.

“The night before, we had looked at Hebrews 12:2, which speaks about running the race with endurance,” Sarah says. “A marathon is so much like the Christian life that it really just boils down to endurance.”

Though the award she was handed at the end of the race indicated she had run only the half-marathon, Sarah didn’t care. “The marathon was more for God’s glory than my own,” she says. “It was kind of a thanksgiving run to God for blessing me with good health.”

But there were others who did care. When Southern administrative assistants Tricia Foster and Cindi Young learned how Sarah had sacrificed personal glory in order to keep the Sabbath, they decided to surprise her.

Emailing race organizers, Young shared Sarah’s story then said, “We were so proud of her for standing by what she felt God wanted her to do ... that we would love to be able to pay the \$25 and have the blue ribbon medal sent to us to present to her.”



Now a medical student at Loma Linda University, Sarah Belensky holds the evidence of her spontaneous marathon completion.

Sarah knew nothing of the scheme until the annual awards ceremony at the close of the academic year, where she was surprised to be recognized in front of friends and classmates.

Going back to the analogy of the good race, Sarah comments, “Running the full marathon has made me realize the Christian journey is difficult. We’ll want to turn around, and people will be pointing at us saying that what we are doing is crazy, but keep pressing. The gates of heaven will be the greatest reward. How many more times special will that be than what I got at the award ceremony?”

~ Lori Futcher

Student’s Faith Rewarded by Professor and Anonymous Donor

Eager to begin her junior year, Khrisna Virgil was sure finances would be the least of her worries. An international student from Nassau, Bahamas, Khrisna thought her college tuition was taken care of, but then she lost two of her sponsors.

While waiting for tuition funding, Khrisna missed the first week and a half of classes as she searched for other options.

“I felt burdened” she said. “Then I remembered that the Bible says that if you ask, the door will be opened.” Although Khrisna was

losing hope, she never lost faith.

Khrisna decided to disclose to her professor that she may have to withdraw from the university because of her financial standing.

“Khrisna is one of those students who makes sacrifices,” says her professor, who would like to remain anonymous. “She does everything in her power to make things work.”

A few days later, Khrisna received a phone call from her professor. “I found a donor who put \$6,000 on your account,” the professor said. After endless “thank you,” tears of joy, and her first-ever cartwheel, Khrisna kneeled and prayed.

“Having faith is so important,” Khrisna says. “It’s interesting to see how little things fit together to bring that breakthrough experience.”

~ Muñeca Ramos

WSMC Soon to Celebrate 50th Anniversary

WSMC Classical 90.5 is getting ready to turn 50.

In 1961, WSMC started as part of the university's Student Association, powered by a dainty 10-watt antenna placed on the top of Lynn Wood Hall. In 1967, it changed to an 80,000-watt antenna in a new location and in 1976 upgraded to a 100,000-watt antenna.

John Beckett, professor in the School of Computing, served as the chief engineer of the station from 1973 through 1977. He recalls the importance of the station in terms of encouraging public radio in the Chattanooga area.

"Southern carried the flag for public radio," says Beckett. "Before WSMC, there was no radio that offered National Public Radio in the city of Chattanooga. This made WSMC relevant to its listeners."

During the time of WSMC's birth, Chattanooga was not as developed culturally as it is now. Today, Chattanooga has a theater arts program, great music programs, and more, but before there wasn't much opportunity for cultural experiences in Chattanooga. WSMC changed that by bringing a great variety of classical music to its audience.

In 1969, WSMC became the first Seventh-day Adventist radio station to broadcast via satellite. An international youth congress was held in Zurich, Germany, and WSMC was there to cover it.

Recently, the WSMC governing board elected Scott Kornblum as the new station manager. Kornblum delights in knowing that there are listeners who appreciate what WSMC does.

"We hope that our music reaches into a per-

son and is able to soothe them," says Kornblum. "We constantly get phone calls where someone tells us that they were having a bad day, and when they turned on WSMC, they let themselves relax."

As WSMC embraces its rich history going into its 50th year, Kornblum and the staff have been analyzing and improving in several efforts to have the best radio station possible. WSMC is planning to create a new website and improve its streaming mechanism in time for its birthday.

More plans will be announced as the 50th birthday approaches. In the meantime, the classical notes of complex pieces will continue to ring in listeners' ears.

To learn what's happening or to listen online, visit www.wsmc.org.

~ Cristina Hernandez-Persia

Yefim Bronfman Helps Celebrate All-Steinway School Status

The School of Music celebrated its status as the 100th All-Steinway School on November 8 and 9 when Grammy Award-winning pianist Yefim Bronfman performed an inaugural concert.

Bronfman wowed audiences with his virtuosity. He is well known for his technique of pace and bravado that kept audiences at the edge of their seats. His performances led to encores and standing ovations.

The concert celebrated the School of Music's All-Steinway status as well as the donors who helped make it possible. The "Keys to Excellence" campaign began after professors discussed that 30 out of the School of Music's 36 pianos were due for an upgrade. Ten months and more than 30 piano purchases later, Southern received the distinction of being the world's 100th All-Steinway School.

