

PANORAMA

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Collegedale, Tennessee 37315

Power for Mind & Soul

southern.edu

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FEBRUARY

- 12 SA Valentine's Banquet
- **15 Academy Honors Instrumental Music Festival**
- 17 Parent's Weekend
- **18 Academy Honors Instrumental Music Festival Concert**
- 18 Studio 4109 LIVE
- 19 Southern Trail Race
- 23 Health Career Fair
- 23 Meet the Firms
- 24 Overnight Rock Climbing Trip
- **25 Black Christian Union Night**

MARCH

- 3-12 Spring Break
 - **18 SA Talent Show**
 - 19 Symphony Orchestra Concert
 - 24 Overnight Mountain **Biking Trip**
 - 25 Studio 4109 LIVE
 - **27 Archeology Museum Lecture**

Southern Adventist University Serves Community on MLK Day for 24th Year



Power for Mind & Sou

This January marked the 24th year that Southern Adventist University honored Martin Luther King through service.

Approximately 1,100 Southern students, along with numerous employees and community members, volunteered at more than 30 locations in the Chattanooga area. Projects ranged from running a street store that provided clothing to the homeless to helping run a robotics camp for kids.

Freshman clinical psychology major Sauri Felix helped clean debris from a local farm that was damaged during a recent tornado. She believes that service is important not only for those who are helped but also for those who serve.

"By serving others you learn how to think about more than yourself," Felix said. "You learn how to think outside of the box and about other people. If everybody cared about other people more, the world would be better."

Although Southern began celebrating Martin Luther King Day in 1993, this marks the first year the institution also held a week of service prior to the usual event.

Each day of the week leading up to MLK Day featured a different service opportunity. Students read books to elementary-aged children, spent time with residents of a retirement home, wrote thank you cards for veterans and law enforcement officers, and sewed pet beds for a shelter.

"At Southern we aspire to the highest ideals Jesus set forth during His time on earth," said David Smith, president of Southern. "Just as He came to serve and not to be served, His followers are to live lives focused on serving others. So on Martin Luther King Day we go into the community to follow Jesus' example. In doing so, we celebrate the amazing love of God and how He came to earth to serve us, as undeserving as we were."

~Tierra Hayes

February 2017

Southern is celebrating its 125th anniversary this year. To honor the university's long-standing tradition of serving others, it aims to collect 125,000 hours of service by the end of 2017.

The project launched on Community Service Day, during which close to 4,000 hours were logged. Join us in service! Visit **southern.edu/125** to enter your hours and check progress throughout the year.



Timeless Teachings

The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

Matthew 25:40

Student Life:

5 Things Students Need to do Before Graduation

Before marching on graduation day, there are many things that a senior needs to accomplish. The list varies for each person, but these are the top five things *every* student needs to do.

1. Meet with an academic adviser.

Advisers are here to help students achieve the ultimate goal of graduation. It is imperative to talk with an adviser and make sure all requirements have been completed for both academic and service credits.

2. Visit the records office.

A trip to the Record and Advisement office will ensure your student's paperwork—such as transcripts and senior contracts—are in order.

3. Talk to the finance department.

Make sure finances are in order, such as settling bills, so that students are able to receive their diplomas upon graduating.

4. Take exit interviews.

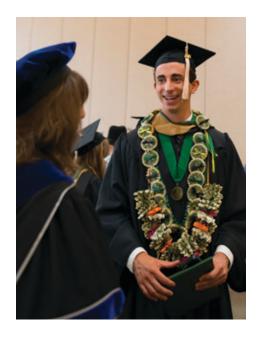
Seniors must schedule exit interviews with their individual departments.

5. Purchase graduation regalia.

Go online to cbgrad.com by April 12 to ensure that it will arrive in time for graduation.

Although the semester has just begun, it will fly by, especially for graduating seniors. Keeping this check list in mind will help ensure a less stressed march towards the finish line.

~ Michael Steinke



Southern Seeks to Instill Lifelong Service in Students

One of the longstanding core values of Southern is service. In an effort to instill this value in students, the Christian Service program incorporates various components that help develop a sense of God's calling in their lives and a chance to see firsthand how service can impact their communities.

