

CONNECTING | IMPACTING | CELEBRATING

VISITOR

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Ask the Doctor

17 Health Questions Answered



News & Features

10 | Ask the Doctor

Is autism linked to immunizations? Where does prostate cancer come from? Can poor dental health cause heart disease? What are toxins and how can we get rid of them? What disease is on the rise among Seventh-day Adventists?



To start the year off on a healthy note, we asked Seventh-day Adventist physicians from around the Columbia Union to address 17 health questions on these and many other timely topics. See what they have to say about your top health concerns.

16 | Getting Back to Health Basics

Beth Michaels

More and more Americans are plagued with expanding waistlines, chronic illness, and unhealthy habits. Thankfully, churches across the Columbia Union are doing their part to nudge our members into motion and promote principles of the Adventist health message in the community. Learn more about their healthy initiatives.



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Deborah A. Hill

On the Web –

News – Stay connected to your church family between issues of the *Visitor*. Stop by regularly to find news, videos, podcasts, photo blogs, links to all our organizations, and more.

columbiaunion.org

Why is Our Health Message a Secret?

I hate getting sick! In fact, I despise it! I have had the flu only *once* in my life, and that was enough. I never want to get it again! I'm not alone in my quest for good health. A national survey recently revealed that health is our number one concern. Good health improves quality of life; without it, we are challenged.



That's why people are always trying to find ways to preserve their health and live forever. Do you remember how excited we were when the *National Geographic* reporter identified Seventh-day Adventists in Loma Linda, Calif., as one of the four healthiest people groups on the planet? The others were the Sardinians of Italy, the Okinawans of Japan, and people from the Nicoya Peninsula of Costa Rica. Anderson Cooper picked up the story, and we were all thrilled to see Adventists featured prominently on CNN.

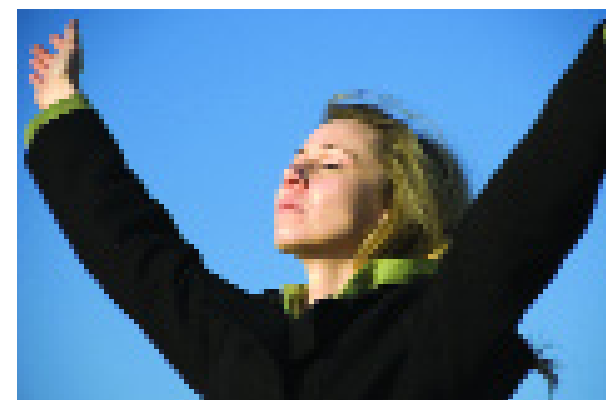
The story was replayed recently when *The Oprah Winfrey Show* traveled to these hot spots to introduce viewers around the world to people who are enjoying a healthy quality of life well into their 90s and 100s. She featured 94-year-old Ellsworth Wareham who's still doing surgery at Loma Linda Medical Center and 104-year-old Marge Jetton, who daily lifts weights, bicycles, and drives. While each group revealed what they believe is their secret to longevity (i.e., calcium-rich mountain water), it was a blessing to hear the Loma Lindans credit faith in God, weekly Sabbath rest, and adherence to the Adventist health message principles (i.e., vegetarianism, exercise, etc.).

It reminded me of Exodus 15:26, which states: If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you. ... for I am the Lord who heals you.

According to this text, there's a cause and effect to health. To some degree, the condition of our health is directly related to how we care for ourselves. And yet I am quick to recognize that our genetic code affects our health. The most health-conscious individual can be fraught with health challenges while sometimes the most careless person, who disregards God's health laws, seems to revel in good health. But in general, the rule applies, and those who abide by God's health principles bring glory and honor to Him and are a blessing to others, much like our friends in Loma Linda.

WHAT ABOUT THE REST OF US?

We have in our possession the embodiment of a tremendous health message given to us in Scripture and reinforced by the Spirit of Prophecy. We used to be known as the "people of the book" and a church that fostered a healthy lifestyle and frowned on unhealthy habits. Are we still at the forefront of health? Do we still



live by, or even know, the health secrets that lead to longevity? Are we personal stewards of the health message that people so admire and study?

The Bible says, "So whether you eat or drink or whatever you do, do it all to the glory of God" (1 Cor. 10:31, NIV). As we begin 2009, let's do an inventory, first on ourselves, and then on our churches, institutions, and organizations. Then let's resolve to heed the principles that will lead us to live longer, healthier lives that bring glory and honor to God. And finally, let's proudly share the health message in our communities so the secrets are no longer secret.

Dave Weigley (dweigley@columbiaunion.net) is president of the Columbia Union Conference of Seventh-day Adventists.

Columbia Union College to Pursue University Status

The Columbia Union College (CUC) Board of Trustees has voted to pursue university status. Board members made the decision at their year-end meeting after hearing a presentation from the college's University Status Taskforce. The taskforce made their recommendation after studying the process, feasibility, and requirements associated with the higher education level. They assessed current educational trends and determined that, among other benefits, attaining university status would distinguish the four-year institution from the many two-year colleges that primarily offer associate degrees. CUC currently offers 33 majors and six masters degrees. National research shows that colleges that become universities experience additional growth in enrollment, academic and instructional strength, as well as greater capital and financial stability.

The idea to pursue university status was originally presented by former president Randal Wisbey, DMin, during his tenure. Current



president **Weymouth Spence, PhD**, has made it a priority because it will aid CUC

in reaching key goals. "For over 100 years, CUC has been preparing students for service in the workforce. Our three-school model, quality educational offerings, and vision for future growth will only be strengthened by this new, higher status," he says.

The Maryland Higher Education Council will ultimately grant the approval of CUC's university status. If that happens, the board and constituents of the Columbia Union will choose a new name for the school.

—*Saschane Stephenson*

Union Executive Committee Prays for U.S. President-Elect

At the year-end meeting of the Columbia Union Conference Executive Committee, president Dave Weigley took some time to acknowledge the recent election



and its significance to Americans and Seventh-day Adventists alike. "No matter how you voted, this is an historic moment in America. This election changed everything. Those of us who lived during the Civil Rights Movement understand the importance of freedom and why there is such emotion behind this election," he said. "Likewise, as Christians, we also understand the importance of freedom because we know that when Jesus returns, we'll truly have freedom from sin and the sorrows of this world."

He then asked Allegheny East Conference president Charles Cheatham (above) to pray for incoming U.S. president Barack Obama and for the nation he will lead. Before his prayer, Cheatham shared how Barry Black, DMin, a



Seventh-day Adventist minister who serves as chaplain of the U.S. Senate, has already had the opportunity to counsel Obama and witness to him. Weigley plans to send a letter to Obama welcoming him to the Columbia Union territory and introducing him to the work and mission of Adventists here.

Weigley and his colleagues also shared many reports and updates with committee members. Union membership has surpassed 126,000, and, despite growing economic woes, tithes are holding steady. They also shared plans for the 2009 Year of Evangelism initiative, use of the Washington Adventist Hospital site after it moves to Silver Spring, Md., and ideas about how to grow Columbia Union College for the future. Next meeting: March 12.

Adventists to Distribute Message at Inauguration

Allegheny East Conference members in Washington, D.C., are being recruited to help



distribute 100,000 copies of *Message* magazine during this month's historic presidential

inauguration of Barack Obama. In honor of the event, the 44th president—America's first African-American leader—will also grace the cover of the January/February issue of the magazine.

Seventh-day Adventists founded *Message* magazine—the oldest black religious journal in America—110 years ago to reach blacks in the South with the gospel. "Even though we are a religious magazine, we like to address current issues, trends, and affairs," explains editor **Washington**



Johnson II, DMin. "We felt we should not pass this by as a footnote. This is a milestone, something that all people should be proud of in America."

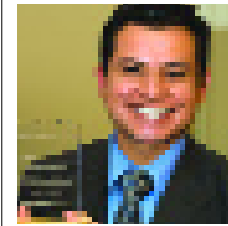
Johnson said those who receive the magazines might use the cards inside to sign up for Bible studies. "Our primary objective is to have a magazine that will lead people to Christ and prepare them for His soon return," he says.

To volunteer to distribute magazines, please contact Colin Braithwaite at (610) 326-4610, ext. 226 or 227.—*Taashi Rowe*

Union Communicators Recognized at Convention

Several Columbia Union communication professionals were honored during the 19th annual Society of Adventist Communicators convention, recently held in Denver. William Armendaris (pictured above), a member of Potomac Conference's Washington Spanish church in

Silver Spring, Md., won an award of excellence for the innovative, social networking website pcjovenes.com. Created in 1999 the Spanish-language site,



which targets young adults, offers news, Christian resources, podcasts, photos, and Bible studies. It attracts more than 160,000 visitors from around the world each month.

The late Reger Cutting Smith was also recognized for nearly 30 years of service to the Seventh-day Adventist Church. His wife, Delores (right), attended the convention and accepted SAC's Lifetime Achievement Award on his behalf. Before



his death last year at age 54, the multitasking graphic designer, public relations professional, writer, musician, and longtime member of AEC's Breath of Life church in Fort Washington, Md., served as associate communication director for the worldwide Adventist Church. As a tribute to his name and accomplishments, SAC also introduced the Cutting Edge Award, which will recognize forward-thinking individuals and projects. "Reger was an inspiration to us all," said organization president Celeste Ryan Blyden, announcing the new award. "The SAC board created this award to acknowledge communicators whose efforts exemplify Reger's innovation and cutting-edge

communication skills."

Learn more about SAC at adventistcommunicator.org.

Visitor Produces Musical CD

What's the focus of the 2009 *Visitor Calendar*? Music! Under the theme "We Have This Hope: Favorite Adventist Hymns," it highlights inspiring words from 13 hymns often sung in Adventist churches. "No matter our background, musical preferences, or mailing address, Adventists love hymns," explains *Visitor* editor and publisher Celeste Ryan Blyden. To accompany this year's calendar, the *Visitor* staff also produced a CD that features a piano rendition of each song highlighted in the calendar. "I hope listeners will find themselves singing along with the music and reflecting on the powerful and uplifting messages," adds Blyden.



This is the fourth calendar published by the *Visitor* staff in the last five years. It highlights national holidays, camp meeting dates, academy graduations and alumni weekends, constituency meetings,



Friday sunset times, a directory of Columbia Union organizations, and a feature about this year's sponsor, the

Columbia Union Revolving Fund. For additional free copies, call (888) 4-VISITOR, ext. 3, or email sjones@columbiaunion.net.

Multilingual Ministries News

35 Pursue Masters in Pastoral Ministry

Some 35 pastors and lay workers (below) attended the first two



classes for the master's degree in pastoral ministry (Hispanic Track), presented by the Seventh-day Adventist Theological Seminary at Andrews University (Mich.). The next class has been scheduled for February 1-5. Those interested in participating should contact Multilingual Ministries administrative assistant Sylvia Garcia at (410) 997-3414 or sgarcia@columbiaunion.net.

Churches Plant "Church-Planting Churches"

One of the key elements to experience a multiplication of churches planting churches is not only to plant healthy churches, but also to plant "church-planting churches." The Dale City (Va.) Spanish church was planted as a result of the challenges presented by José Esposito, Potomac Conference Hispanic Ministries coordinator, at the Potomac Hispanic Camp Meeting in June 2007. At that time, Olives Villamizar and the Alvarez family accepted the challenge. A year later, after hard work and prayer, the Lord blessed their efforts with

baptisms and a loving congregation determined to reach all the Hispanic families in the area.

On August 16, 2008, conference officers—Bill Miller, president; Jorge Ramirez, vice president for administration; and Kurt Allen, then vice president for finance—organized the congregation into a company. Forty-seven members signed the charter to become the Dale City Spanish company.

The celebration ended with baptisms and a new challenge. Pastor Villamizar reported that Max Alvarez and his family, with



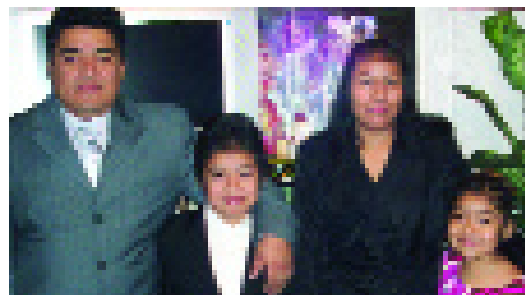
Potomac Conference administrators invite attendees to sign on as charter members of the new Dale City (Va.) Spanish company.



Pastor Olives Villamizar introduces the Alvarez family who worked tirelessly to plant a new church in Stafford, Va. The group already has 35 attendees.

the support of Dale City Spanish, would continue the church multiplication process by planting a new congregation in nearby Stafford, Va. At the end of October, Pastor Villamizar reported that more than 35 people regularly attend that new church plant.

Potomac Member's Testimony Draws 15 to Christ



During 2008 Rubén Ramos, Multilingual Ministries director for the Columbia Union Conference, held several weeks of revival and harvest across the union that yielded more than 140 baptisms. From those baptisms came many touching testimonies of the miracle of God's leading and grace, including this one:

Alfonzo Ramirez (above, with family) was an alcoholic and a drug addict. His wife and two kids suffered because of his addiction and abuse. One Sabbath he came home drunk, and, assuming that his wife was not home, prepared to indulge in cocaine. However, when he looked across the living room, he saw his wife crying and his children standing beside her. At that moment, the Lord touched his heart and he made a decision to give his life to Christ and change his lifestyle. A few weeks later, in December 2007, he was baptized and became a member of the Martinsville (Va.) Spanish group.

Today Ramirez serves the Lord as head deacon of the church and continues to share with others what the Lord has done for him.

During the Martinsville Spanish group's week of harvest and evangelism in October 2008, Ramirez played an integral part by greeting guests from the community with enthusiasm and love. He was also asked to share his testimony during the meetings. Upon hearing his testimony, more than 15 people came forward as a sign of accepting the Lord. The loving dedication of the Martinsville congregation and its pastor, Fismed Omar, was evidenced in the meetings when the Lord blessed them with 20 baptisms and professions of faith. Ramirez brought three of those baptized into the church.

Ohio Member Helps Plant Churches

During the last week of October 2008, Rubén Ramos held evangelistic meetings in Hamilton, Ohio. After weeks of preparation and prayer by Pastor Joel Rivera and the church leaders, they were blessed with 13 baptisms.

The first elder of the Hamilton company is Jesus Jacinto (below with his wife). During the week of evangelism, he was asked to share his tremendous testimony:

Jacinto moved to Cincinnati by himself, preparing the way for his wife to later join him. Before she



Pastor Joel Rivera prepares to baptize two new believers.

moved to Cincinnati to join her husband, she had given her life to Christ and become an Adventist. When she arrived, she asked him to take her to an Adventist church. The only one nearby was an English congregation. So Jacinto took her there and promised to translate the service. When they arrived at the church, they met a member who also spoke Spanish. Immediately, Jacinto began asking questions about God. Two Sabbaths in a row, the members dedicated several hours to answering Jacinto's questions. By the end of the second Sabbath, he insisted that he wanted to be baptized. "I have learned that the Lord can and wants to change people, that we can go to Him as we are," he said. "If that's true, I want to be baptized."

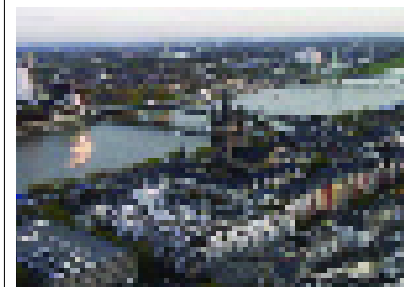
At that time Jacinto was a heavy smoker and drinker. He now understands that most churches would not allow someone in that condition and with so little preparation to be baptized. However, on the third Sabbath, he was baptized. When he stepped into the baptistry, he felt as if the water was boiling and his body was burning, so he decided to leave. The pastor persuaded him to stay, and as soon as he was baptized, the burning sensations disappeared. He left the

baptistry and fell on his knees praising God.

Jacinto was one of the first Hispanics baptized in Cincinnati. He and his wife helped to plant the Cincinnati Spanish church, and he later moved to Hamilton to plant another Hispanic congregation. The Hamilton church was planted three years ago, with just five members. They now have over 80 members. Jacinto now plans to move on and plant a third Hispanic church in the area.

Pennsylvania Spanish Target Reading

The Hispanic leadership of the Pennsylvania Conference and the Multilingual Ministries department of the Columbia Union have made plans to plant a new Hispanic congregation in the sprawling city of Reading, Pa. The Hispanic community of Reading has increased so much that, along



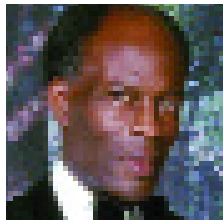
with the existing Reading Spanish and Emmanuel Spanish churches, it is extremely important to plant another congregation to better serve the community.

The initiative is themed "Jesus Vuelve" (Jesus is Coming), and the goal is to win 200 souls for Christ this year. That will be possible only with much prayer and hard work following the biblical principles of church growth. "The harvest is plentiful, but the workers are few ..." (Matt. 9:37-38, NIV).

What's New?