"We are placing world-class pianos at the fingertips of our students," says Peter Cooper, professor in the School of Music. "A great piano is a great inspiration to a pianist, and inspiration is the fire in our student's eyes."

"It really impacts the whole school," adds Joy



Grammy Award-winning pianist Yefim Bronfman warms up before an evening concert in Ackerman Auditorium.

McKee, from the Advancement office, "as the piano is the base for accompaniment of many of the music majors."

The concert and the new pianos are enriching the Chattanooga community and the arts and art education in this region, according to Ruth Liu, "Keys to Excellence" campaign chair, who was quick to mention that even though Bronfman is a world-renowned pianist, students and community members were able to experience his talent right here at Southern.

"The experience of attending live concerts given by Steinway artists like Yefim Bronfman moves all of us to strive for greater excellence," says Cooper. "It also offers a magnificent gift to Southern's community."

~ Brittany Russell

Website Introduces Children to Computer Science

The School of Computing has launched a new website aimed at attracting prospective students to the program. The site is meant to inspire students from kindergarten through 12th grade to become interested in the computer science profession.

According to Tyson Hall, associate professor in the School of Computing, computer science is a discipline that is critical to our nation's security and future success, and there is currently a shortage of qualified computer scientists and engineers entering the workforce.

The website, www.southern.edu/cs/create, includes descriptions of different careers in computer science, facts about the profession, and links to interesting sites where students can learn more.

"We hope," says Hall, "that this site becomes a useful resource that teachers and students in grades K-12 can use to learn about the computer science profession."

~ Brittany Russell



Garver Teaches 100th Health for Life Class

The year was 1976 when Phil Garver stood in front of his first Health for Life class. Thirty-four years later Phil Garver, dean of the School of PE, Health, and Wellness, just taught his 100th Health for Life class.

Over the years, Health for Life has met in Daniels Hall, Herin Hall, and Summerour Hall. It's only fitting that his 100th Health for



Phil Garver has stood before thousands of Southern students to deliver a message of healthful living.

Life class met in the Hulseley Wellness Center, a building that Garver spent 25 years working for.

Teaching classes that fill up with nearly 150 students each semester, Garver has taught 10,000 Health for Life students, packing each class with advice from years of research about how to have a holistic, healthy life.

"Remember, you always have a choice," Garver tells his students repeatedly, "and it always makes a difference."

~ Davis Wallace

Recent Graduates Continue Service Through Internships at World Vision

What do Southern and World Vision have in common? In addition to a mission of service, both organizations have been blessed by the presence of recent graduates—Stuart King, '08; Jacque Liles, '09; and Matt Turk, '09—who all interned at World Vision, a organization dedicated to helping children and families.

Stuart and Jacque were both influenced by mission experiences while at Southern. "That experience," says Stuart of a trip with the Evangelistic Resource Center to Guatemala, "nailed down my desire to work for an organization dedicated to the empowerment of the oppressed, marginalized, and sick."

"World Vision offered me the opportunity

to incorporate into my job several of the passions that I developed while at Southern," says Jacque, who was a student missionary in Costa Rica, "kids, service, and travel."

Matt hadn't thought of working at World Vision until Stuart told him about an intern position shortly after graduation. "I had been praying that God would provide something for me," says Matt, "and this was it."

Southern showed these graduates the importance of service and mission work. As a result, Stuart and Jacque can agree with Matt when he says, "God calls everyone to make a difference and blesses us with the means to do it."

~ Tiffany Sands

Master's in Social Work Program to Begin

While the need for graduate programs in social work increases, Southern is stepping up to meet the demand.

"This is an area that meets the university's mission," says Carl Swafford, dean of Graduate Studies, "and it will help meet the needs of people throughout the tri-state area."

Currently, there is no graduate program for social work within 90 miles of the area, and online and weekend classes that do offer the program often require Sabbath work. Yet the local need is growing, as the local child protection agency is moving toward accreditation and requiring more qualified social workers.

Through live online sessions and bi-monthly

in-class instruction, students with a bachelor's degree in social work will be able to earn a master's degree in one year, or those without a social work undergraduate degree can complete the program in two years.

Students will have a selection of five emphases to choose from: child and family advocacy and treatment, international social work, marital therapy and stability, trauma and emergency response, and older adult enrichment.

"The world changes in a heartbeat," says René Drumm, dean of the School of Social Work. "We will be innovative and creative in our approach to this master's degree."

~ Manuela Asaftei and Carrie Francisco

Southern Enrollment Continues to Grow

Following Southern Adventist University's recent trend of continued growth, more students are currently enrolled at Southern than have ever before attended during the winter semester.

With a headcount of 2,742 students (2,509 undergraduate and 233 graduate), Southern has 57 more students than were enrolled last year at this time. Many of these students chose Southern because they heard good things about

the university from their friends.

"Students and alumni are among our most important recruiters," says Marc Grundy, associate vice president for Enrollment Services.

"We are grateful," adds President Gordon Bietz, "that even in this challenging economic environment, a large number of students, both undergraduate and graduate, understand the spiritual and financial benefit of a higher education."

~ Lori Fletcher



Southern's campus is home to a growing number of students.

