



coffey break

a publication of the student development office

CAMPUS MINISTRIES

October 11, 2004

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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.**

CHAPELS

Tuesday	10:00 a.m.	Silent Chapel
Wednesday	9:30 p.m.	Ekklesia
Thursday	10:00 a.m.	Tom Bergler
Friday	11:00 a.m.	JMC Convocation

Hey everyone!

This coming Ekklesia is going to be a time of exploring the deeper side of spiritual gifts. We, as an Ekklesia team, would like for you to share with us your questions about spiritual gifts; a selected faculty panel will then answer/discuss them. We are eager to hear the questions that you have and trust that they will be sincere. Please reply with your questions to Rob Sackett with a subject title of "Ekklesia". Thanks a lot!

-On behalf of the Ekklesia team-

Blessings,

Rob

Reply to: robertsackett@huntington.edu

ACADEMIC

Pre-law, Coffee, and Donuts - Tuesday, October 12 at 9:00 in LBH 268 Prof. Michael Hernandez from Regent University School of Law will lead a discussion about the relationship between the Christian faith and the legal profession. He will also provide insight into the law school admissions process, and distribute information from Regent University School of Law. No charge for refreshments. Contact Jeff Webb at x-4243 or jwebb@huntington.edu for further information.

Attention Education Majors: The Indiana Council of Teachers of Mathematics (ICTM) **annual meeting is October 17-18** (over Fall break) at the Radisson Hotel in downtown Indianapolis. Registration, including student membership, costs \$26. **Pre-registration deadline is October 8.** All education majors are encouraged to attend a professional conference prior to their student teaching. Please consider attending this conference. Information can be found at www.indianamath.org or from Dr. Eggleton, the current ICTM President.

Attention All Students, Faculty, and Staff! How would you like to see London, Paris, Florence and Rome this January?

The Department of Visual Arts is doing a J-term trip to Europe this coming Spring and all are invited to join us (even your parents can come). You do not need to be an Art Major to go on the trip. You will receive J-term credit and Language Alternative credit for the trip. The following faculty and students have already joined the trip. Sign up NOW! The cost is \$1955. To learn more about the Trip GO TO www.eftours.com and choose the area on the right side of the page that says "CHECK IT OUT". Enter the tour number 257681 and it will show you all the info you need to learn about the trip. It's Called "The Empires Strike Back". Enrolling is done on the same page. The site has a secure credit card payment method. Feel free to call me if you have questions that the site doesn't answer. My Office number is 260-359-4271 and my home phone number is 260-358-1345. My office email is khopper@huntington.edu.

January in Brazil...priceless! If you're still interested in spending your J-term in Brazil, it's not too late! Please come by the Campus Ministries office in the HUB to pick up all the information you need.

ADMINISTRATIVE

Library News

1. The Library Mini Computer Lab is back up and running with a little more space for you.
2. The color printer is functioning well now, and we have color transparencies that will work in it.
3. The Library now has 8 Gateway Laptops for checkout. In library use needs only your ID card. Out of library use takes permission from the faculty or staff person you are working with.
4. We have 12 VHS Camcorders and 2 new Digital Camcorders for class use. Out of library use takes permission from the faculty or staff person you are working with.

News from the Counseling Office

- **Seeking sexual purity and a deeper life with God?** Check out <http://purelifeministries.org/>

News from the Career Development Office

- **UNDECIDED? Not sure of a direction** – sign up for **SS113 Career Exploration Class** spring semester 2005: 1hr. credit class.
- **ADVISING ADVISING!** It will soon be time to sign up for classes and if you have any questions regarding classes – see Martha Smith! Today!
- **LOOKING FOR A PART TIME JOB?** Check out the Job Board in the upper level of the HUB for part time jobs in the community.
- **NEED HELP WITH SELECTING A MAJOR??** Call Martha Smith in Career Services at ext. 4040. Also, you may want to look at the following web site: <http://mymajors.com/> and look at the program provided by HC called FOCUS – at <http://www.focuscareer.com/>.
- **Interested in an Internship** with the Indiana General Assembly House of Representatives beginning in January? Open to juniors, seniors, and December graduates. For further information, contact Democratic Internship: www.ingov/legislative/house_democrats/infointern.html or Republican Internship at www.IN.gov/legislative/house_republicans/intern.html Deadline is October 15.
- **Applications for Republican Senate Internship Program** can be picked up in the Career Services Office. Spend a semester with the Indiana State Senate or apply online at <http://www.in.gov/legislative/senate-republicans/internship/> by Oct. 15, 2004.