Books >
Just as I Am: Challenged But Confident
Lennox S. Westney, MD

If you don't relate to his 33 years as an OB/GYN, or his 30

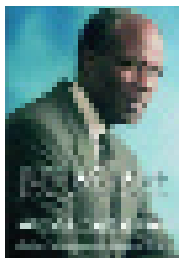


My intent in writing is not to laud my accomplishments but to applaud the dignity and the irresistible force of a God-inspired, determined ambition to succeed. —Lennox S. Westney, MD

years teaching at the College of Medicine at Howard University (Wash., D.C.)—where he's still a professor emeritus—Lennox S. Westney, MD, is confident you'll relate to his life experiences.

Dr. Westney, who claims humble beginnings in Jamaica, overcame many obstacles. In his autobiography, this member of

Allegheny East Conference's (AEC) Emmanuel-Brinklow church in Ashton, Md., illustrates that anyone can "gain some tangible evidence of the faithfulness of



God to take care of His children." His fellow church member and former AEC president Meade Van Putten agrees, adding, "His life story ... is at the same time interesting, inspiring, challenging, and motivating. Every young person should read his book."

Copies are available at major bookstores and trafford.com/07-2054.

It's All Good! Message Magazine

The editors of *Message* magazine have not only spent the past 110 years addressing ethnic issues, they've also promoted healthy eating since publishing their first Food for Health column in 1947. Through this new cookbook, readers can now access some of the best international recipes from that column.

"This book is inclusive, and the recipes are for everyone in the family," reports current *Message* editor Washington Johnson II, DMin, a member of AEC's New Joy Fellowship congregation in Hagerstown, Md. "We went back and got some of



the very best recipes, from breakfast to salad dressings."

Get a copy at your local Adventist Book Center (ABC), and enjoy easy-to-follow recipes that hail from Africa, Mexico, Italy, South America, and beyond. Happy cooking!

DVD >
Cooking With Clara
Clara Iuliano

Step aside Rachael Ray! Hamburg (Pa.) Community church's Clara Iuliano is bringing quick but healthy meals to your TV screen. In her first DVD, the registered dietitian walks viewers step-by-step through "16 mouth-watering, plant-based recipes," even sprinkling in useful health tips. The eight-minute cooking segments include dishes like Easy Black Bean Salad, Egg Rolls, and Cream of Broccoli Soup.

Known for her ability to "Clarify" complicated health concepts, this Pennsylvania Conference member and mother wants to "show people that eating healthy can be tasty and very convenient, no matter where you are on your health walk—and you don't even have to be a vegetarian to enjoy them!"

Order a copy and enjoy more nutritional tips at nutriclaraty.com.



WholeHealth

Two Steps to Health: Are You Ready?

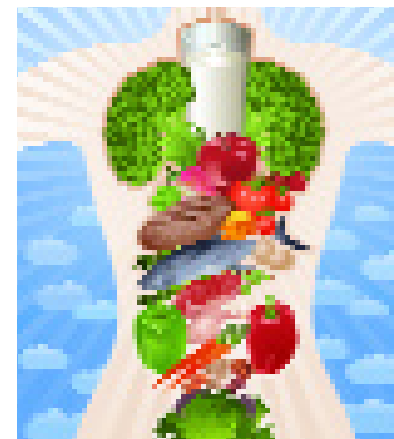
The abundance of health-oriented websites, news articles, television and radio programs, and community-based education

What You Bring to the Table

or readiness to change. If the change feels *important* to you, and you have the *confidence* to achieve it, you will feel more *ready* to attempt it and more likely to succeed. Each of these concepts requires personal reflection.

If we are to be successful in living healthfully—if our health ministry programs are to be effective in eliciting lasting change—we need to ask two crucial questions:

First, *so what?* What new information has captured your attention? How is this relevant to you? Why does it matter? Follow this by asking, *now what?* What do you see as a next step related to these new things you are thinking about? What *one* small thing can you commit to do today to take a step in this direction?—Lilly Tryon, MSN, RN, Adventist WholeHealth Wellness Center

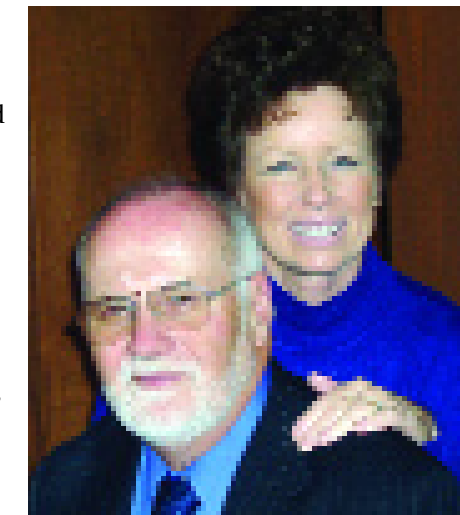


gives us more opportunities than ever to take charge of our health. Yet, rather than inspiring action, the increased awareness and knowledge often overwhelms us and incites feelings of helplessness. So, how do we bridge this "knowing vs. doing" gap?

Researchers who study changes in health behavior have identified two key concepts—*importance* and *confidence*—that help explain a person's motivation

In the Spotlight >
John and Marilyn Hall

They may be the bivocational pastoral couple of Ohio Conference's Findlay church, but John and Marilyn Hall have so much more to offer. Their motto is "Changing our corner of the world one person at a time." That's why this multitasking duo has used their experience as local volunteers for Emergency Medical Services, and John's 24 years as a drug and alcohol counselor in the Ohio Department of Rehabilitation and



Corrections, to make a big difference in their community *and beyond*.

Through their business, Hall Enterprises, the couple provides education in two important areas—CPR/first aid and drunk driver counseling.

Through Hands For Your Heart, they provide CPR, first aid, and first responder training and certification. The couple relishes opportunities to teach the Adventist health message during CPR classes, especially when discussing health risk factors.

Their Victim Awareness Program offers counseling for court-ordered DUI offenders in three counties. They started it after Marilyn witnessed their teenage daughter get hit by a drunk driver. "That night I promised God that I would do anything I could to make a difference," she recalls tearfully.

The Halls help DUI offenders understand the consequences of their actions. "Good people make bad choices," say the grandparents of seven. "We're committed to helping them see a better way." They have even opened their church doors to a growing nightly Alcoholics Anonymous group.

Keeping Score

Adventist Health Study 2 Health Habits Revealed

- 1% Smokers
- 6% Alcohol Drinkers
- 50% Soy Milk Drinkers
- 4% Vegans (no dairy/eggs)
- 31% Lacto-Ovo Vegetarians (eggs)
- 11% Pesco Vegetarians (fish/dairy)
- 6% Semi-vegetarians (occasional meat)
- 46% Carnivores (meat)

Source: adventisthealthstudy.org; survey of 97,000 Adventists in U.S. and Canada from 2002-08

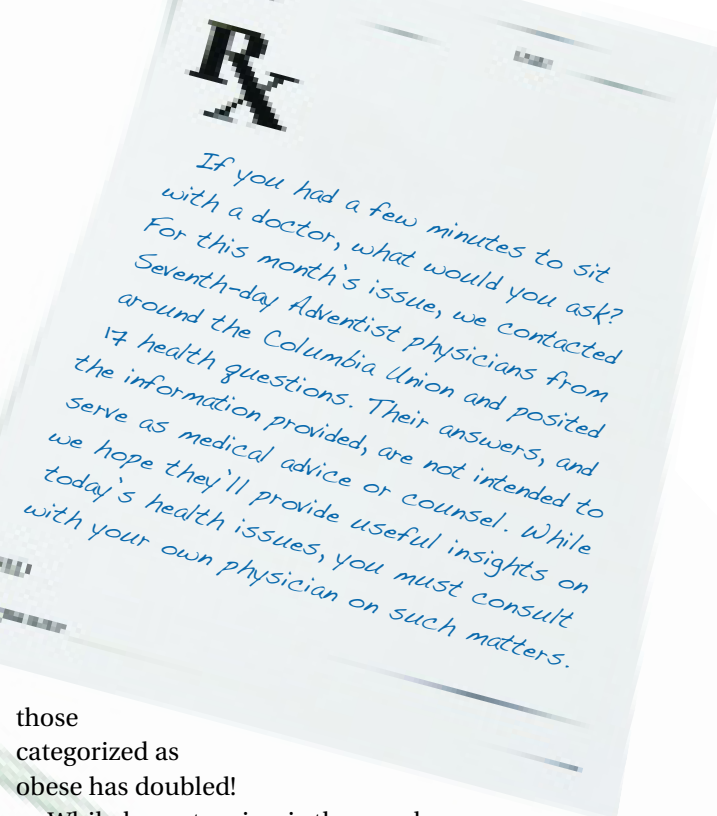
Web Watch

healthylifestylecontest.com

WANTED: Columbia Union young people (grades 1-12) to participate in the North American Division's 2009 Healthy Lifestyle Contest. Sign a temperance pledge, commit to a healthy lifestyle, and earn prize money for creative, health-themed projects.

Deadline: March 9

Ask the Doctor



Q: What are the pros and cons to traditional vs. natural cancer treatments?

A: Traditional cancer treatment usually involves chemotherapy, radiation therapy, or both, because these have been proven in clinical trials. However, patients should know about side effects.

Depending on the type of cancer, other—and somewhat drastic—treatments are bone marrow transplant for leukemia, amputation for sarcoma, and radical mastectomy for breast cancer.

Natural treatment has more options, from attending a “health institution” to buying specific health products—although most have no scientific support. Most natural treatments are sensational claims, nutritionally based, and are considered a food additive—giving the Federal Drug Administration no reason to approve them. Emotional and spiritual treatment, as well as what you eat, also play a part.

I find the best scientific evidence with traditional medicine and suggest that any reasonable, affordable, and safe natural remedies be used to compliment them.—*Leif Christiansen, DO; private practice in Reading, Pa.; Hamburg (Pa.) church*



Q: What are the top growing health concerns among infants?

A: The pediatric community is spending a great deal of time addressing poor pediatric nutrition and the resulting “epidemic” of obesity and obesity-related morbidity. Since 1991 the number of children categorized as overweight has risen 40 percent, and

those categorized as obese has doubled!

While hypertension is the number one cause of death in Americans over age 30, approximately 3 percent of children today have hypertension (blood pressure at or above the 95th percentile) and many more have pre-hypertension. There is also an increased prevalence of metabolic syndrome, which is defined by a group of risk factors for cardiovascular disease and diabetes: waist circumference, lipid levels, blood pressure, and fasting blood glucose.

My suggestions are, firstly, to breastfeed. In addition to the benefits of maternal-infant bonding and improved long-term cognitive and motor abilities, breast milk has been shown to have a protective effect against Crohn's disease, lymphoma, specific genotypes of type 1 diabetes, and certain allergic conditions. Breastfeeding is also associated with a 20-30 percent reduction in the prevalence of obesity through early adolescence.

Secondly, choose a prudent lifestyle and diet. Reduce/stabilize weight, increase physical activity, get adequate sleep, and follow the American Heart Association's dietary recommendations (congruent with the Adventist Church): consume more fruits, vegetables, and whole grains; and reduce the consumption of sugar-sweetened beverages/foods, saturated fats, and sodium. Read more

at healthier.us.gov/dietaryguidelines.—*Penny Chong, MD, FAAP, pediatrician at Lourdes Pediatric Group, Camden, N.J.; Woodbury (N.J.) church*



Q: What are the known causes of prostate cancer?

A: Although the causes are unknown, a combination of factors may play a role including ethnicity, hormones, diet, and environment. Heredity appears to be the most powerful possible cause, so men over age 40 must have an annual prostate exam. Early detection is key, especially in men with a family history of cancer.

Lifestyle plays a major role in the fight against this disease. High-fat diets have been linked to prostate cancer. Therefore, emphasizing fruits (especially grapefruit and watermelon), vegetables, and whole fibers may help reduce your risk, as well as foods rich in lycopene (an antioxidant), such as raw or cooked tomatoes. Also, regular exercise strengthens your immune system, improves circulation, and speeds digestion, all of which play a role in cancer prevention.

Although there is no confirmatory data to prove its benefit, the use of nonsteroidal anti-inflammatory drugs is advised in conventional medicine. In natural medicine, there are some vitamins and minerals widely used—vitamin E, selenium, herbal products like saw palmetto, and potent antioxidants like ubiquinol and various forms of green tea.—*Walter*



Umana, MD, PhD, MPH; research scientist affiliated with the George Washington University Medical Center (Wash., D.C.); pastor, New Brunswick and Perth Amboy (N.J.) churches

Q: Why is there an increase in the diagnosis of ADHD?

A: Attention deficit hyperactivity disorder (ADHD) is not actually on the increase. We've just become more aware of the problem and given it a name.

Although we still do not know what causes ADHD, we do know that it occurs in an estimated 3-5 percent of school children. It is usually more common in boys—possibly a genetic predisposition—and there is a higher incidence in children whose mothers drank alcohol or smoked cigarettes. Children exposed to certain environmental toxins may also be at risk.

ADHD is treatable. It has three main components: hyperactivity, impulsivity, and inattention. Hyperactive children usually seem to be constantly “on the go”—very fidgety, easily distracted, and

never complete a task. Impulsive children often speak before thinking, can't wait their turn, and seldom learn from their mistakes. Finally, inattentive children are daydreamers, have poor organizational skills, forget to write down *and* turn in homework assignments, and make careless mistakes. Left untreated, many of these children have major difficulties in school, including poor grades.

Accompanying conditions may include learning disabilities, depression, anxiety, and bipolar disorder. Many children with ADHD also have oppositional defiant disorder, a behavioral problem that involves defiance, arguing with adults, and refusing to obey. Some children may eventually develop a more serious condition called conduct disorder, which can involve aggressiveness, bullying, lying, stealing, vandalism, eventual substance abuse, and other serious problems.

Treatment is important. Without it, a child can develop serious academic difficulties, and family and social lives may also suffer. Research shows that although ADHD begins in childhood, it can last into adulthood. Effective treatment involves therapy and possibly medication. The most important thing is to get your child evaluated by a professional as soon as you suspect there may be a problem so that they can achieve success early in life.



Read more at aacap.org under the “Resources for Families” tab.—*Jude Boyer-Patrick, MD, MPH; medical director, Good Shepherd Center, Baltimore; Capitol Hill church, Washington, D.C.*

Q: Is it true that immunizations are linked to the increase in autism?

A: Autism, Asperger's, and pervasive developmental disorders, or autism spectrum disorders (ASD's), are first exhibited in childhood and result in poor social interactions and communication, and repetitive behaviors. In 2007 the Centers for Disease Control and Prevention (cdc.gov) reported the prevalence of ASD's to be 1 in 150 among 8-year-old children in the United States. Population studies conducted before 1985 reported a worldwide prevalence of 0.4-0.5 per 1,000 children. The staggering increase in prevalence has caused alarm.

A controversial theory explaining the increase is that infants vaccinated for measles, mumps, and

rubella (MMR), are exposed to thimerosal, a mercury-containing preservative. Theoretically, thimerosal activates cells in the brain responsible for programmed cell death, giving rise to autism. Scientists also theorize that children with a family history of autism exposed to thimerosal are at greater risk of developing autism.

Worldwide studies examining these theories have not linked MMR vaccination to an increase in autism. In fact, a 2005 Japanese study comparing autism rates in vaccinated children to non-vaccinated children found that withholding MMR vaccinations did not decrease the ASD rates.

Broader criteria and increased awareness have led to more children being evaluated and diagnosed. An autism diagnosis can be difficult to accept, but the bright side is that awareness has led to increased services and access to care. Early identification can improve the life of the autistic spectrum child and family. Get more information

at nih.gov or aacap.org.—*Marissa Cummings, MD; child and adolescent psychiatrist, The Consortium, Inc., Philadelphia Mental Health Center; Germantown church, Philadelphia*

Q: How does dental health affect overall well-being?

A: Your gums don't hurt, but a couple of spots bleed once in awhile. It's no big deal, right? What you may think is an innocuous symptom may be the indicator of heart disease. Healthy gums are pink, firm, and do not bleed when brushed.

Research has shown that people with gum disease are almost twice as likely to have coronary artery disease. Oral bacteria enter the blood stream and become attached to fatty plaques within the heart blood vessels. This contributes to the formation of clots, which obstruct normal blood flow and diminish nutrients and oxygen required for proper heart function. The elements are now in place for a stroke.

Gum inflammation also causes bone loss. Bone cells do not like to be in the presence of inflamed gums, and with no symptoms, will resorb cell by cell. When the bone level recedes 3 to 4 millimeters, teeth roots once supported by healthy bone are no longer being supported. Uncorrected, removal of the tooth is virtually the only option. Far more teeth are removed from conditions that started as small areas



of occasional gum bleeding—my office suggests at least 75 percent of patients—than from decay.—*Gerry Fuller, DDS, FAGD; private practice in Silver Spring, Md.; Sligo church, Takoma Park, Md.*

Q: Do we need fluoride and are we getting enough?

A: Fluoride is nature's cavity-fighter with small amounts present in all water. There are two types: "systemic" fluoride is ingested into the body when added to public and private water supplies, soft drinks, and teas, and is available in a dietary supplement; "topical" fluoride is applied directly to the teeth through gels, toothpaste, and mouth rinses.

