

APULIFE

AZUSA PACIFIC UNIVERSITY MAGAZINE

Fall 2015 | Volume 28 | Number 3

THE ART OF THE PEOPLE ■ THE FEAR FACTOR ■ RECLAIMING MINDFULNESS



**THE APU DISTINCTIVE:
AN EDUCATION
THAT BRIDGES
CAREER, CALLING,
AND CONNECTIVITY**

God First Since 1899



I'll never forget walking onto APU's campus for the first time in December 1975. I had accompanied a friend from Oklahoma. We arrived with no appointment and very little expectation of meeting anyone when we began to explore. We soon crossed paths with a tall, middle-aged man in a hurry, who still stopped and offered his help. He ended up spending the better part of the afternoon giving us a campus tour and telling us about the college. Despite a busy schedule, Tom Nelson '62, 20-year faculty member and baseball coach, slowed down, engaged us in conversation, and made it clear that we mattered. In doing so, he introduced me to an APU hallmark—valuing people.

That also marked the start of my lifelong friendship with Tom and my love for this great institution. Since that day, I have encountered countless people like Tom across campus. This place cherishes a strong sense of community and deeply values people—celebrating one another's triumphs, supporting each other when we struggle, doing life together. That's what family does.

As you may know, one of our family members, President Jon Wallace, learned last May about a recurrence of cancer. He underwent a successful surgery in June, began chemotherapy in early July, and continues on this journey toward healing. As we cover him with prayer over the next several months, he draws comfort and confidence from knowing that his APU family leans into God's call upon each and every one of us.

During this time, APU remains committed to our Shared Vision 2022, beginning with providing a world-class, faith-focused academic experience to nearly 11,000 graduate and undergraduate students facilitated by more than 1,000 faculty and staff members. We will continue to support our faculty and student research with funding opportunities; integrate faith, spiritual formation, and God-honoring diversity initiatives; cultivate faculty expertise as educators, mentors, scholarship practitioners, and servant leaders; grow our online institution, University College; and enhance, grow, and support programs of distinction in our graduate and professional offerings. In addition, we will explore creative ways of increasing revenue streams so our university thrives, and make every attempt to ease the burden of raising tuition for our students.

All these efforts share something in common—they demonstrate gratitude for the blessings God has bestowed upon this university and earnest stewardship of the resources entrusted to us. The most valuable among them, however, are the men and women who daily serve and learn at Azusa Pacific University. Therefore, I have commissioned a task force to recommend ways to enhance how we value people within our university walls and throughout communities near and far.

Each fall, the university selects Scripture to guide us. For 2015, we prayerfully chose complementary passages from Deuteronomy 6:1–9, which calls us to love God with all our heart, soul, and strength, and Mark 12:28–34, which further commands us to love our neighbor as ourselves. Whether this means engaging prospective students in a conversation as Tom Nelson did 40 years ago, helping ease the load of an overwhelmed colleague, or simply spending more time with our families, every act, great or small, matters because every person matters.

As we think about ways to value and love people, I ask that you pray for Azusa Pacific University and our *God First* mission and purpose, pray for our president and his family as he battles cancer, and pray for our students as they prepare for what God calls them to do.

David Bixby, Ed.D.
Acting President

University Passages 2015–16

Deuteronomy 6:1–9

Mark 12:28–34

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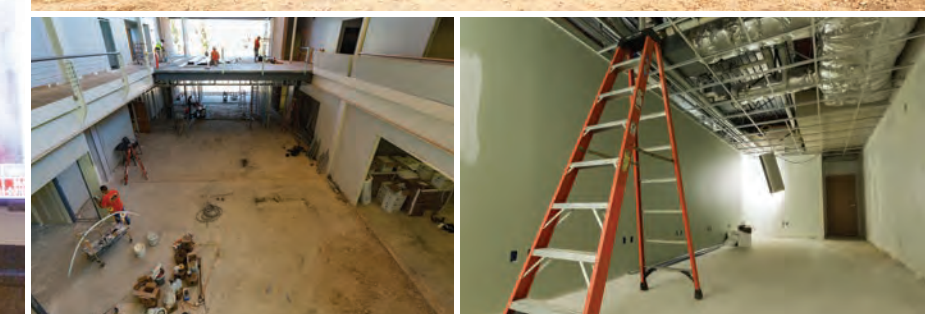
*Cover photo by Dustin Reynolds '07, MBA '10.
Light and figure embellishments were created using a pixelstick.*

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PHOTOS BY CONNOR FISHER '16

Built in 1993 to accommodate the growing School of Business and Management, Wilden Hall underwent a \$3 million renovation this summer to enhance learning, improve functionality, build community, and create a welcoming, contemporary space. Made possible by generous donations from individuals, the Hugh and Hazel Darling Foundation, and the Ahmanson Foundation, a new conference room, flexible classrooms, technology advances, remodeled restrooms, and cosmetic updates throughout will serve the more than 1,000 undergraduates, nearly 300 graduates, and 22 full-time faculty now and in the years to come. A rededication of the facility is planned for early November.

APU Participates in Major Concussion Research

The National Collegiate Athletic Association (NCAA) and the U.S. Department of Defense (DoD) announced in May 2014 a joint \$30 million initiative to enhance the safety of student-athletes and service members that includes the most comprehensive study of concussion and head-impact exposure ever conducted. More than 100 schools applied to take part in year two of the Concussion Assessment Research and Education Consortium study. After an intense review process, the committee selected six schools, including Azusa Pacific University. In alignment with APU's 10-year practice of exemplary concussion protocols, participants will receive a thorough preseason evaluation for concussion and will be monitored closely in the event of injury.

Starting August 1, 2015, 90 percent of APU's more than 450 student-athletes

began participating in the two-year study funded by a \$286,609 NCAA-DoD grant. The APU sports medicine staff will collect baseline data, including demographics, family history, neurocognitive assessment, and postural stability. In the event of concussion, the sports medicine staff will conduct postconcussion evaluations at prescribed time points: 6 hours and 24–48 hours, asymptomatic, unrestricted return to play, and 6 months post-injury.

Led by the Indiana University School of Medicine, the Medical College of Wisconsin, and the University of Michigan, and involving roughly 100 researchers and clinicians nationwide, this study will allow scientists to better understand the true natural history of concussions in athletes. Further, it investigates the correlation between multidimensional predictor and outcome variables associated with sport-related concussions from a fully neurobiopsychosocial perspective in a

common injured sample and single-study design. APU's participation in this important study will ultimately serve to more accurately diagnose, treat, and prevent concussions for all.

Vice President Takes Top Honors in International Brand Competition



The Educational Marketing Group named David Peck, Ph.D., vice president for university relations, the 2014 International Brand Master in June. The organization presents this international award, now in its sixth year, annually to an exemplary education brand manager. Peck earned the honor for his significant work around APU's brand promise to cultivate difference makers. Over 18 months, he invited the university community to learn how to live the brand and embrace it through the lens of that promise, allowing the university community and those it serves to see what is true, meaningful, and distinctive about Azusa Pacific.

The University Relations team, with Peck as lead, presented its research findings and outcomes to the campus community in 15–45-minute workshops. In conjunction with the presentations, more than 600 field guides, called the *Brick Book*, were shared with staff, faculty, and administrators to bring everyone on board. Peck owes part of his success to an integrated marketing approach and the use of internal and external presentations and communications to ensure focus on the brand message.

From an initial field of eight nominees, Peck competed against fellow finalists Aaron Blau, assistant director and new media manager, University of Iowa, and Ailie Ferrari, director of marketing communications,

University of Glasgow, United Kingdom. "We are excited to recognize Dr. Peck, a professional with venerable marketing skills, as the 2014 International Brand Master," said Bob Brock, president of Educational Marketing Group of Parker, Colorado, and the sponsor of the competition.

Faculty and Staff Run with the Homeless and Raise Hopes

Jody Wilkinson, MD, associate professor of exercise and sport, came to APU in January 2015 with an eagerness to share an exciting movement with his students and colleagues. Inspired by Anne Mahlum, founder of Back on My Feet (BoMF), he united his love for running with his call to serve. BoMF, a national nonprofit organization, uses running to help those experiencing homelessness transform their lives and achieve employment and independent living. Homeless participants gain confidence, self-worth, discipline, reliability, focus, and motivation that translate into a new, hope-filled outlook. Since its 2007 launch in Philadelphia, BoMF has expanded to multiple cities, helping more than 1,800 gain employment and 1,200 secure stable housing. Teams associated with BoMF in Greater Los Angeles have covered more than 30,000 miles since launching in October 2014.

Wilkinson and Jacob Young '13, staff advisor for the APU student-led running club, One Step at a Time, run with the Greater Los Angeles chapter and work together with BoMF to create opportunities for APU involvement. For 2015–16, they plan to put together a FundRazr team in conjunction with the running club to raise money for the nonprofit by running the L.A. Marathon in February 2016. Also, students, faculty, and staff meet in Downtown L.A. on Mondays, Wednesdays, and Fridays to run with members as they move their lives forward. Wilkinson and Young plan to provide students opportunities for service-learning where they use their

passions, skills, and education to facilitate seminars on health and fitness and other aspects of breaking free from homelessness.

"I see so much potential for APU's involvement with BoMF, and I look forward to seeing where God leads us from here," said Wilkinson. "We hope this partnership will inspire and provide opportunities for students, faculty, and staff to use their gifts—in this case running and fitness—to be a light to the world, as they come alongside to encourage and support others in taking one step at a time and getting back on their feet. Interested APU students, faculty, staff, and alumni may join us on our training runs and get plugged in with this life-changing program."



School of Nursing Turns 40

Inaugurated in 1975, APU's School of Nursing celebrates 40 years of delivering an exceptional nursing education. What began as a fledgling baccalaureate program, the school now boasts 4 undergraduate programs with 2 minors, 10 master's programs, 2 doctoral degrees, multiple community service programs, strategic partnerships with hospitals and clinics, accreditation by the Commission on Collegiate Nursing Education (CCNE), and approval from the California Board of Registered Nursing. Increasing from an initial graduating class of 24, the School of Nursing graduated nearly 600 last year, its largest class ever.

The anniversary theme celebrates the excellence in nursing education, scholarship, and service that has exemplified the school during its

remarkable history. The yearlong celebration begins with the 40th Anniversary Kickoff the week of September 21, 2015, with events at each regional site. On September 28, the School of Nursing will host the first of five sessions of a new University Dialogue series, featuring Aja Tulleners Lesh, Ph.D., dean, and Jennifer Walsh, Ph.D., dean of the College of Liberal Arts and Sciences, discussing the impact of the Affordable Care Act. The second in the series presents Provost Mark Stanton, Ph.D., professor in the Department of Graduate Psychology, and Sheryl Tyson, Ph.D., RN, PMHCNS, associate dean for research and faculty development, executive director of the Institute of Health Research, and nursing professor, exploring the partnership and collaboration between nursing, psychology, and psychiatry, which each serve distinct, complementary, and interdependent roles.

On October 24, during Homecoming and Family Weekend, the School of Nursing will host an open house to welcome nursing alumni back to reconnect, reminisce, and celebrate together. The events culminate in 2016 with a celebration dinner at the Felix Event Center on February 20, showcasing four decades of rigorous academic discovery and unsurpassed service to local and global neighbors for faculty, staff, students, and alumni. Further, the annual Research Symposium slated for April 14 will draw nursing educators and professionals from partnering health care facilities to APU to exchange knowledge and research from diverse areas of nursing.

In affirmation of its growing influence, the school will cohost the 40th Anniversary Nursing Theory Conference, April 15–16, 2016. Last hosted on the West Coast 25 years ago by UCLA, the conference brings together such legends in nursing theory as Sr. Callista Roy, Ph.D., Afaf Meleis, Ph.D., and Jean Watson, Ph.D., alongside some of the most influential, innovative scholars in nursing science

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Institute of Health Research Advances Nursing Scholarship and Community Impact



Today's strained health care system calls for more than an increased number of nurses—it demands highly qualified professionals equipped with a solid foundation of scientific and discipline-specific knowledge. Through the new Institute of Health Research (IHR), APU's School of Nursing enables students and faculty to conduct groundbreaking nursing research, resulting in the discovery, development, and transmission of knowledge that drives education, practice, and research.

Launched in fall 2014 and located five miles west of Azusa in Monrovia, the institute enhances APU's ability to recruit and retain the best faculty and students with a strategic three-pronged approach to advancing nursing science: education, research, and professional partnerships. Continuing education programs at the institute promote ethical scholarship and unique opportunities for hands-on research. Faculty members develop mentoring relationships with their students and invite them to participate in research projects and programs, such as

community health care, gerontology, and consumer health education. The experience gives undergraduate, graduate, postgraduate, and doctoral students a distinct advantage as they prepare for advanced education and careers in nursing.

The IHR will also facilitate scholarly research by providing much-needed lab space, the latest instruments and appliances, faculty consultations, and an infrastructure conducive to biomedical, experimental, quantitative, and qualitative research. The 28,000-square-foot facility houses state-of-the-art technology, laboratories, faculty offices, and smart conference rooms equipped to promote and advance nursing research.

Finally, the IHR promotes academic and professional partnerships with other institutions that provide clinical training for APU students, allow for increased community engagement, maximize health care accessibility for underserved populations, and open doors for new funding opportunities that will help sustain and grow the IHR's mission to advance nursing science.



Reading Recommendations from John Thornton



John Thornton, Ph.D., CPA, is the LP and Bobbi Leung Chair of Accounting Ethics, and professor and chair of the LP and Timothy Leung School of Accounting in the School of Business and Management.

