



coffey break

a publication of the student development office

CAMPUS MINISTRIES

January 10, 2005

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Verse Of The Year: And I pray that you, being rooted and established in love, ¹⁸may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ - **Ephesians 3:17b-18.**

CAMPUS MINISTRIES wants YOU!!!

If you are interested in serving on a Campus Ministries team next year, here's your chance. Applications for Ekklesia, Joyful Noise, and CMC are in the office (bottom floor of the HUB), so come by and pick one up. Applications are due February 11th, and interviews will begin the week of the 21st. Please consider being a part of one of these ministries and making 2005-2006 a great year.

ACADEMIC

Interested in Study Abroad for next year (2005-2006)?

If so, you will need to get your applications in soon. According to current policy, students who desire to study off campus for a semester (excluding PRIME) need to apply through the Off Campus and International Studies Office. The deadline for applications for next year will be February 4th. You still have a few weeks, but don't wait until the last minute. Decisions on applications should be made by the first week of March. Keep in mind that you will still need to complete any application procedures for the actual program to which you are applying as well. If you have questions about the process or need to pick up an application, contact Dr. Todd Martin at x4248, via email at tmartin@huntington.edu, or come by his office, Loew-Brenn 486.

FINAL NOTICE TO MARRIED STUDENTS: You have just a few days left to sign up for the first weekend marriage retreat for undergraduate married couples! This Marriage Enrichment retreat will take place on February 19-20th at the Holiday Inn located in downtown Ft. Wayne. The retreat will start at 10:00 am on Saturday and will include sessions on keeping marriage great, couple and group activities, a fun exploration of downtown Ft. Wayne, a Saturday evening dinner, and a service together on Sunday morning. The event will end with check out by noon on Sunday. There is space left for 3 couples, so if you are interested or have any questions concerning the retreat please contact Steve or Twyla Lee at the following addresses immediately. All registrations are due by January 25. Total cost per couple is only \$10.00. Don't miss this amazing opportunity! Resource persons for the retreat are Steve & Twyla Lee and Bill & Ramona Fisher. Twyla Lee, (260) 359-4252 or tlee@huntington.edu

ADMINISTRATIVE

Want to be an RA?

"It's a great ministry opportunity."

"It's the coolest job on campus."

"I love hanging out in the halls with my friends."

"I love planning events and helping new students."

If you're interested in becoming a

Resident Assistant, talk to your **RD** or

Come to the Student Development office for an application. **Applications are due Monday, January 17 to the Student Development Office by 5:00 p.m.**

Student Senate Impact Initiative Scholarship -

Qualifications: Current Second Year Student with a minimum of a 2.7 GPA; Campus and Community involvement; Financial Need. Applications are available outside the Student Senate Office or Online at www.Huntington.edu/senate. **Applications are Due To the Students Senate Office Friday, January 28, 2005.**

Martin Luther King, Jr. 2005 Scholars Program -

The MLK Scholars program is a unique summer internship experience at the U.S. Department of Education in Washington D.C. that was established to commemorate the late Dr. King and his contributions to civil and human rights in America. Up to 10 outstanding undergraduate or graduate students with an interest in education policy or public policy and administration will be selected to participate in the program in the summer of 2005. Selected students will receive temporary federal appointments for an 8-week period, June 13 – August 5. If you are interested in this program or have questions, please contact Jesse Brown (x4028).

IMPORTANT NOTICE FOR FINANCIAL AID

Remember to MAIL your FAFSA (Free Application for Federal Student Aid) so it is received at the Federal processor **before March 10, 2005**. If you filed the paper FAFSA for 2004/05, you will receive a renewal application at your home address. If you filed on the web, you should receive an email notifying you to file online. If you do not receive a FAFSA before January 31, 2005, you may pick one up in the Financial Aid Office. **You can also file the FAFSA on the web by going to www.fafsa.ed.gov. YOU MUST FILE THE FAFSA TO RECEIVE ANY STATE AND/OR FEDERAL AID AND TO QUALIFY FOR A FEDERAL STUDENT LOAN.**

Attention January Graduates: If you have borrowed a **Federal Stafford Loan** or **Federal Perkins Loan**, you must come to the Financial Aid Office to complete your exit interview paperwork. Thank You!

*****Remember, if you are planning on not returning to HC for next semester** you need to complete an exit interview and survey before you leave (those graduating, going on PRIME or participating in a CCCU off-campus study program ARE NOT required to do this...). Please contact Nate Perry via email or by phone to set up an appointment. The whole process takes approximately 20 minutes. Email: nperry@huntington.edu or call x-4019.

NEWS FROM THE CAREER DEVELOPMENT OFFICE

✦ **The 2005 Northeastern Indiana Career Employment Expo** will be held on Tuesday, February 15, 2005 from 2-7 p.m. at the War Memorial Coliseum in Fort Wayne. This **JOB FAIR** provides an excellent opportunity for you to talk to employers about **FULL-TIME JOBS** and/or **INTERSHIPS**. A list of employers attending the Expo, which is updated frequently, can be found at <http://asp.symplicity.com/nice>. When arriving, let them know that you are attending the job fair – **PARKING IS FREE FOR ALL HC STUDENTS!!!!** Questions? Contact Tana Fortney in the Career Development Office at x. 4027. **DON'T PASS UP THIS GREAT OPPORTUNITY!!!!**

✦ **You can still sign up for the Career Exploration Class, SS113.** For details contact Martha Smith x-4040.