As of 2006 about 70 percent of the U.S. population is served by fluoridated community water systems. The American Dental Society suggests this practice is the single most effective public health measure to prevent tooth decay by 20 to 40 percent. In some areas, such as "well water" communities, dietary fluoride supplements may be needed and are available by prescription.

Although young children with developing teeth are sensitive to higher fluoride levels, excess fluoride results in a harmless discoloring of the enamel, called fluorosis. It is a good idea to make sure that children do not ingest toothpaste or swallow rinses.

Overall, more than six decades of research, thousands of studies, and the experience of more than 184 million Americans tell us that water fluoridation



is safe, healthy, and effective in preventing cavities.—*David Lee DDS, FAGD, AFAAID; private practices in Silver Spring and Ellicott City, Md.; Baltimore Korean church, Severn, Md.*

Q: How can my dentist help me overcome obstructive sleep?

A: Obstructive sleep apnea (OSA) is a serious condition that, if not treated, can cause death. OSA occurs when a sleeping person's airway collapses and keeps air from reaching the lungs. OSA symptoms can include snoring, irregular or cessation of breathing for several seconds, or extreme daytime tiredness. A physician can diagnose OSA by doing a sleep study.

There are three general ways to treat a person with OSA. One is by surgically removing soft tissue that can block the windpipe. Another is to have a patient use a machine that forces air into the nose and keeps the windpipe open, called continuous positive airway pressure or CPAP.

Many times a person can't tolerate CPAP—due to claustrophobia or difficulty in traveling with a CPAP machine—so a third option is to use a fabricated dental appliance that brings the lower jaw and



tongue forward, opening up the airway. This is also very effective for people who have mild to moderate sleep apnea.—*Daniel Cobb, DDS; private practice in Centerville, Ohio; Kettering (Ohio) church*

Q: What is the most preventable disease increasing in Adventists?

A: Obesity is classified by a number of major U.S. health organizations as a "disease state." Although it remains very controversial as to whether or not one should consider it a "disease" per se, we do know that it remains one of the most preventable disease conditions. Unfortunately, it is on the rise both in the general and Adventist populations.

Why? It is probably a combination of *what* we eat and *how much* we eat. In my opinion, it stems more from the latter, especially when combined with our stressful, hurried lifestyles and lack of exercise.

Obesity is fast becoming a U.S. epidemic and is the main contributor to an alarmingly large growth of type 2 diabetics. As we choose to eat healthy, the prescription for preventative success is always striving to keep a control on portion size and get a regular dose of exercise.—*Roland Newman II, DO; Green Hills Family Medicine Associates in Reading, Pa.; Kenhorst Boulevard church, Reading, Pa.*



Q: Is there truth to claims that red wine and coffee are healthy for us?

A: According to the *Copenhagen City Heart Study* published in 2000, those who drank red wine had a lower risk of dying from heart disease. However, researchers have since discovered that the *grapes* used in making red wine are what contain a plethora of healthy chemi-

cals, including antioxidant polyphenols, which help reduce oxidative damage to the lining of blood vessels. Also the grape skins and seeds contain resveratrol, a powerful substance believed to have anti-cancer, anti-inflammatory, and blood sugar-lowering effects.

A few 2006 studies showed conflicting evidence on the benefits of coffee drinking. Some newer studies point to its protective power against type 2 diabetes or even colon cancer, but further investigation is needed. Unfortunately, most of the coffee Americans drink is loaded with added sugar, creams, etc., plus the caffeine in coffee is a stimulant often-times linked to negative health effects such as heart palpitations, anxiety, and urinary frequency.

As Adventists, we should approach such information with discretion, and should remember Ellen White's direction to "discard" such beverages. Read more at health.harvard.edu and <http://stroke.aha-journals.org>.—*Roland Newman II, DO*

Q: How do toxins build in the body, and how do we get rid of them?

A: God wonderfully designed the human body to be an efficient elimination system, yet toxins accumulate in our bodies, and affect our physical, mental, and spiritual well-being. Of special significance is the affect on the brain's frontal lobe, which affects *every* aspect of our lives: personality, morality, discernment, reasoning, focus, temperance, social behavior, will power, and spiritual life.

The human body becomes toxic, or polluted, from both external and internal sources. The most common external pathways are from inhalation (air pollution, dental amalgam fillings, sick buildings), ingestion (chemical residues on food, heavy metals/chemicals in water, drugs), injection (vaccinations, tattoos), absorption (chemicals from synthetic fabrics, personal care products, paints, plastics, pesticides, and chemical fertilizers), and irradiation (X-rays, nuclear power plants, cell phones, computer monitors, televisions, microwave ovens). Internal sources of toxicity include foods; fermentation, putrefaction, and rancidity from undigested foods consumed; and even toxic thoughts and emotions.

When we comply with God's natural laws of health, we can restore ourselves to the highest possible level of health and well-being. Following the NEWSTART (newstart.com) principles promotes the elimination of toxins through the

kidneys, intestines, lungs, lymph system, and skin. With your doctor's approval, try this excellent 10-day detoxifying and rebuilding program: three



days of water fasting, three days of juicing, and four days of eating raw fruits and vegetables.—*Jim Sharps, ND, PhD; private practice in Columbia, Md.; Windsor church, Franklin, Va.*

Q: Is veggie meat good for us?

A: Veggie meat comes in many forms. Homemade versions are preferable to those bought in stores, mostly because the cook has control of the additives mixed in: spices, salt, and preservatives. Veggie meat is often produced from wheat (gluten) or soybeans. Soybeans contain significant amounts of all essential amino acids and are also high in vitamins, minerals, fiber, and polyunsaturated (good) fats, making it a great meat substitute.

The Adventist Health Study (adventisthealthstudy.org) being conducted by Loma Linda University (Calif.) hopes to answer many questions, including how much soy should be in our diet. Meanwhile, the American Heart Association suggests the Edenic (vegan) diet. It is rich in fruits and vegetables (four to five servings a day), whole grains, and low in saturated fats. This variety enables one to meet the Recommended Daily Allowance of protein, carbohydrate, fat, fiber, vitamins, and minerals, and



decreases the risk of the three most common causes of death: heart disease, cancer, and stroke.—*Sunita Greenburg, PhD, Fairview Health Associates, Summersville, W.Va.; Summersville church*

Q: What about eating irradiated or genetically altered foods?

A: With the emergence of new strains of bacteria and food-borne illnesses, new processes for preserving and storing foods have become essential. The Food and Drug Administration has approved irradiation of meats, poultry, and certain fruits and vegetables. This has been shown to reduce or eliminate harmful bacteria. Genetically altered foods have been grown to resist diseases, grow in adverse weather, and improve nutrient contents in foods. But, are they safe to eat?

Irradiation does cause a small decrease in nutrients, but overall does not cause any known chemical changes. Irradiated foods do *not* become radioactive, but the fairly new process needs longer-term investigation. Genetically altered foods might increase the development of allergies, but are generally accepted as safe. Read more at fda.gov.

In my opinion, it's best to eat foods grown naturally, the way God intended, without the use of potentially harmful preservatives and enhancements.



—*Kenneth F. Khandagle, MD; Khandagle Medical Associates, Laurel and Silver Spring, Md.; Sligo church, Takoma Park, Md.*

Q: Does milk really “do the body good?”

A: Milk is a good source of calcium, which helps build and maintain bone density, and vitamin D, which promotes the absorption of calcium and phosphorus. It also helps strengthen bones and proteins, which help build and maintain muscle mass.

Despite its benefits, growth hormones and antibiotics used to help cows produce more milk reportedly makes the beverage potentially harmful. Risks involve drug-resistant strains of bacteria, development of allergies, and other illnesses.

Soy, rice, and almond milks are plant-based alternatives that provide some of the same benefits of cow's milk without the potential risks. They are also fortified with calcium, vitamins D and B12, proteins, are low in saturated (bad) fats and cholesterol, and high in polyunsaturated (good) fats.—*Kenneth F. Khandagle, MD*

Q: Should Adventists fast?

A: Yes! The scriptures are replete with many examples of fasting (Matt. 4:2, Dan. 9:3). A fast, sometimes called cleansing or detoxification, is voluntarily abstaining from something you like (i.e., sweets), not eating at all, or eating only certain foods for a period of time.

There are several types and lengths of fasts, including water, juice, and fruit. I generally recommend a 14-day modified juice fast, which includes water, juices, herbal teas, and a vegetable broth.

Individuals who do a total fast (no liquids or solids) or water fast must do so under strict supervision;

it can be dangerous for the untrained person. Women who are pregnant or nursing should not fast and neither should individuals with gout or colitis.

During a fast, individuals notice increased energy; healthier, glowing skin; lessened joint inflammation; decongested sinuses; opened bowels; improved sleep; weight loss; and decreased depression.



Conditions such as diabetes, elevated cholesterol, and hypertension are also better controlled.—*Theodore Watkins, MD; private practice in Washington, D.C.; Emmanuel-Brinklow church, Ashton, Md.*

Q: What is true depression and its causes?

A: Most of us can identify with that “d” word. Even more of us have had some and don't know it. That's partly because we each have our own definition of it and biases affecting our acknowledgement of it.

Scientific definitions help *and* complicate this. For example, the diagnosis of “major depression” is the best-known and -studied mood or “affective” disorder. The term implies at least five of nine symptoms must occur for at least two weeks, and represent a change from previous function: persistently sad or empty feelings most of the day, most days; guilt or shame; diminished interests; changes in sleep, concentration, weight, energy, or activity; or suicide ideas.

The symptoms cause distress; impair social, home, or job functioning; and must not be due to drugs, medical condition, or bereavement, etc.

But what about those who always seem to suffer, yet it's not a “change”? What if a person doesn't *think* they're “impaired” (even though others *know* it), or are able to go through a workday but without the same level of enthusiasm? What about those who aren't over the death of someone months or years later, or whose doctor says their headaches, indigestion, and/or pain are “from stress”?

There are labels for these. Some are well known, such as the various forms of bipolar disorder (once called manic depression). There are other major forms of depression such as, “depression with psychosis” or “melancholia”; dysthymia (a mild form lasting months to years); depression related to a medical condition (i.e., head injury, stroke, hypothyroidism, infections); drug-induced depression (medication or street drug); depressive personality (old term); bereavement, schizoaffective

disorder, or depression with other diagnoses (i.e., traumatic stress order).

A big challenge is that only a small portion of people admit they even *have* a problem, may not realize that some lesser forms of depression can be much more suicidally dangerous; and that some statistically get worse with time. The average bipolar disorder takes 11 years to get diagnosed.

The list of depression causes are endless—Mom working too much; feeling distant from God; recent 401K shrinkage; not enough vitamins, good food, or exercise; premature birth; the 10 percent who metabolize serotonin too fast, etc.—*Hernan Schmidt, MD; private practice in Columbus, Ohio; Worthington (Ohio) church*



Q: Can Adventists (as people of hope and faith) experience depression?

A: Sure. We also live in this difficult world. According to National Institute of Mental Health research, 8.3 percent of adolescents in the United States suffer from depression. Major depression affects 9.9 million American adults. Some of our heroes had it: Abraham, Noah, Moses, Elijah, Peter, Ellen White, Luther, Augustine, Michelangelo, George Washington, Jesus (who was “sorrowful unto death”), and many others. Pastors are my specialty, and every pastor I know has had it to some degree.

Depression is physical and needs physical/biological treatment. It is also social, emotional, and psychological and we may need to work on that relationship, learn friendship techniques, work through that old trauma, and get help from “a multitude of counselors” (Prov. 11:14), including our friends, family, doctor, and Christian counselor or psychiatrist. Depression is also spiritual. We *must* work on that area, which in turn helps us in the others.

Adventist Christians do have outstanding advantages through our belief in Scripture and the Spirit of Prophecy. Our source of advice is *much* better than the world's. For example, see Romans 8:16: “I want to esteem myself however God esteems me.”

Find the thousands of other helpful verses (i.e., Gen. 9:3, Mark 3:5, Isa. 53:3, Matt. 18, Lev. 19:16-18, Heb. 13:16, etc.), ask your doctor for help, pray, and journal simultaneously.—*Hernan Schmidt, MD*

Getting Back to Health Basics

Beth Michaels

Seventh-day Adventists in Loma Linda, Calif., aren't the only ones making headlines for their healthy lifestyles. Churches and ministries across the Columbia Union are getting back to health basics, encouraging members to adopt healthier lifestyles and coordinating a number of community-focused health ministries initiatives:

Members Get "InStep" for Health

Although it didn't officially start until January 1, Columbia Union churches have already been showing their support of the new North American Division (NAD) Health Ministries initiative—InStep for Life (instepforlife.com). The program, which culminates at the 2010 General Conference Session in Atlanta, encourages church members in Bermuda, Canada, and the United States to embrace and promote healthy living.

Health Ministries directors in all eight Columbia Union conferences have updates and free material—bulletin inserts, PowerPoint presentations, health articles, mile charts, etc.—available to any church, group, or individual wanting to participate.

Chesapeake Conference's Capital Brazilian Temple in Highland, Md., was one of the first Columbia Union congregations to launch InStep for Life, starting with a group walk at a local park. Their 13-week program ends this month with prizes for the top performers.



"Participants have been really motivated and engaged," reports Katia Reinert, RN, MSN, a Capital Brazilian member and one of the union's InStep coordinators. "Some had never seen a pedometer before but are now wearing them every day. Some are walking with a friend, others with their spouses." She also notes that InStep has attracted several community participants.

DeWitt Williams, EdD, MPH, NAD Health Ministries director (above), recently launched the InStep program at the Seventh-day Adventist World Headquarters in Silver Spring, Md. "I am really excited about the way our workers are walking for health. About 400 are participating, and more are joining every day," reports Williams, a member of Allegheny East Conference's (AEC) Emmanuel-Brinklow church in Ashton, Md.

Already, headquarters staff have recorded more than 39 million steps, with current leader John Pack, a member of Potomac Conference's Beltsville (Md.) church, logging 30,000 steps per day.

Adventist HealthCare Training Draws 58

As part of its commitment to building healthy communities, Adventist HealthCare's (AHC) Health Ministry department recently held its first Team Building Training Course at Washington Adventist Hospital (WAH) in Takoma Park, Md.

The course helped 58 participants understand



PHOTO BY GEORGE JOHNSON JR.

community health issues, principles of whole-person health, and health behavior change; identify community resources; implement successful congregational health surveys; and plan and implement successful health awareness and lifestyle programs.

"We were overwhelmed by the interest and response to this much-needed training," reports Katia Reinert, RN, MSN, health ministry clinical supervisor/faith community nursing coordinator, who developed the course along with two AHC colleagues.

Participating chaplains, nurses, pastors, physicians, parish nurses, nurse practitioners, social workers, and lay health ministers represented 14 churches in the Potomac, Chesapeake, and Allegheny East conferences, and 12 churches of other denominations.

"I found the training informative and very beneficial in helping promote wholeness and health in the church," commented one participant.

The next team-building course will be held February 21-22 at WAH. For more details and to register, contact Reinert at (301) 891-6102.—Cindy Glass



Allegheny East Releases New Health Resources

AEC's new Health Survival Kit contains health-related DVDs and books by leading authorities, along with motivational posters, live and online support, and other helpful resources on diet, exercise, and preventive medicine programs.

"More and more people are looking for help in learning how to take control of their health," says A. Leah Scott, AEC Health Ministries director. "Too many people are dying needlessly just because they don't really know what to do." For more information,



call (800) 830-0224.

Allegheny East is also leading the charge in health webcasts. Scott (left) reports that the "Awesome Body 101" monthly webcasts, which debuted in January 2008, have received positive

response. "We feature health professionals who present information about this wonderful machine we call the human body," she explains.

The most recent webcast featured Gwen Foster (right), health czar under former Philadelphia Mayor John Street. Foster, a lifelong member of AEC's Ebenezer church in Philadelphia, led the discussion on the eight laws of healthy skin, the body's largest organ. Read more about the webcasts, and view the entire series at fit4youretreat.org.—Robert Booker



Potomac Churches Host Health Expos

Potomac Conference's Fairfax (Va.) church recently conducted a community health fair. Six local physicians, including Angie Huang, GP, from the nearby Vienna church, conducted blood pressure and blood sugar screenings for about 100 attendees. "It was a good reminder to church members about the unique responsibility that the Adventist Church carries, especially in the area of prevention," said member Ayaana Toure.



Fairfax pastor Brian Rhoades clarifies, however, that the fair was mostly a trial run for a more extensive upcoming health expo. His congregation will collaborate with the Arlington (Va.) church to conduct “The Road to Happiness” expo, which will run March 21 to April 11 at the community center in Annandale, Va. Speakers include Alan Handysides and Kathleen Kuntaraf, Health Ministries director and associate director, respectively, for the worldwide Adventist Church.

Potomac ABC Conducts Health Fair

The Potomac Adventist Book and Health Food Store, in Silver Spring, Md., recently hosted its first health fair, offering free health screenings, vegetarian cooking demonstrations, complimentary massages, and fitness instruction. Visitors also sampled delicious, healthful foods, while store staff demonstrated how to grow sprouts, juice carrots (below), and prepare fruit smoothies and popsicles. Kids enjoyed a free moon bounce and the make-your-own-gorp (trail mix) station.