Student Nominated for Chamber of Commerce Award

Nursing student Lillian Disla was nominated for the Stargazer Award, given to a woman who has had financial setbacks but is still willing to make sacrifices necessary to pursue her education and professional achievement.

While Lillian was growing up, her family had limited resources, and due to poor health, her family members were often unable to work.

At age 15, Lillian began working to help her family and to save money for college. Despite a desire to become a nurse, she had doubts about her ability to keep up with the difficulty of the program and pursued a degree in psychology from Southern. After earning her way through a bachelor's degree, she became the first person

in her family to graduate from college. She also went on to complete a master's in counseling and found a job at her alma mater, working as a finance counselor for four years.

During her time as a Southern employee, Lillian decided to take advantage of a benefit allowing one free class per semester and took Nutrition. She was pleased to find that she not only enjoyed the class, but also did well. After taking a few similar courses, Lillian made the decision to apply for the nursing program and was accepted for the fall 2009 semester.

Lillian plans to graduate in May 2011 and to fulfill her dreams of caring for people as a nurse.

~ Jennifer Meyer



Nursing student Lillian Disla is pursuing a dream she once thought impossible by studying to become a nurse.

Nathan Greene Art Exhibited on Campus

Nathan Greene's art was on exhibit at Southern this winter. At the exhibit opening, Greene spoke about his career and inspiration and gave encouragement to aspiring artists.

Greene had not intended to become an artist but had grown up with a strong interest in medicine. A turning point came, however, when Greene was 17 and spent a day with well-known artist Harry Anderson. After talking with Anderson, Greene says he felt God's spirit surrounding him, although he wasn't sure exactly what it meant. Having started college as pre-med student with an art minor, Greene began to realize over time that his true passion was in art and decided to attend the American Academy of Art in Chicago.

Greene was able to eventually break his way into the field of illustrations until he was doing about 50-60 book and magazine illustrations per year for publishers and publications such as the Review and Herald Publishing Association, Focus on the Family, and *Signs of the Times*.

While Greene enjoyed his work with illustrations, he had the desire to do more. One day while running, he spent time praying that God would give him the opportunity to do a larger, more substantial piece. Soon after, Anderson recommended Greene to the Versacare Corpo-

ration to be commissioned for two large oil paintings: "Family of God" and "Chief of the Medical Staff."

Those paintings helped Greene's career transition from commercial illustration to full-time commissions and prints. Greene's message was able to resonate with many professors and students in the School of Visual Art and Design. Assistant Professor Giselle Hasel, who was instrumental in arranging Greene's visit, appreciated the value of students seeing Greene's work firsthand.

"Nathan's presentation inspired us all as artists to accomplish something greater with our art," says Hasel. "God has blessed and inspired him, and we in turn are now being blessed through his work."

Students also enjoyed Greene's talk and the exhibit itself.

"He is very talented, and you can tell he is very passionate about what he does," says Drake



Nathan Greene's "The Lion and the Lamb" was part of the collection on exhibit this winter.

Logan, junior animation major. "You can tell it's his calling."

Greene believes in the importance of following God's calling and closed his talk with encouragement to students to seek His guidance in their own lives.

"God has a plan for your lives, just as He had one for mine," Greene said. "I believe if you keep your heart open, He will keep leading you in the direction you should go."

~ Jennifer Meyer

Campus Safety Focuses on Improvements

Campus Safety is undergoing a makeover. Kevin Penrod, Campus Safety director, has been working with his staff and administrators to employ changes in all components that make up Campus Safety.

One significant change has been the transition from student patrol officers to full-time officers. Two years ago, all patrol and dispatch employees were students. Now, all patrol officers are full-time employees who undergo prescreening, psychological evaluations, and training in



Campus Safety's new vehicles are equipped with cameras and laptops.

order to deliver quality service.

Campus Safety officers are also sporting new black uniforms, and there are also new vehicles equipped with cameras and laptops that can help in tracking the vehicle's specific location. This is helpful to the Campus Safety officers because if they need to call the police or other officials, they can give the exact coordinates of where the vehicle is.

"The professionalism of our department has gone up," says Penrod. "The attitude of our men reflects a renewed dedication to the job."

Officers are also receiving education and tools for self-defense. One such area is defensive tactics training, in which officers learn how to protect themselves in a violent situation. Another area involves helping officers learn how to de-escalate a situation by using only verbal communication.

Campus Safety is also helping the campus prepare for emergency situations by helping

carry out training exercises known as table-top drills, in which certain crises are outlined and trainees plan what they would do in that situation. As of now, members of the Crisis Management Team participate in the exercise. Penrod anticipates that faculty, staff, and students will be able to participate in the drills in the future.

"It is a complex exercise that really makes you think," says Penrod. "Essentially, it is like a dress rehearsal for an emergency. We want to be prepared."

Campus Safety has also been building a better relationship with the Collegedale Police Department through more communication and interaction.

"Our officers are learning so many new things and are always involved," says Penrod. "We are raising the bar in terms of the excellence of the service that we can provide our students and community."

~ Cristina Hernandez-Persia

Southern to Offer Bible Worker Certification

When Alan Parker, professor in the School of Religion, came to Southern after having served as director of evangelism at Amazing Facts College of Evangelism, he brought with him a passion for training others to share the good news of salvation.