As part of this program, the example Jesus set of service and sharing the gospel is integrated into every aspect of Southern's curriculum. Students are required to participate in three community service activities and two service-learning experiences, logging at least 39 hours before graduation.

Community service activities might include Sabbath afternoon outreach,

homeless ministries, and various studentorganized club activities.

Service-learning credit is provided in more than 50 classes, ranging from service in construction to courses on parenting. Short-term mission trips are another option; offered in spring and early summer, students can choose to serve in locations like Egypt or Peru, or participate in stateside trips. Students can even tailor their own service projects to include their individual passions in service. The idea to purposefully integrate service-learning into academics was implemented in 2010.

Dora Desamour, Christian Service program director, explains that service learning is experiential, allowing students to take what they gained in the classroom and apply it to meet a community need.

"But it goes deeper than that," Desamour said. "There is guidance along the way, which helps students gauge and think of why a life of service is important. We want students to understand that God has a calling for their lives."

Service learning classes, student initiated projects, and approved mission trip experiences have proven to be transformative for many students.

"The value of service is so important," said senior nursing major Rebecca Amich. "It helps you prioritize and realize that there is a world outside of your own. Southern does a great job at helping us pursue a lifestyle like Jesus."

~ Oksana Wetmore

uQuest Missions

Students Lead and Serve

Over the past several years, Southern has worked to develop one of its newest outreach programs, uQuest Missions. Through uQuest, students create, co-lead, or participate in short-term mission trips globally.

This school year there are more than 10 mission trips going out to serve around the world in countries such as Argentina and Haiti.

Evelyn Ruiz, junior public relations major, is currently planning and leading the trip to Haiti, which will provide medical care to the locals. She has discovered that planning a mission trip means time, effort, and teamwork.

Before the fundraising and meetings even begin, student leaders submit their trip ideas for approval to Melissa Moore, uQuest coordinator. They also help plan the budget and itinerary. Once a location is approved, the student leader works to recruit students as missionaries and plan

informative meetings to prepare for the trip.

"One of the most important steps in the process is fundraising," Ruiz said.

Many students feel a mission trip is out of their reach due to fundraising difficulties. However, rather than writing off her desire to participate in the Haiti mission trip, Bonnie Hover, sophomore English major, gave haircuts to Southern students on the Promenade and asked a donor to match her revenue from this event. Through this fundraiser, Hover was able to raise the money needed for the trip to Haiti.

Although the concept of going on a mission trip and raising the funds may seem daunting, the experience is worth the effort. All Southern students are invited to create, co-lead, or participate in a uQuest mission trip during their college years.

~ Abigail King









Q: How long have you worked as the uQuest Short-Term Missions Coordinator?

A: Since October of 2015. However, I previously served as the Christian Service program director where I began planning mission trips in 2011.

Q: Why are you passionate about missions?

A: I have seen firsthand the impact that mission work has on those who participate. I love watching students come back with changed perspectives on what poverty is, on who Jesus is, and a renewed calling to serve Him more fully. It is exciting to be a part of this transformative ministry.

Q: What do you hope students will take away from mission trips?

A: Our program is incredibly intentional about matching students with a trip that aligns with their major. We are sending social work students to train local orphanage staff on techniques for working with children who have experienced trauma. Our computing club is teaching computer skills to children in an Indonesian orphanage and school. Our nursing, pre-med, and pre-dental students are traveling all over the world to assist with medical clinics. It is my prayer that this intentionality will provide clarification for each student regarding their calling and future careers.

Q: What encouragement do you have for concerned parents whose students are planning on going on a short-term mission trip?

A: We are committed to preparing and caring for the participants of every trip. There are many groups on campus who evaluate the safety, budget, and goals of each trip before it is approved. We provide comprehensive training for mission trip participants regarding their personal and group safety. Staff sponsors receive additional training on the medical, environmental, and political concerns. I often reflect on the Bible verse, "A thousand may fall at your side, ten thousand at your right hand, but it will not come near you," Psalm 91:7. This verse reminds me of God's protection of His people.



MLK Community Service Day 2017



