Spirit of the Rainforest: A Yanomamo Shaman's Story by Mark Andrew Ritchie (Island Lake Press, 2000)

A Million Miles in a Thousand Years: How I Learned to Live a Better Story by Donald Miller (Thomas Nelson, 2011)

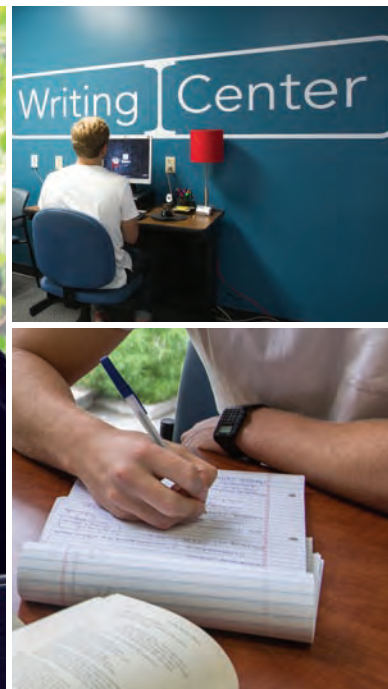
Amazing Grace: William Wilberforce and the Heroic Campaign to End Slavery by Eric Metaxas (HarperOne, 2007)

The Testament by John Grisham (Dell, 2011)

The Purity Principle: God's Guardrails for Life's Dangerous Roads by Randy Alcorn (Multnomah Books, 2003)

Section sponsored by the University Libraries and compiled by Liz Leahy, MLS, M.A.T., professor of theological bibliography and research and special assistant to the dean of University Libraries. lleahy@apu.edu

Focus on Writing Elevates Students' Skills across Disciplines



The digital age demands clear and powerful communications, perhaps now more than ever. APU takes a comprehensive approach across disciplines to develop students into strong writers. From additional writing courses in the new General Education (GE) curriculum, to the Writing Center's expanded scope, to the full participation of departments and programs on campus, students will have myriad opportunities to strengthen their writing skills no matter their chosen field of study.

Beginning in fall 2016, the GE program will include three new courses that build on one another and advance students' skills throughout their college career. In Writing 1: The Art and Craft of Writing, first-year students learn, read, and write about writing in a small-class setting that emphasizes content and skill. Writing 2: Genre, Evidence, and Persuasion helps students assess writing styles and apply them to broader fields, such as the sciences, humanities, theology, and others. Finally, Writing 3:

Writing in the Disciplines focuses on students' specific majors and the needs within their prospective professions. Upon completion, students will walk away with skills that transfer from class to class and into their career.

Supporting this effort, the Writing Center, led by new director Jody Fernando, comes alongside undergraduate, graduate, and professional learners, and the response has been positive. The number of students taking advantage of this resource more than doubled, from 3,400 appointments in 2012–13 to more than 8,000 in 2014–15. Among its many services, the Writing Center, which moved into a larger facility in Marshburn Library this fall, offers one-on-one assistance, handouts and tutorials, and workshops. The growing team includes writing coaches at four regional centers, 2 doctoral dissertation coaches, and 30 on-site and online coaches.

To ensure that faculty, staff, and students at every level speak the same language, former Writing Center

director and current executive director of writing programs Rebecca Cantor, Ph.D., produced a Writing Program Lexicon, establishing a consistent vocabulary that facilitates smooth transitions between courses and disciplines. "Writing matters in every field, and every faculty member has something valuable to contribute to the process," said Fernando. "We are in the business of helping students become better writers, and good writers become great writers. We are not here to 'fix' papers, but rather, we ask questions that help students overcome procrastination, learn to brainstorm, focus their message, improve sentence structure, and address their specific purpose and audience." This immersion experience cultivates a culture of writing at APU that serves every member of the community, including faculty and staff, seeking to communicate, understand, and engage in information pertaining to their academic, professional, and social lives.

School of Nursing continued from page 7

and education, to assess prevailing nursing theories and share strategies that will transform nursing practice. These milestones underscore the School of Nursing reputation for excellence in clinical training, scholarship, and Christian higher education, and position APU as one of the premier nursing schools in the nation.

Chamber Singers Win Top Honors at International Competition

The 37-member Azusa Pacific University Chamber Singers, under the direction of Michelle Jensen, clinched six awards at the renowned Llangollen International Musical Eisteddfod in Wales, July 7–11, 2015. The group competed with top choirs from around the world and performed for Charles, Prince of Wales, and Camilla, Duchess of Cornwall. They entered and placed in six categories—first in Mixed, Adult Folk, and Open, and second in Cultural Showcase, Youth, and Vocal Ensemble—qualifying them as 1 of 5 choirs among more than 75 participants to advance to the final Choir of the World Competition, eventually won by an Irish group. This distinguished honor builds on the choir's 2013 international acclaim when it placed first overall in the 50th International Competition for Choirs in Austria.

"Performing at the world's longest-running international musical festival with choirs hailing from 50 countries brought intense competition," said Jensen of the site where Luciano Pavarotti launched his career in 1955 and Plácido Domingo gave his first professional United Kingdom performance in 1968. "This remarkable experience fueled the students' passion and commitment to music and the arts. Enriching our trip, the Chamber Singers also performed at Southwark Cathedral in London and Saint Patrick's Cathedral in Dublin, and took Irish music classes at University College Dublin."

"What an incredible achievement," said Stephen P. Johnson, DMA, dean

By the Numbers

1: The rank Cynthia Toms, Ph.D. '15, secured among fellow doctoral candidates when she won the Dissertation of the Year Award from the International Association for Research and Service-Learning in Community Engagement (IARSLCE). Tom's dissertation, "Global Development through International Volunteerism and Service-Learning: Who's Saving Whom?" involved a qualitative study of the perceived impact of U.S. university service-learning and volunteer projects on the communities they served in Costa Rica. She will present her research at the 2015 IARSLCE Conference in Boston this November.

5: The number of social work faculty appointed to key national leadership positions. Kim Setterlund, MSW, LCSW, assistant professor and director of MSW field education, serves as a board member for the North American Network of Field Educators and Directors (NANFED). Adria Navarro, Ph.D., LCSW, assistant professor, serves on the National Adult Protective Services Association's Research Committee. And three APU faculty members serve the Council on Social Work Education: Anupama Jacob, Ph.D., assistant professor, on the Commission on Research; Jennifer Payne, Ph.D., LCSW, assistant professor, on the Council on Racial, Ethnic, and Cultural Diversity; and Mary Rawlings, Ph.D., LCSW, chair and professor, on the Commission on Educational Policy.

of the College of Music and the Arts. "Over the last few years, our Chamber Singers have garnered an increased national and international reputation for choral excellence. These musicians exemplify high-level discipline and professional artistry as they use their voices to engage the world as difference makers, influencing and shaping culture."

This fall, the Chamber Singers will perform internationally once again as the first university choir invited to headline the *Voci nella Citta* music festival in Sassari, Sardinia, Italy, in September 2015. In November, they will join nine other U.S. choirs selected to perform in the National Collegiate Choral Organization Conference in Portland, Oregon.

Forbes Names APU One of the Nation's Top Colleges

Forbes' annual ranking, which distinguishes the top 20 percent of all U.S. undergraduate institutions, placed Azusa Pacific University at 398 out of 650 this year, up from 454 in 2014.

Forbes partners with the Center for College Affordability and Productivity (CCAP), a Washington, DC, think tank,

to determine rankings. CCAP takes a unique approach by excluding the institutions' reputations, which reflect the perspective of other universities' faculty. Instead, *Forbes* focuses on concerns that affect incoming students, and specifically considers 12 factors within 5 categories as the criteria. APU compares well to its national counterparts in all areas.

First, CCAP measures graduates' success in their chosen professions based on average salaries, a criterion the center weighted more heavily this year. Freshman-to-sophomore retention rates and student evaluations on websites such as *ratemyprofessor.com* helped determine students' satisfaction with their college experience. CCAP also attributed more importance to the amount of debt students accrue during their college careers, considering the four-year debt load for a typical student borrower and the overall student loan default rate. APU's recent drop in student debt may have contributed to its ranking boost this year. Further, the center evaluates students' four-year completion statistics, considering the actual graduation rate and the gap between average and predicted rate.

853: The average number of credential recommendations issued annually to APU graduates over the last three years. As California's third-largest private School of Education and sixth largest among all California institutions of higher education, APU accounts for nearly six percent of all credentials issued by private institutions in the state.

104: The percent increase of tutoring and supplemental instruction sessions attended by students through the Learning Enrichment Center over the last two semesters—from 3,617 to 7,407. Informal qualitative and quantitative data show positive learning outcomes in various courses prompting requests for additional sessions.

6: The number of APU-affiliated members of the Glenn Miller Orchestra who completed a seven-week tour of Australia. Members included: David Beatty, M.M., chair of the Department of Commercial Music, trombone; Drew Hemwall, former percussion instructor, drums; Mark Kopitzke '11, vocalist; Joe Di Fiore '15, saxophone; Craig Ware '75, bass trombone; and Chase Bland '06, trombone.

Finally, the evaluation team recognizes schools for the number of students who win prestigious scholarships and fellowships, such as Rhodes, the National Science Foundation, and Fulbright, as well as how many go on to earn a doctorate. APU's exceptional performance in these categories contributes to its rising status on this prestigious list.

School of Education Recommended for Reaccreditation

A joint visit from the National Council for Accreditation of Teacher Education (NCATE) and the Commission on Teacher Credentialing (CTC) March 29–31, 2015, resulted in a unanimous recommendation by the visiting teams for accreditation. This decision authorizes APU to continue recommending candidates for its existing programs and request new programs as well.

During the process, the state and national team members completed a thorough review of program documents and data and interviewed more than 300 administrators, program leaders, faculty, supervising instructors, master teachers, candidates, completers, and

advisory board members. Based on a measureable increase in faculty collaboration and productivity, the reviewers removed the two past areas for improvement (AFI). The only new AFI stemmed from programs with only two years of data available for evaluation, with current systems in place to address that immediately. The report also noted the School of Education's strengths, including the Taskstream initiative that provides clear and consistent data for program analysis through key assessments, and APU's commitment to diversity demonstrated by preparing responsible educators who welcome all students from all backgrounds.

"We are grateful for the positive outcome of these visits and the collaborative work and professionalism reflected in the report," said Anita Henck, Ph.D., dean and professor in the School of Education. This accreditation covers the next seven years and positions APU to strategically design and implement measures to meet the benchmarks of the Council for the Accreditation of Educator Preparation (CAEP) in the coming years. "The national standards for education are

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Nagel Institute Invites APU Professor to Help Research Sociopolitical Issues



Kay Higuera Smith, Ph.D., professor in the Department of Biblical and Religious Studies, joined 9 other North American scholars and 10 Indian scholars last summer to conduct a two-week intensive seminar in India. As part of the Nagel Institute of Calvin College, the team comprised a wide range of experts, including biblical and political scholars, sociologists, and economists, each uniquely qualified to enrich the discussion about the drivers and consequences of economic and social change in the country.

During their stay, the scholars traveled to Bengaluru (formerly Bangalore), Chennai, and Delhi, visiting slums, hospitals, leper colonies, religious health care centers, and political leaders to gather empirical data and anecdotal information to help them assess needs and form recommendations for development. Smith applied for the opportunity hoping to gain valuable

insight into Christianity in the East as she prepares to teach courses in APU's new religious studies program launched this fall. She returned with a sobering new appreciation for the plight of Christians in the region and witnessed the unusual phenomenon of Christians and Muslims supporting one another amidst severe persecution—experiences that will enrich her curriculum and offer valuable insight to her students.

In the coming months, the seminar participants will continue to collaborate, generating follow-up presentations and an edited book of essays. Smith will partner with an Indian scholar to explore violence in the region and Christians' response to catastrophe as part of the team's goal to determine the causal patterns underlying the relationship between social and economic progress in India.

Education continued from page 9

increasing, and as the third-largest private school of education in the state, APU will be an important voice in the conversation about the country's educational issues, such as the most effective measure of quality, emphasis on output, employer satisfaction, and more. As we move forward, APU faculty have a unique opportunity and responsibility to engage in the next iteration of education."



APU Serves as Host Town for South African Special Olympics Athletes

After two weeks of competition, the Special Olympics World Games Los Angeles 2015 culminated on August 2, 2015, with a closing ceremony at the L.A. Coliseum celebrating the accomplishments of 6,500 athletes and 2,000 coaches representing 165 countries. The largest sports and humanitarian event this year, the World Games inspired the more than 30,000 volunteers and 500,000 spectators who witnessed the determination, ability, goodwill, and joy of these remarkable Olympians. As a Host Town participant, Azusa Pacific University shared in this global celebration, welcoming the Special Olympics South Africa delegation to campus and sending volunteers to assist at the games.

On July 21, 88 South African delegates received their first introduction

to American hospitality with a warm welcome from APU, which served as the athletes' home away from home for three days. In advance of their arrival, APU and St. Lucy's Priory High School volunteers decorated Trinity Hall rooms with brightly painted welcome signs created by APU students who took part in the South Africa Semester. Volunteers greeted the athletes, carried their luggage, and showed them to their rooms, where gift bags, snacks, and drinks awaited.

The welcome festivities continued the next morning when APU and the Host Town cities of Azusa, Duarte, and Glendora gathered at Dillon Recreation Complex for a ceremony celebrating the athletes, coaches, and volunteers. APU Acting President David Bixby, Ed.D.; Mayors Joseph Rocha (Azusa), Tzeitel Paras-Caracci (Duarte), and Karen Davis (Glendora); and California State Assembly Member Roger Hernandez addressed the delegates. The three-day schedule also included two community parades, a dance party, and a concert in the park. Highlighting the event, Christian Okoye '88, former Kansas City Chiefs All-Pro running back, visited the athletes, followed by an afternoon of football led by 15 APU football players, past and present.

In addition to the many on-campus volunteers, several APU faculty, staff, and students worked on site at the Special Olympics World Games in Los Angeles. Serving at USC's Galen Center as media manager for 66 basketball teams representing more than 50 countries, Joe Reinsch, APU's sports information director, coordinated international media interviews with the teams and witnessed firsthand the players' inspirational stories. "People need to hear from these athletes who radiate perseverance and hope," he said. "It reminds us that good things happen in sports and that their stories speak to our humanity in profound ways."

Recent Grants Advance Research and Scholarship

\$1,100,000

The U.S. Department of Education awarded APU this amount over five years for Target Success, a TRIO Student Support Services (SSS) grant project. Tracie Burt, Ed.D., director of undergraduate student success, will serve as the principal investigator for the project with targeted outcomes including increased retention, academic standing, and graduation rates for participants. The grant assists students who demonstrate academic need, including undergraduate first-generation college students, those from low-income families, and those with disabilities requiring learning accommodations.