As Parker became involved with two student organizations, the Bible Worker's Club and the South East Youth Conference, he met many Southern students who were excited about doing Bible work and evangelism but had no training. Realizing that the two-day training that prepared club members to participate in evangelism wasn't enough, Parker proposed a more structured program. As a result, Southern will begin offering Bible worker's certification in the fall of 2010.

Students who want a college degree and training in Bible work will be able to get both, though students who want to come to Southern solely for Bible worker certification are also welcome and will be able to complete their coursework in one semester.

The program is designed to reduce scheduling conflicts for full-time students who want to graduate with a two- or four-year degree,

whether they are earning a degree in theology or another area. Students can decide if they want to get the certification courses all done in one semester or spread out the classes during their time at Southern.

In order to receive certification, students are required to complete 16 credit hours of specified classes, 45 hours of Bible work in a community, 10 Bible studies, and attendance at a Bible worker training seminar. Students will also get practical experience by working with different churches in the local area.

Since theology students are required to take the core classes and hold Bible studies as part of their major, the only additional work they would need to do for certification is the seminar and 45 hours of community Bible work.



Students participating in Southern's new Bible worker certification program will be better prepared to give Bible studies and lead others to Christ.

"Students will be receiving a good academic background," says Greg King, School of Religion dean, "with practical experience."

To learn more about Southern's new Bible worker certification program, call 1.800.SOUTHERN.

~ Carrie Francisco

Art Gallery Dedicated to John C. Williams

The evening of January 18 found the School of Visual Art and Design experiencing both sadness and joy as the art gallery was formally dedicated to the late John C. Williams, who was the school's beloved dean.

The evening began with an introduction to Williams' life by Assistant Professor Giselle Hasel and continued with the dedication by



Two visitors to the John C. Williams Gallery of Art reflect on the legacy of the former art professor and dean.

Robert Young, senior vice president for Academic Administration, and a song of inspiration sung by Brian Dunne, assistant professor. After the opening statements, attendees were able to walk through the gallery, which showcased various pieces from Williams' artwork.

Attendees who knew Williams as a professor were glad for the chance to see his work.

"His giftedness is evident, and I only wish we could see what he would have done if he

had the time," says Hasel. "As John once said, 'In heaven many professions will no longer be useful; however, the artist will continue painting there.' Perhaps someday soon we will enjoy a great gallery opening in heaven with John's works of art there."

Williams' history in the School of Visual Art and Design began in 2002 when he joined the faculty, three years later becoming its dean. As dean, Williams brought "peace, trust, respect, and professionalism," says Hasel. "Professors under his leadership were to focus on the quality of teaching as well as to take responsibility for the content of the art produced by students under their care."

The faculty and students flourished under Williams' leadership. And he became not only their dean but also their friend, mentor, and, above all, a man greatly loved and respected.

"He was a really great friend," remembers Zach McDonald, '08. "After I graduated, I would come back, and we would sit and talk for hours. I respected him so much as an artist, and on top of that he was a real Christian who lived with integrity. He still inspires me today to keep working and producing art. I got to see him two weeks before he passed away, and he said to me, 'Good work; it's beautiful stuff.'"

Williams passed away on October 8, 2009, from liver cancer, yet his legacy continues to inspire art students.

"He was our general," says Alisa Weimer, sophomore animation major. "I think any student would have gone into battle with John Williams."

~ Suzanne Ocsai

Discovery Confirms Significance of Student Dig Site

A piece of pottery, recently found near an Archaeology site in Israel where Southern students spend their summers digging, reveals just how important this location is for the discovery of Biblical evidence.

Each summer, approximately 60 Southern students and staff work on excavating Khirbet Qeiyafa, a location that is unique in that it is the only excavated town to have two gates, which the Bible talks about in association with David. The town gives evidence that David was king over a large area.

Recently an ostrakon, a broken piece of pottery with writing, was found in that area. About 800 years older than the Dead Sea Scrolls, the ostrakon might be the oldest Hebrew inscription ever found. Although the writing on the piece has no indication of being from the Bible, it does show that Hebrew writing existed earlier than some scholars had believed.

"Our Institute of Archaeology and our programs in archaeology are very key in this whole debate," says Michael Hasel, archaeology professor, "and that is very exciting to be part of a project that is going to be potentially making such a major contribution."

~ Carrie Francisco



Destiny Drama Company's 30th Anniversary Brings Shift in Focus

Destiny Drama Company returned this year with some changes and a team ready to continue to inspire audiences with the message of Jesus and His love through theatrical performance.

Destiny, Southern's collegiate theater company, was organized in 1979. After being inactive for two school years, Destiny's new artistic director, Tom Goddard, has plans to make the company's presence at Southern a lasting one. Specifically, these plans include more performances on campus with fewer trips and a required professional acting skills class. In the past, Destiny has toured the United States and

abroad. This year, however, while Destiny is still performing at regional academies and prayer conferences, the majority of performances will be focused on Southern's campus. According to Goddard, this is to help Destiny rebuild slowly and to perform the best that they can.

The newly required acting class includes a brief history of acting technique, performance of monologue and scenes with other students, improvisation training, and theater appreciation.

