

## Small groups encourage female students to “Lean In”

DEBBIE HALL  
STAFF WRITER

Career services and the computing and history departments presented a live streaming on Oct. 28 of Lean In, an organization that inspires women to achieve their goals despite daily opposition. The presentation was given by Sheryl Sandberg, chief operating officer of Facebook.



The Lean In program, based on the book “Lean In” by Sandberg, was launched this

fall to reach graduate and undergraduate students by creating Lean In circles on their campuses.

Lisa Diller, dean of history and political science, believes the circles are a great way to develop skills.

“I think it is far too easy for young women to underestimate their giftedness and having support and peer accountability in following through with growing the skills God has given them is important,” Diller said. “That is how the Lean In circles can become helpful.”

Students have a choice to

either start a circle or join a circle. Circles are small groups that meet regularly to learn and share together. Circles alternate between education and exploration meetings. In education meetings, the members of the circle watch lectures and use the Lean In discussion guides to learn new skills together. In the exploration meetings, members share opportunities, challenges and experiences with each other.

“The Lean In movement is not a one-time event,” said Jeremy Moore, career services coordinator said. “It is communicating; listening as

much as speaking freely. We have the opportunity to form a couple of groups here at Southern.”

Dara Laing, a junior financial management-accounting major, was one of the students who went to the convocation.

“I believe the topic of women in the workplace is very important,” said Laing. “I honestly think woman can have whatever position they want in the workplace if they want it bad enough. I don’t think it is men that stand in our way in the workplace. I think it is other women and our own opinions of ourselves.”

## Decision to merge classes has not been made

KATIE HENDERSON &  
LINDSEY MITCHELL  
LEAD REPORTERS

While Southern is moving forward with the process of merging calendars with Union and Southwestern, there has been no decision on whether or not to merge classes.

“Southern has not chosen to merge classes yet,” said Robert Young, vice president of academic administration.

**“To keep the rate of tuition increases down, the university must find efficiencies elsewhere.”**

Young said the intention is to share low enrollment upper division classes that students need to graduate.

Sharing courses will allow each participating school to reduce its instructional cost, a reduction that can be used to decrease upward pressure on student tuition.

Southern, along with Union and Southwestern, are aware tuition cannot continue increasing at rates that exceed family income levels.

“This means to keep the rate of tuition increases down, the university must find efficiencies elsewhere,” Young said.

Young said the courses being shared are still being discussed.

#SAUMerge

## Honor societies strive to become more active



Photo By Natalie Thomas

2013 Lambda Pi Eta induction ceremony

NATASHA MIRILOV  
STAFF WRITER

Lambda Pi Eta Kappa Si, Southern’s chapter of the national communication honor society is becoming more active on campus this year.

Some of the changes include bringing in officers, having guest speakers talk about graduate school, looking at possibilities for potential scholarships and having better induction ceremonies.

The society held its first student officer led induction ceremony on Oct. 30 at Goliath Wall. Students who applied and were accepted attended a special candle-lit ceremony in their honor. In the past, students that met the society’s requirements were just handed certificates the month before graduation. Lambda Pi Eta faculty sponsor and associate professor in the school of journalism and communication Tara Hargrove’s goal is to show the members how

proud the university is of them and have the students feel as if they are a part of something not only when they graduate, but now as students.

“It is a real honor for students to be able to be in it. But [before this year] it didn’t feel like as big of an honor to be in the club,” said Hargrove. “This year, I want to emphasize that this is an honor and these students are working hard in the communications field.”

Other honor societies on campus are making changes as well. One of them is Sigma Tau Delta, the international English honor society. Because the society has very few members, Dennis Negron, faculty sponsor, is working to combine annual conferences with the English departments of University of Tennessee in Chattanooga, Lee University, University of Dayton and Covenant College.

Tri-Beta, the national biological honor society, is also trying to make a difference for

its members. Neville Trimm, faculty sponsor, is hoping to get funds and encourage members to do research.

“I would like to see us focus on research, getting students involved in writing and reading,” said Trimm. “It is important for the university, and it opens the mind of the students.”

Psi Chi, the international honor society of psychology, concentrates on academic events. The local chapter’s purpose is to inform students of career opportunities by inviting guest speakers and offering GRE preparation opportunities.

“With psychology being a growing field, the local chapter helps to promote what students can do in the field,” said Emmanuel Aragon, junior clinical psychology major. “Our goal is to help students figure out what they can do with psychology and in what fields they can work.”

## SOUTHERN SPOTLIGHT



Photo By Jordan Correes

ANNA BARTLETT  
NEWS EDITOR

Steven Shaffer has been baking bread since he was a child hanging on his mother’s apron. Later he spent five years working at a European bakery in Romania where he perfected his baking skills, and when he came to Southern as a financial management pre-law major, he saw an opportunity to do something he enjoyed and help others at the same time.

“First, I love baking,” Shaffer said. “I saw a good market with the university here. You have people who enjoy good, healthy, tasteful, stuff—breads, pastries. Also, for the longest time I had a burden to do something in Africa.”

Shaffer built his own oven, developed his own recipes and opened Shaffer’s European Bakery and Catering in June 2013. Now he sells between 100 and 500 loaves of bread a week and uses 10 percent of the profit to support medical mission tours in Africa.

“Right now, I have 10 percent,” Shaffer said. “I want it to go up eventually.”

Shaffer’s European Bakery offers a variety of breads and pastries available if pre-ordered through shaffereuropeanbakery.com or if you happen to run into him carrying his breadbasket across campus. Raisin bread, cinnamon rolls, French bread and olive bread are the most popular items, but Shaffer’s personal favorite item is not bread, but one of the pastries.

“My favorite I think are the strawberry puffs,” Shaffer said.