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**Caring for
Aging Parents**

Two Sides of the Story



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Get news and interesting tidbits about your church family by following us at twitter.com/VisitorNews.

About the Cover:
Doris Tydings, 88, was photographed at her Edgewater, Md., home by Laura LaRosa.

Growing-down Stories

My mother is a great storyteller. As a child I loved to hear the stories from her childhood—stories that reeked with reality, made her vulnerable, and told me I was not alone with my feelings, fears, triumphs, and tragedies.

Mom will celebrate her 92nd birthday this fall, and she is still telling stories. But the nature of her stories has changed. The “growing-up stories” have become “growing-down stories.” Now I am hearing what it feels like to grow down in the later stages of life. These are stories that I need to hear and stories she needs to tell. They’re rich and challenging, sad and sorrowful, joyous and exciting, anxious and hopeful. They share a lot in common with the growing-up stories. But they are stories I might not have heard if I had not asked her to share or taken the time to listen.



“OLD AGE AIN’T FOR SISSIES”

Macular degeneration has taken away much of her eyesight. She reads her large-print Bible and Sabbath School quarterly with great difficulty. She can no longer read the words in the hymnal, so she prays that the hymns at church will be familiar. Reading the bulletin is out of the question so she prays that a friend will sit by her to provide commentary on who is assisting with the morning’s services. Crossword puzzles take an ever-increasing amount of time to solve and often lead to eyestrain and headaches.

A retired dietitian and nutritionist, Mom earned a degree from Loma Linda University (Calif.) and worked at Adventist hospitals in Maryland, Illinois, and Colorado. Now she loves to volunteer at the church office, where



she folds newsletters or bulletins. She’s still the head greeter in the large institutional church where she has been a member for half her life. She can’t see the faces of the visitors clearly, yet she learns their life history before they leave the guest book table. I don’t think Mom has ever met a stranger. She has outlived two husbands and numerous friends. She decided recently that she is tired of living on her own and wants to sell her house and move east to be with our family. When she makes the move, she will be forced to sort through her cherished collection of memorabilia and possessions and decide what few things she can’t live without.

Mom knows full well that life in the later years comes with its own unique set of challenges. Life is tough and she can vouch for it. “Old Age Ain’t for Sissies” reads a magnet on her refrigerator door. Her stories have helped me understand some of those challenges—fear of the loss of health, independence, and usefulness; desolation by the loss of loved ones and friends, and fear of not being taken seriously. Then there is the whole issue of growing dependency on others, like the day we realize we can no longer maintain the house or drive the car. We spend a lifetime helping others and then struggle when the roles are reversed.

Growing-down stories tend to be dominated by the language of independence and dependency. But somehow our elders, and all of us who are growing older, must find our way to interdependence. We need each other! Years do give perspective. Vision, for all the dimness of fading eyesight, is often clearer in the growing-down part of life. Perhaps these stories are perched on the edge of many an older tongue that thinks no one is interested. But we need to hear their stories. And we need to hear how we can best love them in these years when they still have so much to give.

Let the storytelling, and listening, begin.

Rob Vandeman, president of the Chesapeake Conference, is expecting his first grandchild this month and can’t wait to share stories with him.

Pennsylvania Conference Treasurer Retires

Rudolph “Mo” Pelley (below) retired as Pennsylvania Conference treasurer on June 30, after faithfully serving the Seventh-day Adventist Church



for 49 years. A strong believer in church work, Pelley said he was honored

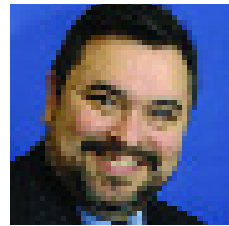
with “the privilege of sharing the message of Jesus Christ and salvation with others every day.”

Conference president Ray Hartwell says, “Mo has been dedicated to the presentation of the gospel and the furthering of Christ’s work in Pennsylvania, and we will greatly miss his spirit of mission.” Read more in the *Pennsylvania Pen* on page 39. —Tamyra Horst

Clinical Pastoral Education Program Reaches Anniversary

The Adventist HealthCare (AHC) Clinical Pastoral Education (CPE) program, based at Shady Grove Adventist Hospital in Rockville, Md., celebrated its one-year anniversary of accreditation as an independent CPE center. The program started in 2005 as a satellite relationship with Sibley Memorial Hospital in Washington, D.C. Since then, 48 clinically trained chaplains have graduated from the pastoral program, many of whom serve as staff and directors of area healthcare institutions.

“Adventist Church leaders and area professionals have



expressed great appreciation for the CPE program at Adventist HealthCare,”

says Ismael Gama (above), AHC associate vice president for Mission Integration and Spiritual Care. “We are proud to offer this unique opportunity to teach pastoral care in a clinical setting and look forward to continuing to nurture area religious leaders.” Learn more at adventisthealthcare.com/SGAH.

