

## Mono shoots-out PVS

It is that time of the semester again when assignments are piling and tests are cramming...and the soccer finals are coming...

As with typical PAU fashion the first quarter-finals of the semester lived up to its reputation ending in a shootout in near total darkness.

Mono and PVS played most of the game conservatively with both teams having equal opportunities to seal the match.

Under very low light, an impossible shootout situation was executed. PVS strikers were off-target and looked nervous from the start allowing Mono to win comfortably 3-1.

Mono mid-fielder Benly Micah expressed that "it was not a good way to win a soccer match" but was glad his team won in the end. Shootout goals were scored by Ronald Luke, Siana and Allen.

Meanwhile Insait Pasifika also advances through to the semis by defeating Newcastle 1-0.

Catch all the soccer finals action next week.



Mono striker Allan attempts a cross.

# TPU students "Camp-in"



By Belinda Karae

The weekends were a dazzle for the TPU students, staff and faculty at PAU. Their 3rd annual camp meeting was held from the 16th to the 18th of May.

Headed and organized by Frederick Kataiwai and his team of active executives, the camp was said to be "Spiritually, mentally, physically and socially enlightening". The TPUM family maintained a cooperative spirit throughout the weekend, thus the camp was a success. The camp grounds were located within the area of the campus.

The theme; "He Chose You" was passionately talked on and illustrated by three invited guest speakers, Dr Aaron Lopa, Pr Jeffery Paul and Dr Tracy Mafile'o. The highlights of the camp program started on Friday night which commenced with a powerful tone with Dr Lopa preaching on Jeremiah 1 connecting it with his personal experience. Pr Jeffery Paul also emphasized on Jeremiah 1 for divine service and Dr Tracie ended with an impressive message based on Micah

6: 8, "Gods requirement from us is to act justly, to love mercy and to walk humbly with our God".

Saturday night was full of fun and laughter as groups were randomly selected to perform items of all sorts, from musical to theatrical, Banabati Kabwaritaak, impressed the crowd with his famous stunt, the back flip.

Groups were divided into famous Bible nations such as the Israelites, the Romans, the Greeks, the Persians, the Babylonians and the Spartans. Programs ended on Sunday with a bung lunch where the whole TPUM family gathered and the best part of it was seeing the groups get penalized or rewarded for their conduct throughout the weekend.

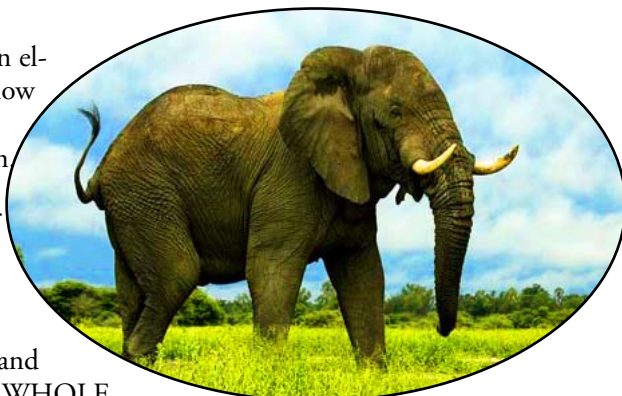
The Persians were rewarded for being the best group with the best organization strategies. Thank you again to the President and the organizers of the program and to their faculty advisor, Mr Taupo Tani for the time spared and energy used into making the program a success. Everyone was blessed and was reminded that "He chose you". ¶

# How to Eat an Elephant!

## Beating Procrastination in Academic Work

By Dr Tracie Mafile'o

If you know how to eat an elephant, then you will know how to be an academic success story! Let me explain. Although I have never needed to eat an elephant, if I did, I think I would know what to do. An elephant is a BIG animal. I would feel so overwhelmed, incapable, and paralysed if I thought of the WHOLE elephant and did not think of chopping the elephant up into PIECES (to all the vegetarians, excuse the word picture).



In fact, if I was standing face to face with an elephant, that I was assigned to eat, I would surely procrastinate! If, however, I sat down and knew that I only had to eat part of the elephant's leg, then I think I could do that. Eventually, over time, and with planning and endurance, I could eat an elephant. Academic work can be like a big elephant. We overcome with our academic work when we fail to break academic assignments into "bite-size" chunks.

Media slogans surround us, drumming home messages that can be applied to overcome procrastination and to achieve academic success. Hip-hop artists say, "Break-it-down". Oprah says, "You go girlfriend!" Nike says, "Just do it!"

Even more insightful, is the advice I was privileged to hear the other week in a speech by the Governor General of Papua New Guinea, Sir Paulias Matane. He implored listeners to **1) have a vision, 2) make a plan, and 3) do it!** His wisdom resonates with one of the secrets of academic success – plan the little steps that need to be taken to achieve the big goal, and then do it.

