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Fuller Theological Seminary

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Welcome to Fuller!

...now what?

In order to welcome new students to campus, we solicited the following advice from current Fuller constituents...

Enjoy!

Compiled by Laura K. Simmons, with contributions from Fuller staff, faculty and students

Things to do your first week in Pasadena:

- Buy a Thomas Guide.
- If you are an international student, get a Social Security number ASAP!
- Join AAA (Southern Cal. Auto Club); they have free maps and their own DMV agent.
- Look for a bank that doesn’t charge you any fees. (Sanwa Bank has a special for Fuller students; they’ll be at the Resource Faire during registration.)
- Remember that you need to register your car with the DMV within your first few days in California. Make sure you get an appointment, or go to the DMV in Glendale or any other town except Pasadena, where the lines are impossibly long...
- Start scheduling time with people you meet, so you start making friends before too much work hits.
- Join a health club (See the All Seminary Council during registration, or talk to returning students about which options they choose).
- Install a car alarm.

Don’t miss these places/restaurants:

- Relax in the beauty and tranquillity of Huntington Gardens.
- Hang out with a friend at McCormick and Schmick’s happy hour (good cheap food, right across the street from Fuller); Moose McGillycuddy’s, at Colorado and Arroyo Parkway, also has good food in HUGE quantities and at great prices during their happy hour.
- Go to the beach! Or check out the surf crashing on the rocks in Palos Verdes.
- Griffith Observatory
- 3rd Street Promenade (Santa Monica)
- AMC movie theater (Old Pasadena) has ‘twilight’ matinees for $3.75 for movies starting between 4:00 and 5:30 p.m. They also have student discounts!
- Great burritos: Baja Fresh
- Great getaway: just drive up Highway 2!
- There are also nice semi-remote dirt trails for running or walking at Lower Arroyo Parkway. A safe place for women to run is the loop around the Rose Bowl (3.1 miles).
- Don’t miss shopping at Trader Joe’s—frozen black bean burritos (and other frozen delectables) cheap and easy, great prices on wine, unique fare.
- Best Thai food—Saladang on Fair Oaks
- The car wash on Del Mar just past Fair Oaks has the best selection of greeting cards anywhere. (Vromans on Colorado probably has the largest!)

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Campus Services

Psychological Services

Fuller has many acronyms. We want to tell you about several associated with the School of Psychology (SOP) so you aren’t too confused these first few weeks of orienting yourself to Fuller:

- **MFT** - Marriage and Family Therapy
- **PC** - Psychological Center, which is the umbrella structure for three training clinics for the SOP. (We realize it also stands for ‘Politically Correct’ and we didn’t want to confuse you!)

The following are the clinics in the Psychological Center:

**FPFS** - Fuller Psychological and Family Services (here, OC stands for Office Coordinator, as well as Obsessive-Compulsive, and BC stands for Billing Coordinator, as well as Before Christ!). FPFS serves Fuller students in SOT (School of Theology) and SWM (School of World Missions), as well as students’ families. Call (818)584-5555 for more info, about individual, couple, family, or child/adolescent therapy at a discounted fee of only $20/session.

**I-CAN** - Inter-Community Alternatives Network

**CFAR** - Center for Aging Resources, which offers a broad range of gerontological and caregiver support services, many at low or no cost. CFAR is located at 447 N. El Molino, or is available by phone at (818)577-8480.

The PC clinics also have therapists who are willing to come to your church or community organization to speak on a variety of topics.

Office of Christian Community

**Our Purpose:**

The Office of Christian Community (OCC) exists to encourage spiritual growth in the Fuller community. Our purpose is to nurture deeper relationships with God through fellowship in Christ. Being at seminary does not guarantee spiritual growth. The many challenges students face academically, theologically, and relationally make it essential to establish times and places to nurture a personal relationship with God. Our office is open from 8:00 a.m. - 5:00 p.m. daily, so feel free to come by and hear more about our programs or just to talk about your journey here at Fuller. We are located on the second floor of Kreyssler Hall, above the Catalyst, and would love to meet you!

**Our Programs:**

**Spiritual Formation Groups**

We will be starting “Further Up and Further In” groups in the Fall. Meetings focus on spirituality, support for one another in the group, the uniqueness of each person and how better to relate to God, given our unique qualities. Call and get on our list if you are interested.