First-time visitors were thrilled to learn of a local store offering health-focused, lifestyle alternatives. One attendee, a physician, spent most of



the day chatting with staff about Adventist health philosophies. He left with more than a dozen books, including Ellen White's *Counsels on Diet and Foods*.

A staff member also overheard two customers: “This store always has something going on,”

observed one. The second responded, “This isn't just a store, this is a ministry.”—Lisa Myaing

Ohio Church Responds to Community Health Needs

A recent community survey conducted by the Health Evangelism Outreach Team of Ohio Conference's Newark church has revealed residents' whole body health needs. “The results were clear,” reports Linda Brown, Health Evangelism leader. “The number-one need was for stress management.”

In order to address all of the top health needs

listed, each of the team's outreach ministries—Divorce Care, Grief Support, Smoking Cessation, Forgive to Live, and Stress Management—plans to conduct related seminars.

The Newark church also recently co-sponsored a community health fair. Vendors included the American Red Cross, the Newark Fire Department, and the Ohio Adventist Book Center. Pastor Tom Hughes (right) even manned an “Ask a Pastor” booth.



A total of 185 attended the fair, including 60 children who enjoyed the inflatable obstacle course, face painting and prizes, and a booth promoting Children's Ministries and Pathfinders. Nearly 60 attendees who registered for the grand door prize also agreed to be placed on the church's mailing list. “These people will be prayed over and invited to upcoming health seminars,” notes Brown.

Kettering Member, 92, Makes Friends Through CHIP

Ohio Conference's Kettering church recently hosted its first CHIP (Coronary Health Improvement Project) program. The 30-day healthy lifestyle course drew nearly 50 attendees and nurtured new friendships.

Kettering member Millie Mills, 92, a long-time CHIP (adventistchip.org) participant, relishes her job as a CHIP table host and delights in making new friends. Recently, during her daily four-mile walk, Mills met Todd, a young man walking his dog. She couldn't resist telling him about Kettering's CHIP program, set to start that evening. Intrigued, Todd agreed to bring his girlfriend, Kim.

The couple came and



joined Mills at her table. Impressed with the program and eager to learn more, Todd and Kim attended faithfully. Since graduating from the program, the three have remained close, walk regularly together, and enjoy healthy dinners and monthly CHIP alumni meetings.—Chris VanDenburgh

Mountain View Gets Members Moving

Exercise programs in the Mountain View Conference are transforming the lives of conference employees and church members—one step at a time.

In spring 2007 the conference rolled out the StepByStep program for employees. By wearing pedometers, participants tally steps each month

and receive monetary rewards for achieving goals.

Congruently, the Walk 100 Miles in 100 Days program, held each spring, encourages all members to be more active. This program, initiated



in 2001, requires churches to report weekly miles logged by their participants—church members, students, and community friends.

Many participants, like those from the Wheeling (W.Va.) church, continue walking well past the 100-day mark in pursuit of greater personal health goals.—Alisa Turnewitsch

Brooke Grove Staff “D’Feet” Alzheimer’s

The fundraising efforts of Brooke Grove Retirement Village (BGRV) for Memory Walk 2008 garnered more than \$24,000 in contributions to benefit their local Alzheimer's Association. This year's team—60 strong and sporting bright yellow “D’Feet Alzheimer's” T-shirts—topped the amount raised by BGRV for the previous eight years combined. They also contributed \$5,000 as a “silver” corporate sponsor.

Toni Davis, BGRV director of marketing and a member of Allegheny East's Reaching Hearts



International church in Spencerville, Md., chaired the Memory Walk planning committee. The team included nursing center assistant administrator Debbie Schyllander Bass and mother/daughter team Lynne and Marci Corea, all from Chesapeake's Highland View church in Hagerstown, Md., and BGRV administrator Greg Porter (above) and his daughter, Summer, both from Chesapeake's New Hope church in Fulton, Md.

Metropolitan Church Unites Revelation and Health

For their recent Revelation seminar, Allegheny East's Metropolitan church in Plainfield, N.J., added an informative health component. While Pastor William Linthicum (far right) used colorful PowerPoint presentations to highlight the lesson studies, Shelly Patton-Lionel (in black), health coordinator for Northern New Jersey, shared NEWSTART health principles with the 40-50 regular attendees.

To practice what they preached about health, the church offered nightly “oxygen cocktails” that engaged attendees in short exercise breaks. At the close of the weeklong seminar, eight people accepted Christ. Three were baptized; five others are preparing.



CAN YOU PUT A PRICE ON ANSWERED PRAYER?

POTOMAC CONFERENCE CAN

THEIR ANSWER CAME IN THE FORM OF THE EVANGELISM AND DISCIPLESHIP MINISTRY CENTER LOCATED IN TEMPLE HILLS, MD

God used a loan by the Columbia Union Revolving Fund (CURF) to make the 8,845 square foot multipurpose facility in Temple Hills, Md., possible. Comprising of 300 personal worship chairs, a stage, 2000 sq ft of general administrative offices, and meeting rooms, the center plays host to a School of Discipleship, numerous training events, a radio station, recording studio and video production center, among other services.

Now hundreds of church and lay leaders throughout Potomac are getting the training they need to become better directors and evangelists for the Lord. Through tracks and DVDs recorded at the studio, members are learning how to build upon the good news of Christ's love story. Through the radio program *Disciples of Evangelism*, led by Francis Spivey, leaders have been drawn to the Seventh-day Adventist message and are joining the church.

By answering God's call, CURF continues to live up to its 40-year-old goal of "promoting the mission of the church by providing and offering financing for education, health, conference, and other activities." Truly, CURF is making ministry possible.



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YOUR HEALING MINISTRY

JANUARY 2009

Faith and Science in Action

Fred Manchur

The debate between God and science garners much attention in the academic world. I just have to shake my head sometimes! When you live and work in the healthcare environment, however, you see firsthand the impossibility of removing one from the other. God's incredible design, the human body, is beyond comprehension and yet we strive to understand it and to assist in defying age and illness. The two worlds, scientific understanding and the mystery of God's love, are uniquely and mysteriously inseparable.

Kettering Adventist HealthCare is heavily invested in furthering our scientific understanding of the human body. For instance, we own one of only 50 DaVinci surgical robots in the nation, which is a prime example of our commitment to increasing the best possible outcome for our patients. The robot can be used for hundreds of different surgical procedures and dramatically reduces a patient's recovery time.

However, what would the latest technology be without intercessory prayer? How can we possibly measure the power released when administrators, chaplains, surgeons, nurses, and even the food service and accounting staff take time to pray for our patients? Or when meetings start with prayer as we daily commit ourselves to seeking God's guidance and blessings?

DOUBLE DUTY

Nehemiah is one of my biblical heroes because he so beautifully embodied that mysterious mix of reliance on God and personal discipline. Filled with the Holy Spirit, he boldly asked for what he needed, traveled through enemy territory, recruited a team of builders, acquired stones and lumber, and started to rebuild Jerusalem. Can you imagine tackling such an enormous task? Then, to make things even more interesting, the construction workers fell under attack and had to double as soldiers!

It's not so different in healthcare. Challenged with ever-increasing demands, we put all medical procedures through vigorous review. Our chaplains go through a rigorous accreditation process, nursing staff have ever higher standards to reach and achieve, and we provide the most up-to-date continuing education opportunities for all staff, all as we ensure the best care for our patients.

We also have initiated a medical innovations program where we build on an already solid commitment to increase our understanding of the human body, and find more ways to improve the quality of life for the communities we serve. For Kettering Adventist HealthCare, we don't see a divide between scientific developments and the undeniable power of God. We see them as intersecting, and our job is to get as much done as we can, in His name!

I pray that the Lord will bless you and your family in 2009.



Fred Manchur, former president of Kettering Medical Center, was recently named president of the Kettering Health Network in Kettering, Ohio. He and his wife, Mary Kay—members of the Kettering church—recently celebrated their 35th wedding anniversary.



Kettering Chaplain Helps Minister in India

Kettering Adventist HealthCare (KAHC) chaplain Basharat Masih (below) recently returned to the Kolkata Seventh-day Adventist Church in India,

a congregation he pastored 26 years ago. This time he traveled with a team from the Adventist Church world headquarters for the Adventist Chaplaincy Ministries Advisory, an event organized by Pastor Paulraj Isaiah, Southern Asia Division chaplaincy director and director for the Stewardship and Ministerial Association. Through the program, the leaders hoped to educate and share ideas while also meeting the spiritual needs of patients and church members.

Masih was one of the event's three teaching partners, along with Gary Council, director of Adventist Chaplaincy Ministries (adventistchaplains.org); and Mario Ceballos, DMin, associate director. The team



was created by a divine appointment to teach and counsel more than 80 spiritual leaders, pastors, and chaplains from the East, South, Southeast, and South Central India unions.

Pastor Isaiah organized two seminars for the trip, one at Kolkata (formerly Calcutta) and one in Bangaluru (formerly Bangalore). During the three-day seminar in Kolkata, Pastor Masih was invited to preach at his former Kolkata church. That Sabbath was not only an awesome homecoming celebration for him; 32 elders were also ordained (below).

The team then traveled to Bangaluru to present the seminar to more than 40 church leaders, pastors, school principals, conference department secretaries,



and chaplains. Masih led the seminar, focusing on his specialty, "Hospital Chaplaincy: The Art and Science of Hospital Visitation and Crisis Intervention Ministry." Masih brought back to KAHC leadership a big bundle of thanks from all of the attendees.

THE ROAD TO CHRIST

For Masih, this story goes far beyond giving educational support to his colleagues in India. His personal story is one of hardship and struggle.

Born an orthodox Muslim in Hyderabad, India, he ran away from a troubled home life at the age of 15. He



Left to right: Pastors Paulraj Isaiah and Basharat Masih, along with Mario Ceballos and Gary Council from Adventist Chaplaincy Ministries, are welcomed with garlands in Kolkata, India.

lived on the streets of Bombay selling illegal sweet bread but was eventually arrested. A priest from a local mosque helped Masih get back to his hometown, but his father would have nothing to do with him since he had disgraced the family. Masih was able to get a pharmacy certificate and worked in a local hospital, where he met a Methodist nurse, Sheila. While they passionately discussed opposite religious viewpoints, they fell in love and married in 1959.

After their marriage, Masih visited an Adventist church and started studying the Bible. He had to hide his efforts from his Muslim friends, co-workers, and family, but as time went on, he could no longer hide his convictions that Jesus Christ truly was the Son of God and his Savior. "I cannot explain the power that caught me, and the belief I had, when I read the gospels, that indeed Jesus is the Savior of the world. And I needed Him in my life," Masih explains.

Masih and Sheila were baptized in an Adventist camp in the Toke River in April 1960. "It was such a profound experience being baptized in the name of Jesus," he recalls.

The experience was impossible to hide, and soon his family ordered his death. Muslims believe that people who leave their faith are workers of Satan (a kaffar), and any Muslim who kills one will go straight to heaven upon death.

The husband and wife team escaped town with only a few suitcases and headed to Bombay. One train stop in Khandwa changed their lives as orderlies quickly greeted and directed them to the hospital where they could shower, sleep, and eat. The next day the hospital offered them jobs.

Eventually, Masih obtained his pastoral degree and served in India until he and Sheila came to the United States in 1983. Since then Masih has served in a variety of roles throughout the states and is currently serving the patients and clergy of Kettering Adventist HealthCare. He and Sheila, still happily married, have three grown children who are all Adventists, and six grandchildren.

For Masih, serving his colleagues in India is truly a full circle experience, one that he never dreamed possible when he and his wife were running for their lives.

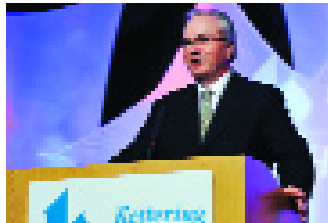


The historical city Kolkata hasn't changed much in 40 years. People still struggle to make a daily living.



Kettering President Assumes New Role

The Kettering Adventist HealthCare (KAHC) Board, along with CEO Frank Perez, has named Fred Manchur (below) new KAHC president. While Perez will retain his position, the rapid growth of KAHC in Dayton, Ohio, has required that he divide his responsibilities in order to continue effectively serving the six-hospital, 8,000-employee network. Manchur, formerly KAHC vice president and president of Kettering Medical Center (KMC), assumed his new full-time role January 1.



KAHC has been among the fastest-growing companies in Dayton since its inception 10 years ago, steadily increasing its market share and nearly doubling its employee base in that span. As KAHC president, Manchur—a member of the Kettering church—will oversee hospital systems operations for all six of the network’s hospitals and their affiliates, as well as KAHC joint ventures. Perez will continue to have strategic, policy, and governance responsibilities for KAHC and its affiliates.

“During the past eight years, Fred has served with great distinction and has been instrumental in KMC’s exceptional growth of 45 percent,” said Perez.

Kettering, Sycamore Make Magazine Top Listings

Kettering Medical Center has been named to the 2008 *U.S. News and World Report* annual Top 50 “Best Hospitals” lists in two clinical categories. From



the lists’ 16 clinical areas, KMC ranked 38th for endocrinology and 43rd for gastrointestinal disorders.

No other area hospital received as many Top 50 rankings in 2008, and KMC has now been included on the magazine’s Best Hospitals lists on seven occasions over the past three years.



Kettering Medical Center is recognized as one of the nation’s finest hospitals for stroke care.

Kettering and Sycamore (below) Medical centers were both listed in *U.S. News* in the July 21 issue of “America’s Best Hospitals.” The centers received the Bronze Award from the American Heart and Stroke Association’s “Get with the Guidelines” quality improvement program. This award recognizes the high quality of stroke care provided at the two hospitals with the achievement of 85 percent or greater for seven performance measures sustained for three months.

Grandview Achieves Zero Infection Rates

The award-winning care provided by Grandview Medical Center (GMC) in Dayton, Ohio, has expanded in excellence through the zero infection rates the hospital has achieved in a wide variety of surgical procedures. This means that the staff is operating with an intense awareness of everything they touch and do while assisting or performing surgeries. Reducing infections is one of the biggest challenges in healthcare today, and GMC staff and physicians are to be commended for their extra effort in making each patient’s recovery a success.



Roy Chew, CEO of Grandview Medical Center in Dayton, Ohio, speaks to the press about the west wing expansion project that will give the building more convenient access for patients and their families.

Wright State Partners With Kettering Adventist HealthCare

The renowned Wright State Research Institute in Dayton, Ohio, is forming a strategic alliance with Kettering Adventist HealthCare (KAHC) to attract research opportunities in innovative technology for the future of biomedical engineering and healthcare. The partnership is about sharing facilities, resources, and personnel. While KAHC conducts industry-sponsored research in medical fields and equipment with a special emphasis on medical imaging, Wright State performs use-inspired research for increasing the practical application of advanced technology in the areas of medical imaging and diagnostics.

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www.kahcnetwork.org

ALLEGHENY EAST **Exposé**
 JANUARY 2009

Yes, He Can!

If thou hast run with the footmen, and they have wearied thee, then how canst thou contend with horses? And if in the land of peace, wherein thou trustedst, they wearied thee; then how wilt thou do in the swelling of the Jordan” (Jer. 12:5)?

On November 4, 2008, one of the greatest lessons in American civics was realized. A young man, full of courage and determination, overlooked the fact that his skin color was supposed to automatically deny him access to the highest office in the land, and broke through longstanding racial barriers when he was elected the 44th president of the United States. Never before had the world been witness to the “impossible”—a black person becoming the leader of the free world. One of the realizations Barack Obama had to face was that God allowed him to catch up with the future. With the slogan “Yes We Can!” he did. The future stopped running from him. Social and political boundaries were broken. He had run with the footmen and had achieved the greatest political victory in history. No doubt we look at that accomplishment and say that the hardest part is over. He made a breakthrough. However, he must now contend with forces more powerful than those he had to overcome with the political ballot. He has to contend with pride, principalities, powers, and the rulers of the darkness of this world; the virtual “swelling of the Jordan.” Can he do it?

President-elect Obama, as did Jeremiah, and as do you and I, must realize that we cannot overcome; we cannot be victorious without God, the ultimate source of strength. When God revealed Himself, Jeremiah exclaimed, “The Lord liveth!” If Obama keeps that in mind, then yes, *he can!*



Robert Booker
 Church Ministries Director and
 Assistant to the President

Church of the Oranges Celebrates 30 Years

Under the leadership of Pastor D. Robert Kennedy, EdD, PhD, (right) the Church of the Oranges in Orange, N.J., recently celebrated its 30th anniversary with an international homecoming weekend. Themed “E Pluribus Unum,” latin for Out of Many, One, the weekend reinforced that even with 22 nationalities represented in the church, all were one in the Spirit and one in the Lord. Members found the weekend extremely uplifting with dynamic preaching from Pastor Andre Campbell, a former assistant pastor of the church, and Harold Lee, former president of the Columbia Union Conference. Both speakers reminded the congregation of the importance of persistence and perseverance in serving God.



On Sabbath afternoon, groups from various countries presented Christian music and on Sunday afternoon more than 1,000 members and well wishers gathered at the Robert Treat Hotel in Newark to witness a showcase of various national cultures. —Marsha Cain



People of all ages and cultures celebrated Christ at the Church of the Oranges’ recent 30th anniversary weekend.