"I believe that this training will benefit not only those interested in acting," says Goddard, "but almost any career."

While this class was designed specifically for

students in Destiny, any student or faculty member interested in theater and acting can enroll in it. Despite the changes Destiny is experiencing, one thing has stayed the same. Goddard says that while there has been a shift in focus, the theme has not changed.

"Theater and drama can be a compelling and effective tool in witnessing and revealing Jesus and His relentless love for us all," says Goddard. "Destiny is committed to communicating stories from Scripture in ways that are culturally relevant, artistically engaging, and excellently performed."

~ Brittany Russell

Beauty Through One Eye

By Christina McNeilus, senior public relations major

When I first saw Anna, my hands were full of gauze, antibacterial creams, and multivitamins. Through her tears and a look of humiliation, her faint smile was breathtaking. Anna was insecure and timid. Locals pushed their way to the front of the crowd to see her, as if she was a bizarre creature escaping from the carnival. For a moment, time stood still as my heart melted in the African sun. I will never forget Anna.

Entering Anna's World

I hadn't wanted a typical summer. For my last college summer, I wanted adventure and I wanted my spiritual walk with God to strengthen. God led me to the Maasai Development Project, founded by Jan Meharry and Gwen (Speck) Edwards, '85.

The Maasai Development Project, with the help of volunteers, provides bush clinics to remote parts of Kenya, and participating in such a clinic was the epitome of adventure.

Volunteers set up the clinic under the large Acacia tree that sheltered us from the intense African sun. We also set up a little pharmacy to give out medicine to patients. It was while running between the pharmacy and the doctor's station to bring medication that I saw Anna.

The other children gathered around, pointing and laughing at her, but she didn't seem bothered. Instead, she seemed to be at peace in midst of her pain. To the children she was ugly, but to me she was beautiful. Tears flowed from her one good eye as her small delicate hand covered half of her face—in an attempt to hide what was underneath. The doctors slowly, in a comforting manner, pulled her hand away to examine the burn. When she removed her hand, I felt faint at the sight of her oozing burns. Her upper and lower eyelids had been burned so severely that bare bone was exposed. Over her once golden-brown eye lay a scab of dried blood and puss, which covered her eye like a wool blanket.

Hearing Her Story

Compassion filled me instantly. I quickly tried to divert the children's attention away from her and toward me.

Her parents told us of Anna's nightmare. The Maasai people do not have elevated beds or blankets for warmth. The fire is their blanket, and a

dirt floor is their bed. Anna's family did not know she was prone to seizures. She had never had one before. That night, they awoke to high-pitched screaming. Anna had a seizure in her sleep that caused her body to lunge into the fire. Through God's divine planning, our clinic would be held in her village that morning. God's timing is truly perfect.

The doctors cleaned and treated most of the wound. The rate of infection with burn victims is extremely high. The equipment and medical supplies that were needed would be found only at a hospital. The hospital was far away, and the surgery itself was terribly expensive.

I could not sleep that night. Normally the exhaustion from a clinic day puts me to sleep like my mother's lullaby, but this night was different. After tossing and turning in my sleeping bag, I gave up and unzipped the tent to see the stars. The picture of Anna was engraved in my mind.

Seeing Her Beauty

The stars seemed closer to me than normal that night, almost as if I could reach up and grab one. They danced with heavenly light as a witness to our amazing God. I gazed at the glory of God's creation. Wanting to see what these stars looked like from Anna's perspective, I placed my hand over one eye. I could still see God's beauty shining brightly.

The next morning, I approached the mission team. Taking a leap of faith, I told them I was willing to pay whatever it would cost for Anna to have surgery on her eye. She needed skin grafts and advanced medical care,

and she needed it fast. Little did I know that God was working on the hearts of the other members of the team. Bits and pieces fell together with the perfect craftsmanship of God.

Not only was I able to help pay for all of her surgeries, but I was also able to help sponsor her to attend school. Even though she will never be able to see out of her eye again, I believe Anna is still beautiful. In a worldly sense her face is scarred and ugly, but real beauty lies within.

Even amid the chaos of my final semester at Southern, I can look through Anna's eyes at my own trials, realizing that they are insignificant compared to what she experienced. If Anna could remain composed during such a traumatic time, certainly I can face the minute obstacles in my life from a position of strength.

Anna will never know how much she impacted my life. Time stood still in a little African village so God could show me the true meaning of His love. God's love sees past the external hardware of life. True beauty is greater than anything we can imagine, and sometimes we have to look through one eye to fully see it. ✧



Having been inspired by her experience in Kenya, Christina McNeilus is planning to go to Ethiopia and work as the communication director at Gimbie Adventist Hospital.



“God has blessed me and my wife incredibly. Why should we keep these blessings to ourselves?”

My wife, Tamatha, '93, and I remember Southern as the place where we received superb education, were profoundly influenced by professors and advisers, and formed a relationship that led us to a happy marriage and family. But this would not have been possible without the people who sacrificed financially to give us these experiences. Our lives were greatly impacted by our time at Southern, and we embrace the opportunity to share our blessings.

– Franklin Farrow, '93

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The Farrow's are thankful for the donations that helped provide their Southern experience. Join them in giving back to Southern.

