



PANORAMA

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Student Organizations Serve Local Refugees

In response to an increased need in the Chattanooga community, two student-led organizations at Southern Adventist University have partnered with local non-profits working with refugees.

The Middle Eastern Club, which formed last school year, joined with Adventist Muslim Friendship Association to hold a Peace Camp on October 2 at a nearby elementary school. Kilah Runnels, junior social work major and club secretary, describes the event as a family fun day where refugee families in the area could picnic together.

Approximately 25 refugee families from various Middle Eastern countries participated, along with 15 Southern students. The students, who took part in cultural training beforehand, visited with the families and helped facilitate games for the kids. Runnels said she enjoyed listening to the refugees' stories and learning about their struggles.

"That was the best community service I've ever done," she said. "Those interpersonal connections are key for me. It's one thing to study about cultures and another thing to talk to people and immerse yourself."

Southern's Adventist Peace Fellowship

chapter, also a student-run organization, is volunteering with Bridge Refugee Services. Isabella Eklund, junior social work major and club president, explains that the students felt impressed to partner with a refugee agency after Taliban militants took over Afghanistan early this semester.

"After seeing how quickly people's lives can get uprooted, we decided we wanted to care for refugees," Eklund said.

So far, the group has helped Bridge Refugee Services organize storage and conduct a charity drive to collect basic household items for refugee families arriving in East Tennessee.

"We need to prepare for families that may not have anything for their new homes," Eklund said. "We want them to settle as happily and comfortably as they can. It's fairly traumatic having to move from one country to another, and we want to be a welcoming community for them."

Both student organizations intend to continue these partnerships into the future.

"Serving those who have been displaced is so important, Eklund said. "We want to maintain our care for the community through this important work."

- by Amanda Blake, sophomore journalism major



Exam Schedule

Time	Monday Dec 13	Tuesday Dec 14	Wednesday Dec 15	Thursday Dec 16
8 to 9:50 a.m.	English Comp Basic Writing	8 a.m. T Th 8:30 a.m. T Th	12 p.m. T Th 12:30 p.m. T Th	8 a.m. M W F 8:30 a.m. M T W Th F
10 to 11:50 a.m.	10 a.m. M W F	9:30 a.m. T Th 10 a.m. T Th	9 a.m. M W F 9 a.m. T Th	1 p.m. T Th 1 p.m. M T Th F
12 to 1:50 p.m.	11 a.m. T	12 p.m. M W F	11 a.m. M W F	4 p.m. T Th 5 p.m. T Th 5 p.m. M W
2 to 3:50 p.m.	2 p.m. M W F 2 p.m. M W	2 p.m. T Th 2:30 p.m. T Th	1 p.m. M W F	
4 to 5:50 p.m.	Speech	3 p.m. M W F 3:30 p.m. M W 4 p.m. M	3 p.m. T Th 3:30 p.m. T Th	

NOV

21-28 Thanksgiving Break

29 Classes Resume

30 Christmas Tree Lighting

DEC

4 Wind Symphony Christmas Concert

5 Student Association Christmas Party

8 School of Journalism and Communication
Student Presentation Showcase

10 Last Day to Receive Enrichment Credits

11 School of Music Christmas Concert

13-16 Semester Exams

15 School of Nursing Dedication

16 Winter Commencement

17 Christmas Break Begins

JAN

10 Winter 2022 Semester Begins

“And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.”

Romans 8:28, NKJV

favorite Bible verse of Steven Manoukian, Student Missions Director



Message from the President

Ken Shaw, '80, EdD

It has been heartwarming for my wife, Ann, and me to return to Southern after all these years. As students here in the '70s, we made many life-long friends, obtained a wonderful education, enjoyed student activities, treasured going on band trips, loved our Friday afternoon Taco Bell dates, endured residence hall shenanigans (such as when a record-breaking 242 residents in Talge Hall suspended ourselves across one of the hallways), and engaged in intentional worships that helped us grow spiritually.

In many respects, Southern has not changed. We still offer a great education, many student social activities, music performances, and strong biblical and spiritual values as we desire all of our students to grow in their relationship with Jesus. We recently completed a powerful week of prayer with Pastor David Asscherick. He often spent a couple of hours after the evening program listening to and engaging with students, which reminded me of the impact week of prayer speakers had on my life as a student.

In October, I was formally installed as the 27th president of Southern Adventist University and am happy to be the first president who is a graduate of this institution. The inauguration program provided me an opportunity to challenge our students. According to a 2018-2019 Pew Research Center study, 84% of those over the age of 73 in the United States espouse that they are Christian, but less than half of those between the ages of 22 and 37 say the same. I told students that we need them, our churches need them, and our community needs them. We need our students to share Jesus' love to each other and to the world.

My days are always enriched when I have the opportunity to engage and talk to students. Having been

here for five months, I see that Southern's future is bright. With God's blessings, accompanied by our talented faculty, staff, and students, there is nothing that can stop His mission from moving forward. Thank you for the trust and prayers that you extend toward Southern and your sons and daughters!



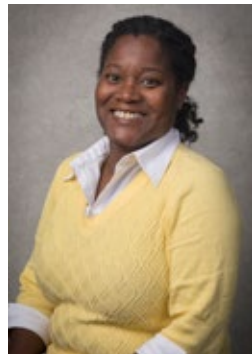
Q&A

Q&A with Karon Powell

Director of Records and Advisement

Q: What do you find most rewarding about your work?

A: I like that I can interact with students and provide them with information. Every day is different with my job, and there's no opportunity to be bored. Southern stands out because you can find support in the most unexpected places; people are very generous and encouraging.