Target Success enhances APU's ability to support SSS-eligible students, who comprised 38 percent of incoming APU students from 2011–13. These students were overrepresented among developmental course placements and probationary admissions. They also earned lower admissions test scores, first-year college GPAs, and acceptance or enrollment into graduate programs, along with experiencing lower college persistence than their noneligible peers.

A director, program coordinator, two graduate students, and two undergraduate students will staff the project. Coordinated services will include academic success coaching, mentoring, tutoring, course selection assistance, financial aid information, help with FAFSA completion, financial/economic literacy education, career counseling/assessment, career exploration activities, assistance in applying for admission to graduate and professional programs, cultural activities, and direct grant aid.

\$15,000

From the Huntington Library to Matthew Smith, Ph.D., assistant professor in the Department of English and a Francis Bacon fellow in Renaissance England, to help fund his book project: *Stage, Cathedral, Wagon, Street: Theatricality and the Performing Arts in Protestant England*.

\$200,000

From the W.M. Keck Foundation to Megan Prosser, Ph.D., assistant professor in the Department of Biology and Chemistry, to fund training and the purchase of specialized equipment pertaining to "Enhancing Undergraduate Research and Classroom Learning through Incorporation of Flow Cytometry and Cell Sorting Capabilities."

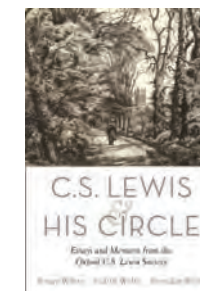
\$935,831

From the Substance Abuse and Mental Health Services Administration in the Department of Health and Human Services to Rachel Gonzales-Castaneda, Ph.D., associate professor in the Department of Psychology; Mary Rawlings, Ph.D., LCSW, chair and professor in the Department of Social Work; and Sheryl Tyson, Ph.D., RN, PMHCNS, associate dean for research and faculty development and professor in the School of Nursing, to partner with UCLA and several California faith-based institutions to enhance psychology, nursing, and social work curricula and equip professional students to implement evidence-based strategies for patients at risk for substance abuse.

\$400,000

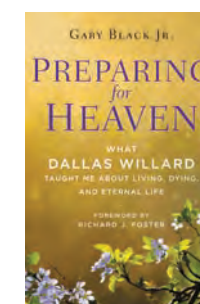
From the Freeman Foundation to Stuart Strother, Ph.D., professor in the School of Business and Management, and Barbara Strother, MBA, lecturer, to fund and expand the school's China study abroad program.

Scholarship at Work



C.S. Lewis & His Circle: Essays and Memoirs from the Oxford C.S. Lewis Society (Oxford University Press, 2015) by M. Roger White, Ed.D., professor, Department of Ministry, and University Libraries' curator of Special Collections and Rare Books; Judith Wolfe and Brendan N. Wolfe (editors)

White worked with former Oxford C.S. Lewis Society presidents Brendan and Judith Wolfe to select traditional academic essays, thoughtful memoirs, and informal reminiscences about Lewis and the Inklings, his literary circle of friends and colleagues. Available to the wider public for the first time, the collection enables readers to reimagine Lewis' Cosmic Trilogy with former Archbishop of Canterbury Rowan Williams, read philosopher Elizabeth Anscombe's final word on Lewis' arguments for Christianity, reference Rev. Peter Bide's memories of marrying Lewis and Joy Davidman in an Oxford hospital, and learn about Lewis' Narnia chronicles from his former secretary. Representing both personal and scholarly perspectives of Lewis and the Inklings, the book sets a new tone for engagement with this iconic Oxford literary circle, seasoned with good humor and genuine affection.



Preparing for Heaven: What Dallas Willard Taught Me about Living, Dying, and Eternal Life (HarperOne, 2015) by Gary Black Jr., Ph.D., assistant professor, Azusa Pacific Seminary

In his acclaimed books, Dallas Willard explored the nature of Christian life in God's Kingdom. Yet, one topic remained untouched: his vision of heaven. In the year before his death, Willard engaged in moving and insightful conversations about heaven with close friend and theologian Gary Black Jr.—informal dialogues steeped in biblical theology and practical wisdom grounded in the here and now. In *Preparing for Heaven*, Black not only reveals Willard's profound and liberating vision of life after death, but also deftly unpacks the implications these realities hold for life today. Black shows how Willard understood the mortal life as preparation for what comes next—that death is not the end of one life and the beginning of another, but rather a transition through which believers continue the transformational work begun on Earth. Informative and poignant, Willard and Black's conversations challenge Christians to reconsider the line separating the afterlife from this life and realize that it may not be as absolute as previously thought.

THE ART OF THE PEOPLE

BY G. JAMES
DAICHENDT

Street art stands as the most exciting and important movement in the visual arts today. It touches everyone's daily lives, from novice to expert, through forms of advertising, design, or even on the back of street signs or neighborhood public murals. Yet, the term often conjures a world of illegality far from the walls of museums and galleries. That stigma, however, primarily stems from graffiti, which involves writing one's name over and over with spray paint. In contrast, street art originated in the Renaissance and has become the art of the people in the 21st century—a subject that continues to grow in influence.

But to understand street art, you must know its evolution. Craftsmen, tired of the 15th-century guild mentality, sought independence and a new way to train artists free from the influence of these old-fashioned systems. They formed the art academy, an institution that defined art in the Western world for hundreds of years as realistic painting and sculpture. Art became something predictable and easy to identify. Art had rules, proper subjects, and techniques handed down through a specialized education. Anyone who wished to be an artist from the 16th–19th centuries passed through an art academy or worked in some fashion under the influence of this educational system.

In the 19th century, modernism surfaced and challenged the academic way of making artwork. Impressionism broke the composition into quick brushstrokes. Abstraction changed the way we saw and depicted three-dimensional objects, and expressionism emphasized subject matter that came from within. With each subsequent movement, what constituted art could be changed radically from a traditional point of view. Painter Paul Gauguin describes these changes this way: "The history of modern art is also the history of the progressive loss of art's audience. Art has increasingly become the concern of the artist and the bafflement



Graffiti Writing (tagging)
Artist: Unknown



Artistic Graffiti Writing
Artist: Cope



Artistic Graffiti
Artist: Kenny Scharf



Street Art
Artist: Shepard Fairey

COMMON MISCONCEPTION

Many people associate street art with graffiti or tagging, but there are distinct differences between them. Daichendt uses four terms to categorize the marks seen on the street.

of the public"—a comment that reflects the significant change in the way modern art moved further from nonart audiences by becoming harder to interpret and engage. Finally, in the 1960s, Andy Warhol created a Brillo Box sculpture that looked exactly like the package found in a grocery store. Warhol's sculpture frustrated everyday people, because positioning the Brillo Box sculpture as a work of art required prior knowledge of the piece or placement in a gallery context.

Street art upends the model and excites me as an educator because it reverses art history. You know a work of street art to be art the moment you see it. It does not require prior knowledge or the context of the art gallery. We know it as art instantaneously.

The basic formula for street art is smart: available, free, and in an accessible language. So prevalent now, it has become part of the urban fabric of cities and popular culture in general. One cannot escape the influence;

even suburban shopping malls are impacted by the design and culture of street art. Savvy companies market a cool antiestablishment image through street art to create an atmosphere that appears urban, hip, or artistic in contrast to the bland curb appeal of most strip malls. And it works! Customers fly to these interiors for the same reasons street art is attractive in the public square. In some cases, bands, actors, or publicity agencies have used street art to promote their causes.

The communicability of street art—its accessibility and direct connection with the public—sets it apart. This explains why it has become a popular subject on social media and spread into other forms of popular culture. Even Disneyland has a street-art-themed store. In order to become educated about the visual information that floods our landscape, we must study alternative forms of art making and expressions, because we engage with it on a daily basis—from movie posters to environmental

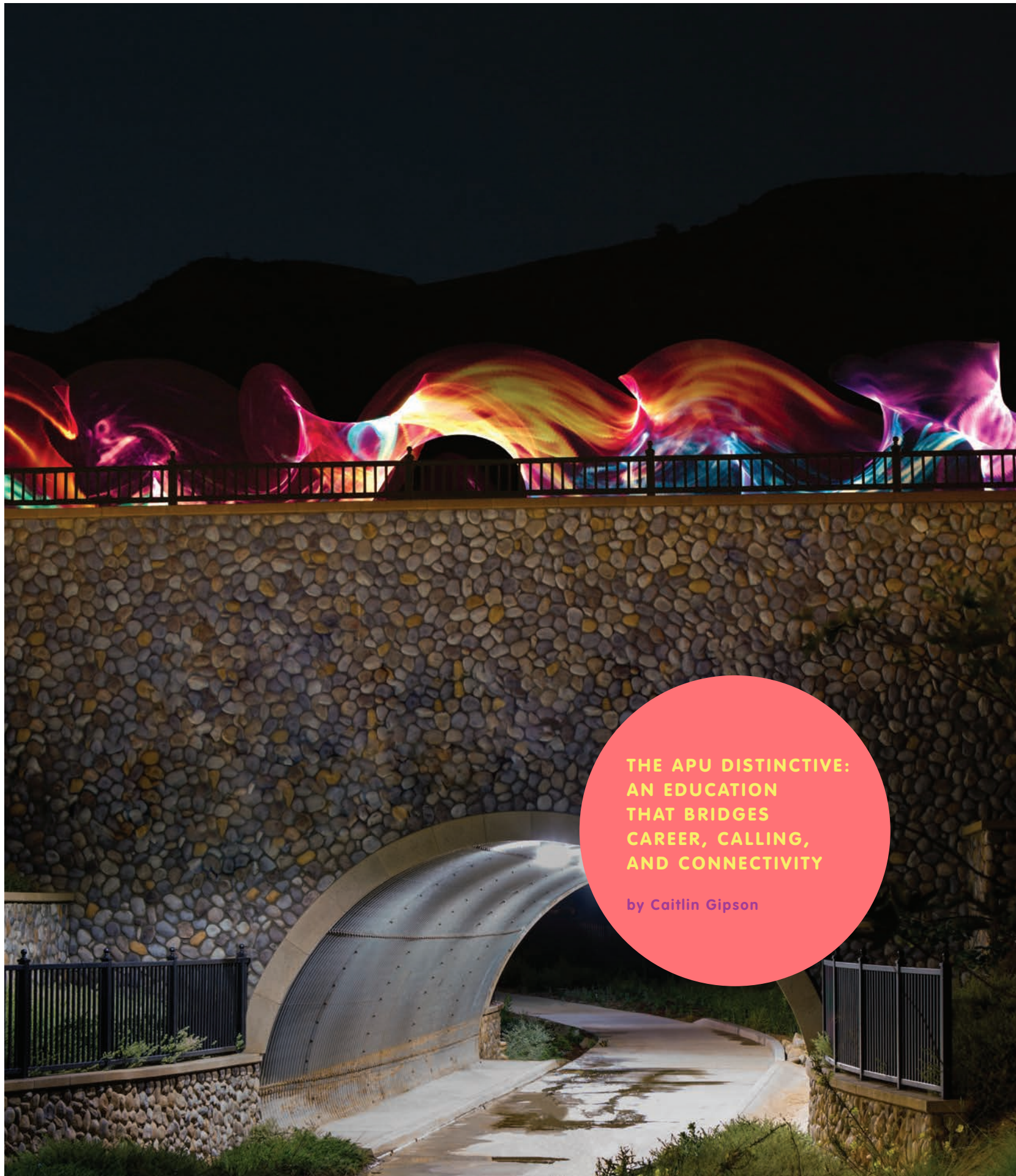
The communicability of street art—its accessibility and direct connection with the public—sets it apart.

design, these artists challenge how we live our lives. A working knowledge of street art's history and influence translates to informed critical thinking about politics, religion, and issues that change our world. As contemporary examples, consider President Barack Obama's popular Hope poster designed by street artist Shepard Fairey, a series of paradise-themed murals painted by UK street artist Banksy on the Israeli West Bank, or French street artist JR, awarded a TED prize for his portraits that address issues such as homelessness, racism, and poverty.

Above all, street art redefines the meaning and purpose of art and allows

the viewer to find it and recognize it as art in any context. This represents a significant change to the story of art history and how we understand art in and outside the gallery, museum, and classroom.

G. James Daichendt, Ed.D., is an adjunct professor of art and former associate dean of the School of Visual and Performing Arts in the College of Music and the Arts. This piece is an adaptation of Daichendt's TEDxAzusaPacificUniversity Talk delivered on April 7, 2015. Visit the TEDx library to view his presentation at ted.com/watch/tedx-talks/.



**THE APU DISTINCTIVE:
AN EDUCATION
THAT BRIDGES
CAREER, CALLING,
AND CONNECTIVITY**

by Caitlin Gipson

PHOTOS BY DUSTIN REYNOLDS '07, MBA '10

Photography by
Dustin Reynolds '07, MBA '10

**BLAKE HEAL '08,
MBA '10, EMERGED
FROM THE BACK OF
AN RV TO SEE THE
GOLDEN GATE BRIDGE.**

The sight ended a 14-day trip across the continental United States and the last step in his production company's quest to produce the perfect Levi's viral ad. A product of Azusa Pacific University's cinema and broadcast arts and Young Executive MBA programs, Heal is managing partner of Conscious Minds, which produces advertisements and digital content for an impressive list of big-name clients. Brands like Coca-Cola, Nike, General Mills, and Red Bull trust him to tell their stories in new and unique ways. The Levi's viral ad conveyed the brand's patriotic roots through 2,700 photographs of a man in Levi's 501 jeans walking across the country and garnered more than 10 million views. "We convince brands that they can tell more honest stories, more human stories," he said. "To find truth in their messaging that stands for something consumers can rally around."

Heal attributes his success to marrying his God-given calling with marketable skills while at APU. "The APU approach prompts you to consider more: You've learned your tangible craft, now what is your calling within film? Now that you know how to use film, how do you want to influence the film world? I could have pursued several routes, but APU helped me connect my calling to my career."