Although you might have a vision to get a good GPA this semester, you must make a plan for how you will achieve this. The plan will include what you do on a weekly and day-to-day basis. For example, if you have a 2000 word essay to submit, there are several smaller steps that the assignment can be broken into, such as the eight steps below:

STEP 1: Analyse and understand the essay question (underline key terms, define key terms, identify synonyms for key terms, talk to the lecturer to check for correct interpretation of the assignment)

STEP 2: Do research, reading and note taking on the essay topic

STEP 3: Write an essay outline

STEP 4: Write the first 250-500 words for the body of the essay

STEP 5: Write another 250-500 words for the body of the essay

STEP 6: Write yet another 250-500 words for the body of the essay

STEP 7: Write 250-500 words on the introduction and conclusion of the essay

STEP 8: Edit the essay and check presentation

Having identified smaller, more manageable steps, you can then plan to complete each step at particular times over one to two weeks.

There are many reasons for procrastination and as many ways out of procrastination. Procrastination, putting off until later what needs to be done now, sometimes occurs as a result of feeling overwhelmed by the task ahead; further procrastination only adds to the problem. Why not try to break tasks into smaller steps, plan when you will take these steps and then do it. Can you eat a whole elephant? Yes, if you cut it up and eat it one piece at a time (African Proverb). ¶

# Adventist History dramatized

By Warren Marape

Studying church history from a textbook is often boring – like a sleeping pill. This was not the case last week as the Adventist Heritage class dramatized the history of the Seventh-day Adventist movement at the Pacific Adventist University Church. Adventist Heritage is a subject studied by second-year theology students, along with others from the schools of education and business.

The presentations took five evenings from Sunday to Thursday from 7 to 7:30 pm each night. On Sunday evening the students featured the Millerite Movement which gave birth to the Seventh-day Adventist Church after the disappointment of October 22, 1844. Then throughout the week, until Thursday evening, the students creatively dramatized selected aspects of the theological, institutional and demographic developments in the church since then to the present, 2007.



The dramatization of the history of the Church was in partial fulfillment of the requirements of the Adventist Heritage class. However it was also an endeavor to make the PAU community, particularly students, more aware of the colourful characters and excitement wrapped up the history of Adventism.

The presentations were applauded by many as educational and thoroughly enjoyable. Many students, both Adventist and otherwise, revealed that they learnt a lot about Adventism and the leading

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# PAU opens new bookshop



By Vagi Vele

The staff and students of PAU recently witnessed another remarkable milestone in the ongoing development of Pacific Adventist University. This time it was the opening of the new “bigger and better” bookshop.

Pr Jeffrey Paul, master of ceremony, reminded students that this was another sign of God’s blessing on us. He referred to the earlier opening of the Counselling Centre on March 20 and the opening of the Amphitheatre on April 11. Today is another page in the history of this university.

The main speaker at the ceremony was Mrs Jennifer Jones, a music lecturer in the school of Arts and Humanities and a doctoral scholar who spoke passionately about books. “For the first time on PAU campus”, she said, “we will be able to browse, page through, and select in order to buy our own books because books mean so much to all of us”.

“When you sell a man a book you don’t sell just twelve ounces of paper and ink and glue – you sell him a whole new life” she said.

Having a special kind of relationship with books, Mrs Jones used three metaphors to illustrate. She said, “a book is like a box of chocolates. Just as there is much excitement and zeal in receiving a brand new box of chocolates so it is in receiving a brand new book. You never know what it will be like until you digest it, experience it, and let it interact with your worldview. Some chocolates or books are delicious and others aren’t. You can analyse them for yourself and develop your own taste and opinion.

She then compared books to ladders. “When you are climbing a ladder, you are secure on every rung. As you climb higher your perspective changes. In the same way, each book you read can lead you to a higher level of understanding. Each rung of the ladder represents your search for higher and

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of God through the history of Adventist Church through the skits. Esther Garin, a first-year non-Adventist business student said, “I really enjoyed the presentations; I learnt a lot of things about Adventists through the program.” A senior theology student said: “It’s amazing how God has led his church from humble beginnings to where it’s at today. This has given us confidence to move forward as church into the future.”

Mrs Schubert, the lecturer for this subject and organizer of the presentations, was really pleased with the students’ overall performance. “The students did really well”, she said, “and our objective to make Adventist history known to other students was fulfilled.” Mrs Schubert added that all the information used during the skits will be compiled and put in the intranet and the heritage section of the Library for any interested students to use. ¶

in-depth knowledge as you read a book”.

Finally, she said, books are like friends. “Friends talk to us and we communicate with them. Sometimes it’s a nod of the head or a raise of an eyebrow, but we communicate. When we read a new book, we have a thrilling opportunity to engage in conversation with the author - we can communicate, underline, question or disagree.

In her closing remarks she quoted a famous Chinese saying - To read a book for the first time is to make acquaintance with a new friend; to read it for a second time is to meet an old one.