Q: How can parents help their students navigate their academic journey?

A: Parents should be aware of their students' major and program, their general education and graduation requirements, and how to access academic catalogs (southern.edu/catalog). One key way in which parents can get involved is by encouraging their students to communicate with their professors and advisors. They should make sure that their student is not trying to work through problems all alone but is partnering with people who can help. Our team in Records and Advisement is here to provide guidance and support, and the Student Support Services team offers many resources for success as well.

Q: What advice would you give to students who may not know what their graduation requirements are?

A: Sometimes students declare a major without understanding everything that goes along with it, such as which classes and how many credits to take. I would encourage students to reach out to the records office or to their advisor to talk through what their program looks like. It can be difficult to ask for help, but we can assist students through complicated processes and partner with them for success.

Q: How has God guided you in this role?

A: Every day, I ask Him for wisdom, empathy and humility. Each decision that I make is important and impacts someone's life, as does how I communicate about it. Words are really powerful, and they can help or harm. God is showing me how to be empathetic and listen to people more. My first instinct is to resolve problems and create a plan, but sometimes, people just need me to listen to them. I want students to have an experience where they find encouragement and hope.

- by Madison Reinschmidt, junior mass communication major

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Did You Know? Fitness Focus on Campus

Part of Southern's commitment to students is providing them with the necessary skills to succeed in every aspect of life, including health and wellness. Southern is dedicated to promoting healthy habits for students through thoughtfully planned physical education requirements intended to impact them beyond their time on campus.

"Southern has one of the most unique requirements for physical activity," said Robert Benge, PhD, dean of the School of Physical Education, Health and Wellness. "The fitness classes integrate material about the Seventh-day Adventist health message, and we hope that students will get in the habit of being active."

Each student must fulfill four P.E. credits before graduation, including Fitness for Collegiate Life (completed freshman year), Fit for Hire (completed senior year), and two other fitness classes of choice.

For the latter requirement, students may choose from any PEAC or ADAC courses offered. These courses provide opportunities to learn practical outdoor activities and fitness skills that a student can use for the rest of his or her life. A few of the unique options include canoeing, rock climbing, horsemanship, SCUBA diving, caving, backpacking, mountain biking, alpine mountaineering, pickleball, and fly fishing.

"Physical activity is essential for whole-person wellbeing at all stages of life," said Leslie Evenson, director of Southern's Wellness Institute. "We aim to guide students in maintaining or growing physical fitness that will help them academically, socially, and spiritually. Additionally, we hope to introduce students to lifelong activities that they enjoy and will enrich their lives in the future."

Beyond fitness requirements, Southern students have the opportunity to engage in physical activities on campus through the intramural program, hiking and mountain biking trails, frisbee golf course, physical-activity-based LifeGroups and student organizations, full access to the Hulsey Wellness Center facilities, and much more.

"The P.E. courses here at Southern have helped put my life back on a healthier track, including quitting tobacco use and finding a general love for moving my body," said Benjamin Greeson, sophomore vegetarian culinary arts major. "I came to this school weighing almost 400 pounds. Although I'm not as healthy as I could be, I'm still doing better, and it has shown me how useful activity classes are for someone like me. The classes have made my school life very memorable and being on a healthier path has shown me new ways to live."

- by Madison Reinschmidt, junior mass communication major



Student Life:

Student Missionary Spotlight - Evelin Velinova

Mornings start early for Evelin Velinova, a senior film production major serving as a student missionary at Familia Feliz orphanage in Bolivia. She tries to fit in exercise—often a run—and devotional time before the children she watches over wake up. Spending time with God is a priority for Velinova because it gives her strength for her day. By 7 a.m., she heads to the group home to spend the day with "her" kids.

"We have worship and breakfast together like a typical family would," she said.

Velinova helps care for a group of 16 boys and girls ranging from ages 1-17. Throughout the day, she keeps an eye on those too young to be in school, helps the older students with their homework and chores, assists with meals and evening worship, and in general is there for the kids. After a full day, her shift ends by 8 or 9 p.m. and she gets to relax or visit with other volunteers.

However, her role goes beyond childcare. In the nine months she plans to be in Bolivia, she aims to be a positive influence on those around her. Through her gentleness and patience, she is showing the children the love of Jesus, and she finds that the love she extends is reciprocated many times over.

"The children pour out their love to us volunteers," Velinova said. "I may never see the impact I make on these kids in the long run, but that's okay, as long as I did my part."

Additionally, Velinova is making use of her film production major while there, gaining experience in her field and capturing the work she and other student missionaries are doing. Currently, she is helping to create a professional promotional video for the Familia Feliz website as well as videos the SMs can send to their churches back home.

"The kids love being in front of the camera!" she said. "They get so excited to have their pictures taken or to be part of a video."

Already, Velinova feels God's presence at Familia Feliz.

"He is helping me to be there for the kids in the way that they need me to be," she said. "I don't know what He has planned right now, but I know that as long as I keep seeking His guidance, He will accomplish His will through me."

- by Stefanie Green, junior public relations major





STUDENT MISSIONS

This year, 50 student missionaries have spread out across the globe. They enjoy time meeting new friends and creating memories while also focusing on service and God's calling for their lives. Here are some highlights from various SMs serving this semester.



To learn more and watch a short video about last year's SMs, visit southern.edu/go.

FALL WEEK OF PRAYER

The 2021 Fall Week of Prayer was led by Pastor David Asscherick with a series titled "The GAP," which led at least two students to be baptized.