Irvington Church Celebrates 10th Anniversary

The Irvington (N.J.) church, which started as a lay-led church plant, recently celebrated their 10th anniversary in grand style. The weekend began with a consecration service on Friday evening with former Columbia Union president Harold Lee presenting a soul-stirring message titled "The Audacity of Hope." He emphasized that our hope in the Lord's return is real and sure, and that hope burns within our hearts.

During Sabbath's divine worship, first elder Andrew A. McDonald shared the church's history, which started with 35 charter

members on July 11, 1998. The present facilities, which span two city blocks, were purchased in 2003 under the church's first pastor, Bruce A. Banner, and other lay leaders. With financing from the Columbia Union Revolving Fund, the members sacrificed and re-roofed the main sanctuary, air-conditioned the entire facility, fenced in the complex, renovated the platform, put a baptistry in place, and extended the boardroom and fellowship hall.

Divine worship speaker Charles D. Joseph, past president of the Lake Region Conference and a

driving force behind the lay effort in Irvington, preached a sermon titled "God's Idea" from Matthew 16:13-18. A youth program, directed by Pauline Smith, employed a wedding ceremony to represent the tender and sacred union that exists between Christ and His people.

A banquet reception was held on Sunday with speaker Alvin Kibble, vice president of the North American Division. Irvington's pastor, Andre J.W. Campbell, was challenged to continue leading the congregation to the next level in its glorious future.—*Andrew McDonald*

Fourth Street Hosts Evangelism, Lifestyle Program

The Fourth Street Friendship church in Washington, D.C., recently combined its evangelistic efforts with the "30 Days to Wellness" program. Led by Theodore Watkins, MD, and his team of health professionals—and with the support of the director of the Allegheny East Conference Health Ministries department, A. Leah Scott, MPH—it was an intensive spiritually-based lifestyle change program that started with

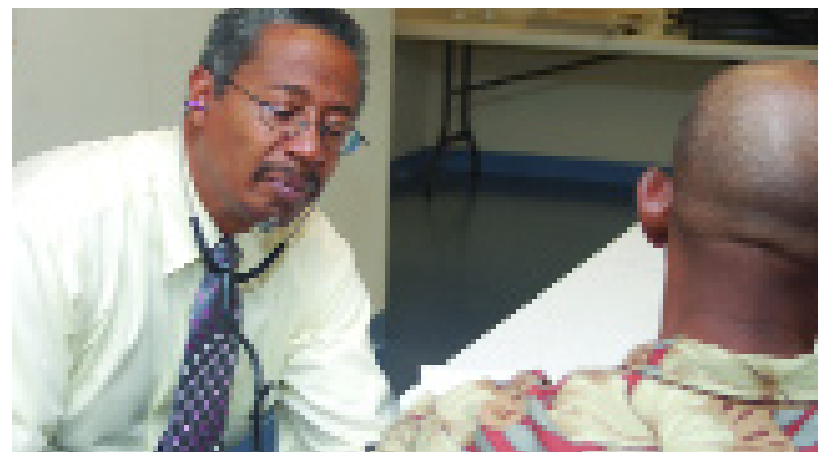
an initial health screening and evaluation. Participants were taught to implement lifestyle changes that would lead to measurable results as they attended weekly meetings over a period of 30 days.

Church members and visitors also learned that their ability for change was enhanced as they incorporated the spiritual principles taught and as they utilized God's power to go along with behavioral modification.

The health team included several area physicians, nurses, a nutritionist, and a mental health professional. Those professionals seemed to get as much out of giving their talents to the service of their heavenly Father as the participants got from seeing those pounds roll off and their blood pressure, blood sugars, and cholesterol fall.

Since the event, 33 persons have been added to the church's roster by baptism and profession of faith, said Pastor Andrew Harewood, PhD. The church is also responding to a list of 204 persons who are asking for more information about the program. "People are eager to learn more about the health message," said Harewood. "God is directing them to us."

The church also held a follow-up food preparation class the first week in January.



Cleveland Williams, MD, takes a participant's blood pressure during the Fourth Street church's evangelistic and wellness program.

Allegheny East Exposé is published in the *Visitor* by the Allegheny East Conference ■ PO Box 266, Pine Forge, PA 19548 ■ Phone: (610) 326-4610 myalleghenyeast.com ■ President, Charles L. Cheatham ■ Communication Director, Robert Booker ■ Editor, Taashi Rowe

Bethel Church Hosts First Citywide Revival

Close to 75 people from six Cleveland-area Seventh-day Adventist churches recently converged at the Bethel church for a weeklong, citywide revival. This was the first time that Glenville, Southeast, Maranatha, Temple of Praise, Present Truth, West Side, and Bethel churches gathered for services.

Each church was assigned an evening to lead out in song service, testimony, and prayer. The meetings were preceded by an hour of prayer, organized by the Cleveland Prayer Initiative, which is led by Carolyn Hurst, DPM, and Melinda Woods. Each evening members arrived to petition the throne of God for revival and an outpouring of the Holy Spirit on the preacher, participants, and congregants. Their prayers were answered.

Bethel pastor George Jackson preached with a new perspective on a bedrock truth of Adventism—the three angels' messages. "I wanted to tell people what Jesus is doing in heaven now to save people. That alone is good news," he says.

"We are hoping to get together as a church body at least twice a year to focus on why we as Adventists have been called," Jackson added.

Diane Crider, church clerk for Bethel, echoed the thoughts of other attendees by saying she really enjoyed the praise and fellowship.



Pastor George Jackson of the Bethel church in Cleveland preaches the three angels' messages to members from six other Adventist churches in the area.

NEWS

Park Street Bids Farewell to Members

If you ever attended the Park Street church in Oberlin, Ohio, you most likely met Mary N. Taylor who has served the church for many years as clerk and hospitality leader. Even if she wasn't there you were still treated to her "gifts"—from the beautiful flowers in the sanctuary to the information packed church bulletins—she prepared each week. Recently she and her husband, Paul (below), moved to North Carolina.



After they announced they were moving, the church recognized them during a worship service for their dedication. They were also honored at a dinner at the Oberlin Inn. Church members say they will miss the Taylors, but they know that God has called them to another part of His vineyard to prepare others for His soon return.—*Angèle Peterson*

Lynchburg Women Retreat to Serve

The Women's Ministries team (right) of the Smyrna church in Lynchburg, Va., recently retreated to a hotel in Natural Bridge, Va. During the retreat they worshipped at the Buena Vista (Va.) church where Pastor Rick Labate delivered a dynamic sermon titled "The Fingerprints of God." The women reported being richly blessed to have had such a wonderful weekend serving the Lord.—*Roslyn Odrick*



New Life Christian Fellowship Hosts Interdenominational Concert

The New Life Christian Fellowship in Akron, Ohio, recently hosted its annual celebration concert. The concert is the new church's way of raising funds for their building project. The congregation, under the leadership of retired Allegheny West Conference publishing director Robert C. Lewis, is committed to building a multipurpose facility that will serve as a worship, recreation, and family resource center, as well as a food bank distribution site.



The youth choir from the West Side church in Cleveland also participated in the concert.



In Tune, a group from the Apostolic Church in Canton, Ohio, raise their voices in praise.

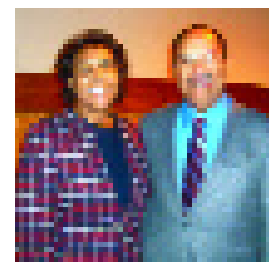
Choirs, groups, and soloists from various denominations in Akron, Canton, and Cleveland came to lift the name of Jesus in praise. The audience clapped their hands, stomped their feet, and lifted their voices in praise. New Life members said this was a wonderful way of meeting brothers and sisters of different churches united in a common belief that music lifts the spirit and encourages the soul.

Retired Lake Union President Returns Home to Dale Wright Memorial

After retiring from his five-year position as president of the Lake Union Conference in Berrien Springs, Mich., Walter L. Wright Sr., DD, and his wife, Jacqueline, recently returned to their hometown of Germantown, Ohio. Prior to his presidency, he had served six years as executive secretary of the same union. The Wrights have spent more than 40 years in the ministry of the Adventist Church.

They have returned to their home church, Dale Wright Memorial in Germantown, where their ministry began. Wright served there as a local elder before he was ordained as a minister for AWC. He then served as director of AWC's Ministerial, Communication, Religious Liberty, and Sabbath School departments before

becoming vice president of the Southwestern Union. Wright has also taught and



Retired Lake Union president, Pastor Walter Wright, DD, and his wife, Jacqueline, have returned home to Dale Wright Memorial where their ministry started.

conducted numerous family seminars and evangelism series in 16 countries and on four continents.

Although the Wrights have retired they are busy working for the Lord. They already started a teaching series on the Book of Revelation at the Dale Wright church.—Verna West

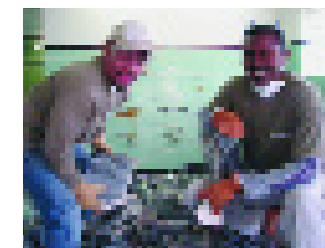
Calendar

January	
9, 10	Multicultural Weekend of Prayer
17	Adventist Education Day
March	
8	Bible Worker Training
15	Community Service Federation Southern Ohio
20-22	Leadership Conference
29	Community Service Federation Va./W.Va.

Catch the Vision is published in the Visitor by the Allegheny West Conference ■ 1339 East Broad Street, Columbus, OH 43205 ■ Phone: (614) 252-5271 ■ awconf.org ■ President, Fredrick Russell ■ Editor, Bryant Taylor

Pardon Our Dust

Let the demolition begin! On a recent Sunday morning, volunteer alumni, staff, and students filled the first-floor bathroom in the boys' dorm, ready to "tear into" Phase I of our renovation project. Their team effort completely disassembled the showers, sinks, and the most fun of all—the walls! This is cause for celebration as we work toward making our dormitories a better place for our students to live.



Ruben Melendez and Ronald Chong joined several of their 1983 classmates as the first volunteers in the demolition portion of the school's renovation project.

It's wonderful to be part of a program that understands the value in planning for the future. This project is the beginning of purposeful renovations and improvements on our campus. The response to the reality of this project from our students has been overwhelming. Knowing that many people have joined their talents and resources to make their dream come true has given them a real sense of being embraced and loved.

As we move forward with Phases II-IV (renovating eight bathrooms), there are plenty of opportunities to get involved in this exciting project. If you would like to share your time or talents with us, we are still in need of experienced tile layers, donors, prayer warriors, and, of course, demolition volunteers.

Please watch for future updates on our progress. You may also visit our website at bma.us to view great photos of what is happening on our campus.

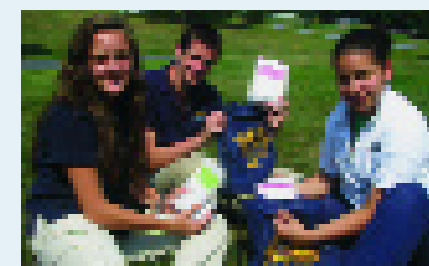


Rob Gettys
Principal

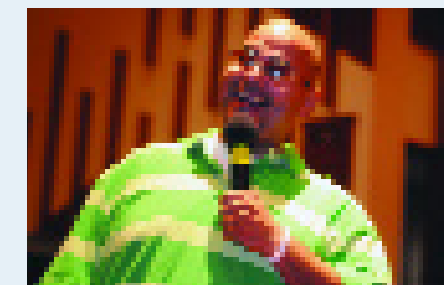
NEWS

Alumni Send Care Packages

For the third straight year, members of the 50s Club—a group of alumni who attended Blue Mountain Academy (BMA) at least 50 years ago—prepared surprise packages for the students. The group wanted to let students know they are prayed for and valued.



Paige Burnett, ('11); Richard Morgan, ('09); and Diana Cordero, ('10) open their gifts from the 50s Club.



Speaker Willie Ramos challenged students at a recent Focusing On Christ's Ultimate Sacrifice week to fully commit to Christ.

Seniors Recognized

BMA's annual Senior Recognition weekend began with vespers on Friday night. The service included a traditional candle-lighting segment and talent from the senior class.



Seniors Tim Seipt, Gabriel Rocha, Connor Larrabee, Sebastian Mayer, and Kyle Christiansen sing their class song during the candle-lighting service.

Students Get Involved in Service

Every year on Service Explosion Day, students go into the community to do volunteer service. Diana Cordero ('10), visited a local nursing home. Asked about her experience, she said, "I had been there before, and some of the residents were familiar to me. We had an opportunity to share a bit about ourselves with a group of residents. I was moved as one lady said, 'I'm nearing 100 years old. My husband died a few years ago, and I never had children. I'm alone in this world.' I couldn't help but notice her eyes well up with tears. These people matter, and absolutely cannot be forgotten."

Sebastian Mayer ('09) plays with children at a local day care center as part of BMA's Service Explosion Day.



Pringles Cans Bank Pennies for God

Ever since I was a very little girl, pennies have held an attraction for me. Whenever people gave me loose change, I took only the pennies. As my understanding of monetary value grew, I still clung to pennies. My father tried to give me other loose change, but I wanted only the pennies. Penny collecting is a hobby that I have continued into adulthood.

When an appeal was made in 1985 to help Blue Mountain Academy, I had nothing to give. But wait, I had pennies! They were sorted by date in various bottles and jars in a box so heavy I couldn't lift it. So I asked a co-worker to come get the heavy box of pennies. The total came to about \$80.

I continued collecting pennies, and when the appeal was made for the first BMA Capital Campaign, I remembered my pennies and pulled out six very heavy Pringles cans and boxed them up for BMA. This time the amount totaled about \$76.

One more time my heart was tugged to give pennies for the Capital Campaign, and recently three more

Pringles cans of pennies, worth about \$40, went to BMA.

It doesn't seem like much—a penny here and a penny there—but they add up for a very worthy cause. It enables me to give when I really don't have anything to give. So if you want to have something to contribute for God's work, start saving loose change. It's amazing how those coins can add up!—*Kim Elaine Collins*

Want to Get BMA News Fast?

We can email the *Communique* as soon as it is printed. Send your name and email address to Kathleen Sutton at kathys@bma.us. Also check our website for up-to-the-minute information, news, and happenings at bma.us.

Coming EVENTS

January
5 Second Semester Begins
20-24 Student FOCUS Week

February
6-7 Elementary Music Festival
15-18 Phon-a-thon
21 Junior Presentation

For a more detailed schedule, see our calendar online at bma.us.

Communique is published in the *Visitor* by Blue Mountain Academy 2363 Mountain Road, Hamburg, PA 19526 ■ Phone: (610) 562-2291 Fax: (610) 562-8050 ■ bma.us ■ Editor, Kathleen Sutton ■ Email: kathys@bma.us ■ Journalist, Caron Oswald ■ Website: bma.us ■ Copy Editor, Louise Corbin



Kim Elaine Collins ('77), BMA's Alumni Association secretary, collects pennies to help not only BMA but other church projects.

THE CHALLENGE

chesapeake conference newsletter

JANUARY 2009

Help Wanted

Some time ago, while browsing the classifieds of a newspaper, a large advertisement jumped out at me. It was listed under the Help Wanted section and read: "Wanted: SERVANT—Someone to do what is often undesirable work for the sake of others. Needs strong sense of self-worth in God's eyes and true compassion for others. Must be personally acquainted with the greatest Servant of all in order to continue his/her training. Work requires being available 24/7 to meet the needs of family, friends, and even strangers. Must be willing to set aside personal rights. No experience necessary. Job begins today—right where you are." The ad included the phone number of a local church.

It was a clever piece of church marketing, but it did make a crucial point. Isn't servanthood at the heart of all we do as a church? In Mark 10:45, which may be the central text in that Gospel, Jesus speaks to the essence of His life on Earth. "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many" (NASB). He came *to serve* and *to give*, and the way in which He did it comprises the greatest story ever told. Sooner or later all who believe the story and follow Jesus must learn for themselves how much the Lord wants *them* to serve and give. Ellen White put it this way: "To give is to live. The life that will be preserved is the life that is freely given in service to God and man" (*The Desire of Ages*, p. 623). Join me in renewing that call to service. We can begin today—right where we are!



Rob Vandeman
President

Mt. Aetna Students Experience U.S. History

If you ask Mt. Aetna Adventist Elementary School (MAAES) students from Hagerstown, Md., "What did you do in school today?" the answers might surprise you: "I picked cotton"; "I stood in a gun embrasure at Fort Sumter and faced down the Confederates at Fort Moultrie"; "I slept in the crew quarters on the aircraft carrier U.S.S. Yorktown"; and "I ran the flight path of the first airplane."

Each year seventh- and eighth-graders at MAAES immerse themselves in history for a week by visiting historic sites and participating in reenactments and field activities. Twenty-five students and 12 adults embarked on the trip this school year, which focused on the American Civil War and sites on the Carolina coast.

"Our students have the opportunity to visit four historic regions during their years in the upper grades. These experiences are life changing," declares principal and history teacher Kandace Zollman. Before the tour each student prepares a written report and gives a presentation on an aspect of one of the sites they will visit. Seventh-grader Allison Calhoun says, "These trips really make history exciting, and visiting them with friends makes the memories even better!"—*Glen Milam*



Students practice traditional colonial trades at Roanoke Island Festival Park located in North Carolina's Outer Banks. The small island was home to the first temporary English settlements in the New World.