Heal's entrepreneurial success while pursuing his calling illustrates a



**BLAKE HEAL '08, MBA '10
Cofounder
Conscious Minds**

"APU is where I connected with an APU alum who worked at Nike and gave me my first 'in,' another alum connected me with our now angel investor, and an APU professor introduced me to a VP at Warner Bros. who helped me get my first internship at the Burbank studio. My journey is peppered with doors opened by my APU network. Of course, I charged through them and delivered when the time came, but APU gave me the opportunity to show what I could do."



combination of significant importance to Azusa Pacific and the nation. News headlines chronicle a shift from a degree-at-all-costs mentality to a focus on outcomes and employability. "Millennial College Graduates: Young, Educated, and Jobless" bemoans *Newsweek*. "Do Millennials Stand a Chance in the Real World?" asks *New York Times Magazine*. "One Vision of Tomorrow's College: Cheap, and You Get an Education, Not a Degree" suggests the *Washington Post*. And while the overall unemployment rate has fallen in the U.S. to 5.4 percent, *Forbes* gripes that "The 5.4% Unemployment Rate Means Nothing for Millennials," since unemployment among recent college graduates still outpaces that of older, more established workers. Even the White House entered the discussion by proposing an accountability rating system for colleges and universities, with the President emphasizing that American families need to "get the most bang for [their] educational buck."

Much of the response focuses on careers and outcomes for alumni. "This is a national shift," said Philip Brazell '08, M.A. '13, director of APU's Center for Career and Calling. "American universities realize they've been approaching career services and alumni relations as separate functions, rather than seamlessly assisting undergraduate, graduate, and professional degree alumni at a higher level." This paradigm shift yields sweeping changes—UC San Diego combined its Career Services and Alumni offices into a single unit, Wake Forest University hired a

10-person employer relations team for building industry contacts, and Stanford University's Career Development Center now fosters networking relationships, replacing traditional workshops with "career meet-ups" for current students and alumni in various fields.

Azusa Pacific's equally robust response maximizes a long-standing emphasis on valuing each student and building relationships, expressed most recently in the university's Shared Vision 2022. "We aim to become the premier Christian university and recognized leader in higher education by 2022," said APU President Jon R. Wallace, DBA. "This drives our vision for students as they transition into alumni, and blurs the distinction between the two. How does the premier Christian university enhance relationships with and between alumni over the course of their lives? The answer: With more intention and holistically, with an eye on community building, service, and partnership—the very hallmarks of an APU education since our founding in 1899."

To add more resources to this effort, Wallace appointed Annie Tsai, Ph.D., as the university's first vice president for alumni, vocation, and innovation, in October 2014. Overseeing the Office of Alumni Relations, Office of Parent and Family Relations, the renamed Center for Career and Calling, and emerging entrepreneurship initiatives, Tsai strategically connects these areas as they reenvision what it means to support APU alumni over a lifetime. "We want to serve our students as they enter the

continued on page 16

CONNECT

APU Connect /
apuconnect.com

APU Alumni Association
on Facebook /
facebook.com/
apualumniassociation

Instagram /
@apualumnihouse

LinkedIn /
Azusa Pacific
University Alumni
Association (group)



TIM KAPADIA '97, MBA '01
Director of Alumni
Relations and
Development
Azusa Pacific University

"We want to cultivate a bridge between our alumni who are out there doing—using their APU education to make a difference as teachers, doctors, businesspeople, missionaries—and our current and recently graduated students about to take a similar bold leap."

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workforce, explore their career options, shift course, and consider new careers," said Tsai. "We want APU to be the place you pursue your academic dreams, retool or shift focus, fill your organization's job opening, start your job search, volunteer time, network, start your business, and rediscover your calling as it changes over the lifelong development of your career. APU is here to walk alongside you for life."

With these goals in mind, Tsai, along with the Career and Calling team, launched multiple initiatives beginning with a more comprehensive use of the First-Destination Survey. Developed by the National Association of Colleges and Employers, the First-Destination Survey identifies where undergraduate students end up six months after graduation. "Not everyone transitions into a job immediately after graduation," said Brazell. "While we surveyed alumni before, this is the first year we are doing so on a macro scale with the goal of discovering where 100 percent of our alumni end up. This data will help us become more strategic as we determine what the national trends mean for APU."

While the First-Destination Survey lays the foundation for higher-level reporting, other initiatives help increase alumni affiliations, such as multiple new LinkedIn groups and APUConnect.com, the enterprise-level alumni career network. "We have more than 50,000 alumni out in the world making a

difference," said Tim Kapadia '97, MBA '01, APU's director of alumni relations and development. "We want to cultivate a bridge between our alumni who are out there doing—using their APU education to make a difference as teachers, doctors, businesspeople, missionaries—and our current and recently graduated students about to take a similar bold leap. We hope that what begins as career contacts will organically lead to mentor relationships and a deeper sense of community."

Still other established programs connect alumni with employers and go hand in hand with the "Education to Vocation" focus identified by APU Provost Mark Stanton, Ph.D., ABPP, which emphasizes ushering students from the classroom to an applied internship setting, followed by paid work experiences. In addition, entrepreneurial students and alumni participate in ZuVenturez, an in-house, start-up business plan competition, and Elevate, a groundbreaking, nationwide, faith-based business plan competition founded by APU. "These endeavors demonstrate that when you enter APU, you join a community that will support and empower you to realize your dreams, respond to God's call on your life, and meet each new chapter along life's path with confidence," said Tsai. "APU's emphasis on character and competence provides a competitive edge. Being part of the APU family and holding

an APU degree yield an advantage as you network, pursue career opportunities, and seek talent."

Employers agree. More and more, businesses seek out APU graduates. "The APU alumni I've hired are intelligent, flexible, organized, and have a high degree of integrity," said Eric Simons, M.S. '02, MBA '08, senior director of software quality assurance for Cornerstone On Demand. "I also like the strong communication skills that I see in these graduates, which are hard to find in the technology field. Several of my hires stand out, and now hiring managers in other divisions want to recruit with me at APU."

This combination, coupled with a change-the-world orientation, appeals to employers. "Our APU recruits and coworkers eagerly apply what they've learned in the classroom to make a difference," said Andrew Henck, M.A. '13, professional development programmes manager at World Vision International. "They are excited to use their skills to contribute solutions to big problems."

Paul Solis '98, instructor for the Disney College program at the Disneyland Resort, noted that APU's emphasis on calling and service produces guest-focused employees, known as cast members. "Disney's culture is very customer-centric, and APU's service-oriented approach produces graduates who transition very easily into our organization. APU alumni work in Disney TV animation, guest service management, and multiple other areas. Our current Disneyland Resort ambassador—the official host of Disneyland and emissary of goodwill—is Jessica (Nash '04) Bernard. Selected for one of two coveted positions, her responsibilities include spreading magic in the community on behalf of the Disneyland Resort and meeting with dignitaries when they come to the park. All of this confirms that APU produces individuals ready to lead in many fields, and Disney reaps the benefit."

Lauren Cray '08 serves as the production coordinator for *Penn Zero: Part-Time Hero*, an animated series produced by Disney Television Animation. "I tell people considering APU that one of the biggest benefits is the people—your friends, who inevitably become your network and want to help you succeed," she said. "It's building those bonds with a group of like-minded people. It begins in college with the classes we take, the chapels we attend, the service projects we do. After college, we stick together. The networking is invaluable. You connect with people you trust, who have the same vision for making a difference, and those connections stay with you in the workplace. Now I'm that person—I get to be the connection at Disney for APU grads. I get a call every couple of weeks from an APU student asking how to break into animation, and I love being able to pay it forward to our alumni."

Sarah (Stafford '07) Guerrero, a middle school principal in Texas, tells a similar story. "There's a group of five of us who keep in contact: three in education, another an entrepreneur, and another in ministry. One friend came to work in Houston



PAUL SOLIS '98
Instructor
Disney College Program

"Disney's culture is very customer-centric, and APU's service-oriented approach produces graduates who transition very easily into our organization. APU alumni work in Disney TV animation, guest service management, and multiple other areas."

through a connection I had. I love the accountability and link to people who share the same vision."

Many alumni credit APU faculty and staff for job leads after graduation. Jobob Taelisi '13, who helps manage social media and events for professional athletes like former NFL running back Christian "The Nigerian Nightmare" Okoye '87, points to a relationship with Terry Franson, Ph.D., APU's senior vice president for student life/dean of students, as instrumental in his career. "Terry called me once a week with different job opportunities during my senior year. APU's administrators were accessible and invested in me. Looking back, I realize how unique that was. Terry called Christian on my behalf and made connections for me."

Sometimes those connections result from relationships with faculty scholar-practitioners. Sandra Harden '04, M.Ed. '06, BSN '15, applied to APU's Entry-Level Master's (ELM) program at the Inland Empire Regional Center when she decided to change careers, and her contact with nursing faculty there led to a job offer at a faculty member's hospital. "The employability of APU nursing students was a major reason why I chose APU for my nursing degree," she said. "APU's nursing programs are highly respected, and I wanted that head start in getting a job when I finished the program." Sure enough, Harden was the first in her cohort to receive a job offer, and she now works with her former professor at Methodist Hospital of Southern California as a labor and delivery nurse while she completes her remaining master's courses.

Heal echoes these experiences, citing APU connections as key to milestones in his entrepreneurial venture with Conscious Minds. "David Bixby mentored me," he said of APU's acting president. "APU is where I connected with an APU alum who worked at Nike and gave me my first 'in,' another alum connected me with our now angel investor, and an APU professor introduced me to a VP at Warner Bros. who helped me get my first internship at the Burbank studio. My journey is peppered with doors opened by my APU network. Of course, I charged through them and delivered when the time came, but APU gave me the opportunity to show what I could do."

LAUREN CRAY '08
Production Coordinator
Penn Zero: Part-Time Hero / Disney Television Animation

"It's building those bonds with a group of like-minded people. It begins in college with the classes we take, the chapels we attend, the service projects we do. After college, we stick together. The networking is invaluable. You connect with people you trust, who have the same vision for making a difference, and those connections stay with you in the workplace."



In fact, of his 12 employees, 5 are APU alumni, along with one of his business partners, Cameron DeArmond '02, and Heal employs 8 to 10 additional APU alumni on an ongoing contract basis. "It's not just a degree," he said. "It's a community and network of people I trust."

That trust is what sets APU and its alumni apart—trust in 116 years of an unwavering mission to keep *God First* and in the people called upon to represent Christ in diverse fields throughout the world. "Higher education is changing," said Tsai. "We must help our students connect their strengths to a career that makes them employable, and continue to focus on calling and equipping difference makers."

Caitlin Gipson '01 is a freelance writer, marketing consultant, and search engine optimizer in Reedley, California. apucaitlin@gmail.com

The Fear Factor

RECOGNIZING AND OVERCOMING THIS CLASSROOM OBSTACLE

by T. Scott Bledsoe and Janice Baskin; illustration by Vanessa Esparza '15 and Connor Fisher '16

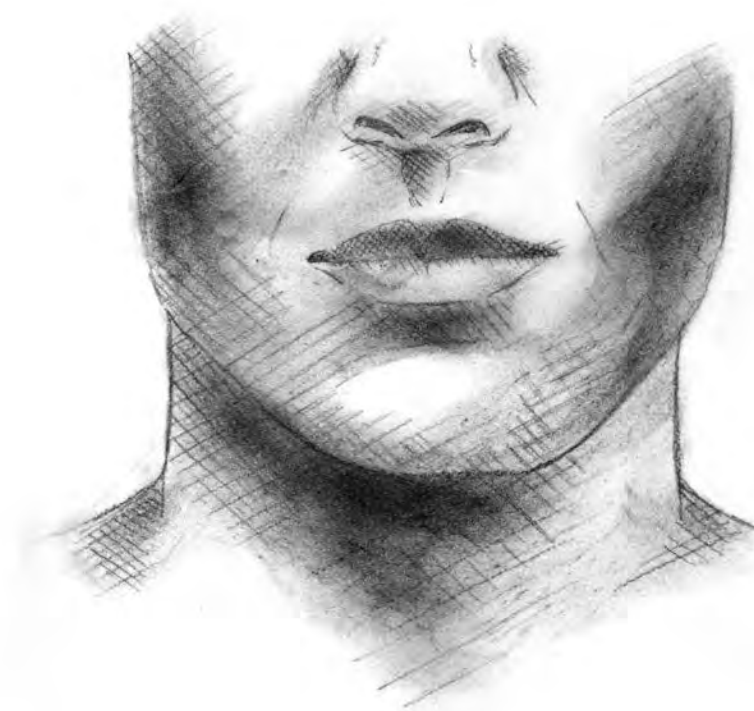
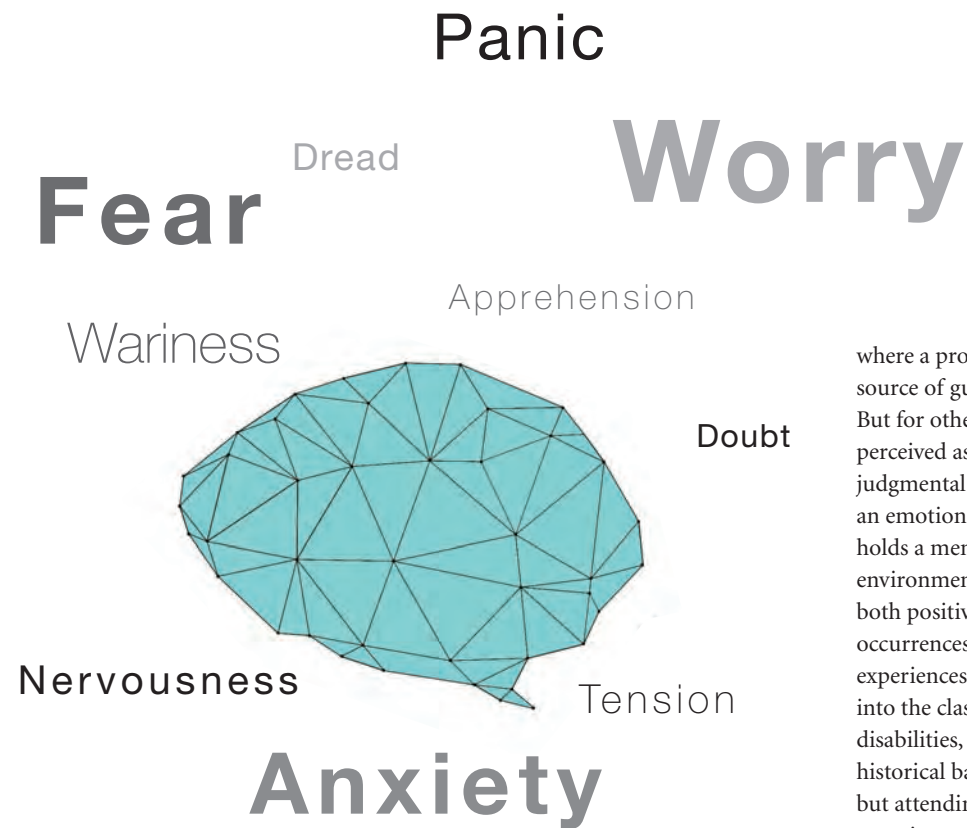
On the first day of college, excitement and high hopes fill the air. But concealed among those eager faces lie a few anxious students who share a serious secret.