✦ **Want the opportunity to gain awesome practical experience while advancing God's kingdom?**

Church Doctor Ministries, a non-profit church-consulting ministry is offering one internship per semester to qualified candidates. Some of the possibilities include business management, church consulting, marketing, sales, database design and maintenance, graphic and newsletter design, development, computer programming, desktop publishing, operations, and missions. We can teach you how to raise support for your salary, or this can be an unpaid internship with eternal benefits – your choice. For more information, visit www.churchdoctor.org, call us at 800-626-8515 or e-mail bobdavis@churchdoctor.org. Please e-mail (Word or PDF), fax, or mail a resume and cover letter to: Church Doctor Ministries, c/o Bob Davis, 1230 U.S. Highway Six, Corunna, IN 46730-0145, Fax 260-281-2167 bobdavis@churchdoctor.org.

✦ **A representative with the US Army Reserves will be on campus during the lunch hour MONDAY, JANUARY 10.**

Here are the J-term visitation hours:

Monday 7:00 pm – 11:00 pm
Wednesday 7:00 pm – 9:00 pm
Friday 7:00 pm – 11:00 pm
Saturday 7:00 pm – 11:00 pm
Sunday 1:00 pm – 5:00 pm

Normal visitation hours resume the week of January 24th. There will no more Monday visitation on and after January 25th. If you have any questions, please give Jesse Brown a call x-4028 or talk to your RD.

"Did You Know?"...from Health Services

WAYS TO BOOST YOUR ENERGY WAYS TO BOOST YOUR ENERGY - Part 2

To continue with the series on energy boosters, these points may be helpful to you. **1.) Watch out for the coffee spiral** - Caffeine helps you to think and react faster, but you can build up a tolerance for it so you need more and more to get the same energy lift. To avoid getting caught in the spiral, limit yourself to one or two cups of coffee in the morning. The effects will last three to six hours, so a mid-morning coffee break may have no impact except to increase your tolerance. A mid-afternoon cup of coffee, tea or cola (which also provide substantial amounts of caffeine) should keep you alert until mid-evening. **2.) Get enough sleep** - When you skimp on sleep for several nights, you build up a sleep debt; you feel sluggish and irritable and may have trouble concentrating. You needn't pay back the debt minute for minute, but you will need extra time in bed to compensate. **3.) Experiment with napping** - When psychologist Frederick J. Evans, PH.D., of Lawrenceville, New Jersey, studied napping, he found that some people benefited, but others were less energetic afterward and slept poorly that night. If you thrive on naps, use them to pay off sleep debts. But don't doze for more than an hour or you're likely to feel lethargic for the rest of the day. (Watch for more Energy Booster Tips next week!)

All Students who are on a meal plan (F, P, or T) will be placed on a full meal plan for J-term (3 meals per day). All board students may eat during the J-term break (January 19-23) without forfeiting any of their Flex Dollars. The spring meal plans begin on January

24 with breakfast. New Flex Dollars will be distributed at the beginning of the second semester.

Students on the F or P meal plans who are off board during J-term will receive an additional \$100 Flex Dollars to be used during the spring semester. Flex Dollars from the fall semester also can be carried forward to second semester (but not meals). **Since no Flex dollars are included with the T plans, there is no additional Flex dollars added for J-term. You may purchase Flex dollars or Bonus dollars directly from Sodexo at anytime.**

JANUARY-TERM HOURS

	OPEN	CLOSE
Monday, Jan. 10, 2005	7:30 a.m.	8:00 p.m.
Tuesday, Jan. 11, 2005	7:30 a.m.	8:00 p.m.
Wednesday, Jan. 12, 2005	7:30 a.m.	8:00 p.m.
Thursday, Jan. 13, 2005	7:30 a.m.	7:00 p.m.
Friday, Jan. 14, 2005	7:30 a.m.	5:00 p.m.
Saturday, Jan. 15, 2005	noon	5:00 p.m.
Sunday, Jan. 16, 2005	CLOSED	
Monday, Jan. 17, 2005	7:30 a.m.	8:00 p.m.
Tuesday, Jan. 18, 2005	7:30 a.m.	8:00 p.m.
Wednesday, Jan. 19, 2005	7:30 a.m.	8:00 p.m.
Thursday, Jan. 20, 2005	7:30 a.m.	5:00 p.m.
Friday, Jan. 21, 2005	7:30 a.m.	5:00 p.m.
Saturday, Jan. 22, 2005	CLOSED	
Sunday, Jan. 23, 2005	CLOSED	

News from the Counseling Services Office - There are many reasons why depression can be worse during the Holidays. For those suffering with depression there is free counseling for students. Contact Dave Kiningham x-4121 or Tana x-4027 to set up an appointment. The following website can also be helpful www.gospelcom.net/cdp (Christian depression pages).

Reminder: Parking rules are the same during J-term as during the rest of the year. Tickets will be given for improperly parked cars.

CLUBS, ORGANIZATIONS, ACTIVITIES, ETC.

SPRING BREAK TRIP! The time has come to determine where you will be spending your Spring Break. This year Habitat plans on going to Morgantown, West Virginia. Cost for the trip is going to be between \$200-300 depending on fundraising. Working with Habitat is a great way to serve and build relationships. If you are at all interested in the trip email: karafultz@huntington.edu, or if you want to go just turn in a \$50 deposit in Joanne Miller's office.

JMC is offering a trip to Nicaragua!!! Spend your spring break working with children in the orphanages ministering and doing repair work! If you are interested in this trip...call Jenny Pettit at x3830 ASAP before **Monday, January 10th**.

3rd Half in the HUB! Tuesday, January 11, after the men's Basketball Game (around 9:30 pm) Come Chill in the HUB and play card games, board games, crud, and ddr! Free Food and Drinks!

JOBS

✦ **The Figure Drawing class, AR311 will need models for the spring 2005 semester.** This course meets on Tuesdays and Thursdays from 8:00 a.m. - 9:50 a.m. and the models are paid \$10 per hour. Students who are interested can contact Professor Andrew Dickson at x-4172 or www.adickson@huntington.edu for more information.