PHOTO BY GLEN MILAM

Students Advocate Healthy Lifestyle

Red Ribbon Week, an annual event aimed at creating awareness of the dangers of alcohol and drug use, made a lasting impression on the Spencerville Adventist Academy students in Silver Spring, Md., who recently participated. Students arriving at school caught sight of something unusual—a wrecked car from a real drunk driving accident parked on the front lawn. The students and staff wore red ribbons and

clothing in support of a clean lifestyle and assembled to hear Betty Jones and Donna Hathaway, representatives of Mothers Against Drunk Driving (MADD), share their personal encounters with drunk drivers. Three hundred red tulip bulbs, expected to bloom in April—Alcohol Awareness Month—were planted in front of the school. The flowers will serve as a visual reminder to live drug free.—*Jennifer Mendez*

Spencerville Church Celebrates Religious Freedom With Community

The Spencerville church in Silver Spring, Md., hosted a Festival of Religious Freedom, the first of its kind in the continental United States. Because of the vast diversity of faith groups located on New Hampshire Avenue in Silver Spring, the Spencerville church was the ideal location to welcome this event stateside. Sponsored by the International Religious Liberty Association (IRLA), the event was a celebration of religious freedom and was highlighted with a special concert by the New England Youth Ensemble and the Columbia Union College Collegiate Chorale.

live in countries where this fundamental freedom is protected, to publicly say ‘Thank you!’” said Graz.

Graz and Bert B. Beach, another Spencerville member and longtime religious liberty advocate for the Seventh-day Adventist Church, spoke about the current state of religious liberty in the United States and highlighted areas of concern

around the globe. Donna Edwards, Maryland’s 4th Congressional District representative, and Montgomery County Executive Isaiah “Ike” Leggett were special guests. Both were complimentary of Spencerville’s focus on religious freedom, and echoed their pride and thankfulness for the religious freedom and diversity enjoyed by the community they represent.

“It was thrilling to be a part of such a wonderful and historic event in which leaders and members of diverse faith communities could come together for a day and celebrate the religious freedom we enjoy in our country,” said Jerry Lutz, Spencerville’s senior pastor. “I can’t help but believe that someday we will be very thankful we held events like this one. The goodwill this has generated is immeasurable.”—*Melissa Reid*



Spencerville senior pastor Jerry Lutz (right) and Amjad Chaudhry, of the Ahmediyya Muslim Community, discuss religious freedom and diversity in Montgomery County, Maryland.



Spencerville member Melissa Reid queries John Graz, secretary-general of the International Religious Liberty Association, on the origin of the Festival of Religious Freedom.

John Graz, secretary-general of the IRLA and Spencerville church member, has organized similar festivals in Africa, South America, and Asia. He explained that these events promote religious freedom for all and are held to give thanks to those who suffered for religious freedom; to the government and to leaders who preserve religious freedom; and to God who gave humans the freedom to choose.

“In a time when more than half of the world population is living in 40 countries where religious persecution and discrimination are a fact, the time had come for all citizens who care about religious freedom and

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Columbia Union College

1000 Furman Avenue, Towson, MD 21286-2098 • 410.326.5000 • www.cuc.edu

Engaging Minds, Transforming Lives

My friends, thank you for keeping Columbia Union College (CUC) in your prayers. Having just completed my first year of service at the college, it is clear to me that the Lord has richly blessed CUC. There are still some challenges to work through, but I am excited about the leadership of our Board of Trustees and the actions they have taken since my arrival.

A few of those board actions included: an approval of The Plan, the college strategic plan for 2008-13, approval of a revised Campus Master Plan, which includes new building continuation by 2012; and the decision to pursue university status and the likely renaming of the college by fall 2009.

Our students, faculty, and staff all resoundingly agree that they are encouraged by the progressive actions that support the sustainability of our institution. At CUC one of our core values is that every administrator, every faculty, and every staff will model the life and teachings of Jesus Christ. We are proud of the fact that we have a Seventh-day Adventist Christian institution of higher education near the nation’s capital.

The fact that one of our May 2008 graduates said to me, “I entered CUC as a Muslim and I am graduating as a Christian,” is a testament to the soul-winning that is taking place on our campus.

It is my hope that you will catch the excitement that we are experiencing. Please remember to celebrate with us on our CUC Sabbaths scheduled for January 31 and August 29.

To review additional strategies that CUC has identified in The Plan, visit our website at cuc.edu, and click Offices and Services, then click on the link for President’s Page.

Please share your comments and well wishes with me at president@cuc.edu.



Weymouth Spence
President

NEWS

Union Designates January 31 CUC Sabbath

The Columbia Union Conference has designated January 31 as “CUC Sabbath.” It will be a time for congregations to hear exciting news, success stories, and receive updates about the future of the college. If you would like CUC representative to come to your local church on “CUC Sabbath,” or if you are an alumni and would like to make a presentation at your own church, please contact Lahna Farver in the Office of Advancement at lfarver@cuc.edu, or at (800) 835-4212.

Students Stride Against Breast Cancer

This year more than 100 students in the Edyth T. James Department of Nursing joined with almost 6,000 other participants in the American Cancer Society’s

“Making Strides Against Breast Cancer” walk on the National Mall in Washington, D.C. This is the fourth consecutive year that CUC’s nursing classes have participated in the event.

“It is always an awesome experience to participate in this cause to help others,” said senior nursing major Amarmend



Bayaraa. More than 30 seniors pounded the pavement while sophomores and juniors helped with registration.

Community Enjoys Annual Christmas Concert

The familiar strains of seasonal holiday music wafted through the doors of Sligo church as CUC’s Department of Music presented their annual series of Christmas concerts (right). Members of the Columbia Concert Winds performed for the campus community during the final chapel service of the year.

Conductor and music professor Bruce Wilson led the band in several seasonal favorites. During an evening concert, the Columbia Collegiate Chorale along with the New England Youth Ensemble performed carols from around the world. Mixed choir Pro Musica, directed by James Bingham, performed Bach’s “Magnificat.”



Faculty Contribute Perspectives on Faith for Hope Channel Program

Four CUC professors were selected to participate in a television taping for a new series on faith, science, and social responsibility titled *Intersection: Your Faith, Your World*. The program, created by Jan Paulsen—president of the

worldwide Seventh-day Adventist Church—will air on the Hope Channel this month.

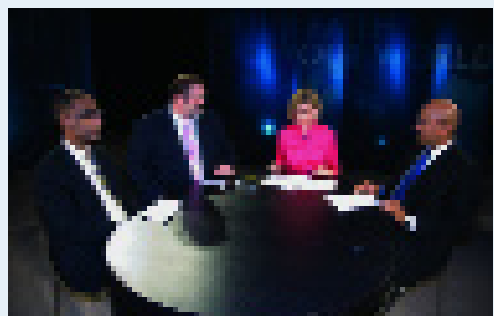
“Paulsen wanted a program that would discuss topics that affect every Christian’s life, and would present a unique Adventist take on current issues,” said Jennifer Stymiest, assistant producer for the show. “The discussions on *Intersection* range from social to spiritual to family and feature a variety of different experts, church employees, teachers, and lay members of the Adventist Church.”

Biology assistant professor Melinda Ekkens Villanueva, PhD, shared her perspective in a segment about Christian responsibility and the environment. CUC’s director for the Center for Metropolitan Ministry and religion professor

Gaspar Colón, PhD, explored the necessity and importance of Christians living, working, and interacting among various communities.

Zdravko “Zack” Plantak, PhD, chair of the Department of Religion, assessed the moral absolutes found in various cultures, and the value of honesty in today’s culture. Chemistry professor Melvin Roberts, PhD, explored the integration of faith and science with members of his panel.

Producers hope that *Intersection: Your Faith, Your World* will challenge hundreds of millions of people of various faiths who are at a spiritual crossroads. The show starts airing February 6. Every *Intersection* episode will be available for download at intersection.adventist.org.



Professor Zdravko “Zack” Plantak (second from left) joins a panel discussion for a taped program on the Hope Channel.

Poet Laureate Commends Students at Writers Conference

Columbia Union College’s Department of English and Modern Languages recently hosted their annual Writers Conference which featured a visit from a local

poet laureate, and offered workshops, and lectures. Students came from Blue Mountain, Highland View, Shenandoah Valley, and Takoma academies.

This year’s conference focused on improving performance on standardized essay tests, editing assignments, evaluating various media formats and reading, writing, and listening to poetry. “I think the Writers Conference helps holistically. Our worship on Sunday evening was on the almost sacred nature of writing, in that its demands and benefits mirror God’s character,” said conference coordinator professor Richard Grant. “Along with the spiritual nature of the act of writing, there’s a social benefit that the students receive from attending and the practical help that develops students’ writing knowledge and skills.”

Conference participants included CUC English professors and Anne Becker, poet laureate of Takoma Park, Md. Many students found her poetry workshop the highlight of the program. After listening to their prose, Becker was impressed and

expressed a desire to begin a closer working relationship with the nearby Takoma Academy students.—*André J. Hardy*

CALENDAR

January	
12-16	Missions Week
13	Classes Begin
18, 19	SA Ski Trip
26	Student Week in Spiritual Emphasis
31	CUC Sabbath
February	
1-28	Black History Month
11-14	Choir Festival

The Gateway is published in the *Visitor* by the Columbia Union College 7600 Flower Ave., Takoma Park, MD 20912 Phone: (800) 835-4212 ■ cuc.edu President, Weymouth Spence Executive Director of Marketing and Communication, Saschane Stephenson Editor, Tanisha Greenidge

MOUNTAIN VIEWPOINT

JANUARY 2009

Little is More Than Enough

It’s been more than 20 years since I first heard the song “Little is Much.”* It holds such depth of meaning. Let me begin with the chorus:

*Little is much when God is in it!
Labor not for wealth or fame.
There’s a crown—and you can win it,
If you go in Jesus’ Name.*

Did you know there is a special work for you to do? That work was tailor-made by God for you! What you may view as insignificant is really great and big in God’s eyes. God has called and chosen you; He’s given you ideas on how to impact others for Him. Even if you do not see results right away, He is blessing your efforts. God desires your faithfulness and obedience to His will and way, and He will bring about the accomplishment in His time.

We are not to be discouraged but to gather courage from the promises of the Lord, expecting great things because God *is* in it! One Bible promise I really like is, “For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee,” (Isa. 41:13). The Lord is asking, “What do you have in your hand?” Even though it may seem small or of no importance, like the widow’s two mites, the end results are astronomical. Let God be the mathematician and do the multiplying.

*Words and music by Kittie L. Suffield, 1924.



Valerie Morikone
Women’s Ministries Director

Elkins Church, Highland School Create Bundles of Joy

Elkins (W.Va.) church members, along with the students and staff of nearby Highland Adventist School, are working together to provide layettes for newborns.

“The layette program started as a school service project about 10 years ago,” explains principal Cheryl Jacko. “This program is meeting a real need in our community. The Elkins church provides most of the funding to buy the layette supplies.”

Elkins church member Susan Frame puts the layettes together and coordinates the project, and the students help with delivery to the hospital.

Frame has been involved with the layette program for a number of years and prepared 60 layettes in 2008 alone. She got involved when she learned that nurses at the Davis Memorial Hospital were personally buying newborn supplies for needy mothers.

The layettes are left in the care of the nurses in the Labor and Delivery department of the hospital. When the nurses find a mother who is in need of supplies for her new baby, they provide her with a layette free of charge. The layettes consist of newborn clothing, diapers, bottles, lotion, shampoo, and other supplies. A spiritual tract and a congratulatory

note are also included. Over the years, the school and church have received a number of thank-you notes from grateful moms.



Students Lauren Spears and Lacey Stecker deliver layettes to Davis Memorial Hospital in Elkins, W.Va.

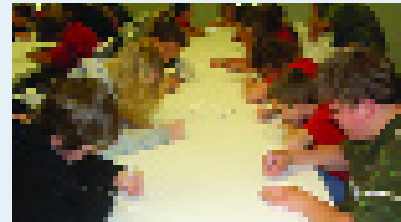
Conference Hosts Math Field Day

More than 80 eager students recently traveled to Valley Vista Adventist Center in Huttonsville, W.Va., to participate in the first Math Field Day sponsored by the Mountain View Conference's (MVC) Education Department. The Math Field Day was organized to

create more interest in math by combining fun and learning activities. With a variety of math topics, activities, and drills, the day sped by. Students were either placed in groups by grades or gathered together as a whole to try their skills at solving math problems. When in their grade level, students were involved in "traveling" to different stations to work on story problems, estimation, tables, etc. Other activities involved partners or teams. Students from all seven MVC schools participated.

One teacher commented that the Math Field Day created many new memories. "I liked the timed tests best," said Alex Wayson, a fourth-grader from Mountaintop school in Oakland, Md.

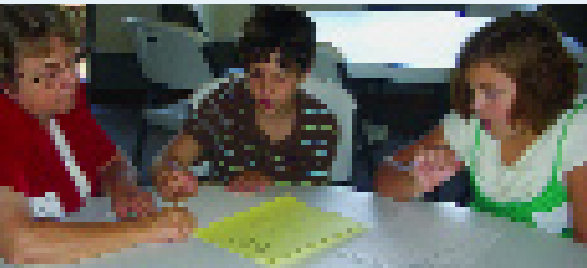
Taking time out for lunch, the teachers, chaperones, and students



Students from grades 3 through 12 participate in the two-minute timed drills covering basic math skills such as addition and subtraction.

enjoyed time outdoors relaxing.

Toward the end of the day the students met as a group and worked on two-minute timed drills covering basic math skills. "Mathlete" certificates were given to each student who participated in the Math Field Day, and "Computation Genius" certificates were awarded to those who reached a certain level of achievement in the timed drills.



Parkersburg (W.Va.) Academy teacher Breta White instructs Evan Ferree, from Parkersburg, and Alaine Bramblett from the Brushy Fork Christian School in Buckhannon, W.Va.

Friends-R-Fun Steps Up Community Involvement

Summersville (W.Va.) church's Friends-R-Fun Family Learning Center has stepped up their community involvement with exercise. The center now offers a step aerobics class that meets twice a week with two classes per evening. Some 15-25 women regularly attend each class. Bible worker Elaine Buchanan, along with members Judy Olsen, Barbara Trent, Amy

Smith, and Jane Sherwood, started the class for friendship evangelism.

"We want to be friends with the women and be there when they need a friend to talk with or help in the area of health," said Buchanan.

"The class will continue on a regular basis, which I feel will give participants the opportunity to develop long-term, lasting relationships," Trent added.

Buchanan begins each class with prayer and uses Christian instrumental music. Their goal is to reach people with physical fitness and to respond to spiritual needs when asked.

Mountain View EVENTS

- January**
- 11-14** Ministers Retreat
Valley Vista
 - 16-18** Pathfinder Winter Camp
Valley Vista & Timberline
 - 23-25** Youth Winter Festival
Valley Vista & Timberline
 - 26** Executive Committee
 - 31** Pastors & Elders Meeting
Summersville

Mountain Viewpoint is published in the Visitor by the Mountain View Conference ■ 1400 Liberty Street, Parkersburg, WV 26101 ■ Phone: (304) 422-4581 ■ mtviewconf.org ■ President, Larry Boggess ■ Interim Editor, Valerie Morikone



Between 15 and 25 women now attend a step aerobics class at the Friends-R-Fun Family Learning Center in Summersville, W.Va.

Make Family First This New Year

The New Year has arrived! Ahead of us are 365 blank pages representing the days our God has given us in 2009. I recommend living one day at a time because no one has the strength to live with the burdens of two days at the same time. It is true that during this new period of our lives we will encounter problems, the unexpected, and many challenges. However, remember God was good to us in a great way during this past year. Today I invite you to take a pen and paper and write a list of the blessings you received during 2008. It will prove that the blessings exceeded the difficulties. So let us glorify and praise His name with thanksgiving.

For the coming year let us make vows of faithfulness and not be afraid to fight the good battle of faith. Give the best of you, be a wise steward, and above all things, be faithful to God. Also give your family the priority they deserve. The family is the pillar that holds our society together. It is one of the fundamental pillars of our church, which is why we in the New Jersey Conference are dedicating this year to placing great emphasis on family. We know that God has a special interest in each family member and He desires to see your family and mine shining for Him. We can shine for Him by evangelizing to our family members who have not yet given their lives to Christ. We can show our friends and neighbors—through perception and example—that we believe what we preach, that God is love, and that Jesus is coming soon!



José H. Cortés
President

Luzo Brazilian Adventurer Helps Endangered Animals

Nine-year-old Luisa Macena (below), and other members of the Luzo Brazilian church's Adventurer club in Newark, are helping to protect endangered animals.

"I have loved animals since I was very young. When I was five, I was a vegetarian because I never wanted to eat animals. Then last July I saw on the Internet that animals were getting endangered. I felt very sad when I found out, and decided to start a club. It is called the Endangered Animals Friends

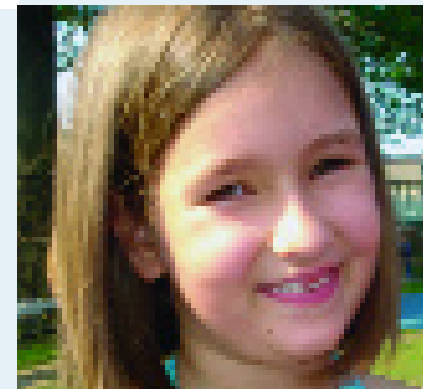
Club," said Macena. She also started a webpage at eafc.webs.com.