**Barnabas groups for new students**

If you are new student, you need a Barnabas Partner! This is a program where you can get plugged into a small group that can help in your process of adjusting to seminary life. Your Barnabas Partner, a returning student, hopes to be a helping hand in your new beginnings as a student, anywhere from helping you find a good bank to talking about the spiritual questions and challenges that await you. If you aren’t in a group but would like to be, call the OCC.

**Tuesdays at Ten**

Come to the Catalyst on Tuesdays at 10:00 a.m. for a great time of worship and prayer. It is a time for students and staff to come together in a smaller “chapel” setting to rest and to pray for each other. Come join us!

*The Office of Christian Community is located on the second floor of Kreyssler Hall above the Catalyst and the phone # is 584-5322.*
Financial Aid welcomes all new and returning students to Fuller!

The Office of Financial Aid is located on the second floor of Stephan Hall (above SOT Academic Advising). Our office hours are as follows: M-Th 8-12, 1-5 (We close for Wednesday All Seminary Chapel from 10-11 a.m.), F 1-5. Financial Aid serves students by awarding grants, processing Stafford Loans, facilitating Federal Work Study, and assisting students in their search for financial support from off-campus sources. All students are encouraged to visit the Office of Financial Aid. Appointments are encouraged for those students with special concerns. You may contact Financial Aid by phone at (818)584-5421, or by FAX at (818)583-8610. The Fall quarter is an extremely busy period in our office. Please be patient with us as we strive to serve you efficiently during this time. We hope to serve you in the near future!

Resource Center

Looking for information about youth ministry, evangelism, family, or lay ministry? Check out the Resource Center at 465 Ford Place, across the street from the mail room. Books and other materials are available for check-out; the Resource Center is open Monday through Friday from 8:00 to 5:00. Hope to see you soon!

Looking for a job?

Places to look for jobs in Pasadena include Kaiser Hospital, Huntington Memorial Hospital, Cal Tech, Countrywide, and the Jet Propulsion Lab, to name just a few. Good sources of job referrals are Women at Work (818) 96-6870 and the Pasadena Urban League (818)398-6155. For on-campus employment, call the Job Line at (818)304-3770. This information is brought to you by Fuller’s Human Resources Department.

General advice for new students:

☐ Take a strict sabbath—one day a week with no schoolwork and no work for money.
☐ Get into a study group as soon as possible.
☐ Pray at all times! Learn to manage your time.
☐ Make relationships with two to six friends a priority—invest the time in building relationships.
☐ Check out opportunities for low-cost individual and family therapy at Fuller Psychological and Family Services (FPFS).
☐ If you eat at the Catalyst or Refectory often (or even semi-often) buy the coupon booklet and save $5.
☐ Always speak forth your vision and goal. It will die otherwise.
☐ Read your SEMI! It contains lots of great information and keeps you informed about what’s going on on campus. (Please note: this remark was not solicited by SEMI staff; it was given voluntarily...)
☐ Test all things.
☐ Don’t be afraid to come to events alone. There will always be lots of people in the same boat. Or ask someone you think may be too shy to go alone.
☐ In the midst of a hectic day on campus, even a quick stop in the prayer garden is a calming reminder of why we’re all here and a good way to center oneself.
☐ Be careful about leaving things in your car when parked in Fuller lots. Sad to say, there have been break-ins.
☐ Go to chapel! Whether it’s denominational chapel on Mondays, ‘Making Space for God’ on Tuesdays, All Seminary Chapel on Wednesdays and Thursdays, find your niche(s) and go!
☐ Women, please don’t be shy about using the night escort service if you have to walk to your car after dark.

...now what?

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☐ The best cinnamon rolls in Pasadena: Euro Pane, just east of Mentor on Colorado (south side).
☐ Goldstein’s Bagels are the BEST! (Located at Colorado and Delacey in Old Town Pasadena)
☐ Tips on fast food places on Walnut between Los Robles and El Molino: Amy’s has the best (and largest ‘small’ order of) fries, but Rick’s has the best hamburgers. Amy’s does give a 10% discount to all Fuller students and staff if you let them know your status with Fuller when you order.
☐ Dick’s (on Union east of Lake) is a great little coffee shop/restaurant that serves breakfast and lunch Monday through Saturday.

