OU participates in American Education Week celebration

The local AEW Committee thanks supporters of the recent Teachers Recognition Luncheon, held on November 13, 2012, at the Holiday Inn, Research Park, in Huntsville.

The keynote speaker, Alabama A & M University President Dr. Andrew Hugine, Jr., was very impressive in his message on "Mr. Dream Merchant." He applauded teachers as dream merchants because they create all other professions; they are the engineers in the engine which drives our economy; and always provide inspiration to students. The almost 200 guests responded with thunderous applause to his short and informative message.

The occasion provided opportunity to meet the recently-elected Mayor of nearby Madison, Alabama, Troy Trulock, who brought special welcome. The music was excellent featuring Kathleen Buckner, a junior at Columbia High, and a saxophone quartet from Madison City Schools.

The 32 honorees included Huntsville Councilman Will Culver, Superintendent of Huntsville City Schools Dr. E. Casey Wardynski, and Oakwood's Jason Max Ferdinand, director of the award-winning Aeolians, and Dr. Octavio
Ramirez, associate professor of social work.

(l-r) Jason Max Ferdinand, Special Awardee, and Dr. Tammy Anderson, of Alabama A&M University

Dr. Timothy McDonald, OU Provost, congratulates Mrs. Anayansi Ramirez, who accepted the honor on her husband's (Dr. Octavio Ramirez) behalf.
ACE/LEAP orients faculty, implements improvements

Dr. Garland Dulan, VP of Academic Affairs, shares information during LEAP Faculty Orientation on November 12.

The Department of Adult & Continuing Education (ACE) recently conducted a Faculty Orientation to introduce new faculty members and ACE staff, review academic programs and policies, and give an overview of the D2L (learning management and communication software) to current and new LEAP faculty.

Important Spring semester 2013 dates for LEAP students:

Registration: November 12-January 2, 2013

Deadline to Financially Clear: January 7, 2013

Student Orientation: December 6, 2012

Student Writing Workshop: December 11, 2012

Student Beyond Global Research Workshop: December 12, 2012

Student D2L Workshop: December 13, 2012

After reviewing feedback from students, LEAP (Leadership Education for the Adult Professional) students can look forward to these exciting changes:

- More individual communication with faculty. Faculty will continue to be available through D2L and Oakwood email, and will now establish on-line office
hours to address specific individual needs at a designated time determined by the instructor.

- More face-to-face classroom time with faculty and class members. In order to comply with blended on-line requirements, all blended on-line courses will meet face-to-face in the classroom for a minimum of three sessions: the first, second, and last class sessions.

- Consistent academic calendar. Beginning with new students, Spring Semester will begin the week of January 7, 2013, and end before June 30, 2013. Fall Semester will begin the week of July 8, 2013, and end before December 31, 2013. This new semester schedule will not affect current students until Fall Semester, July, 2013. More information regarding the academic calendar will be coming soon.

Mrs. Cheri Wilson (Oakwood, class of 1982) counts it an "honor and opportunity to serve" as the new Director for the Office of Adult and Continuing Education. She desires to "build on the strength of the current program and to focus on continuous improvement for academic quality and organized processes and services for students."

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From *Health Matters!*

**A Healthier Thanksgiving**
*Tips from the American Heart Association*
Contributions by Kyndra Clark & Kadian Williams

These tips should provide you with some simple ways to make your big meal as healthy and delicious as possible.

**For starters, start off small.** The first thought that comes to mind concerning Thanksgiving is food. And lots of it! The biggest concern is not WHAT food you eat, but rather how MUCH food you eat. Starting small is a smart approach to eating just the right amount of food. You can enjoy a variety of favorite family recipes if you have small portions of high-calorie foods such as casseroles and desserts and fill up on lighter fare such as vegetables and fruit.

**Let's talk turkey!** Of course, we strongly suggest going meatless for the holidays! But here's a turkey tip for all you meat eaters: although turkey is a great source of lean protein, it is healthiest if you skip the skin, and eat only the white meat.