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www.southern.edu/give.

50s

Kenneth A. Wright Jr., '63, attended, biked 54 miles to celebrate his 75th birthday.

60s

Richard Martin Burnett, '63, retired after teaching school for 35 years.

Richard Garey, '68, was a featured performer for Bermuda's 400th anniversary celebration, doing the show *Mark Twain in Bermuda* in Hamilton's City Hall Theatre.

70s

John, '71, and **Aleene (Wilson) Cooper**, attended, live in Ringgold, Georgia. John retired in 2005 after serving in the Georgia-Cumberland Conference for 42 years as a teacher and pastor.

Don, attended, and **Sharla (Closser) Bogar**, '74, live in Ocala, Florida. They both work for Munroe Regional Medical Center, where Don is an ICU clinical pharmacist. Sharla does radiology transcription from home.

80s

Harvey Carr, attended, was granted an honorary Doctorate of Humanities by Canterbury University in Kent, England, for his 24 years of work with people infected with or affected by HIV/AIDS.



Jerry Jenkins, attended, along with wife, Kyra, and daughter, Kameron, welcomed Emily Jolie into their family in February 2009. The Jenkins live in Vancouver, Washington, where

Jerry works for Onboard Systems as an engineering program manager. He has won two national championships, autocross racing his Mazda Miata.

Wilfredo Nieves, '84, holds a doctorate in psychology and is statewide counseling coordinator at Webster University. He also serves as a psychologist for the National Disaster Medical Assistant Team for the federal government.

Erik, '85, and **Becky (Everett) Wolfe**, '86, are living in Porterville, California. Erik recently became ill from a staph infection, which left him with quadriplegia.

Keith Potts, '86, works as a senior trainer/analyst with Harris Corporation. He and his wife, Nancy, are raising three children ranging in ages from newborn through 11.

Renee (Roberts) Olson, '88, is teaching middle school for the Hillsborough County public school system. She enjoys taking road trips and camping with her two children, 14-year-old Joshua and 11-year-old Sofia.

90s

Rebecca (Knoll) Lawrence, '92, is a member of the employee benefit attorney team at Willis North America. She and her husband, Jay, are parents to 5-year-old Matthew and 1-year-old Michaela.

Robert Neall, '92, and his wife, Christine, welcomed Elliot Ronald on August 26, 2009. Rob teaches Bible and directs the Ringers of Hope bell choir at Ouchita Hills.



Jonathan Borne, '96, had open-heart surgery in June 2009 to repair a bicuspid aortic valve. Then on July 31, he received a Master of Science degree in biology from the University of Nebraska-Kearney. In September, he joined a Civil War re-enactment group, where he has enjoyed firing artillery and participating in battle re-enactments.



00s

Blake, '00, and **Teresa (Wagner) Laing**, '00, were blessed with the arrival of their first child, Cason Bruce, on June 27, 2009. Teresa completed her Master of Occupational Therapy degree from Loma Linda University in 2003, two weeks before the couple's wedding. Blake defended his doctorate in atomic physics from the University of Oklahoma in 2008 and is currently doing postdoctoral research for Kansas State University.



Marius, '03, and **Sarah (Matthews) Asaftei**, '03, welcomed the arrival of Tristan Alexander Vasile Matthews-Asaftei in October 2009. Marius is also the new senior pastor of the Loganville/Monroe church district in greater Atlanta.



Bradley, '05, and **Jessica (Winters) Clifford**, '00, welcomed their first child, Sadie Ann, on January 4, 2010. The couple lives in Loma Linda, California, where Jessica is a second-year pediatrics resident.

Paul, '06, and **Elise (Ferraro) Adeogun**, '06, welcomed Jonathan Ayoeyema into their family on October 13,

2009. Both Paul and Elise work at Southern Adventist University, where Paul is the receptionist for Enrollment Services and Elise does academic advising and support for Southern's online campus.



Allison Zollman, '07, is engaged to Andres Saucedo. The wedding is planned for June 20, 2010, in Dayton, Ohio.

Darryl Bentley, '08, is pastoring a two-church district in Midland and Mt. Pleasant, Michigan. Each church has about 140 members who are involved in evangelism, leading to the baptism of 23 people in the past year.

Devin Page, '09, works as an insurance assistant at Marsh & McLennan Companies in Bermuda. He was offered this position shortly after completing an internship with the company last year.

Remembrance

Alfred Mitchell, '53, passed away on September 11, 2009. He was preceded in death by his first wife, **Viola (Turnage) Mitchell**, '54, and is survived by his second wife, Irene, and children, **Renita (Mitchell) McDougal**, '77; **Daina (Mitchell) Spears**, '78; and **Kelvin Mitchell**, '84.

Juvernia (Myers) Oft, '84, who graduated from Southern with her nursing degree at the age of 55, passed away on October 4, 2009. She is survived by her daughter, **Krystal Bishop**, '75, a professor in Southern's School of Education and Psychology.

Harmon Brownlow, '53, passed away on November 16, 2009. He is survived by his wife, **Margaret (Motley) Brownlow**, '52; daughter, **Jeanie (Brownlow) Boyd**, '79; sons, **Joseph Brownlow**, '84, and **John Brownlow**, '85; and several grandchildren, including **Rachel Boyd**, '08, and **Laura Brownlow**, who is currently serving as a Southern Adventist University student missionary.