BIG TEN GRAD SCHOOL EXPO will be Monday, November 1, 2004 from 9:00 a.m.-4:00 p.m. at Purdue University, West Lafayette, IN, the Purdue Memorial Union North and South Ballrooms. If you are interested in Science, Technology, Engineering, Mathematics or Agriculture, you might want to attend. For more information contact: www.gradschool.purdue.edu/gradexpo/

WHERE ARE THEY NOW?

Jon Torrenga, a 1999 History Education major is currently in his sixth year at Landmark Christian School, Fairburn, GA teaching 7th and 8th grade history classes and serving as the swim coach for middle and senior high school. He felt that he got a “dream job” right out of college and loves what he is doing. He is currently working on a Master of Education in Instructional Technology at State University of West Georgia. He hopes to become an Instructional Technologist/Network Administrator, which would involve him helping teachers integrate technology into their curriculum. He was a little nervous about entering the real world of work, but realized quickly that HC had prepared him well to make an impact on others. Jon’s words of wisdom to undergraduates would be “have the time of your life in college, but be sure to keep your focus on your priorities – stay on course!!”

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

With all that's going on in the lives of most of us, we may only be vaguely aware of the **WARNING SIGNS OF STRESS**. (Let's take a few minutes to assess ourselves.)

- 1. INEFFICIENCY** - The quality and quantity of our work goes down.
 - 2. FATIGUE** - We feel as though we are always running on empty.
 - 3. SLEEP DISTURBANCES** - It becomes difficult to fall asleep, and we often wake up in the night and think about our problems, etc.
 - 4. ESCAPE ACTIVITIES** - We try to escape from our problems, rather than deal with them, by using unhealthy measures, i.e. overeating, over exercising, over socializing
- CAUSES OF STRESS** need to be recognized.

- 1. TIME PRESSURE** - The days seem never long enough to get everything done.
- 2. FEEDBACK ON PERFORMANCE** - We continually worry about how we are doing.
- 3. UNREALISTIC EXPECTATIONS** - We want to be "number one" or perfect in everything we do and are often unwilling to accept less.
- 4. LACK OF ORGANIZATION** - Without specific order and direction, we often waste valuable time and energy, and sometimes find ourselves at a dead-end.

TECHNIQUES FOR CONTROLLING STRESS:

- 1. TAKE A STRESS INVENTORY** - Make a specific list of everything that causes us stress and discuss this list with someone trusted.
- 2. CONTROL TIME** - Learn how to say "No," how to set goals and how to set boundaries.
- 3. IMPROVE SELF-TALKS** - Make that little voice in our heads work FOR us instead of AGAINST us.
- 4. EXAMINE EXPECTATIONS** - Accept the fact that some things about life CAN'T be changed and concentrate on the things we CAN change.
- 5. BE MORE ASSERTIVE** - Improve communications with all.
- 6. IMPROVE FITNESS AND DIET** - Be flexible. View change as a challenge rather than a treat. (Part of the above is excerpts from the Lindenview Regional Behavioral Center materials.)

FOOD FOR THOUGHT: *Time is the most valuable coin in your life. You and you alone will determine how that coin will be spent. Be careful that you do not let other people spend it for you. - Carl Sandburg.*

DC Fall Break Hours

October 15th

Friday Dinner 5-6:00

October 16th

Saturday Brunch 12-12:30

Saturday Dinner 5-5:30

October 17th

Sunday Brunch 11:30-1:00

Sunday Dinner 5-5:30

October 18th

Monday Brunch 12-12:30

Monday Dinner 5-5:30

October 19th

Tuesday Brunch 12-12:30

Tuesday Dinner 5-5:30

Norms' Hours

Close after meal exchange on Friday, October 15th and reopen on Wednesday morning, October 20th.

CLUBS, ORGANIZATIONS, ACTIVITIES, ETC.

MIDNIGHT STUDY BREAK

WEDNESDAY, OCTOBER 27

at the Dowden's

11:00 p.m. until 1:00 a.m.

Food, Fun, and Fellowship

Come in your jammies or casual dress and be served by your favorite faculty and staff members in their p.j.s or crazy clothes.

The Mesa Española has begun! If you want to meet around the table in the DC and speak and/or listen to Spanish join the gang at the Mesa Española in the DC on Tuesdays from 5:30-6:30. Es muy informal y será divertido. Come con nosotros.

Love God? Love kids? Love Sports? Looking for a summer job that will *change you life?* Come check out **Kanakuk Kamps October 24th @ 7:00 pm in the HUB**. Any questions??? Contact Erin Groth 355-0809.