Regeneration Voted Official Health Ministry

The International Health and Temperance Association voted to accept Adventist Regeneration Ministries as an associated health ministry of the Adventist Church. Regeneration also announced it is expanding its focus from drug and alcohol recovery to include any processes that damage relationships with God and others.

“Christ-centered, 12-step recovery ministry is for all who recognize a need to ‘lay aside every weight and the sin which doth so easily beset us’ [Hebrews 12:1],” quotes Ray Nelson (below), executive direc-



tor, who also serves as pastor of two churches in Maryland as well as Chesapeake

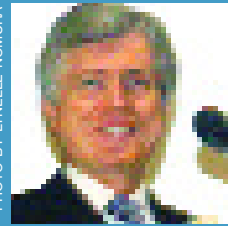
Conference Health Ministries director. Read more at adventistregenerationministries.org.

From the Pulpit



The Adventist denomination has yet to fulfill the dream of Ellen White who said, ‘Of all professing

Christians, Seventh-day Adventists should be foremost in uplifting Christ before the world’ (*Gospel Workers*, p. 156). We are still known for being ‘foremost’ in lifting up the Sabbath, unclean foods, and great hospitals, but we have not yet made the gospel the main thing.—David Newman, pastor of the New Hope church in Fulton, Md., speaking at his church’s Reveal Worship Conference



I gave serious consideration to the gospel ministry as I wrapped up my senior year, but a

dedicated friend offered to sponsor me through dental school. That week, my classmate Jeannie Jones—who later became my wife—shared a passage from *Messages to Young People*, where Ellen White suggests that young men should respond to the call of God to enter the gospel ministry! My 41 years of preaching Jesus to countless millions is a direct result of that single moment.

—Lonnie Melashenko (‘64), speaking at his alma mater, Highland View Academy in Hagerstown, Md., during their 40th anniversary alumni weekend

Allegheny West Hosts 15th Constituency Session

Some 242 delegates attended Allegheny West Conference’s (AWC) 15th Regular Constituency Session and Second Quadrennial Session. Their purpose was to elect officers, departmental directors, and governing committees; amend the constitution and bylaws; and hear reports of conference work during the past four years.



By lunchtime they elected Fredrick Russell (right) to serve as president and Robert Moore (left) as executive secretary replacing Carl Rogers. They also re-elected treasurer Zenobia Seward (center).

During the daylong meeting, chaired by Columbia Union Conference president Dave Weigley, delegates heard reports about membership, finances, and growth. They also voted to welcome three new churches into the conference: Cincinnati Hispanic, Akron (Ohio) New Life, and the Fountain of Life church in Columbus, Ohio. AWC now has 13,000 members, 53 churches, and two schools—Columbus Adventist Academy and Ramah Jr. Academy in Cleveland. According to Seward, members gave \$6.5 million in tithe in 2008, a slight increase over the previous year.

After lunch delegates voted the following departmental directors: Allen Baldwin – Sabbath School, Children’s Ministries, *Message* magazine, and Health Ministries; Shirley Benton – Women’s Ministries; Marvin Brown – Stewardship, Trust Services, and Ministerial; Walter Castro – Multicultural Ministries and Church Planting; Joel Johnson – Youth/Young Adults, Pathfinders, and Religious Liberty; Robert Moore – Personal Ministries and Adventist Community Services; Collin Parkinson – Education; Fredrick Russell – Family Life and Men’s Ministries; and Bryant Taylor, DMin – Communication.

Delegates also voted a new AWC Executive Committee. They’ll meet every other month to hear



reports from conference leaders, approve financial statements, and handle conference business. Members include Fredrick Russell, president and chair; Robert Moore, secretary; Zenobia Seward, treasurer; William Cox, DMin; Betty Crowder; Barbara Davis; Natasha Harding; Jerome Hurst; Harcourt King, DMin; James Lee; Jack McCrary; Derrick Moffett,



ThD; Collin Parkinson; Rita Price; Clifford Reynolds; Newton Sinclair; Daryl Spivey; Janice Walker; and Robert Walker, MD.

CASTING THE VISION

Rather than end the meeting when the business was finished, Russell (first elected by the conference executive committee last August when former president James Lewis accepted another position), engaged attendees in a vision-casting session and shared eight points of focus for the conference during the next four years: “The focus of the Allegheny West Conference is the front-line church,” he told attendees. “Ministry does not happen at the conference office; it takes place in each of the local churches.” Read more in *Allegheny West Conference Spirit*, page 25.



What's New?