**Be sweet on sweet potatoes!** Sweet potatoes are a source of vitamin A, vitamin C,
potassium and fiber. A healthy way to prepare them is to cut them in half, sprinkle them with cinnamon, orange juice and a little brown sugar, and pop them into the oven. Or try going fruity! Baked apples and poached pears are perfect, light ways to end any autumn meal.

Pick a pumpkin! Try making a homemade pumpkin pie for dessert. This way you can control the amount of fat and sugar in your recipe.

Stuff with more veggies and less bread! Stuffing is an all time Thanksgiving favorite for most! Opt for less bread in your stuffing and add more onions, celery, vegetables or fruits such as dried cranberries or apples to make a lower calorie version of the old standby. Also try using whole wheat bread to make it an even healthier option. Please visit us on Facebook "Oakwood Nutrition and Dietetics Club " for Healthy Vegetarian Holiday Recipes.

Take a walk. According to one well-known study from California State University, Long Beach, a 10-minute walk increases energy for two hours.

Listen to music. If it's not too much of a distraction, listening to fast beat music can be a great way to keep awake.

Take a short nap (5-25 minutes). "If you can't nap, even resting quietly with your eyes closed for 10 minutes or so will help," says Allison T. Siebem, Ph.D., a fellow at the Stanford University Sleep Medicine Center in Redwood City, California.

Cold Water. Splash some on your face and the pulse area of your wrists. Drinking an ice-cold glass of water can also help to wake you up.

Victoria Joiner Miller, General Manager, recently announced that "I Love WJOU Week" is scheduled for December 10-14, 2012. "Our theme this year is 'This Far By Faith,' with guest host, Pastor Charles Tapp." Don't miss "Mad Music Monday," and "Prayer and Praise Tuesday." The always-fun, Spirit-filled Sharathon takes place Wednesday through Friday.

Outside the Tennessee Valley listening area? Join us online at Praise 90.1 FM WJOU.
The 2012 Pastoral Evangelism and Leadership Conference is scheduled for December 2-4, 2012, on the campus of Oakwood University. More than 1,000 Adventist
ministers, Bible workers and leaders are expected for the conference that offers inspiration as well as practical ministry workshops. More information available at the PELC website.

Meet NBA-TV medical analyst and Oakwood's own "Dr. Phil"

Since the National Basketball Association's 2010-2011 season Dr. Philip McDonald (Oakwood, class of 2001), a Florida Hospital radiologist, has served as NBA-TV's medical analyst on "The Doctor Is In" segment, which airs on the third Monday each month. [http://www.nba.com/video/channels/nba_tv/2012/11/12/20121112-fantasy-doctor.nba/index.html](http://www.nba.com/video/channels/nba_tv/2012/11/12/20121112-fantasy-doctor.nba/index.html).

Pictured here at a recent Sabbath dinner in Orlando, FL, with Oakwoodite wife Mrs. Autumn Watlington McDonald of Greensboro, NC, "Dr. Phil" represents the fruit of Oakwood in three ways, namely:

1. According to the Association of American Medical Colleges June 2012 report, Oakwood is the #5 feeder of black applicants to medical schools, [http://www.jbhe.com/2012/05/two-alabama-hbcus-form-a-partnership/](http://www.jbhe.com/2012/05/two-alabama-hbcus-form-a-partnership/);

2. According to September's EBONY magazine HBCU rankings, Oakwood features a top-ranked science program; and

3. According to United Negro College Fund President-CEO Dr. Michael Lomax, Oakwood possesses the highest black male enrollment (41%) of all UNCF schools, [Adventist Today - OU to seek enrollment of 3500](http://campaign.r20.constantcontact.com/?mh3tKz8wGdgifjG2FXH_RUx3WWTum9iz4bchRcVdlsL1tLiHzUFYx1svPkJF3ru9Ba93M%3D[11/26/2012 10:21:46 AM])
Psalm 95:1-2 NKJV: Oh come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms.  
Psalm 69:30: I will praise the name of God with a song, And will magnify Him with thanksgiving. Psalm 100:4: Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.

We want to take this opportunity to thank our readers who support us - with your feedback, your prayers and encouragement. Team PR is grateful for the opportunity to share the Oakwood experience from week to week. May you all be blessed abundantly during this Thanksgiving season.