Winton Preston, '48, passed away on January 10, 2010. He is survived by his wife of 61 years, **Lourene Preston**; sister, **Beverly Fletcher**; and brother, **Forrest Preston**.

Tana (Christiansen) Inman, attended, passed away on January 11, 2010. She is survived by her children, **Jared Inman**, '00; **Maya Inman**, '04; and **Evan Inman**, '01.

Rick Seidel, '98, who began serving as an assistant professor in Southern's Biology Department this academic year, passed away suddenly on January 16, 2010. An accomplished scientist, whose research in amphipods and related topics had been shared in many presentations and journals, he had recently been presented the "Excellence in Research" award by Miami University in Ohio, where he worked before coming to Southern.

We'd love to hear from you (and so would your classmates).
Send your updates to: columns@southern.edu or
COLUMNS, PO Box 370, Collegedale, TN 37315-0370.

Library Memories



1973: A snowy day at the library.



1975: The 100,000th acquisition is added to the library collection.



2009: The new periodicals reading area.



2009: Comfy chairs provide relaxing places to study.



Not a Chicken Coop!

Working at the library helped pay for my tuition and also provided me with some unique experiences. I remember one Sunday night when no library faculty were on duty (they were all at the faculty board banquet). Two fellows with sweatshirts over their heads came rushing in with chickens and dropped them in the library before running out!

Esther Tyler, '60

Revisiting an Old Friend

While attending Southern, I regularly studied in the library because lots of resources were available at my fingertips. After the first day of class, I'd head to the library and check out the books I needed for end-of-semester projects.

Soon after I started my master's program, I was traveling in Tennessee and visited Southern for a couple of days. It was interesting to go back and visit the library—this time to study as a master's student. While the décor had changed some, the location was the same: a quality place to study and learn.

Heidi Martella, '00

Not My Battle

By Amanda LeFurgy, junior public relations major

I had just gotten back to my room in Thatcher Hall after a birthday dinner out with a few friends. I dropped my purse on the floor and collapsed on the bed with a very contented tummy and a mind at ease.

It was the beginning of my sophomore year at Southern, and everything was great. What could possibly spoil this euphoria?

Then the phone roused me from my P.F. Chang's-induced coma.

Picking up the phone, I heard my mother's voice. We had barely exchanged pleasantries before I knew something was up. Sure enough, I learned there had been a fight.

My 15-year-old sister had made the announcement that she wanted to go back to homeschooling after a three-year stint in the public school system. She was tired of the busywork and the religious conflicts she faced there on an almost daily basis. My mom was supportive, but my atheistic dad would not hear of it.

My dad already hated the fact that I was at Southern. To hear that my sister wanted to go back to homeschooling, back to having more "religion shoved down her throat," as he put it, was the last straw.

All of his pent-up anger boiled forth into an anti-God tirade so vehement that it brought my sister to tears. At this, my mom and sister left to stay at my grandparents' house a short distance away. My parents had fought many times in the past, but never had a fight caused anyone to leave the house. I knew this situation was not going to end well.

Ready to Fight

My mom's voice faded into the distance as the realization of what had happened and was about to happen began to sink in.

Through my spinning thoughts, I managed to catch the word "divorce." This came as no surprise, but I could feel an unstoppable cry coming on and mumbled something that would get me off the phone. My roommate tried to comfort me, but I just needed to be alone. So I went to the kitchenette on my hallway.

Surrounded by a sink full of dishes and a million crushing emotions, I cried out to God.

"Why did this have to happen now? What am I supposed to do?" I wasn't angry at Him, just deeply saddened for my family and at the struggle that was to follow.

After the initial shock had worked its way out of my system, I felt impressed to talk to my dad. I had no idea what to say or how to say it. I just felt that he needed to know I still loved him despite what he may

have done. So I sat down and wrote an email that was as delicately put and as loving as I could make it.

It wasn't long until I got a response. He said that he was happy to have heard from me but remained firm in his atheistic beliefs.

After that, a big part of me wanted to begin a holy war, challenging my dad's atheistic views and trying to salvage Christianity in his eyes.

But I felt so unarmed for such a battle and was unsure whether a battle was the right path to take, so I searched out someone who I felt would have the answers, my Christian Beliefs Professor Alan Parker (*who wrote the Teaching Teachers article on page 5*).



Amanda LeFurgy realized that when it comes to her father, the battle belongs to the Lord.

Letting Go of the Weapons

I approached Professor Parker after class and presented my dilemma. I told him what had happened and how much I wanted not only peace, but also for my point of view to be valid in my dad's eyes.

Professor Parker told me that this battle was best fought by the Expert, by the One who knew the angles inside and out.

That was when it hit me. All this time I had been focused on what I could do to convince my dad. Relying on my own feeble abilities would get me nowhere, and I saw then that being argumentative would only drive us further apart.