Book > Praying Like Crazy for Your Kids
Tamyra Horst

In her eighth book, author Tamyra Horst shares her belief that true prayer is not idle repetition. This member of Pennsylvania Conference's Kenhorst Boulevard church in Reading recalls how she felt when she had her first child: more



frightened and unsure about parenting than she had been about anything else in her life. So Horst did the one thing she knew how to do, pray like crazy for that baby and his brother—and she never stopped. She shares her experience with her sons and encourages all parents to “pray without ceasing” for their children, as well as their friends, relationships, and about their sins.



When [kids] hear us pray for them, it assures them that someone is on their side. That someone cares about the things that matter to them. That someone loves them.—Tamyra Horst in Praying Like Crazy for Your Kids

Visit your local Adventist Book Center to pick up a copy, or visit adventistbookcenter.com.—*Taashi Rowe*

CD > Love/Life
Jennifer Jill Schwirzer

After nearly a decade of collecting and recording new material, singer/songwriter Jennifer Jill Schwirzer is releasing a 20-song compilation that touches on such common experiences as

childbirth, marriage, parenting, church, and loneliness.

“The CD was inspired by the desire to portray the humanity of the Christian life,” says the Pennsylvania Conference member of the Chestnut Hill church in Philadelphia. “Although we’re believers, we’re still people. Faith makes us secure in our physical, relational, and emotional selves.”

Since converting to Christianity, this one-time follower of New Age philosophy has been communicating God’s goodness through books, seminars, and music. Read more and order copies at jenniferjill.org.—*Taashi Rowe*

DVD > Let’s Kick Some Abs

“I love tight abs and defined looking arms for women,” explains fitness trainer Louvenia



Anderson, a member of Allegheny East Conference’s Miracle Temple in Baltimore. She put together this 35-40 minute workout to target those areas, but adds, “I really want people to know that you don’t have to be in shape to do the exercises; you do the exercises to get *in* shape.”

Hesitant to tie a target age to the routine, Anderson says that children—as young as age 7 and as old as 55—have done each of the workout moves. The DVD is just one of many ways that Anderson helps people get, and stay, in shape. Read about her Totally You gymnasium and business, and start moving to your own copy of the DVD by visiting totallyyou.com.



Keeping Score

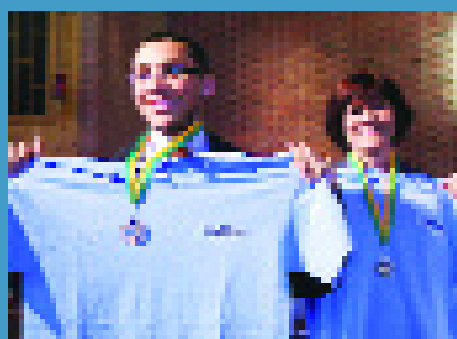
Columbia Union 2009 InStep for Life Participants

307—Total number of participants

14—Total number of participating churches:

- 8**—Chesapeake
- 3**—Potomac
- 2**—Allegheny East
- 1**—Ohio

Source: Katia Reinhart (kgreiner@adventisthealthcare.com), Columbia Union InStep for Life (instepforlife.com) coordinator



The Capital Brazilian church in Highland, Md., awards their InStep for Life 500-Mile Club inductees Robert Machado and Gilneia Pionatto. (T-shirts available at Wellsource: (800) 533-9355, ext. 238)

In the Spotlight > 41-Year Educator Jane Cox

As the 2008-09 school year came to a close last month, Jane Yolanda Cox said a formal and final goodbye to her students at Baltimore Junior Academy (BJA). Cox ended her 41-year tenure as a teacher and dedicated church worker—each year served within the Allegheny East Conference.

Cox is a product of Seventh-day Adventist education, having attended Pine Forge Academy in Pine Forge, Pa., and Columbia Union College in Takoma Park, Md. From her first teaching job at the Ephesus Adventist School in Richmond, Va., to a stint at the Mount Olivet Adventist

School in Camden, N.J., her longest term was at BJA—26 years teaching plus 10 as the school’s secretary while her three children were young.

The elementary teacher also found time to serve in many church capacities: deaconess, Sabbath School superintendent, AYS leader, Vacation Bible School leader, usher, Personal Ministries director, and others. She currently calls Berea Temple in Baltimore her church family.

Sad to see her go, BJA students commented on this seasoned educator: “She is nice to me. And sometimes when I get in trouble, I get a second chance and get to go to recess,” said first-grader Andrea Hlongwane.

Fifth-grader Christopher Carroll wrote, “Mrs. Cox is one of the nicest teachers in the school. She let us do different things. And she was fun. And she started the Blacks-n-Wax Museum with us.”

With her newfound freedom, Cox dreams of retirement, saying, “I plan to enjoy life: visit with my grandchildren, take some trips. I would like to possibly go on a mission trip.” As her coworkers said, “All good things must come to an end.”