There's the shy young woman who can barely speak, the class clown whose one-liners and humorous asides irk every professor, and the chronic procrastinator with plenty of smiles but no homework. What tie binds them? It may be debilitating feelings of fear or anxiety—feelings that, left unchecked, can derail the most promising student.

Most people learn to control these emotions. In fact, success in life requires it. Many develop coping skills through participation in sports, church groups, school, or social activities. However, the multitude of factors involved in starting life at college can prove overwhelming for some: negotiating a new physical environment, being away from family, and stretching oneself socially and academically, to name a few. Even the most confident students may become overwhelmed in a cycle of anxiety that impairs academic performance and perpetuates that state of discomfort.

Constant fear or anxiety can hinder learners' attempts to read and understand their academic materials. It can cause physical symptoms such as shortness of breath, nausea, headaches, chills, sleeplessness, and digestive issues. Cognitively, the student may be unable to focus or concentrate, or may become emotionally agitated or excessively nervous. Such levels of fear may result in inappropriate class behavior, poorly done or missing assignments, frequent absences, or dropped courses.

It is also important to realize that behaviors that appear uniform from student to student, such as anxious glances or nervous twitches, may have vastly different meanings. For many, the classroom represents a platform for academic success or a means to building relationships with others, a place



where a professor serves as a potential source of guidance and mentorship. But for others, a professor may be perceived as a distant, unforgiving, and judgmental figure, and the classroom an emotional minefield. Each student holds a mental template of classroom environments composed of incidents both positive and negative from earlier occurrences in school and other life experiences, and brings resultant fears into the classroom. Individuals with disabilities, past traumas, or unique historical backgrounds (e.g., being poor but attending an affluent school) may experience deep-seated fears fraught with painful memories. Researchers on this topic contend that culture can also play an important role in a person's ability to cope with fear, especially when the learning process takes place in a markedly different environment from the one in which the student was raised. Additionally, studies indicate that this phenomenon is not exclusive to undergraduates—graduate students and even professors may experience fears associated with academic challenges.

Our brains play an integral role in maintaining cognitive and biological functioning. Students who suffer persistent levels of fear actually experience overload in the form of threat-based signals occurring in the central nervous system. On a cognitive level, they may interpret normal situations in a very suspicious manner, as when an innocuous gesture made by one person is taken as a hostile threat by another. Biologically, brain functions may shift to accommodate the continuous threats perceived by the student. Brain structures such as the amygdala (emotion processing),

hypothalamus (sensory balance), hippocampus (memory formation and organization), and prefrontal cortex (executive planning) become overloaded, resulting in a snowballing effect of undue stress and its resultant negative effects on learning.

Parents, family members, and friends can help students overcome these fears by educating themselves about fear and its impact, and recognizing that some fears may be associated with factors outside the classroom (e.g., many students juggle jobs and extracurricular activities, and experience relational challenges amongst friends, family, and the opposite sex). Also, when someone recognizes signs of anxiety in the student, immediate and positive feedback and clear communication about feelings often helps defuse the situation and alleviate the fear. Further, those in a student's support system should learn about campus resources designed to assist learners at all levels. Azusa Pacific University provides a number of ways to help students in distress through the University Counseling Center (home of the Care Team), the APU Community Counseling Center, and various offices such as the Learning Enrichment Center, Writing Center, Academic Advising and Retention, Campus Pastors, Residence Life, and Student Life.

Initially, many APU students experience a plethora of emotions and jittery feelings that tend to dissipate over the semester. Yet for a small number, problematic emotions persist and hinder the ability to meaningfully connect with their coursework. By becoming aware of these fears and maintaining open communication, we can help promote a proactive and less-stressful learning environment.

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This article is adapted from "Recognizing Student Fear: The Elephant in the Classroom," published in College Teaching (Volume 62, Issue 1, 2014).

RECLAIMING MINDFULNESS

BY REGINA CHOW TRAMMEL



EVORE PHOTOGRAPHY

DURING DINNERTIME, MY HUSBAND ASKED ME TO PUT MY SMARTPHONE AWAY. HE EXPLAINED THAT MY SONS AND HE OFTEN MISS OUT ON MY PRESENCE AND ENGAGEMENT AT THE DINNER TABLE, WHICH HE KNOWS I CHERISH AND VALUE.

He was right. I was—I am—so easily addicted to the constant chatter on social media, frenetic checking of work and school emails, and instant messaging with friends. I do it all to stay present with the world, in my relationships, with my thoughts. Or, at least, that's how I justify the propensity to veer into scattered inattentiveness.

For me, the antidote to this addictive tendency is mindfulness—awareness of the present moment, being still, and practicing meditation. Mindfulness employs breath meditation, focusing on one sensation at a time. A common mindfulness practice, for example, includes retreating from the busyness

of everyday life or sitting quietly while led by someone to pay attention to one's breathing, and approaching thoughts with a nonjudgmental attitude. A state of mindfulness results from such practice: a clearer, less-reactive mind attuned to the present moment and leading to neurological benefits such as elasticity in neuronal brain connectivity.

Of late, workplaces and popular culture have laid claim to mindfulness. It offers an antidote to the harried, frenzied, technology-enabled (arguably not enhanced) pace of our lives, meeting

the desire and sense of longing within us to be still. And for believers, that desire goes hand in hand with knowing that the Lord is God.

Most use a secularized approach to mindfulness, but few know that its practice originated with Buddhist religious philosophy and is one of the habits of the eightfold path toward enlightenment and the attainment of nirvana. Jon Kabat-Zinn, a physician at Massachusetts General Hospital, brought these ideas to the Western world in the 1970s with the



A MINDFULNESS
PRACTICE SETS
OUR THOUGHTS
ON GOD AND
ALLOWS US TO
OPEN MENTAL
AND SPIRITUAL
SPACE FOR
LISTENING.

development of Mindfulness Based Stress Reduction. His secularized intervention training helps patients suffering from chronic pain.

Clinical social workers and psychologists also employ mindfulness-based interventions to help clients decrease symptoms of depression, improve emotional self-regulation, and cope with everyday stresses. Even corporations such as Google include mindfulness training to help employees manage demands and performance expectations and raise productivity. Despite wider society's embrace of mindfulness, many Christians remain skeptical of its use and application given the practice's deep and obvious roots in Buddhism. *Christianity Today* blogger Amy Julia Becker critiqued the practice in a May 18, 2015, article, arguing it increases the temptation toward self-absorption rather than Christian love.

So what should Christians do with mindfulness?

First, Christ followers should know that mindfulness connects to our faith, going as far back as the medieval period with Christian mystics like Hildegard de Bingen, through the 1500s with Jesuit priest St. Ignatius and others, and into the modern day with Christian monastics such as Thomas Keating and Basil Pennington. Centering Prayer, *Lectio Divina*, and breath meditation can be used to produce mindfulness. And the product of mindfulness rooted in Christian faith is increased spiritual and psychological capacity to hear His still small voice and respond to His call upon our lives.

As a social work scholar, my education and its application enable me to assist those in need, whether facing everyday challenges or life's

most difficult obstacles. My research evaluates the role of mindfulness from a Christian framework. I just concluded a study based on a six-week training session that I developed and delivered online through MP3 recordings, similar to Kabat-Zinn's work, but incorporating Centering Prayer, *Lectio Divina*, and mindfulness interventions with a Christian twist. For instance, I ask the listener to first focus on breath, understanding that breath is a gift from God. Then I ask the person to move into a time of prayer that is less about supplication and more about connecting with God and paying attention to His voice. Lastly, I prompt the participant as we pause on each piece of the Lord's Prayer in thoughtful meditation, asking the Holy Spirit to illuminate each word as the listener nonjudgmentally sifts through thoughts and attends to the Scriptures.

This study involved students from APU and another university as participants, divided into two groups. One received the Christian mindfulness training I described, the other did not, and I compared and measured their level of mindfulness—how present, attentive, and attuned they were—before and after the training. The group that received the training showed statistically significant, higher levels of mindfulness than the group that did not. This shows that Christian mindfulness practices are worthwhile, and there is an opportunity to continue to measure how this approach can enhance our spiritual, physical, and emotional lives, enabling us to be better servants of God. A mindful practice that is centered in our Christian faith is worth getting acquainted with. Or, for those who are already familiar, worth getting reacquainted with.

In situations that test us, amidst circumstances that elevate stress, and even in simple moments of busyness, creating moments of focused attentiveness that invite us to experience the truth of God's active presence draws us closer to Him. A mindfulness practice sets our thoughts on God and allows us to open mental and spiritual space for listening. A mindful state means I am literally transformed by the renewing of my mind. Consider my tea-drinking practice employed in moments of stress or anxiety: As I hold my mug, I take a few breaths and attune to the warmth. I imagine I am that mug, and God's hands surround me, reminding me of His love and grace. I sip the tea, paying attention to the warmth of the liquid as it slides down my throat and into my stomach. This mug of tea and my mindful drinking of it become a representation of His grace, which I physically ingest and can feel. My tea-drinking practice takes only a few minutes, but profoundly helps me be mindful of God's presence in my life. Decreased stress, attunement to the present moment, a deep sense of God's direction and presence in our lives—such are the gifts of mindfulness centered on God.

Regina Chow Trammel, MSW, LCSW, is an assistant professor in the Department of Social Work pursuing her doctorate. Her research focuses on the integration of Christian contemplative practices with mindfulness-based therapies, and she blogs at teaandmindfulness.com. rtrammel@apu.edu

LEADING FROM BEHIND

BY MICAH MCDANIEL



WHEN WOMEN'S SOCCER HEAD COACH JASON SURRELL '96 THINKS ABOUT MAYRA ALMAZAN '15, THE 16-YEAR COUGAR MENTOR SITS BACK AND CHUCKLES.

"We still joke about her 'recruitment,'" said Surrell about Almazan's unorthodox journey to Azusa Pacific. Surrell did not formally recruit her despite the fact she grew up just down the road from APU, played at Covina's South Hills High School—where Surrell teaches and whose head coach, Scott Mocabee '97, doubles as APU's current assistant—and both coaches have known her since she was 14 years old.

It should have been a no brainer. But it wasn't. Almazan didn't even consider Azusa Pacific. "I always said I was going to go where I was able to get the most money," said Almazan. "I was going Division I, and they knew that. When I committed to UC Santa Barbara, Coach Surrell told me that if things didn't work out, I'd always have a place at APU. I didn't think much of it at the time."

Until she arrived in Santa Barbara. Something was amiss from the start. Although she played in every game as a freshman, Almazan never felt comfortable in her new surroundings. Near the end of the season, she suffered an injury and her playing time decreased. For the first time in her life, soccer wasn't fun.

But soccer is in her blood. It's part of who she is. The daughter of Costa Rican parents, she holds dual citizenship, and in high school, she could have trained with the Costa Rican National Team as it prepared for the 2010 U20 Women's World Cup in Germany, but she declined in order to focus on school. While at UCSB, she was called in to play with the Costa Rican senior team for an exhibition against the United States, the Americans' first game since winning the gold medal at the 2012 Summer Olympics.

"That was surreal," said Almazan. "We had a game at UCSB on Friday, and I caught a red eye to New York and got to the stadium an hour before the game. I played the entire second half, and we lost badly, but I didn't care. I was on the same field as all the girls I looked up to as a kid—Abby Wambach, Hope Solo, Alex Morgan. I took pictures with them after the game." It was a brief respite from what had been a disappointing freshman year, and it was time for a change.

"I remembered what Surrell had told me, and I decided to transfer after winter break. Oddly, when I visited the previous summer, it was the first time I had ever been on campus."

"WHEN I FIRST GOT TO APU, I WAS ENCOURAGED BY WATCHING SENIORS STRIVE IN THEIR FAITH. NOW AS A LEADER OF THIS TEAM, OTHERS WILL WATCH ME STRIVE IN MINE."

It was love at first sight. In two seasons at Azusa Pacific, Almazan has scored 18 goals, earned multiple honors, and in 2014, became the first player in school history to earn NCAA Division II All-Region honors. In her first season, she scored the title-winning goal in overtime of the 2013 NCCAA National Championship game and was named NCCAA National Player of the Year. More important, she fell in love with the game again, and when offered a chance to play in the 2014 U20 Women's

World Cup in Canada, she jumped at it and played in all three of Costa Rica's group games, starting one.

After the 2014 season ended, Almazan went on her first mission trip to Kenya. During the 11-day journey, the team went village to village, hut to hut, sharing the Gospel. "My first day out, we led an entire family of seven to Christ, and I got to pray for and witness the healing of a woman who had been suffering from severe back pain for years. I learned right then how to trust God completely. That was a life-changing experience for me."

That was the first thing Surrell noticed upon her return. "She's always been a great kid, but there's no question God got a hold of her heart there. Her spirit is different. It's evident in the way she treats her teammates and the way she approaches her life."