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Dining With Dan

The Best & the Worst of L.A.
(a.k.a. Dan's Dining Do's and Don'ts)

Hi! I'm Dan, your co-dependent postman, back again this year for my annual list of the best and worst of L.A. cuisine. Once again, I've put my body through the extremes to find the best food in town for all you seminarians. In the last month alone, I've been tested and found to have an hiatal hernia, enlarged liver, and acid reflux reaction due to the extensive food testing I put myself through. But I've come through the fires again to compile this valuable list. Be sure and tape it to the fridge for future reference! Each establishment is rated and given a certain number of stars (out of five) on a combination of value, quality, quantity, and service.

Best of the Pasadena Area:

Claim Jumper: Five stars; American cuisine at its best. This place gets my rare five-star rating. Ask for a doggie bag before you eat; you'll get huge portions of delicious old-style cooking. It even satisfies this Texas boy! Expect a long wait and a pain in the wallet; dinner will set you back at least twelve dollars.

La Fiesta Grande: Four stars; really tasty, inexpensive lunch specials, and superior service at a great price!

Hometown Buffet: Four stars; delicious, American-style buffet for about seven bucks. This is the place to go when you're HUNGRY! All-you-can-eat, quality American food for a price that includes dinner, dessert, and tip. I waddled out of here just a week ago.

China Palace: Four stars; My Chinese friend doesn’t like to go here when he wants real Chinese food (Monterey Park is the best place for that), but does admit that it's pretty darn tasty for Americanized stuff (egg rolls, sweet & sour pork, beef & broccoli, etc.). All-you-can-eat lunch only $3.85, all-you-can-eat dinner $4.85.

Chameli Indian Lunch Buffet: Four and a half stars; closed on Tuesdays. Yummy, all-you-can-eat lunch for about five bucks. This is a meatless paradise; you won't even ask, “Where's the beef?” here, because you won’t need it! Some of the best vegetarian dishes anywhere and great Naan (Indian bread). Try the Indian iced tea; delicious!

Islands: Four and a half stars; this Hawaiian-style eatery has the best burgers and fries anywhere. The soft tacos are tasty too. The fries put Ronald McDonald to shame. Try the teriyaki burger. Lunch for about six bucks.

El Super Burrito: Four and a half stars; it looks like a shack (because it is), but this is the best Mexican food in Pasadena and really inexpensive. Try the chile verde (beef chunks in hot green sauce). You'll cry like a baby, but it's worth it. Huge portions of really good Mexican food.

El Pollo Unico: Four stars; the planet Mars has more atmosphere than this place (in other words, get it “to go”), but this is one of the best and tastiest bargains in Pasadena. Lunch for three bucks—two pieces of delicious, char-broiled chicken, two side orders, corn or flour tortillas, salsa, and a drink. What a great deal!

Well, that's it for this year. Keep these words close to your heart and enjoy some of the great food that makes L.A. a fun place to live. And as for the worst, you've been warned! Happy dinning!
O POSITIVE?
On Tuesday October 1, 1996, Thomas Harang’s son Matthew is scheduled for back surgery which will require four pints of O-positive blood. If you have O-positive blood, please call the Red Cross at (213) 730-4538 for an appointment. Physician: Dr. Watts, Shriner’s Hospital.

ASIAN-AMERICAN STUDENTS!
Where are you? Great opportunity to make new friends with other Fuller AsiAm students! Bring or buy your lunch on Thursday, October 17th; meet outside the Refectory at 12 noon, during the community lunch hour. We especially encourage new and commuter students to join us for fun and fellowship. Come and meet other AsiaAm Fuller students for community and kingdom expansion. Hope to see you there!

FREE THERAPY
The Division of Marriage and Family is offering 10 free counseling sessions, beginning the first week of Fall Quarter, to engaged/married couples or families who wish to improve their interaction patterns. For more information call Denise Hall at (818)584-5415. Space is limited; not available to SOP students.

INTERNSHIPS AND MORE!
Field Education: Where the rubber meets the road. If you’re an M.Div. student, sooner or later you’ll see us. Get the scoop sooner rather than later. If you’re M.A.T., good internships are also available. Field Education is located -5in Camell Hall, (818)584-5377.

