OU? Oh, Yes! is now insideOakwood

The Office of Integrated Marketing and Public Relations has made a few changes in its delivery of news from Oakwood University. We now introduce to you insideOakwood, the official news source of Oakwood University. Please enjoy our new format.

Oakwood University Celebrates Black History with Month-long Programming

Oakwood University (OU) has planned an entire month of activities for the observance of Black History Month. Themed "Living the Dream... A
Celebration of Martin Luther King's Vision for America," OU Administration will focus on how far we have come since Dr. Martin Luther King Jr.'s dream for civil equality and how it relates to us in 2014.

"The administration, faculty and staff of Oakwood University is committed to helping people understand how important it is to recognize African-American history and how it has helped to shape our culture in America," said Timothy McDonald, Ed.D., provost and senior vice president of Oakwood University and chair of the OU Black History Program Committee. "We are proud to be a part of history ourselves here in Huntsville, being an institution that was originally founded to educate freed Blacks in the South," he said.

The Black History Program Committee has been planning for months activities (click here to see list) that will not only educate the students but also serve as a way to bring the campus together for other means of fellowship.

---

**Oakwood Hosts Diversity Educational Exchange Program (DEEP) Leadership Retreat**

On January 24-26, leaders from Southern Adventist University (SAU) joined leaders from Oakwood University (OU) for the annual DEEP Retreat Weekend. The retreat, conceptualized in 1997 by former OU President Dr. Delbert Baker and current SAU president Dr. Gordon Bietz, was developed to allow leaders and students from both campuses to get together to learn from one another.

This year's retreat, held on the campus of Oakwood University, was themed "Higher than the Heavens." Highlights of the weekend included Dr. Mervyn Warren, Dean of the School of Religion, delivering the Sabbath morning message, a historical tour of Oakwood...
University, music by the Aeolians, and an evening outing at the U.S. Space and Rocket Center.

Keri Shultz, director of student life and activities at Southern University has been involved with the DEEP retreats for the past 15 years. According to Shultz, DEEP allows her to "learn from and connect with her counterparts."

This coming Sabbath, February 1, Oakwood University will host DEEP Sabbath for the students of Southern Adventist University to fellowship and exchange ideas with the students of Oakwood University.

Oakwood University Hosts International Vaccination Training and Advocacy Program

According to a recent US report from the Kaiser Permanente Colorado Institute for Health Research, 49 percent of children between the ages of 2 and 24 do not receive all of the recommended vaccinations or do not get vaccinated at all.

On Monday, January 27, Oakwood University hosted a vaccination training and advocacy program for its students, conducted by Shot@Life, which specifically seeks to protect children worldwide by providing much-needed vaccines.

Representatives from the UN Foundation and ADRA International conducted and sponsored this training workshop, which covered details on activities of the two sponsoring organizations, including the provision of tools for community organizing and identifying stakeholders and lobbying congress.

"In training young professionals for service to God and humanity, we believe it is essential that they become agents of change in their communities," said Onesimus Otieno, PhD, a biology professor at OU. "Oakwood has also developed initiatives to complement its role as a global partner by leading a consortium of institutions in both Africa
and the Caribbean. These are among the factors that made the Shot@Life program a natural fit for Oakwood," he said.

Shot@Life educates, connects and empowers Americans to champion vaccines as one of the most cost-effective ways to save the lives of children in developing countries. A national call to action for a global cause, the campaign rallies the American public, members of Congress, and civil society partners around the fact that together, we can save a child's life every 20 seconds by expanding access to vaccines. By encouraging Americans to learn about, advocate for, and donate to vaccines, Shot@Life aims to decrease vaccine-preventable childhood deaths and give every child a shot at a healthy life.

**Oakwood Strives to Stay Fit Through Fitness Classes**

*U.S. News and World Report* recently named Alabama as the second most obese state in the nation. It has an obesity rate of 31.2 percent listing it as one of the top 10 most physically inactive states. Oakwood alumnus Tyrel Thomas isn't taking this information lightly. He and few friends have taken seriously this health prognosis of the state and have decided to begin close to home to try to make changes.
Every Tuesday and Thursday evening from 6:00 to 7:00 p.m., Thomas and his colleague Eric Ramey lead out in circuit training classes right on Oakwood’s campus to try to help students, faculty and staff understand how they can help Alabama get out of its #2 ranking.

"Our classes are centered around metabolic circuit training which includes cardio and calisthenics," said Thomas, who graduated from Oakwood University in 2012 with a Bachelor of Science degree in pre-physical therapy.

"We were happy that one of our own decided to come back and give of himself though this fitness class," said Raymond King, director of student activities at Oakwood University.

Ed Paul-Saint, a senior theology major at Oakwood, has seen a definite change since he has been taking the class. When Paul-Saint began the class he weighed in at 245 pounds. He now weighs 227 and has also noticed that his energy level has increased.

Both Thomas and Ramey are Action Certified Trainers and are currently taking online classes at Vanderbilt University dealing with nutrition. "In our fitness classes, we also make sure that the participants understand that its not just about exercising, it's also about making sure you are putting the right things in your body," said Ramey, a Huntsville resident.