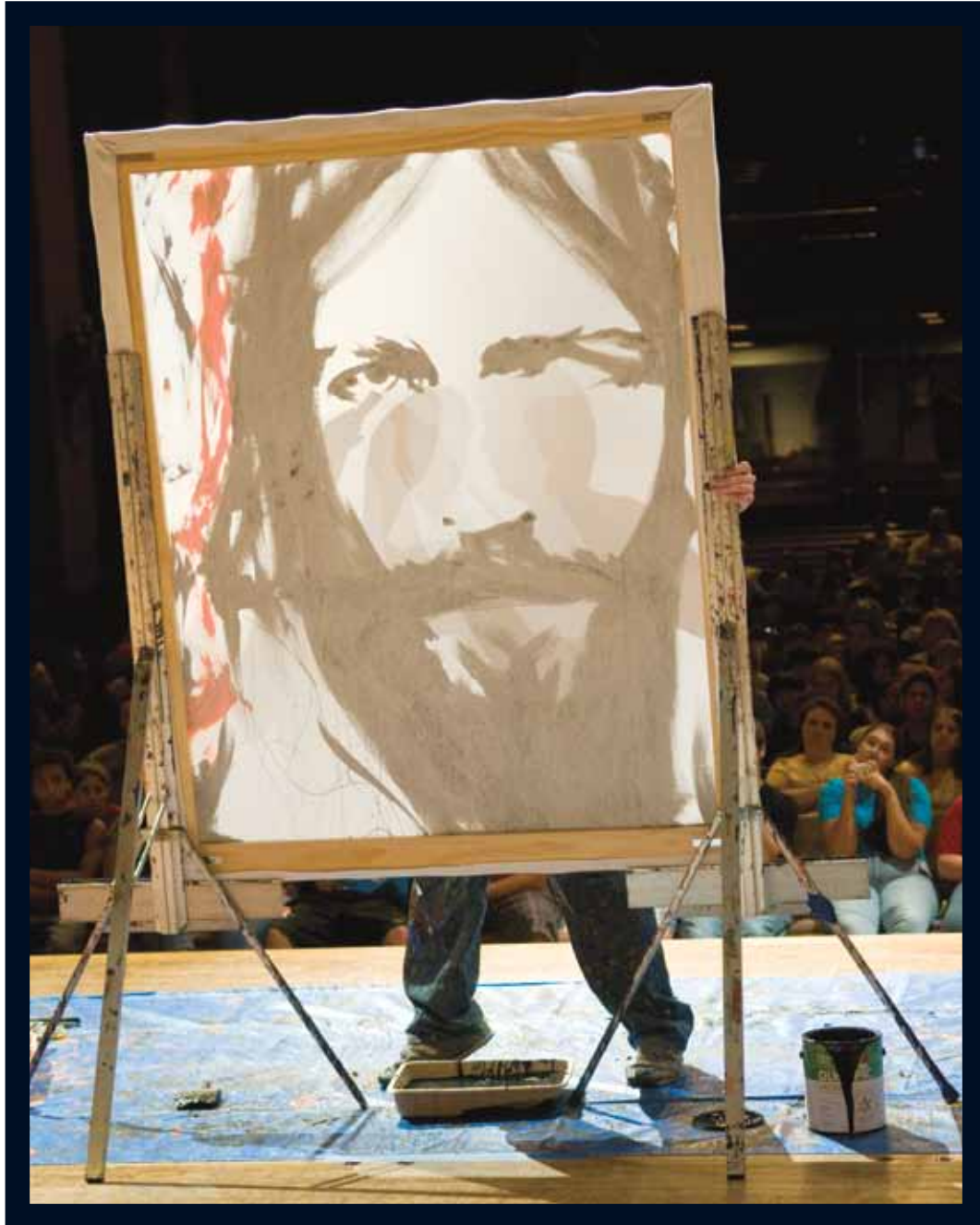
Now was a time for me to put aside my pride and let God work on

my dad as only He could, be it through me or not. If God chose to use me to soften my dad's heart, He would give me the words to say when and where they needed to be said. This happy thought filled me with the peace I had been searching for.

Though my dad and I still disagree, this peace has helped me maintain a relationship with him that might have otherwise been destroyed.

I know that God has a bigger plan than anyone can ever imagine. His ability to change lives is boundless, and I know he will work on my dad for as long as it takes.

It was never my battle but God's—and I know He'll fight for me every step of the way. ✧



Artist Mike Lewis, of JesusPainter Ministries, painted representations of Jesus during a program for nearly 600 academy seniors who came to campus for ViewSouthern. PHOTOGRAPHER: Marcella Morales

Scholarships for Freshmen

Freshman Academic Scholarship
\$2,000 to full tuition
based on GPA and ACT score

Freshman Leadership Scholarship
\$2,500
for students who held a leadership role during their senior year of high school

Freshman Florida/Georgia State Scholarship Replacement
\$3,000
for freshmen from Florida or Georgia

Freshman Lightbearer Scholarship
\$2,000
for freshmen who graduated from a non-Adventist high school or homeschool after attending for at least two years



Did you know that 94 percent of incoming freshmen receive financial aid—and that more than \$4 million is awarded annually through Southern's freshman scholarship program?

For complete details about Southern scholarships and other financial aid, call 1.800.SOUTHERN or visit www.southern.edu/scholarships.