The Old Maid and the Thief was originally a radio opera, meaning it was only heard on the radio, with narration and sound effects and all that, but we will do a staged version. It was written by American composer Gian-Carlo Menotti. It is in English and will run about an hour. The Huntington College Opera production stars Dana Frick as Miss Todd (the old maid), Maria Rhodes as Laetitia (the servant girl), Lori Merkle as Miss Pinkerton (Miss Todd's "friend"), and John Thompson as Bob (the Thief). It will be performed in Zurcher Auditorium on October 14 at 7:30 PM. Admission is \$2.00.

Not-So-Graduate Society's Film of the Week *Fahrenheit 9/11* will be showing at 7:00 pm on Tuesday, October 12th, in room 150 of the MCA. This movie is a tirade on the Bush Administration's leadership. The validity of it has been questioned frequently, so we will be looking at it to figure out what truths and what lies are in the movie. We plan on watching this with both a conservative and liberal guest discussor so that we can get as close to fair and unbiased a view as possible. The liberal professor is Dr. Sanders and the conservative one is a secret guest. We will also talk about all the lies that have been spread during this election and how to tell what they are. **Content:** Some violent and disturbing images and language. **Contact:** If you have any questions or suggestions e-mail BenjaminWilliams@huntington.edu. **Quote of the Week:** Britney Spears: "I think we should just trust our president in every decision that he makes and we should just support that."

YEARBOOKS ARE HERE! They are available in the student development office located in the HUB.

PHOTO DIRECTORIES ARE HERE! You may pick one up in the student development office located in the HUB. Cost is \$3.50 per book.

Intramural Swimming Monday Nights 9-10:00 pm @ the Pool. Swimmers of all levels welcome! Both "just for fun" and competitive events!

In Huntington, IN, and other communities across the United States, hundreds of thousand of young people are waiting for a mentor to step into their lives. **Huntington College and the Link Institute for Faithful and Effective Youth Ministry** have joined a nationwide recruitment initiative of the National Network of Youth Ministries and the U.S. Department of Justice. We invite our adult friends and partners in the church and/or local communities to become mentors or to recruit their friends or family to become mentors. Mentoring is an effective means for changing lives and helping young people at risk of making poor choices that may lead to delinquency. Thousands of mentoring opportunities can be found on MentorYouth.com. Please take a moment to click on this link and consider participating any way you can for the sake of our young people and the future of our nation. We hope you will consider volunteering with one of these opportunities or inviting a friend and/or family member to be a mentor. <http://www.mentoring.org/nnym/ecard/>
Thanks,
Dr. Dave Rahn, Director of Link Institute, Professor of Educational Ministries

JMC NEWS

Got any spare change? The JMC is teaming up with the local American Red Cross to help raise money for the \$50 million in 50 days campaign (raising funds for disaster relief as a result of the hurricanes down south). Canisters can be found in the bookstore, Norm's Place HUB desk and the PERC.

Spring Break 2005 - The JMC is planning trips to Northern Ireland and Atlanta over spring break! Be watching for details!!!!

Think Atlanta for spring break!!! There will be an **informational meeting on Wednesday, October 13th at 9:00 p.m. in the JMC office.** Picture it..... Hotlanta... awesome opportunities to serve others, inexpensive, rumor has it we'll get to see the Shaffer's and we'll be back on Good Friday so you can spend Easter with your family!

Volunteer Opportunity!!! The hospital here in Huntington is looking for volunteers to work at their registration desk during the times of 12:00-4:00 pm and 4:00-8:00 pm on weekdays. You can work 1 hour or more if you choose. During these times you will be able to help greet, direct and answer questions from people coming into the hospital. This is a great opportunity if you like to meet new people!! Call Andrea at 355-3319 for more information by **Monday, October 11th** or call Jenny Pettit at x-3830.

Dear Faculty and Staff,

Since you have been the main source of support in previous "Student for Hire" situations, we are offering you a chance to "hire students" all year long. If you have some work that needs to be done around the house and you don't feel that you have the time to get it done, think of Habitat. All you need to do is send us an email telling us about the job, how many people will be needed, when it needs to be done, and how much you are planning on donating. The information should be emailed to karafultz@huntington.edu Thank you very much!

Opening for a work study student: The Department of Foreign Languages is looking for a Spanish Assistant to do filing, copying, errands and recording. Some knowledge of Spanish and Excel is desired. The student should not currently be enrolled in a Spanish class. This job would require approximately 3 hours per week - from 1:00 - 2:00, M-W-F. Please contact Janice King in the Department of Foreign Languages if you are interested in this work study position.