To support Macena, the Adventurer and Pathfinder clubs began working together. "We wanted to combine teaching honors with raising awareness about pollution and protecting animals," says Gislaiane DaSilva, an Adventurer staff member.



Luzo Brazilian Adventurers and Pathfinders decorated their bikes to raise awareness about endangered animals during a bike ride through the city of Newark. They also received awards for the most creatively decorated bikes.

First, the Adventurers and Pathfinders learned about the environment and how they can help to protect God's creation. Next, they decorated their bikes and made posters about endangered animals. Then, with a police escort, the Adventurers went on an endangered animals awareness bike ride through the city of Newark.



Ponga a su familia primero en el nuevo año

El Nuevo Año ha llegado! Delante de nosotros se abren 365 páginas en blanco, que representan los Días que el Señor nos da para este año 2009, les recomiendo vivirlos “un día a la vez”, pues nadie tiene las fuerzas para vivir con las cargas de dos días al mismo tiempo. Es cierto ... durante este nuevo período de nuestra vida encontraremos problemas, llegará lo inesperado, muchos desafíos. Sin embargo, recuerda que Dios fue bueno en gran manera con nosotros durante el año que pasó. Hoy te invito a tomar pluma y papel, hagamos una lista de las bendiciones recibidas durante el 2008. Comprobaremos que las bendiciones exceden a las pruebas. Entonces alabemos y glorifiquemos su nombre con gratitud.

Para este año entrante hagamos votos de fidelidad y no tengas temor de pelear la buena batalla de fe. Da lo mejor de ti, sé un buen mayordomo, y sobre todas las cosas sé fiel a Dios. También dale a tu familia el lugar que le pertenece. La familia es el pilar que sostiene la sociedad. Es uno de los pilares fundamentales de nuestra iglesia, por eso en la Asociación de New Jersey hemos dedicado este año a trabajar con un gran énfasis en la familia. Sabemos que Dios tiene un interés especial en cada miembro de nuestro círculo, Dios desea ver tu familia y la mía brillando para él. Podemos brillar por el evangelizando a los parientes que todavía no han llegado al Reino de Dios. Podemos mostrar a nuestros vecinos y amigos—por precepto y por ejemplo—que creemos lo que predicamos, que Dios es amor, y que ¡Cristo viene pronto!



José H. Cortés
Presidente

Aventurera de Luzo Brasileña Ayuda a los Animales en Peligro de Extinción

Luisa Macena de nueve años y otros miembros del club de Aventureros de la iglesia Luzo Brasileña en Newark están ayudando a proteger los animales en peligro de extinción.

“Yo amo a los animales desde que soy muy joven. Cuando yo tenía cinco años decidí ser vegetariana

porque yo no quería comerme a los animales. Luego este Julio pasado vi en el internet que hay animales en peligro de extinción. Cuando me entere de esto me sentí muy triste y decidí empezar un club. Se llama El Club de Amigos de los Animales en Peligro de Extinción,” dice Macena. También empezó una página cibernética en eafc.webs.com.

Para apoyar a Luisa con su idea el club de Aventureros y Conquistadores empezaron a trabajar juntos. “Queríamos combinar las enseñanzas de los honores con levantar el conocimiento acerca de la contaminación y protegiendo a los animales,” dice Gislaine DaSilva, una de las líderes en Aventureros.



Aventureros y Conquistadores de Luzo Brasileña decoraron sus bicicletas para levantar conocimiento acerca de los animales en peligro de extinción durante un paseo en bicicleta por la ciudad de Newark. También recibieron reconocimiento por las bicicletas mas creativamente decoradas.

Primero, los Aventureros y Conquistadores aprendieron acerca del ambiente y como ellos pueden proteger la creación de Dios. Después, decoraron sus bicicletas y dibujaron en carteles acerca de los animales en peligro de extinción. Luego, con la dirección de un policía, los Aventureros fueron a un paseo en bicicleta para levantar conocimiento de los animales en peligro de extinción por la ciudad de Newark.

Hitchhiking With God

January is a time to look back *and* look forward. I like the looking forward part better. Living expectantly for the surprises that God will bring to us each day infuses life with new energy and anticipation. It makes us ask, “God, help me to see Your image in the people I meet and recognize Your presence in the experiences I have.”

I also like to think about the church and wonder where God will take us each day. After all, the church is the body of Christ in motion—always on the move, going into a future with God. In some ways, I think the church is like a hitchhiker, traveling with God into His mission field.

This image of the church keeps me from seeing the church as a museum—where everything is either bolted to a wall or enclosed in glass cases. Museums are about fixed structures, static exhibits; they are about permanence and preservation. So are monuments. They market themselves with the invitation, “Come and see.” The church, in contrast, is a movement—dynamic, changing, advancing, fluid, and seeping into the cracks and crevices of society. And a faithful church is a “go and do” community.

Why not hitchhike with God this year, and be a missionary with Him in your neighborhood, your community, and your world?



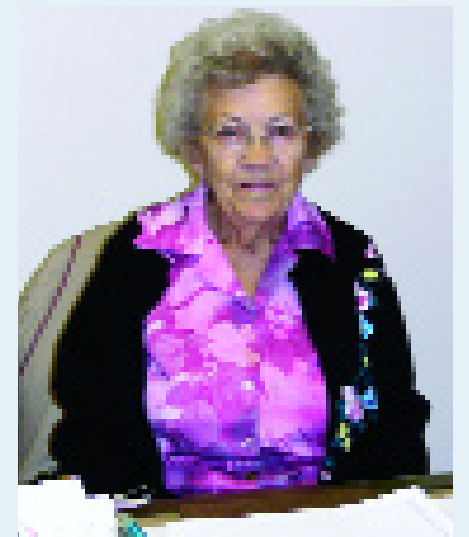
Raj Attiken
President

Newark ACS Center Finds New Home

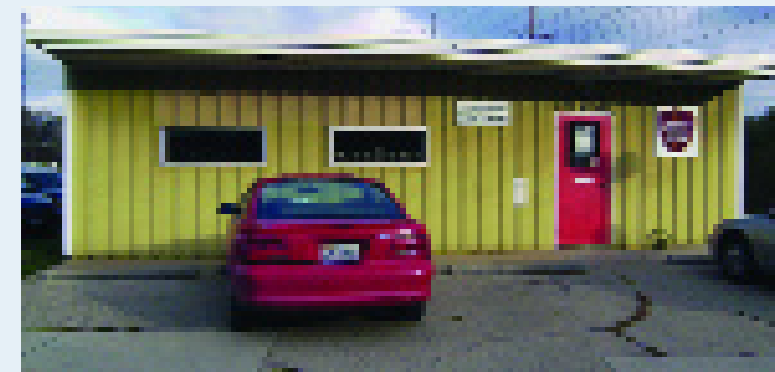
After two years of searching, the Newark Adventist Community Services (ACS) center has found a new home on Main Street. This began when local philanthropist Howard LeFever offered to purchase the center’s First Street location to build a museum. He even began searching for an alternate location for the ACS center. “I knew this was God’s project,” says Lynda Karr, ACS director. “He would come through when the location where He wanted us became available.”

Soon real estate agent Phil Manogg showed Karr a two-building property right on the edge of downtown. “As we walked through the building, we talked about God, Jesus, and ministry a lot more than the building,” Manogg recalls. Between LeFever’s above-market offer for the old building and the lowered price of the new building, the center received enough money to cover renovations at the new location.

The center’s food pantry, clothing distribution center, and Carrousel Thrift Store are staffed entirely by volunteers each Tuesday and Thursday morning.—*Trish Tickle*



Vera Norman, 93, is just one of Newark ACS’ many volunteers who distribute more than 350 bags of groceries each month.



Local contractors and volunteers completed renovations to the Newark ACS thrift store, food pantry, and clothing closet. Phase II will add classrooms to the rear for expanded ministry.

NEWS

Teen Lives Faith “Out Loud”

Tyler Moody (pictured left with friends Nikhil Vengal and Will Adams), a member of the Worthington church and a junior at Upper Arlington High School, is a teenager seeking to live his faith “out loud.” He and two friends established a club at their school called Tractus (Latin for “movement”), to share the gospel of Christ and have fellowship with other Christians. The club is currently planning a bake sale with proceeds going to benefit hungry children through World Vision organization. Tyler also enjoys playing the guitar and singing with the praise band, Grace Notes, at the Worthington church.

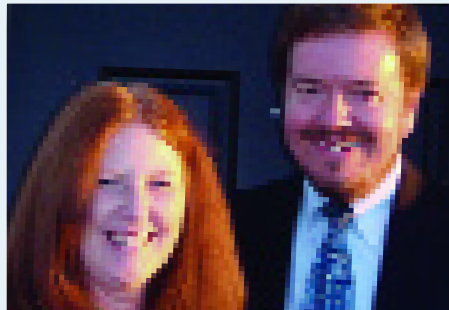


Pastoral Transitions

Peter Simpson (pictured with his wife, Ella) is the new pastor of the Trinity/Hicksville district. The Trinity church was formed when the Defiance and Bryan churches merged to form a single congregation. The Simpsons previously served at the Mount Vernon Hill church.



Rick Szilagyi (pictured with his wife, Shirley), pastor of the Mansfield church since 1999, has accepted a call to the Avon Park (Fla.) church, where he will be the associate pastor of Family Life and Children’s Ministries.



Historical Notes: Retracing Adventism in Ohio

The roots of Adventism in Ohio go deep, dating back to the Millerite Movement of the 1840s. As space permits in Mission Ohio over the next few months, “Historical Notes” will trace the major events and development of the Adventist Church in Ohio:

Ohio was a central arena for the Millerite movement in the years leading up to the Great Disappointment of October 22, 1844. Between 1842 and 1843, Charles Fitch, one of the most prominent of the Millerite evangelists, worked in the Cleveland area. In September 1843, he was asked to give a series of lectures about the Second Advent at Oberlin College where there was considerable interest in the Adventist message. In the summer of 1844, William Miller himself preached in Ohio while on an evangelistic

tour with Joshua V. Himes and other key leaders.

Ohio was also a key location for the developments in the aftermath of 1844 that led to the formation of the Seventh-day Adventist Church. O.R.L. Crosier, the first writer on what was to become the sanctuary doctrine, published a seminal essay in Cincinnati on February 7, 1846, in the *Day-Star Extra*.

The *Day-Star Extra*, edited by Enoch Jacobs, was also the first to publish material from Ellen White and included a number of letters from James White and other Adventist pioneers. (In May 1847, Jacobs joined the Shakers, moved the journal to a Shaker colony called Union Village, near Lebanon, Ohio, and it became a Shaker publication).—Monte Sahlin

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Phone: (740) 397-4665 ■ ohioadventist.org ■ President, Raj Attiken ■ Editor, Nancy Barnett

Why Does Your Church Exist?

During pastoral transitions, I will often meet with a church to prepare for a new pastor and ask the congregation, “Why does your church exist? What is its purpose?” When members reflect on its purpose, it is easy to think of the good that comes to them as members and the needs that are being met. However, in Matthew 28:19, 20 Jesus gave to us—our church—His mission statement and our reason for existence: “Go and make disciples ... baptizing them ... teaching to observe all things that I have commanded you ...” (NRSV).

Making disciples is our only reason for existence and is our true mission statement. Fulfilling the gospel commission of Jesus is where our joy is in Pennsylvania. We are seeking to be faithful to Christ’s call, and, through our faithfulness as conference leaders, we challenge, encourage, and support church families who are attempting to fulfill His gospel commission. Throughout this year, we will share in these pages how all the ministry departments of the Pennsylvania Conference fulfill mission and support each church’s ministry.



Ray Hartwell
President

President Prioritizes and Lives for Mission

Jesus’ mission is front and center in the ministry of conference president Ray Hartwell and his administrative assistant, Judy Pelley. There are four key priorities that Pastor Hartwell has identified in his role as conference president and that determine his time and attention as he seeks to keep the mission of Jesus the central focus in Pennsylvania:

- Cast the vision for Christ’s mission in the Pennsylvania Conference, which includes biblical teaching, focusing on Christ’s mission, being motivated by the gospel, and sharing the Word personally and publicly.
- Design, empower, and utilize organizational structures with the conference and with local churches to be effective for mission.
- Develop an effective team of departmental and organizational leaders.
- Seek and hire quality personnel to fulfill the vision.

Hartwell seeks to not only lead the conference in treating Pennsylvania as a mission field, but lives it daily in his own personal life. For the last few years, on each Wednesday evening, he and Adventist neighbor Tim Carlson have led a neighborhood men’s Bible study group for growth and discipleship. Two community men are among the participants in that group. Hartwell and his wife, Jeanne, also look for opportunities to connect with their neighbors and Hamburg community residents for mission.

Hartwell will also be joining the evangelistic outreach of two church families. In March he will be conducting a short reaping series with the Lehigh Valley Spanish church. Then from April to May he will be conducting a short evangelistic meeting with the New Castle church.



Conference president Ray Hartwell and his administrative assistant, Judy Pelley, work together to execute the mission of the Pennsylvania Conference.

New Outlet Offers Grace Instead of Designer Labels

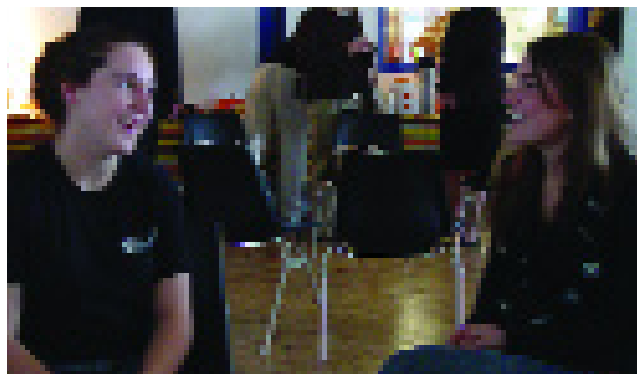
Grace Outlet has come to Reading, a city known for its outlets. However, this Seventh-day Adventist Church plant offers something different: authentic worship to everyone, especially young adults who are no longer regularly attending church.

The idea for a casual but worshipful gathering began with a burden on the heart of Kris Eckenroth, director of the conference's Youth and Young Adult Ministries. He invited others to join him in praying for and discussing ways to reach the growing numbers of young adults who are no longer attending church, or who may be attending but aren't involved and connected.

More than 30 people attended the first service of Grace Outlet, currently meeting in a room at the Goggle Works Center for the Arts at 201 Washington Street in Reading. The plant is designed intentionally to build community and allow all to participate. Worship begins with light refreshments, which enable people to gather and talk. Next there are small group discussions, singing, a sermon, and prayer.

"We are so excited to see people connecting over a bagel, scripture, and song. The vision is that folks will come and experience community in an authentic worship," said Eckenroth. "We pray that when they leave they will then take that experience with Jesus and share it in some direct way in their lives."

For more information, contact Eckenroth at (610) 374-8331, or join Grace Outlet for worship on Sabbath mornings at 10:30 a.m.



Two young people enjoy conversation before worship begins.



Recording artist Erich Mace leads worshipers in singing hymns and praise songs.

Retreat to Offer "Quietness and Confidence"

How do we live in quietness and confidence when our incredibly busy lives are filled with problems, tension, and struggles? Join author and speaker Lou Blanchfield, PhD, MSN, as she shows how God can bring calm and peace to our souls in a troubled world at the conference's Spring Women's Retreat. The retreat will feature seminars such as "Itty-Bitty Lies and Their Great Big Problem"; "CSI: Your Life;

Me, Friends, and the World" (for teens); and "If the Shoe Fits: What Every Cinderella Needs to Know." Themed "In Quietness and Confidence," the retreat will be held March 13-15, at the Holiday Inn Harrisburg-Hershey on 145 Sheraton Drive, in New Cumberland.

For more information, visit paconference.org, or call the conference at (610) 374-8331.

What's happening

January

- 4 Mission Intentional Systems, Harrisburg
- 9-10 Hispanic Elders Retreat, Blue Mountain Academy
- 9-11 Pathfinder Executive Council
- 10 Youth Leader Training Blue Mountain Academy
- 23-25 Pathfinder Winter Retreat, Laurel Lake Camp
- 25 Youth Department Ski Trip, Ski Roundtop
- Jan. 30- Conference Marriage
- Feb. 1 Retreat, York

February

- 6-8 Hispanic Lay Festival
- 13-15 Youth Spiritual Retreat Blue Mountain Academy

Pennsylvania Pen is published in the Visitor by the Pennsylvania Conference 720 Museum Road, Reading, PA 19611 Phone: (610) 374-8331, ext. 210 paconference.org ■ President, Ray Hartwell ■ Editor, Tamyra Horst

Potomac People

JANUARY 2009

Who do You Want to be Like?

Growing up my older sister was in Pathfinders and told me about all the "cool" things that the group did. When I was in the fourth grade I was finally old enough to join Pathfinders. So I remember the first night I dressed up in my uniform. I did my best to stand at attention, follow what my counselor said, and I thoroughly enjoyed the activities. I remember that my counselor was a tall, fun, witty, and popular college student. I went home and told my mother I wanted to be like him.