On behalf of the administration, Dr Glynn Galo, Deputy Vice Chancellor, acknowledged all those who had had a hand in making the bookshop ready “as we see it today”. He also challenged students to look after this valuable asset, adding to make use of it wisely, as books are very valuable. Pr Vince David offered the dedicatory prayer and cut the ribbon to declare the bookstore open. ¶

# Never Mock God

It is written in the Bible (Galatians 6:7):  
 “Be not deceived; God is not mocked: for whatsoever a man sow, that shall he also reap.



Here are some men and women who mocked God : John Lennon (Singer): Some years before, during his interview with an American Magazine, he said: “Christianity will end, it will disappear. I do not have to argue about that. I am certain. Jesus was ok, but his subjects were too simple, today we are more famous than Him” (1966).

Lennon, after saying that the Beatles were more famous than Jesus Christ, was shot six times.

- Tancredo Neves (President of Brazil ): During the Presidential campaign, he said if he got 500,000 votes from his party, not even God would remove him from Presidency.

Sure he got the votes, but he got sick a day before being made President, then he died.

- Cazuzza (Bi-sexual Brazilian composer, singer and poet): During A show in Cancio ( Rio de Janeiro ), while smoking his cigarette, he puffed out some smoke into the air and said:”God, that’s for you.” He died at the age of 32 of LUNG CANCER in a horrible manner.

- The man who built the Titanic. After the construction of Titanic, a reporter asked him how safe the Titanic would be. With

an ironic tone he said: “Not even God can sink it” The result: I think you all know what happened to the Titanic.

- Marilyn Monroe (Actress) She was visited by Billy Graham during a presentation of a show.

“I don’t need your Jesus”.

A week later, she was found dead in her apartment.

- Bon Scott (Singer) The ex-vocalist of the AC/DC. On one of his 1979 songs he sang: “Don’t stop me; I’m going down all the way, down the highway to hell”. On the 19th of February 1980, Bon Scott was found dead, he had been choked by his own vomit.

- Campinas (IN 2005) In Campinas , Brazil a group of friends, drunk, went to pick up a friend.....

The mother accompanied her to the car and was so worried about the drunkenness of her friends and she said to the daughter holding her hand, who was already seated in the car: “My Daughter, Go With God And May He Protect You.”

She responded: “Only If He (God) Travels In The Trunk, Cause Inside Here.....It’ s Already Full”

Hours later, news came by that they had been involved in a fatal accident, everyone had died, the car could not be recognized what type of car it had been, but surprisingly, the trunk was intact.

The police said there was no way the trunk could have remained intact. To their surprise, inside the trunk was a crate of eggs, none was broken

- Christine Hewitt (Jamaican Journalist and entertainer) said the Bible (Word of God) was the worst book ever written.

In June 2006 she was found burnt beyond recognition in her motor vehicle.

Many more important people have forgotten that there is no other name that was given so much authority as the name of Jesus. Many have died, but only Jesus died and rose again, and he is still alive.

IF WE LEAVE A PRAYERFUL LIFE  
 – WE WILL NEVER MOCK GOD  
 BECAUSE WE WILL FEARFULLY  
 ADORE AND PRAISE HIM FOR WHO  
 HE IS AND WHAT HE IS.¶

EVENTS CALENDAR
<p>FRIDAY MAY 23</p> <p><b>Friday Night Fellowship</b>  <b>Dr Fifaia Matainaho</b>                      7:00pm @ PAU Church</p>
<p>SATURDAY MAY 24</p> <p><b>Branch Sabbath School</b>                      Pick up @ 6am- in front of library</p> <p><b>Women’s Ministry</b>                      6am @ PAU Church</p> <p><b>Pathfinder Weekly Prayer Breakfast</b>                      6:30am at Lamb Shelter</p> <p><b>Sabbath School - Filipino Community</b>                      9:00am @ PAU Church</p> <p><b>Divine Service - Dr Kuresa Taga’i</b>                      10:45am @ PAU Church</p> <p><b>Pathfinders - 2:00pm @ T5</b></p> <p><b>Adventurers - 2:00pm @ T5</b></p> <p><b>Bible Marking Class with Pr Jeffrey Paul</b>                      2:00pm @ T1</p> <p><b>Special Bible study with Pr Aaron Lopa</b>                      3:00pm @ T1</p> <p><b>Adventist Youth (A.Y) - Pr David Thiele</b>  <b>“How to Conduct Bible Study”</b>                      4:30pm @ PAU Church</p>
<p>SUNDAY MAY 25</p> <p><b>Working Bee at Camp Korup</b>                      6:30am - 10:30am</p> <p><b>“How to Study the Bible”</b>  <b>Pr Jeffrey Paul</b>                      6:30 - 7:30pm @ SOHS Lecture Theatre</p> <p><b>Notice</b></p> <p>JUNE 1, JUNE 8, JUNE 15, JUNE 22,                      JUNE 29, JULY 6</p> <p><b>“How to study the bible”</b>  <b>Pr Jeffrey Paul</b>                      6:30 - 7:30pm @ SOHS Lecture Theatre</p>