WELCOME WEEK ACOUSTIC COFFEEHOUSE
Thursday September 19, 7:30-9:30 p.m. in the Catalyst. Come and enjoy coffee, goodies, and original music and poetry by Fuller folks. You can even share a few of your own! Just get there early (by 7:00 p.m.) to sign up for a 10 minute slot. Everything is FREE of charge and open to Fuller folks new and old! If you have questions, call J.J. at (818) 584-5215. Sponsored by ASC Arts Concerns Committee.

CHILDCARE WORKERS NEEDED
Fuller student wives’ S.U.P.P.O.R.T. class needs preschool and nursery workers for supervised activities on WEDNESDAYS ONLY (9:00–11:30 a.m.). Pay is $15 per week. Contact: Jeannie at (818)795-4540.

SPECIAL EVENTS
Be sure to watch for the upcoming All Seminary Council events...the square dance, movies, music, and more! Begin thinking about how you’d like to be involved in the Fuller Follies this winter, also! Laura Partridge, the ASC Events Coordinator, is looking forward to spending some FUN time with you this year!

HEALTH CLUB SIGN-UPS
Sign up now for Pasadena Athletic Club (PAC), South Pasadena YMCA, and Foothill YMCA. PAC memberships are quarterly, and the deadline to sign up is Sept. 20 ($10 late fee for signing up between Sept. 24 and 27; NO memberships after Sept. 27). YMCA memberships are yearly, and there is no sign-up deadline. Sign up for these health clubs at the All Seminary Council (ASC) table during registration!

SWM STUDENTS
New SWM Students are cordially invited to a dinner at the home of the Woodberrys, September 21, from 6–8 p.m.

SOT ECDs ONLINE!
Fall 1996 ECDs (Expanded Course Descriptions) can now be accessed in the convenience of your home or office through the Internet! They can be found through the Fuller home page at: http://www.fuller.edu/sot/sot_ecds.html

WIVES OF FULLER STUDENTS
There are two groups offering fellowship and encouragement to wives of Fuller students. FOCUS meets on Thursday evenings at 7 p.m., usually in the Psychology Student Lounge. For more information about FOCUS, contact Maija Yoes at (818)792-1886. S.U.P.P.O.R.T. meets on Wednesday mornings from 9:00–11:30 a.m. at Pasadena Presbyterian Church, Colorado and Madison Aves. Kathleen Hart, Chaplain to Student Wives, leads a seminar, Bible study, and fellowship class each week; childcare is provided. The contact person for S.U.P.P.O.R.T. is Andi Patterson, (818)795-5299.

Come to our orientation meeting on Saturday morning this week from 10:00–noon in the Refectory for more information on both these groups!

Babe
Showing tonight (Tuesday, September 17), at 7 p.m. in Travis Auditorium. Bring the whole family—it’s free!!!
Licensed Child Care in Altadena: Provider is mother of 2-year-old and former preschool teacher. Tania 818-798-9888

Christians need cars tool! SIDCO Auto Brokers serves Christian Colleges, Missions, Staff/Students/Alumni. This is our 10th year serving the Christian community. Fuller Hotline 909-949-2778 or 1-800-429-KARS. "A good name is chosen rather than riches." - Proverbs 22:1

For Rent: Vacation Get-Away at the Harmony House. 4 bedroom retreat center (sleeps 10-12) in beautiful Lake Arrowhead. $295/weekends, $650/week. Call Dr. Janet Harms 909-394-9990 (Fuller choir director) for brochure and reservations.

Apt. for Rent: Monrovia - 2 bedroom, patio, carpets, air conditioning, laundry room, pool, parking, lots of storage. $675. Call Pat at 818-792-6732.

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Rose City Cleaners

20% discount on dry cleaning to all Fuller students and staff!

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Auto Repair: SMOG CHECKS, tune-ups, oil change, brakes, batteries, etc. Complete service. Hrant Auto Service, 1477 E. Washington Blvd., Pasadena. 798-4064. Call for an appointment.


Shear Talent offers a special discount to students of Fuller Seminary.

Haircut with Irwin** (includes shampoo and style) now only $19!!! (reg. $35 women and $28 men)

**Irwin has performed haircuts for HUNDRED's of Fuller students.

Student i.d. necessary. No walk-ins accepted. Ask about how to get a FREE haircut!

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