Now a senior, Almazan knows the responsibility that brings. "When I first got to APU, I was encouraged by watching seniors strive in their faith. Now as a leader of this team, others will watch me strive in mine. I just want to lead by example and serve them. I don't want people to follow me. I want to follow them from behind and push them to be better."

Micah McDaniel '99 is a digital and content marketer living in McKinney, Texas. micah.mcdaniel@gmail.com

Cougars

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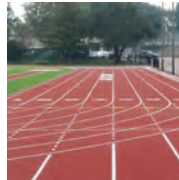
Cougars Place 17th in Division II Directors' Cup Debut



Azusa Pacific posted one of the best first-year performances in Division II history, finishing 17th with 522.75 points in the 2014–15 Learfield Sports Directors' Cup program—the first to place in the top 20 in the last 14 years.

Contributing to the accomplishment, men's basketball advanced to the Elite Eight and received 73 points in the Directors' Cup standings, and women's track and field, which claimed sixth place at the outdoor championships, earned 73.5 points. In all, nine Cougar teams made NCAA Division II postseason appearances, with eight placing in the top 20 of their championship events.

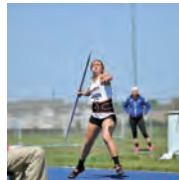
Track Replaced at Cougar Athletic Stadium



A \$1 million Cougar Athletic Stadium renovation project replaced the stadium's track surface, which had been resurfaced twice since original installation in 1986. Other improvements include a second long jump runway and a new pole vault runway with two pits.

The upgrades give Azusa Pacific the opportunity to host larger and higher-profile events starting with the 2016 Bryan Clay Invitational and the 2016 Pacific West Conference Track and Field Championships. The improvements also allow Azusa Pacific to submit bids for hosting the Division II Outdoor National Championships in future years.

Azusa Pacific Athletes Continue Academic Success



Allison Updike '16, the 2015 NCAA Division II national champion in women's javelin, was selected to the Capital One Academic All-America Division II Women's Track and Field/Cross Country first team, posting a 3.9 cumulative grade-point average (GPA) while majoring in applied exercise science. Five members of the Azusa Pacific men's track and field team were named to the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) All-Academic Track and Field Team, and the Cougars earned the USTFCCCA Team Academic Award.

Updike also won the PacWest women's track and field Scholar-Athlete of the Year honor for the second straight year, while junior Dane Johnson '16 earned the PacWest Scholar-Athlete of the Year in men's soccer. In addition, 151 APU student-athletes were named to the 2014–15 Academic All-PacWest Team, which includes those who maintain a cumulative GPA of 3.0 or higher.

Azusa Pacific is the only PacWest school to produce at least 150 Academic All-PacWest recipients for three straight years, and four Cougar teams led their sport in the number of Academic All-PacWest honors. Seven teams produced 10 or more honorees, including the baseball team, which produced 28 and tied for the most honors registered by any team this year.

Leaf Claims PacWest's Top Honor



Troy Leaf '15 was named Pacific West Conference Athlete of the Year, adding the conference's top individual athletic honor to his PacWest Men's Basketball Player of the Year and multiple NCAA Division II All-America awards. Leaf led the conference and ranked in the nation's top 10 in scoring, averaging 22.7 points per game, earning All-America and All-Region honors from the NABC and Daktronics. He was also named the Daktronics West Region Player of the Year. Leaf became the NCAA West Regional MVP after leading Azusa Pacific to the regional title in the program's first NCAA postseason appearance. He recorded 17 20-point games, including a career-high 39-point performance against Dixie State.

Track and Field Alumni Compete Internationally



Azusa Pacific men's track and field head coach Kevin Reid '88 served as head coach with assistant coach Rob Jarvis '05 for Team USA's decathletes at the Thorpe Cup, an annual competition between decathletes from Germany and the United States.

At the Pan Am Games in Toronto, three former Cougars competed internationally for Team USA. Aron Rono '09 placed second in the 10,000 meters, sprinter Remontay McClain (attended 2011–13) claimed fifth in the 100 meters, and Breanna Leslie '13 registered a sixth-place finish in the heptathlon. McClain was one of 130 athletes selected to represent Team USA at the 2015 IAAF World Championships, earning a spot on the 4x100-meter relay team.

Upcoming Athletics Events

BASKETBALL

December 5 | 5:30 and 7:30 p.m. | Women's and Men's Basketball vs. California Baptist | Felix Event Center

FOOTBALL

October 3 | 6 p.m. | Cougars vs. Central Washington | Citrus Stadium

October 24 | 6 p.m. | Cougars vs. South Dakota Mines (Homecoming) | Citrus Stadium

SOCCER

October 15 | 5 and 7:30 p.m. | Women's and Men's Soccer vs. California Baptist | Cougar Soccer Complex

VOLLEYBALL

October 10 | 12:30 p.m. | Cougars vs. BYU-Hawaii | Felix Event Center

WOMEN'S SWIMMING and DIVING

November 7 | 10 a.m. | Cougars vs. Biola | Slauson Pool, Azusa

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HOMEWORD | AZUSA PACIFIC UNIVERSITY

Simplifying Finances *by Jim Burns*

Financial challenges cause more stress for couples and families than any other issues—66 percent of American couples say they spend more time thinking about money and careers than sex, health, and relationships. While obtaining financial peace won't remove all stress, couples who live by a simple plan can move toward a more successful relationship.

When it comes to finances, couples and families can choose to live with the pain of discipline or the pain of regret. Those who choose wisely will create

a simple and workable financial and stewardship plan. I challenge them to K.I.S.S.—Keep It Short and Simple.

Make a budget and stick to it. Creating a budget is easy. Following it is much more difficult. Proverbs 21:5 says, “The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to want” (NRSV). Living within your means is the first step to a healthier relationship and less stress.

Deal with your debt. At our recent Refreshing Your Marriage Conference sponsored by APU, a couple told me that at the time of last year's conference, they were drowning in debt and struggling with their relationship. They went home that day, seriously examined their spending choices, and starting paying down debt that weekend. They are not debt free yet, but they are on the same page and happy with their progress.

Delay gratification and get on the same page. It takes discipline for a couple to get on the same page about finances, especially when it comes to delaying gratification. Yet

delaying the gratification speaks volumes about a couple's happiness. Someone once said, “Cash never sends you a bill.”

Give and save. Couples and families who give a percentage of their incomes, save a percentage, and live on the remainder tend to have more successful relationships.

For more help, visit homeword.com. The HomeWord Center for Youth and Family at Azusa Pacific University with Jim Burns '75, Ph.D., and Doug Fields values strong marriages, confident parents, empowered kids, and healthy leaders.

1960s

GEORGE MCLAIRD '65 recently published *I Hear You're Afraid of Dying or Afraid Someone You Love Will Die Before You* (CreateSpace, 2015). George retired after 13 years as a parish minister and loves spending time with his family and friends, writing, teaching, traveling, conducting ceremonies, and staying as healthy as possible every day alongside his wife of 30 years, Linda.

1970s

LOUIS HARRISON '73 wrote *Tending the Warrior Soul* (Xulon Press, 2013), endorsed by the former multinational force chaplain in Iraq, Chaplain (Colonel) Mike Hoyt, as well as special operations chaplains and warriors. The book goes beyond the scope of typical post-traumatic stress disorder guides, offering practical help and healing for traumatized troops, their families, and their caregivers. Louis and his wife, 50-year missionary members

with Cadence International, a biblical Christian ministry to the armed forces, feel led by God to focus on soul-damaged warriors as they return from combat and throughout succeeding years.

1980s

CHERYL (LYON '80) ROBERTS remarried Keith Roberts in 2013.

NICK YPHANTIDES '86, MD, chief medical officer for San Diego, promotes the Live Well San Diego County program, which serves more than half of the county's 3.2 million residents who are overweight or obese. Once nearly 500 pounds, Nick's personal health journey and relationship to food carries a lot of weight with his patients. Last July, he worked with at-risk students in the nonprofit Escondido Education COMPACT program, exploring healthy lifestyle choices and visiting the local farmer's market.

CHRISTINE MAGNUS MOORE '88, RN, BSN, cancer survivor, recently authored a book about her experiences, *Both Sides of the Bedside: From Oncology Nurse to Patient, an RN's Journey with Cancer* (Gray Matter Imprints, 2015), now a No. 1 bestseller on Kindle in the cancer and oncology category. Nurse.com also featured the book. Moore serves at the California Southland Chapter of the Leukemia and Lymphoma Society and cofounded a nonprofit, You Are Not Alone, as a comfort resource for those battling cancer. bothsidesofthebedside.com

1990s

TANYA A. FISHER, ED.D. '97, was recently named Selma Unified School District's superintendent. With a long history of serving California schools, including positions as classroom and mentor teacher, resource specialist, vice principal, principal, director of educational services, and assistant

superintendent. Tanya brings a wealth of experience in curriculum and instruction, Gifted and Talented Education (GATE), and equity and diversity to her new role.

1 JACK WILLARD, M.ED. '99, head football coach at Camarillo High School, flew with the Blue Angels as part of the Key Influencers program, which highlights community members who help shape the lives of young people. Jack flew in an FA-18D Hornet that was part of the Navy Flight Demonstration Squadron at the Point Magu Air Show, September 26–27, 2015.

2000s

ELISA STEELE '01 earned the 2015 DeBusk Award at Langley High School, which honors the educator who best exemplifies teaching excellence and supports the vision of the school community. She lives in Spokane, Washington.

2 RANDY TOTORP, M.A. '01, former Long Beach City College men's volleyball head coach, who led the men's team to three state championships, steps up this fall as the school's new athletic director. He lives with his wife and two children in Rossmoor, California.

3 KIRSTEN INGBRETSEN '02 recently returned to her former post as sixth-grade language arts and social studies teacher at Idyllwild Elementary School. From 1997–2008, Kirsten taught fourth and sixth grades for the Department of Defense in Okinawa, Japan, and has served in similar roles at several institutions, gaining valuable experience and skills she passes on to her students.

4 To KARYN (FEID '02, M.A. '07) WALKER and her husband, Michael, a daughter, Olivia Frances, on March 20, 2014. Karyn teaches kindergarten, and Michael is a technical recruiter. The family lives in Monrovia.

MELISSA BROUGHTON, M.ED. '04, teacher and author, published a book on her experience growing up with alcoholism in her family, *Cowboy Dad: Love, Alcoholism, and a Dying Way of Life* (CreateSpace, 2015). It showcases true, inspiring stories of ranch lifestyle intermingled with family struggles and faith. Melissa lives in Santa Barbara, California.

AARON RIETKIRK '04 earned his Ph.D. in History from the London School of Economics. He recently returned to Southern California, where he serves as a lecturer at California State University, Fullerton, and an adjunct professor in APU's Department of History and Political Science. He lives with his wife and daughter in Riverside.

5 JESSICA (CONGOLIERE '07) FUJIMOTO and her husband, **RICK, MBA '17,** have one daughter, Kate Emi, 1.

JACQUELINE OYSTER '07, to Michael Tilma on May 16, 2015, at The Matthews House in Cary, North Carolina. Jacqueline and Michael grew up together in Clinton, New Jersey, met for coffee, fell in love, and married exactly one year later. They live in Cary.

JESSICA NG '10 serves as a program analyst for the U.S. Department of Health and Human Services in Washington DC. Also, the *Journal of Pediatric & Adolescent Gynecology* recently accepted an article she coauthored, "Domestic Sex Trafficking of Minors: Medical Student and Physician Awareness," for publication. jessicajuang@yahoo.com

6 MATTHEW SLEEPER '11 completed four years of service in the Marine Corps and now works full time in Santa Cruz, California. His wife, **BRITTANY (SMITH) SLEEPER '12,** stays at home with their daughter. They met seven years ago as APU freshmen.

STEVE BURMASTER, M.A. '12, became the new director of athletics and chair of the Department of Physical Education at Northwest College in Wyoming. This opportunity arrived 21 years after he was offered a position as the school's head volleyball coach, but was unable to accept that post. After years of coaching at other schools, he is thrilled to bring his career full circle. Steve lives in Powell with his wife, Laura; daughter, Grace, 7; and son, Grant, 6.

MARIELLE (KIPPS '12) EVANS, who earned a Master of Divinity from Princeton Theological Seminary, serves as the Day Camp Leader at the YMCA of Greater Williamson County in Cedar Park, Texas.

LINDSEY MARTIN, M.S. '13, became the new head women's volleyball coach at Johnson & Wales University's Denver Campus after serving as the 16 Red head coach and collegiate recruiting coordinator for Front Range Volleyball Club.

CORBAN ASPEGREN '15, RYAN BOWMAN '15, ALLIE LAPP '15, TANNER MORRISON '15, and **YASHA SOJWA '15** won Best Student Film at Trinity International Film Festival for *Luiseño*. The team produced the film in the CINE 494 Production Capstone class with Warren Koch, Ph.D., as their faculty advisor.

JUST MARRIED

7 BRIAN HAWK '05, MBA '06, to Natosha Griffin on February 28, 2015, in McKinney, Texas. Members of the wedding party included **STEPHEN HAWK '03, PATRICK MCCLURE '05,** and **CHRIS REHRER '05.** Other alumni in attendance included **BRIAN ABRAHAMSEN '05, CHRIS KIMBLE '05, NATHAN BLANK '05, REBECCA (VAN DYK '05) BLANK, SEAN DAVIS '05, STEPHANIE (VILLA '09) DAVIS,** and **MATTHEW NELSON '05.** Brian

moved to Dallas in 2011 and works for MUFG Union Bank as the vice president/ portfolio manager. He met Natosha when they served as mentors for Champions of Hope, an organization that pairs Christian adults with kids in the fourth grade.

ALEXANDER CLARK '07 to Andrea Clark on March 14, 2015, in Austin, Texas.

8 BETHANIE FROST '07, M.ED. '11, to **TRAVIS LANFORD '16** on December 20, 2014, at the First Church of the Nazarene of Pasadena. The reception was held at APU. Bethanie is the daughter of **PATTI (MEYER) FROST '80, M.ED. '81.** Members of the wedding party included **SHERI (MENDENHALL '07) VER BURG, KENDRA LANFORD '18, BENJAMIN VER BURG '14,** and **CHRISTOPHER JONSON '10.** Travis is a corporal with APU's Department of Campus Safety. They met at Western Christian High School, where Bethanie teaches and Travis coaches football. Travis is also pursuing his B.S. in Organizational Leadership through APU's University College. They live in Upland, California.