Is there anyone you have ever wanted to be like? I have lost track of my counselor, but when I accepted Jesus as my Savior, Friend, and Lord, I knew I really wanted to be like Him. "It is enough for a disciple to be like his teacher" (Matt. 10:27, RSV). For you and me to be spiritually healthy, we need to be like our teacher Jesus. "If we love Jesus, we shall love to live for Him... We shall sympathize with His longing for the salvation of men. We shall feel the same tender cravings for souls that He has felt. This is the religion of Christ. Anything short of it is a deception" (*Christ's Object Lessons*, p. 49-50). To be spiritually healthy we must, like Him, long for the salvation of our neighbors, those we come into contact with, those we do business with, shop with, fellowship with, and work with. To be spiritually healthy we need to pray for "the same tender craving(s) for souls" that He felt. I am praying for that "same tender craving." Will you? Every church, every member should pray for this. What will happen in your life and your church if that is the focus? Let's be like Jesus.



Bill Miller
President

NEWS

Sligo Church Welcomes New Pastor

Pastor Charles Tapp (below), senior pastor of the Seabrook church in Lanham, Md., has accepted a call to serve as senior pastor of Sligo church in Takoma Park, Md.

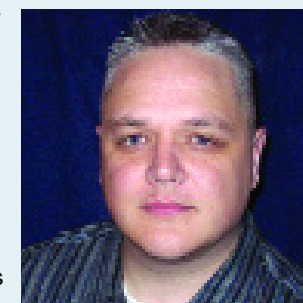
Over the past 27 years, Tapp has served in the Northeastern Conference, the Inter-American Division, and the South Central and Potomac conferences. In addition to his pastoral ministry, he has worked in the field of radio and television broadcasting as an announcer, producer, and host of several programs. He has also served as an instructor on several Adventist college campuses in the United States and abroad.



Pastor Tapp has been married to Maureen for 24 years. They have three daughters: Maeling, a PhD student at Georgia Tech University in Atlanta; Tiffany, a junior education major at Oakwood College in Huntsville, Ala.; and Victoria, a junior at Pine Forge (Pa.) Academy.

Information Technology Director Joins Conference

Frank Cox has accepted the call to be the new Information Technology director for Potomac Conference. He previously worked as a Network Engineer for a local technology company. His experience includes working with corporations of all sizes with their network, servers, and telecommunications. He has a passion for missions and frequently speaks at The Valley Mission in Staunton, Va., as well as the Rockingham County Jail in Harrisonburg, Va.



News Wanted

What's happening in your church or school? Help us tell Potomac's story. Send news and photos to the Potomac Conference Communication Department at crystalk@pcsda.org.

Capital Memorial Members Tackle the Marine Corps Marathon

Among the 18,260 runners who finished the recent Marine Corps Marathon, three were members of Washington, D.C.'s Capital Memorial church. Steve Retz, Viwe Mtshontshi, and Pastor C.J. Yoon participated in the race. To participate in the race, commonly known as the people's marathon, participants need to be able to keep a pace of 14 minutes per mile.

"I think a marathon disciplines you in all areas of life spiritual, physically, and mentally," Yoon said. "The spiritual lesson for me is that it helps me focus on the bigger picture. Oftentimes when God gives us a task, we wonder, *How am I going to handle this?* But if we look at the eternal picture, we can accomplish so much."

Although other members have participated in this marathon in past years, this was the second year that the trio ran together. Pastor Yoon has run six marathons and plans to run again next year.



Capital Memorial members Mike Hancock, Joel Urbin, Viwe Mtshontshi, Pastor C.J. Yoon, and Steve Retz ran together in the 2007 Marine Corps Marathon.

Waynesboro Church Sends Youth to Camp

Last summer Waynesboro (Va.) pastor Will Johns and member Richard Anderson approached Marcus Thompson of the Boys & Girls Club mentoring organization with the idea of sending youth to summer camp. He was amazed that the church would send some of his boys and girls to the church's Camp Blue Ridge in Montebello, Va., for a week at no cost to the Boys & Girls Club. Denny Grady, director of Camp Blue Ridge, partnered with Waynesboro church and donated several gift certificates. What happened next was way beyond anyone's expectation.

Seven boys from the Boys & Girls Club of Waynesboro attended, and many, for the first time, experienced the excitement of summer camp. The staff at the camp was most generous in giving of their time and talents to the boys, particularly Ryan Elliot, a member of the Waynesboro church and a student at the University of Virginia. It didn't take long before the boys were participating in the myriad of activities of the camp such as basketball, canoeing, and soccer. The crowning experience came during Friday's vespers campfire gathering, when six of the seven boys stood up for Jesus.

Elliot and two of the camp counselors that worked with the boys during their week at camp continue to visit the boys at the Boys & Girls Club facility and play basketball with them.

"What a wonderful experience all this has been!" said Pastor Johns. "Needless to say, we hope to expand participation for next summer so that more young people can share in the wonderful Christian atmosphere offered in the mountains of Camp Blue Ridge."



The Waynesboro church sponsored boys from the Waynesboro Boys & Girls Club to attend summer camp at Camp Blue Ridge.



Camp Blue Ridge counselor Ryan Elliot (center) and Corey Johnson (far right) began volunteering at the Boys & Girls Club of Waynesboro, Va.

Potomac People is published in the *Visitor* by the Potomac Conference 606 Greenville Ave., Staunton, VA 24401 Phone: (540) 886-0771 ■ pcsda.org ■ President, Bill Miller Communication Director, Don Wood

More Than Book Smarts

Our students in the National Honor Society (NHS) are not just developing book smarts while at Shenandoah Valley Academy (SVA), they are also developing caring hearts. We are called to witness for Jesus, and NHS members are answering the call by getting involved in activities that benefit the community.

In addition to meeting grade and citizenship requirements, each member of the NHS must complete a minimum of 10 hours of community service each semester. Students meet and even exceed this requirement in a variety of unique and interesting ways. Chad McLennan, a junior, recently helped his church, the Roanoke church, move to a new location. Senior YeiBin Lee spent part of her summer making braille books for the blind. Many go on overseas mission trips during their spring break. As a group, the NHS has adopted a young girl in India and sends money to make it possible for her to go to a Seventh-day Adventist school in Jeypore, India.

I am proud of the students and their involvement in the local community as well as in the world at large, and encourage them to continue in a life of service after they leave SVA.



Tom McNeilus
National Honor Society Sponsor

NEWS

NHS Members Move Library

When it was time for the town of New Market, Va., to set up its new library, members of SVA's National Honor Society offered to help move all the books from the old library to the new facility.

The "green move" depended solely on manual labor and used no electric- or gas-powered equipment. Traffic was stopped on the main street while SVA students and other volunteers carried boxes across the street from the old library to the new library.

"It was really fun to be able to help the town with such a big project. The people appreciated our help and thanked us over and over again," said senior Kristin Dickerhoff.

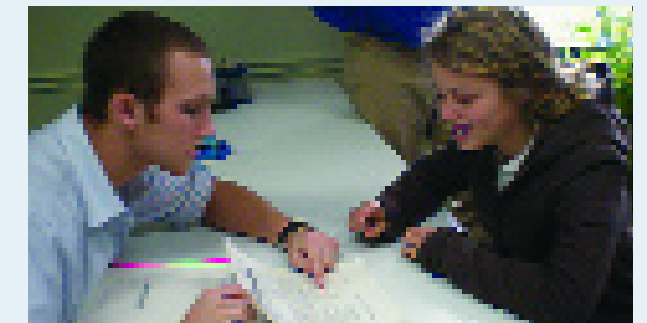
In addition to the physical labor, NHS members also donated \$1,000 to the library's building fund.



Romina Esposito ('09) helps shelve library books.

Students Participate in Blood Drive

NHS students recently helped with the American Red Cross blood drive held in the New Market (Va.) church's



Chad McLennan ('10), an NHS member, registers Taylor Turner ('09) to donate blood.

fellowship hall. SVA students were responsible for registering the donors and assisting with all aspects of the blood drive.

Students also encouraged their classmates to become involved by donating blood themselves. This resulted in quite a few students and staff members rolling up their sleeves and contributing to the cause.

Zach Swanson, a senior, said, "I am glad that I was able to donate blood to help someone who might need it."

Happenings is published in the *Visitor* by Shenandoah Valley Academy ■ 234 West Lee Highway, New Market, VA 22844 Phone: (540) 740-3161 ■ shenandoahvalleyacademy.org Principal, Spencer Hannah ■ Editor, Jan Osborne

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ANNOUNCEMENTS

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85th Anniversary and Celebration, 1923-2008 Alumni Homecoming Weekend, "Rebuilding the Bridge." Attention: All former students, faculty, staff, pastors, and friends. Become an LAAA Alumni Charter member! Contact: Benita R. Knight at (626) 488-3918; email: laaahomecoming@aol.com.

End-Times Church Leadership Symposium

January 31-February 1

January 31, 3:30-7 p.m.
All local church elders, spouses, pastors, laity leaders are invited to a dynamic training event hosted by the General Conference Ministerial Association to enhance the effectiveness of church leaders.

February 1, 10 a.m.-1:30 p.m.
Special training for pastors and church administrators. Events are located at the Summersville Church, 70 Friends R Fun Drive, Summersville, WV 26651.

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For more information, contact Ricardo:

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LA SIERRA ACADEMY ALUMNI WEEKEND:

April 24 Golf Tournament, April 25 Alumni Sabbath. Honor Classes '49, '59, '69, '79, '89, '99, '04; but friends of LSA are warmly welcomed. Keynote speaker: Lewis Walton. Come celebrate friends and memories on the LSA Riverside Campus. Call Alumni Office: (951) 351-1445 ext. 244, or alumni@sak12.com to update contact information, find missing class members, and share news and class reunion gatherings. We also have a large selection of yearbooks available if you wish to purchase one from the year you attended.

CALLING ALL RICHMOND (JR.) ACADEMY ALUMNI:

If you attended Richmond (Jr.) Academy in Richmond, Va., please update your address, contact numbers, and family information. Contact the school at (804) 353-0036, ext. 11, or visit rasda.org to submit your information on the alumni page. The centennial celebration is planned for spring 2011.

OBITUARIES

BEST, Katherine (Lewis), born August 15, 1926, to the late William Lewis Sr. and Bertha Jones Lewis in Enfield, N.C.; died October 12, 2008, in New Jersey. She was the second of 14 children. Five brothers and three sisters preceded her in death.

	Jan 9	Jan 16	Jan 23	Jan 30	Feb 6
Baltimore	5:02	5:09	5:17	5:25	6:04
Cincinnati	5:34	5:41	5:49	5:57	6:05
Cleveland	5:16	5:23	5:32	5:40	5:49
Columbus	5:25	5:33	5:42	5:49	5:58
Jersey City	4:47	4:55	5:03	5:12	5:20
Norfolk	5:07	5:14	5:21	5:28	5:36
Parkersburg	5:21	5:29	5:37	5:45	5:53
Philadelphia	4:54	5:01	5:09	5:18	5:26
Pittsburgh	5:12	5:19	5:28	5:36	5:45
Reading	4:56	5:03	5:12	5:20	5:29
Richmond	5:10	5:17	5:24	5:32	5:40
Roanoke	5:20	5:27	5:35	5:43	5:50
Toledo	5:23	5:30	5:39	5:48	5:57
Trenton	4:52	4:59	5:07	5:16	5:24
Wash., D.C.	5:04	5:12	5:19	5:28	5:36

SUNSET CALENDAR

Katherine was educated in Enfield and Hampton, Va. She married William Best, Jr., on December 19, 1945. They had four daughters: Andrea, Brenda, Barbara (deceased), and Vickie (deceased). Katherine became an Adventist later in life and was a member of the Cherry Hill (N.J.) church. She worked as a cook under the direction of her Uncle Dee Whitaker, a master chef at Bookbinders Seafood Restaurant in Philadelphia. Later she did domestic work. Along with her two daughters, she leaves behind two sons-in-law, five brothers, two sisters-in-law; 12 grandchildren; 15 great-grandchildren, and a host of nieces and nephews.

GRIESEMER-SCHLEENBAKER, Alice J., age 90, died September 12, 2008, in Reading, Pa. She was predeceased by her second husband, Jack P. Schleenbaker and her first husband, Ray M. Griesemer. Alice was a graduate of Reading High School. Born in Renova, she was a daughter of the late Henry and Rachel (Scott) Reese. She was last employed as a volunteer coordinator for the Reading Rehabilitation Center for several years before retiring. She had previously served as a volunteer and activities coordinator for Berks Heim, Bern Township, Pa. Alice was a member of the

OBITUARY SUBMISSION

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Obituaries are placed in the order they are received, on a space-available basis.

DEBORAH A. HILL

Hampden Heights church in Temple, Pa. She spent most of her life in the childcare field and was the originator of the first "pickup and dropoff" day care in Berks County, Pa. She was proud of being the first woman to apply for and receive a Boscov's department store credit card. She enjoyed playing the piano and cooking. She is survived by two daughters: Sherry L. (Rodney D.) Bokovoy of Oley Township, Pa., and Nancy R. (Charles) Deslaurier of Wilmington, N.C.; three grandchildren; three step-grandchildren; three great-grandchildren; three step-great-grandchildren; and a great-great-granddaughter.

PINO, JOSEPH A., JR., born February 16, 1949, in Passaic, N.J.; died October 17, 2008, in Stroudsburg, Pa. He was a member of the Stroudsburg (Pa.) church. Joe was an elder of the Tranquility (N.J.) church. He had a beautiful voice and was always ready to have special music for church or evangelistic meetings. He was a graduate of Garden State Academy in Tranquility. He also attended Atlantic Union College in South Lancaster, Mass., for three years, then finished his BA at Columbia Union College in Takoma Park, Md., in 1970. After

graduation, he taught for two years at the York (Pa.) Adventist School. He then moved back to New Jersey and worked at the Niell Supply Co., and went on to work for the Ferguson Corp. in Passiac, N.J., where he was employed until his death. Joe was a devout family man, and his friends described him as reliable and always there for them. He is survived by his wife, Linda (Link) Pino of Stroudsburg, Pa.; his sons: Joseph A. Pino III of East Stroudsburg, Pa., and Edward L. Pino of Stroudsburg; grandsons: Jacob W. Pino, Joshua E. Pino, and Zachary J. Pino, all of East Stroudsburg; his mother, Mary G. Pino of Wallington, N.J.; and brothers Carmine Pino of Martinsburg, W.Va., and Daniel Pino of Fairfield, N.J. He was preceded in death by his father, Joseph A. Pino.

STYCHI, Ruth H., born September 13, 1915, in Granville, Ohio; died May 5, 2007, in Columbus, Ohio. She was a member of the Coshocton (Ohio) church. She leaves a daughter, Norma Jean Umbaugh of Granville; a son-in-law, James F. Umbaugh of Granville; a sister, Faith Van Schaik; granddaughters, Pamela J. Walters, of Granville, and Karen S. Frazier, of Newark, Ohio; four great-grandchildren, and three great-great grandchildren.

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Dates to Remember

For the rest of my life, I will remember the date January 20, 2009. On that historic day millions of people will converge on the National Mall in Washington, D.C., to witness Barack Obama take the oath of office and become the 44th president of the United States of America. I will be among them.



Like so many of you, I never thought that in my lifetime, I'd see an African-American elected to the highest public office in the land. But that's exactly what happened November 4, 2008, another day I will always remember. Obama was supported and elected by people of all ages, races, and backgrounds. And now when we say "we the people," it has a more inclusive meaning to me.

WITNESS TO HISTORY

I grew up in the segregated south of Birmingham, Ala., during the height of the Civil Rights Movement, where my family and I attended the Ephesus Seventh-day Adventist Church. One Sabbath my mother was ill, so I drove to church. Shortly after arriving, my friends and I decided to head downtown to watch the demonstrations. Little did we realize the danger we were in until the police turned the fire hoses on us, knocking us to the ground. We managed to find safety in a car and return home, where I had to explain to my shocked parents why my Sabbath clothes were wet and torn. Rather than deter me, the incident increased my resolve to support the fight against the unfair Jim Crow laws and segregated system that disenfranchised so many.

I also clearly remember the date September 15, 1963, the day a bomb killed three little girls in the now-famous Sixteenth Street Baptist Church. One of the girls' mothers had been my elementary school teacher. In those days, people stood guard at night to protect church property because all black churches were targets for bombings or burnings.

While these and other experiences shaped my view of the world, they didn't quell my drive to serve. I believe God has called us to be public servants to our families, churches, communities, and humanity. That's why I've voted in every election since my 18th birthday and am proud to serve my community as an elected official.

While I'll never forget these historic events, there's another one I'm greatly anticipating—Jesus' return. That's when history will be rewritten and the world will witness another life-changing inaugural event. Not only do I believe that will happen in my lifetime, I'm working every day to prepare others and myself for it.

Deborah A. Hill is a second-term councilwoman in Warrensville Heights, Ohio, and a member of the Southeast church in Cleveland. She also serves on both the Allegheny West Conference and Columbia Union Conference executive committees.

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