---

**Oakwood Professor Weighs in on Special News Report**

This week, the Huntsville CBS affiliate, WHNT Channel 19, began a series titled "Powering Off: Can You Put Your Smart Phone or Tablet Down?" Oakwood's very own Cherryl Galley, Ph.D., was interviewed for the special report specifically about how being addicted to digital devices can be detrimental to interpersonal skills. The challenge by WHNT, which began January 30, is encouraging people to limit usage of their personal devices. Click [here](#) to view the interview.

---

**Pollard's Places**
This Sabbath, I will be preaching at an Oakwood on the Road (OOTR) event in Houston, Tex., at the World Harvest Outreach Seventh-day Adventist Church. The guest music will be performed by our very own Dynamic Praise.

If you are near Missouri City, Tex., you can hear Dr. Jesse Wilson, associate professor in the Religion and Theology department, at the Fondren Seventh-day Adventist Church.

Click here for more information on both events. OU alumni and friends - we want to see you at one of these OOTR events!

For your free, online subscription to insideOakwood, email us at pr@oakwood.edu.
Oakwood University Celebrates Black History with Month-long Programming

Oakwood University (OU) has planned an entire month of activity for the observance of Black History Month. Themed “Living the Dream… A Celebration of MLK’s Vision for America,” OU administration will focus on how far we have come since Dr. Martin Luther King Jr.’s dream for civil equality and how it relates to us in 2014.

"The administration, faculty and staff of Oakwood University is committed to helping people understand how important it is to recognize African American history and how it has helped to shape our culture in America," said Timothy McDonald, Ed.D., provost and senior vice president of Oakwood University and chair of the OU Black History Program Committee. "We are proud to be a part of history ourselves here in Huntsville, being an institution that was originally created to educate freed Blacks in the South," he said. The Black History Program Committee has been planning for months activities they thought would not only educate the students but also serve as a way to bring the campus together for other means of fellowship. “Our events are planned to create a memorable and unforgettable experience here on the campus,” said Raymond King, director of student activities.

Summary of activities for Black History Month

Activity: Reflections in Black Exhibit
Date: Monday, February 3, 10:00 a.m.-4:00 p.m.
Location: Blake Center
Description: Reflections in Black is a traveling exhibit that focuses on the accomplishments from many African-American professionals. It includes a history of the organization, details of programs and contacts. OU students will learn about the inventors of the ironing board, street light, Super Soaker water gun, and much more.

Activity: Black History Kick-off
Date: Wednesday, February 5, 11:00 a.m.-1:30 p.m.
Location: Blake Center, Student Dining Hall
Description: Join OU students as their knowledge is tested on Black History during a trivia-based program.

Activity: Frank Hale Jr. Chapel
Date: Thursday, February 6, 9:50 a.m.-11:00 a.m.
Location: Oakwood University Seventh-day Adventist Church
Description: Guest speaker: Elwood Gordon Gee is an American academic and has been the chief executive of a number of universities in the United States, most recently Ohio State University.

Activity: Seventh-day Adventist Academy Choirs guest music
Date: Saturday, February 8, 9:30 a.m.-1:30 p.m.
Location: Oakwood University Seventh-day Adventist Church
Description: The Oakwood University Church will host its worship service for the entire campus with guest music by three visiting Seventh-day Adventist academies.

Activity: African Day
Date: Wednesday, February 12, 11:00 a.m.-1:30 p.m.
Location: Student Dining Hall, Blake Center
Description: OU students will learn about the history of African drums and how they were used to tell stories. Staff from the dining hall will also serve tasty, African dishes.

**Activity: Campus-wide Worship**
**Date:** Thursday, February 13, 9:50-11:00 a.m.
Location: Oakwood University Seventh-day Adventist Church
Description: Students from the Oakwood Adventist Elementary School present A Montage of Monologues and Scenes.

**Activity: History Department Presentation**
**Date:** Thursday, February 13, 6:00 p.m.
Location: McKee Business and Technology Auditorium
Description: Noted civil rights activist and longtime Huntsville physician, Dr. Sonnie Hereford III recounts role in civil rights efforts in Huntsville.

**Activity: Cajun/Creole Day Celebration**
**Date:** Wednesday, February 19, 11:30 a.m.-1:30 p.m.
Location: Student Dining Hall, Blake Center
Description: Join the OU students as they experience food and festivities from Haiti.

**Activity: Campus-wide Worship**
**Date:** Thursday, February 20, 9:50
Location: Oakwood University Seventh-day Adventist Church
Description: A drama presentation that is going to show the impact of education on Blacks from Africa to present time.

**Activity: Alabama A&M Choir Concert**
**Date:** Saturday, February 22, 9:30 a.m.-1:30 p.m.
Location: Oakwood University Seventh-day Adventist Church
Description: The Oakwood University Church will host its worship service for the entire campus with guest music by Alabama A&M Choir.