9 MATTHEW HILDERBRAND '12 to **RACHEL (HAMLIN '13)** on May 30, 2015, in Fresno, California. Members of the wedding party included **ANNA HODGSON '13, ANDIE TUCKER '13, ANGELA LANGE '13, CORY LOUIE '12, CLIFFORD GEE '12, DAVID HILNER '11,** and **RYAN GALLEGOS '12.**

10 HEATHER SCHLITT '12 to **RICHARD NANCE '15** on November 23, 2014, in Camarillo, California. The wedding party included **HEATHER MURPHY '12, MEGAN VANDERKAMP '12, CHRISTINA WOO '12, SARAH WHITE '11, BRAD BECKWITH '15,** and current students **SAMEER SADEM, TALAIASI TAUJELI,** and **JONATHAN SCHLITT.**

11 JUSTINE CHACON '13 to Joel Hoff on April 19, 2015. Justine works as the outreach and enrollment counselor at Western Seminary Sacramento Campus, where she is also pursuing her M.A. in Marriage and Family Therapy.

continued on page 33

COUGAR INTERVIEW—WILLIAM LISBIN '12



As a financial analyst for Jet Propulsion Laboratory (JPL) in Pasadena, California, William Lisbin '12 supports projects that are out of this world—literally. While his day-to-day responsibilities focus on supply chain management for the fabrication of spacecraft like the Mars rover Curiosity, his reflections on career advice, extracurricular interests, and calling are down-to-earth.

APU LIFE: What helped prepare you for your job at JPL?

LISBIN: Certainly my degree in business economics readied me for the daily tasks

of budgets and variance analysis, but there is so much more that goes into working at a place like JPL. Throughout my college career, many of my professors helped nurture my propensity for learning and overwhelming sense of curiosity. As the world's leader in Mars exploration and deep space, JPL offers the perfect environment for somebody like me who loves to discover new things.

APU LIFE: How important is networking in today's marketplace?

LISBIN: Vital. I actually got my job at JPL on a 10-day hiking trip in the middle of the John Muir Trail in the Sierra Nevada. On the fifth day of that trip, I met my boss; we spent the day talking about JPL and space exploration. I kept his information, and when the time was right, I reached out to him to inquire about available internships. It took two years, but the power of networking and persistence paid off when he offered me a summer position that eventually grew into a full-time role. It's all about getting outside, meeting new people, and creating personal connections.

APU LIFE: What advice do you have for those about to graduate?

LISBIN: Don't be afraid to reach out to someone who is doing something that interests you. Once you graduate, the world offers a host of different opportunities. Find something you're truly passionate about and go connect with the people who are doing it now.

APU LIFE: How have you paid it forward by assisting fellow APU alumni?

LISBIN: I've had the opportunity to help bring on new employees to JPL who are recent APU graduates. New opportunities emerged at JPL with the recent announcement of a couple of major missions. It's been really great to see a growing APU presence on JPL's campus.

APU LIFE: As an avid outdoorsman, how do you balance those passions with your work life?

LISBIN: Unfortunately, there are only so many hours in a day, so sometimes it's challenging to find that balance. I've been surfing for 17 years and I love to travel,

so those I make a priority. Fortunately, JPL's company culture makes that doable. I'm able to use my free time to surf, travel, and indulge my adventurous side. I've gotten up at 4 a.m., raced down to the beach to catch a couple of waves, and still made it to work on time. I actually value my time in the water surfing more than my time sleeping. I guess when you find something you love, sleep deprivation doesn't seem like a sacrifice.

APU LIFE: What is your perspective on the relationship between career and calling?

LISBIN: For me, those go hand in hand. Originally, I enrolled in a different college as a premed student, which made no sense, as I'm the first person to pass out during the simplest medical procedure. One day, I realized I wanted to have a college experience that was centered on the foundation of *God First*, so I transferred to APU. Fortunately, when God spoke, I listened. I believe that my true career path can only be accomplished if I respond to God's call upon my life.

HOLLYWOOD TURNAROUND

by Rachel White

For Jarret LeMaster '01, 17 years of acting for stage and screen provided the training and inspiration to confidently pursue his dream of creating a feature film.

Passionate about the entertainment industry but weary of the tension he regularly experienced between its secular demands and his Christian commitment, LeMaster envisioned a project that would tell a redeeming story and appeal to a broad audience without compromising artistic quality or his ideals.

Embarking on such an ambitious enterprise required him to assemble a team of talented professionals who could help bring his vision to life, so he reached out to four friends and fellow Azusa Pacific alumni. He

partnered with Shawn Svoboda '07 to serve as producer and writer, and the two recruited Christa (Burroughs '05) Svoboda as location manager, Mackenzie Marsh '06 as casting director, and Jared Isham (attended 2000–04) as director.

LeMaster modeled courage and perseverance in the face of trying circumstances, empowering the group to be creative and innovative amidst this “filmmaking boot camp.” “I’m not afraid to take risks when I believe in something, and I don’t shy away from challenges along the way,” he said. “We were all sleep deprived, balancing full-time jobs and family responsibilities, and learning as we went. We dealt with artistic differences, financial limitations, and so much stress. Yet, at the end of the day, we were collaborators with a shared vision who rose to the occasion and delivered results. I’m extremely proud of the team and the finished product.”

The filmmakers celebrated the culmination of their two-and-a-half-year journey at a packed local theater premier of *Turn Around Jake* in June 2014. While at its core a love story, the film, starring LeMaster and featuring his original music, and Jen Lilley from *Days of Our Lives*, stays true to his original vision and grapples with



PHOTO COURTESY OF JARRET LEMASTER

“Our mission is to bridge the gap between mainstream and faith-based markets, and do it well.”

—Jarrett LeMaster

relevant themes, including job loss and the economic downturn, corporate scandal and greed, and broken relationships and redemption. Recognizing the film’s merit, Pure Flix Entertainment, distributor of Christ-centered movies like *God’s Not Dead*, purchased the rights, and *Turn Around Jake* is now available in retail stores nationwide including Walmart and on Amazon and Netflix.

The success of their first feature film emboldened LeMaster and his team to expand their influence by establishing a production company, Turnaround Films. Current projects reflect their driving focus. “Our mission is to bridge the gap between mainstream and faith-based markets, and do it well,” he said. Recognizing the enormity of that challenge, LeMaster decided to prepare himself with every advantage and enroll in APU’s Master of Arts in Leadership program, where he could build upon his innate ability to inspire others and initiate change. “I’m called to represent Christ in Hollywood. He’s equipping me for what lies ahead.”

Rachel (Nordby '97) White is associate director of public relations and a candidate for the Master of Arts in Leadership degree at Azusa Pacific University. rewhite@apu.edu



PHOTO COURTESY OF VALERIE HARRIS '09

Continental Reunion

A burst of laughter explodes from the dinner table as one story brings another to mind. Before anyone notices, nighttime slips into early morning as former classmates reminisce about on-campus jobs, chapel dates gone wrong, and a far-off town called Azusa. For this steadfast group of Azusa Pacific University alumni, their annual reunion spans more than 20 years, 3 languages, multiple countries, and 2 APU offices, International Students and Scholars (ISS) and Alumni Relations.

Beginning in the late 1980s, a core group of former international students assisted ISS director Mary Grams, M.A. '86, with recruiting students on the European continent. That annual event transitioned to an official alumni get-together, mostly involving business students from that same decade. Along the way, they added Cougars from all class years and majors. The only stipulation? Living in Europe.



PHOTO COURTESY OF NATALIE (FORSBERG '09) WINBLAD

Moving in God’s Direction

Countless hours of physical therapy, grueling sessions of painful workouts, and precious time spent away from their sport are enough to give most athletes a lifelong aversion to the rehabilitation process. It had the opposite effect on Natalie (Forsberg '09) Winblad. After two major knee injuries that ended her soccer career, she gained an insider’s perspective on the physical therapy profession and a newfound direction for her life.

When she coupled her vocation with her heart for missions, she realized this was more than a job; it was God’s call on her life. Soon after, she and a group of friends started taking monthly mission trips to Mexico to help build houses, and formed what is now Team Solomon. Later trips to Cambodia, Nigeria, and India affirmed her path. “I began to realize I had a passion for the underprivileged,” said Winblad. “In India, we got word of an orthopedic clinic an hour away from us. I went every day on my own, travelling on the train, a rickshaw, and the last mile on foot. The staff there performed orthopedic surgeries but not rehab, so I filled that need. I came home from that experience understanding that God wanted me to provide physical therapy in impoverished areas, but I had no idea what that would look like.”

From Spain and France to Greece and Germany, the diversity of locations offers alumni in Europe a chance to create new memories with former classmates while reminiscing about their APU experiences. The regular attendees, whom Grams says have grown into a family, organize the events either in their hometowns or special destinations, traveling from near and far to attend the extended weekend and take turns hosting. Responsible for bringing many of these APU graduates to Azusa, Grams has never missed the occasion since its inception. In addition, the Office of Alumni Relations sends a representative to provide university updates, highlight recent accomplishments, and discuss APU’s vision for the future.

The May 2015 gathering at the Rhein River in Germany marked a milestone, as 19 current students from the Azusa Pacific European Union (LAPEU) study-abroad program joined alumni for a weekend of networking. These current School of Business and Management students not only interviewed alumni on life in the corporate world, but also connected with them on a personal level, seeking advice from a global perspective. Composed of former international students—some now living outside their home country—this unique group shares a mindset of internationalization professionally and personally. German native and annual reunion participant Tilo Schwarz, MBA '93, encourages all APU degree holders in Europe to participate. “Getting together with APU alumni not only brings back wonderful memories of studying in Southern California, but it also helps generate current business initiatives and ideas. Sharing experiences and new success stories is as important as reconnecting on a personal basis. Mary Grams helps establish personal connections and recreates the warmth of our APU family. I highly recommend this reunion to European alumni.”

To receive information about the 2016 gathering in Switzerland or to host a local reunion in your own region of the world, contact alumni@apu.edu.

God gave her a glimpse when she traveled to Kenya after earning her Doctor of Physical Therapy in 2012. “Life is so different there,” said Winblad. “If the farmers get hurt, they can’t work and can no longer support their families. The gift of mobility is vital in those places.” Upon her return, she joined Team Physical Therapy, where she had undergone treatment while a freshman at APU. It proved to be a great fit—familiar surroundings and a professional philosophy about patient care that aligned perfectly. When she explained her desire to make physical therapy accessible to rural families throughout the world, the team that had inspired her career choice and life’s work supported her once again. She and colleague Jeff Bekendam, owner of Team Physical Therapy, then launched Compassion Physical Therapy, a nonprofit foundation that provides physical therapy in impoverished areas. The organization comprises a six-member board seeking new ministry partners, and an outpatient care facility in Kenya where it sponsors two therapists, as well as one in Mexicali, Mexico. “If we can keep supporting native therapists, then hundreds of people get a chance at a better life,” said Winblad.

In February, Winblad returned from her third trip to Kenya, where she saw firsthand the effects of her foundation’s contributions, but challenges remain. Wound care supplies are scarce, and getting them there presents a challenge. Nothing can be shipped; everything has to be taken in by hand. But that has not slowed Winblad and her team. “We hope to eventually sponsor 100 therapists around the world. We also hope to offer an internship program for students working on their clinical rotations,” said Winblad. The obstacles may seem insurmountable, but Winblad learned long ago, while enduring rehab and contemplating her life’s direction, how to follow God’s lead when life gets tough—sometimes you have to change courses to stay on track.

Learn more at compassionpt.org.

THE LEMONADE STAND

BY EVELYN ALLEN



PHOTO COURTESY OF SARA WILLIAMS-CURRAN, M.ED. '03

“FOOD IS SUCH A PERSONAL THING, ESPECIALLY FOR PARENTS WHOSE CHILDREN HAVE TYPE 1 DIABETES.”

—SARA WILLIAMS-CURRAN, M.ED. '03

A TEA-PARTY-THEMED FETE SET THE PERFECT SCENE FOR A BIRTHDAY ON A SPRING MORNING IN MORAGA, CALIFORNIA.

Cups and saucers adorned with floral patterns. Giggling little girls wearing wide-brimmed hats bedecked in ribbons and puffs. All delighted the guest of honor and elated her mother. When Sara Williams-Curran, M.Ed. '03, filled the clattering teacups with lemonade, she watched her daughter, Allie Lou, 6, and her playmates gulp it down—and sighed with relief and pride.

Such a simple act might have gone unnoticed on any other day of celebration. Today, it was cause for joy, as Williams-Curran gratefully welcomed another year of life for Allie Lou after a devastating diagnosis of type 1 diabetes at age 3. Looking back on the journey since, the mother of two can't help but relate to the well-worn saying, “When life hands you lemons . . .” Except Williams-Curran didn't make just any kind of lemonade.

What began in her kitchen as a safe, homemade refreshment for Allie Lou, her brother, Patrick, 4, and the family recently debuted on retail shelves as the first and only all-natural, USDA-certified organic, zero-sugar lemonade juice box for children. “Food is such a personal thing, especially for parents whose children have type 1 diabetes,” said Williams-Curran. “In the process of trying to find and make nutritious food for Allie Lou, I worked on creating this organic lemonade that was not filled with sugar, and I landed on a recipe that was a hit with our neighbors and friends.”



One of those supporters was Williams-Curran's lifelong friend, Amy Dibianca. The two partnered in October 2013 to form Leaf & Love, working together to bring the original lemonade out of the home kitchen and to 160 Bay Area grocery stores and online retailer Amazon. They focused on maintaining the same simple, pure components that went into the very first batch. “We quickly saw that there was nothing else like this on the market,” said Dibianca. “Sara has incredible taste when it comes to healthy ingredients, and we wound up with the most natural lemonade possible, something that appeals to parents and consumers who look closely at product labels.”

Few examine nutrition facts with more critical eyes than those with type 1 diabetes or their parents. The autoimmune disease occurs unpredictably and poses a constant threat to life, according to Catherine Heinlein, Ed.D., RN, RD, CDE, nutrition and diabetes educator in APU's School of Nursing. Type 1 diabetes management requires insulin doses, vigilant eating habits, and blood-sugar checks throughout the day and night. “It took me a while to grasp that Sara was as sleep deprived as a mother with a newborn,” said Dibianca. “The full weight of that responsibility falls on the parents, and it's up to them to keep their child alive.”

Amid the delicate balancing act of caring for her daughter, Williams-Curran realized how small conveniences—like a juice box—could have a significant impact for a caregiver or child. “I wanted Allie Lou to still enjoy the simple pleasures in life without jeopardizing her health and wellness,” she said.

Bridging her role as a parent with her experience as a teacher and school administrator of more than 15 years, Williams-Curran said she carries forward a new mission to educate others about type 1 diabetes, while providing parents with a healthier beverage option through Leaf & Love, which plans to expand with new flavors and product offerings. “My calling remains teaching and educating,” Williams-Curran said. “It's just taken on a different form outside the classroom. My leadership training at APU definitely equipped me for where I am today.”

WILLIAMS-CURRAN REALIZED HOW SMALL CONVENIENCES—LIKE A JUICE BOX—COULD HAVE A SIGNIFICANT IMPACT FOR A CAREGIVER OR CHILD.

Williams-Curran sees the Leaf & Love product fitting well within a changing marketplace where consumers increasingly reject food additives and empty calories. Today, many people practice watchful sugar consumption, not just those grappling with diabetes. “The U.S. Department of Health and Human Services recently revised the official Dietary Guidelines for Americans, limiting added sugars to no more than 10 percent of daily calories, down from the previous allowance of 25 percent. The message is that all Americans should reduce their consumption of sugar-sweetened beverages, desserts, and snacks,” said Heinlein. “For someone like Sara, creating this product is about wanting to do the most good for her child and for children everywhere.”

AND THAT MAKES HER LEMONADE SWEET ENOUGH.

Evelyn Allen is a senior editor in the Office of University Relations. eallen@apu.edu

THE SCIENCE OF FRIENDSHIP

BY JON MILHON

I was about to leave my office and head for the first day of my Cell Biology class to go over the syllabus. The course has gained a reputation as rigorous among the students. At the first meeting, I tell them everything they need to know and try to calm their fears. Before I left my office, I posted a question on Facebook asking for previous students' advice for the new ones. Within minutes, many had replied. Some were funny, others dead serious, all of them good. I read each one to my students so they could hear what a bunch of high school teachers, physicians, physical therapists, and physicians' assistants said about how to succeed.



PHOTO BY CONNOR FISHER '16

Over the next week, comments kept pouring in, and I noticed a trend—many came from a group of close friends who graduated in 2006. They all took Cell Biology together in 2004, and that experience formed bonds that still exist more than 10 years later. They talked about the value of great study groups and great friends and the pranks they pulled on faculty.

About a week into the Facebook conversation, I posted another question: What would it take (besides wads of money) to get the Milhon family together with the graduates from 2006? Chris Teitzel, who lives in Seattle, gave the defining response: “All I need is a time and a place. I would move anything to be there.” I was shocked. People felt so strongly about their experience here that they were willing to travel from all over the country to reunite for one

night. First, I needed a date—a tall order considering they were all professionals with busy schedules and families, but after three weeks of negotiation, we planned it for early November. The location was easy: my house. I had hosted a party to celebrate graduation for this same group, and the thought of doing that again sounded perfect.

Many of these students had not seen each other since graduation, though social media provided some contact. Over the years, I saw a few who live locally, and some, like Russ Buhr and Sara (Klemin) Marlatt, I saw while on a family vacation to the East Coast, but most of the group I had not seen since graduation day a decade ago. I felt like a kid at Christmastime. It couldn't come fast enough.

Of course, Chris was the first to buy a plane ticket. Heather (Faw) Davenport was apprehensive about flying from St. Louis with her baby daughter and without her husband, but her presence was a nonnegotiable. She was the only student who took all five of the courses I teach. She also started a tradition I cherish. When she gained acceptance into the Doctor of Physical Therapy program at Duke University, she sent me a pennant for my office wall and encouraged the rest of the class of 2006 to do the same. I have since amassed a wall of university pennants representing my students and their academic accomplishments over the years.

The day of the reunion confirmed that these friendships hadn't missed a beat. Crazy Nate Cowing and Anthony Walls carpooled from Ventura County with Nate's family. They told a story of how a patient whom Anthony saw in his hospital in Ventura ended up as Nate's physical therapy patient in Santa Barbara. Nate and Anthony are also new dads, and after knowing these guys in college, the reality

gave everyone a good laugh. Suzie (Val Hal) Bruenig and family came up from San Diego—I had shared coffee with her every week during her entire senior year. Russ, chief resident in internal medicine at UCLA, had just finished being on-call all night when he picked up Chris from the airport. Heather Dingess lives in the area, and Lauren (Horvath) Leporini flew in from Sacramento. Suzie, Heather, and Lauren are physical therapists, and I loved hearing their stories. It was like watching my kids, all grown up and amazingly successful. In conversations over homemade ice cream, I heard about great accomplishments in graduate school and I listened to lessons learned as new professionals committed to making a difference in the world. I am so proud to have had even a small part in the process.

We missed those who could not attend: Stephanie (Armitage) Oliva and her husband, Jonny '03; Emily (Maarschak) Walls; Sara Marlatt; Jennifer Stripe; Lauri (Robertson) Marsh; Jeff Pryor; and a few others. But we're talking about doing it again next year, and I'm already looking forward to it.

As I think about our reunion, what strikes me most profoundly is not the achievements of the individuals in that class, not their dedication to their fields and their families—I expected nothing less from such bright and gifted students. Rather, I am taken aback by the sense of family that began in my classroom and matured and deepened over the years. Seeing these people interact like family—laughing, joking, teasing, celebrating, sharing—illustrated the long-held value at APU of community building. And while I know that similar relationships form in classrooms, residence halls, and small groups throughout campus every year, I am humbled and blessed to call this special group my family.

Jon Milhon '85, Ph.D., is a professor in the Department of Biology and Chemistry. jonmilhon@apu.edu



Every effort is made to publish all photos submitted to APU Life. We apologize if your photo was not published.

continued from page 27

MARIA CONRAD '13 to **ANDREW SORIA '14** on December 28, 2014, in Fairfield, California. Wedding party members included **SAMMY COWELL '14, TYLER SHATTUCK '14, CALEB WAGNER '14, KELSEY MILAM '13, MSN '15,** and **KATIE MCKINNON '13**. The couple lives in Pasadena. soriaa@usc.edu

12 DELANIE NIELSEN '13 to **TREVOR WOOD '14** on June 13, 2015, in Temecula, California. The wedding party included **BRANDON WOOD '11, MICHELLE FERNANDEZ '12, TOMMY WALLACE (ATTENDED 09-12), CHELSEY (TUCKER '13) PETTY, KATY (SURFACE '13) FUJIOKA, ISAAC LEE '13, CODY WOOD '15,** and **MADISON NIELSEN '19**. Delanie works in the APU School of Business and Management, and Trevor works at the Pomona Fairplex.

FUTURE ALUMNI

13 To **REUBEN KAPADIA '02** and his wife, Allison, a daughter, Norah Elizabeth, on November 2, 2014. The family lives in Anaheim.

14 To **KEVIN KURIMOTO '02** and his wife, Alysa, a daughter, Kady Emi, on March 3, 2015.

15 To **TIM LYNE '04** and his wife, Holly, a son, Eli Harrison, on June 21, 2015. Holly is a high school math teacher, and Tim, new to the education field, just accepted a position as a middle school science teacher. They are blessed to teach in the same district and have the summers free to spend with Eli.

To **ERIC RACUSIN '07** and his wife, **HEIDI (VERKADE '08)**, a daughter, Chloe Elizabeth, on July 20, 2015.

16 To **PETER BOND '08** and his wife, **ERIN (HALMA '10)**, a son, Caleb John, on May 14, 2015.

17 To **CRAIG THOMPSON '08** and his wife, **JEN (WAGNER '09)**, a daughter, Hattie Ruth, on July 21, 2015. The family lives in Etna, California. cwillthompson@gmail.com

18 To **GRACE (MOREHEAD '09) HUBER** and her husband, David, a son, Malachi Isaac, on July 20, 2015. The couple works with the underserved in inner-city Memphis.

19 To **ALLISON (BOND '10) GADDIS** and her husband, JD, a son, James Bond, on May 14, 2015.

20 To **BRETT BARRY '97, M.A. '11,** and his wife, Heather, a son, Brendan Dylan, on February 12, 2015. Brendan joins sisters, Lily, 8, and Lucy, 5. Brett is the associate director of marketing at Azusa Pacific University, and Heather is a stay-at-home mom.

IN MEMORY

DIANE RICE '71 passed away June 1, 2015. She taught deaf, deaf-blind, and severely disabled children for four decades. She also served as a missionary in Haiti and Zaire. Diane adopted her daughter, Elizabeth, in 1987, and married Michael Dahlberg in 2013. Her brothers, daughter, son-in-law, and two granddaughters survive her.

Notable and Noteworthy

The Alumni Relations staff and your classmates want to know what's new with you. Upload Alumni Class Notes and photos to apu.edu/alumniparents/alumni/connect/classnotes or email alumni@apu.edu.



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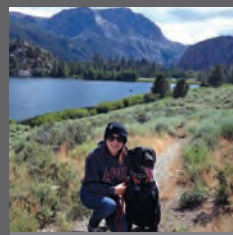
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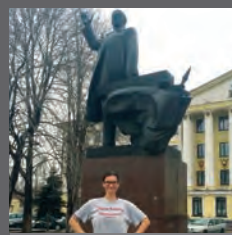
Attention alumni: Send us your photographs of the places you have been with your Cougar wear. If we print your submission, you will receive an APU T-shirt to wear while visiting your next exotic or interesting destination. Send your photos,* along with a description of the location where the photograph was taken, and your T-shirt size, to the Office of Alumni and Parent Relations, PO Box 7000, Azusa, CA 91702-7000, or alumni@apu.edu. Or you can add your photo to the Azusa Pacific Everywhere Flickr account at flickr.com/groups/apueverywhere/. *Please send high-resolution images or prints only.



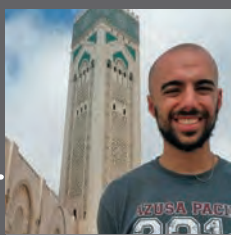
SARAH (REINHART '10)
HOFER '13
GULL LAKE, CALIFORNIA



DJ '18, MAGGIE '16,
AND SHAWNA '92 MATOS
MOAB, UTAH



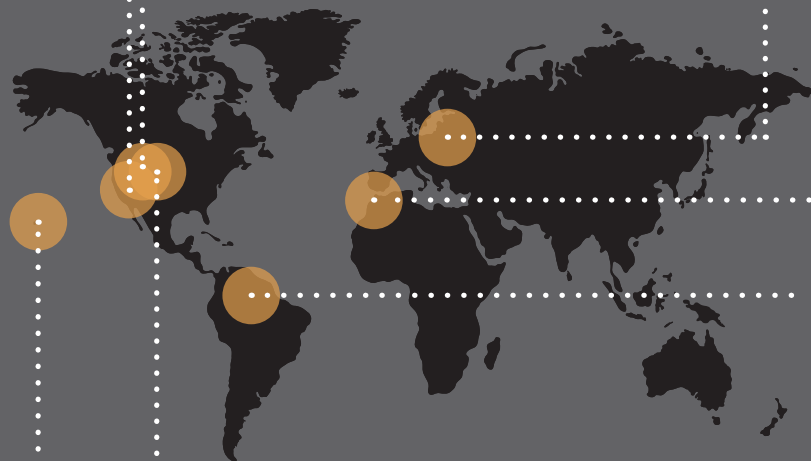
SVIATLANA STSEPANENKA,
M.A. '10, MBA '13
MINSK, BELARUS



STEVEN HOWARD '14
CASABLANCA, MOROCCO



DAKOTA, STEVE '89,
AMY (BRAIO '90),
MASON, TREVOR,
AND LOGAN WILCH
O'AHU, HAWAII



CHERI (LUND '00) NORRIS,
ALISON (TICE '00) HURST,
GINNY (PRZYBYLA '01)
PROFFITT, KATHLEEN
(WETTER '98, M.A. '00)
BODIE, DIANNE
(KONECNY '00) BOUTZ,
JENNY (BURKS '00)
DRISCOLL, AND MANDY
(BURKS '02) JENTES.
GRAND LAKE, COLORADO



PAUL L. YEUN '68, D.MIN.
AMAZON RIVER, BRAZIL



Places of Prayer

Prayer—communication, communion, or dialogue with God, in worship, thanksgiving, or praise, occurring either corporately or individually.

In whatever form it takes, prayer constitutes a powerful connection with the Creator. As a Christ-centered university, Azusa Pacific and its forerunners have always provided sacred places of prayer, including chapel, shown above in 1946. On November 7, 1989, to provide a serene environment for private prayer and reflection, Marv Hartwig established the W. Ray Hartwig Memorial Student Prayer Chapel on East Campus in memory of his late brother, reflecting the charge in Matthew 6:6: “But whenever you pray, go into your room and shut the door and pray to your Father” (NRSV). On February 14, 2007, APU broke ground for the

Barbara and Jack Lee Place of Prayer—a peaceful garden, prayer wall, and 46-foot-tall Cornerstone Tower providing students, staff, and faculty a tranquil area in which to pray on West Campus. That day also marked the Lees’ 64th wedding anniversary as well as the day Barbara passed into Glory. Much like sojourners to Jerusalem’s Wailing Wall, visitors often place written prayers and petitions in the wall’s cracks. Though prayer requires no buildings or rooms, spaces such as these offer a respite from the distractions of the day where believers can pause to direct their full attention to the Lord. They also serve as physical reminders to pray without ceasing and keep *God First* on this campus, in this community, and throughout the world.

—Ken Otto, MLIS, associate professor, Special Collections librarian



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