**Activity: Festival of the Spirituals**
**Date:** Sunday, February 23, 3:00-5:00 p.m.

Location: Oakwood University Seventh-day Adventist Church
Description: This event dates back to the 1970s while Dr. Richard Arrington served as Director of the Alabama Center for Higher Education (ACHE). Annually, Alabama HBCU Choirs assembled in Birmingham or on one of the campus to celebrate Black History Month. Oakwood University hosted this event in 1996, and has hosted this event biannually since 2002, on the last Sunday of February.

**Activity: Caribbean Day**
Date: Wednesday, February 26, 11:30 a.m.-1:30 p.m.
Location: Student Dining Hall, Blake Center
Description: Join the OU students as they experience food and festivities from all areas of the Caribbean including a steel drum band.

Activity: Campus-wide Worship
Date: Thursday, February 27, 9:50-11:00 a.m.
Location: Oakwood University Seventh-day Adventist Church
Description: Guest speaker: Dr. Helen McAlpine, president of J.F. Drake State Technical College

About Oakwood University
Oakwood University, located in Huntsville, Ala., is a historically Black Seventh-day Adventist institution of higher learning. We provide quality Christian education that emphasizes academic excellence; promotes harmonious development of mind, body, and spirit; and prepares leaders in service for God and humanity.
Powering Off: Excessive Internet and Social Media Use and How to Create a Healthy Balance

Clarissa McClain

HUNTSVILLE, Ala. (WHNT) – Are you digitally dependent? Many people would say yes and there’s research to prove it. According to a Pew Research Center study from May 2013, 72% of online adults use social networking sites. For some perspective, in 2005, it was a mere 8%.

WHNT NEWS 19 sat down with Pavica Sheldon, Assistant Professor of Communication Arts at UAHuntsville, who has spent the last several years researching how people communicate using social media.

When asked if there is a such thing as being too connected, Sheldon responded, “I definitely think it can be a problem because we think we can multi-task and actually we cannot.”

Sheldon, who’s published over a dozen peer-reviewed journals on social media related-topics in the last 5 years, says when we’re consumed with online activity, we cannot focus on what’s important. That’s because often times digital distractions like email, Facebook, Twitter, Instagram, games and apps get in the way.

“We think we can be on Facebook and work at the same time,” says Sheldon. “We think we can drive and text. It’s a problem.”

Something else Sheldon says is problematic about excessive social media use is not being able to interact effectively in person.

“People cannot communicate interpersonally anymore,” explains Sheldon. “You go to a restaurant and people are texting or receiving a phone call. They’re not focusing on you.”

With less face to face time and shorter attention spans, Sheldon says it’s imperative that we find a healthy balance between staying connected and not becoming consumed with technology. Then, teach that to children.

“We want them to learn how to use internet and the media effectively so it helps them, but doesn’t constrain them,” says Sheldon.

In her research, Sheldon looked at the number of hours people spent on social media each day. Since her initial study in 2008, she says the number of hours doubled to 3-4 hours.

How much is too much? Is there a such thing as internet addiction? WHNT NEWS 19 posed those questions to Cherryl Galley, Psychology Chair at Oakwood University in Huntsville.

When it comes to the internet and time spent on social media, addiction might be too strong of a word to use, but Galley says overuse fits well.

“It can certainly compromise one’s responsibility to life,” says Galley.

In Galley’s professional opinion, it can compromise a host of other things too, like real time relationships and face to face engagement. One recent instance sticks out in her mind.

“I went into a room earlier this week and there were several people in this particular room and all were looking at some kind of device,” describes Galley. “It was silent and nobody was talking to each other, but they were clicking or typing.”

Because everyday life can be so technologically involved, Galley says most people probably don’t think they have an issue.

“Social media is so readily available for anyone, that people think it’s a way of life now and it is a way of life,” says Galley. “But the more we use it, the more we think we have to use it.”

And we don’t have to use it and certainly not all the time. Galley suggests this strategy saying, “Write down how you spent this morning and afternoon. Then make a plan so you can schedule in time for exercise and actually engaging with people.”
Galley says it’s important to document and write down the time you spend on the internet or social media. If you don’t, you run the risk of underestimating what’s really going on and how it could be affecting your life.

**Watch and read our series of reports on Powering Off:**

*Powering Off: Excessive Internet and Social Media Use and How to Create a Healthy Balance*

*Madison Family Eager To Take “Powering Off” Challenge*

*Pastor’s Challenge: A Huntsville pastor challenges his congregation to commit to a 21-day digital detox*

*Powering Off: A Pastor Unplugs*
Oakwood On The Road - Houston, Texas Area

Tuesday, January 28 2014 15:23

Oakwood Alumni and Friends!

Same Dynamic concert... New location.

Join us for a Dynamic Praise concert and a fellowship reception with alumni and friends!

Saturday, February 1, 2014
6:00-9:00 p.m.

Where?
Fondren Seventh-day Adventist Church
7950 W. Fuqua St.
Missouri City, TX 77489

Show your support...
We invite you to show your support to the university through a donation. Your gift makes you a partner in our mission to provide superior education.

For more details, email alumni@oakwood.edu or call 256.726.7039

http://www.oakwood.edu/news/2196-oakwood-on-the-road-houston-texas-area

Oakwood University
700 Adventist Boulevard NW
Huntsville, AL 35805