WholeHealth

The Unhealthy Weekend Trap

It’s Friday, the end of a busy week juggling work obligations, family responsibilities, and other activities. The tendency is to relax, slack off on healthy eating and fitness routines, and even splurge a little. While that seems harmless enough, a weekend of unwinding can undermine efforts to maintain a healthy weight and lifestyle. Potluck after church, dinner out Saturday night, and a home-cooked feast on Sunday—it all adds up.

According to a study published in *Obesity Research* in 2003, adults eat 115 calories more per day on Friday, Saturday, and Sunday, for a gain of up to five pounds a year. Skip regular exercise and the results are worse. Additionally, allowing free rein on the weekend can set the stage for negative health habits the following week.

Avoid this weekend trap by using extra weekend time to prepare healthy meals, try new recipes, and catch up on exercise. Rather than splurging with food, plan fun activities like a day at the beach or playing ball with the kids. And if you do overindulge, don’t wait until

Monday to get back on track. Go ahead and give yourself a break, but make it a healthy one!—*Lilly Tryon, MSN, RN, Adventist WholeHealth Wellness Center*



Caring for Aging Parents

Billy Errico

Do you get up in the middle of the night to help Mom get to the bathroom? Do you constantly rearrange your schedule around Dad's numerous doctor appointments? You are not alone. An estimated 44.4 million American adults are assuming the role of caregiver for aging parents, other relatives, or friends. Of that number, more than 40 percent of caregivers for people above the age of 50 are their children.

For the elderly, the often gradual, physical and mental changes they experience make it increasingly difficult for them to adequately maintain their homes or perform routine tasks. Or, a medical emergency, such as a stroke or heart attack, can suddenly end an older adult's independence. Either way, when aging parents need greater assistance, this can quickly reverse the parental roles.

Increased Demand, Increased Stress

Although the amount of care a senior may need can range between a few hours a day to constant care, the AARP recently reported that family caregivers, on average, provide 21 hours per week of unpaid care to elderly relatives or friends. Although the typical caregiver is a 46-year-old woman, there are a substantial proportion of men, 39 percent, who also provide care.

The value of unpaid care given by family members is estimated

to be more than \$250 billion—greatly exceeding the costs associated with home health and nursing home care combined.

Caregiving can require a large time commitment, even though half of all caregivers also work full time. According to the National Alliance for Caregiving and AARP, nearly two-thirds of employed caregivers end up having to make work-related adjustments, including reductions, in order to provide care. The reduction in employment also intensifies the financial stress of a family.

The interference with work obligations also creates financial stress. When employees miss work to deal with breakdowns in care for their loved ones, the resulting absenteeism costs employers more than \$7 billion per year.¹ A caregiver's workplace responsibilities and productivity are also adversely affected.

"Caring for my mother was difficult," explains Evelyn Rice, whose family attends the Beltsville (Md.) church. "There were so many issues—financial concerns, time management—because there is this constant struggle, even competition, between work obligations and your personal life." Pausing for a moment, she adds, "And, of course, emotional stress. I guess you don't realize this at first. It just builds slowly."

Caregiving Defined

Elder care is a relatively broad and complex term used to describe the delivery of special

care, needs, or health services unique to older Americans. Services include those provided by licensed medical professionals or family members, as well as long- and short-term care to treat a certain illness or condition.

As defined at familycaregiving101.org, "Caregiving itself is a multidimensional puzzle. For some it means providing 24-hour care for someone who can't dress, feed, go to the bathroom, or think for himself or herself. For others, caregiving is an emotional roller coaster because a diagnosed condition has not exhibited debilitating symptoms—yet."

A wide range of activities fall under elder care, including home health care services to assist with basic personal care needs, as well as adult day care programs, assisted living facilities, nursing homes, and hospice care. Education and preparation are key in determining the level of care your loved one needs.

There are an increasing number of Seventh-day Adventist senior living facilities operating across the Columbia Union territory, as reported in the December 2008 issue of the *Visitor*. Many seniors looking to keep their independence as long as possible, with assistance nearby in case of an emergency, prefer these options. (For a list of facilities, visit columbiaunion.org and click on the "Find a ..." link.) For seniors who need more assistance, home health care service providers offer compassionate

care to help patients recover and maintain their maximum level of independence in the comforts of their own homes—or in the homes of family caregivers.

It can also be helpful for seniors who are recovering from hospitalization. "We see home care as a continuum of care," notes Lynette Godhard, director of clinical operations for Adventist Home Care Services based in Rockville, Md. "It's a cost-effective solution that allows patients to recover at home. There's also a lower reoccurrence [of hospitalization] with home care."

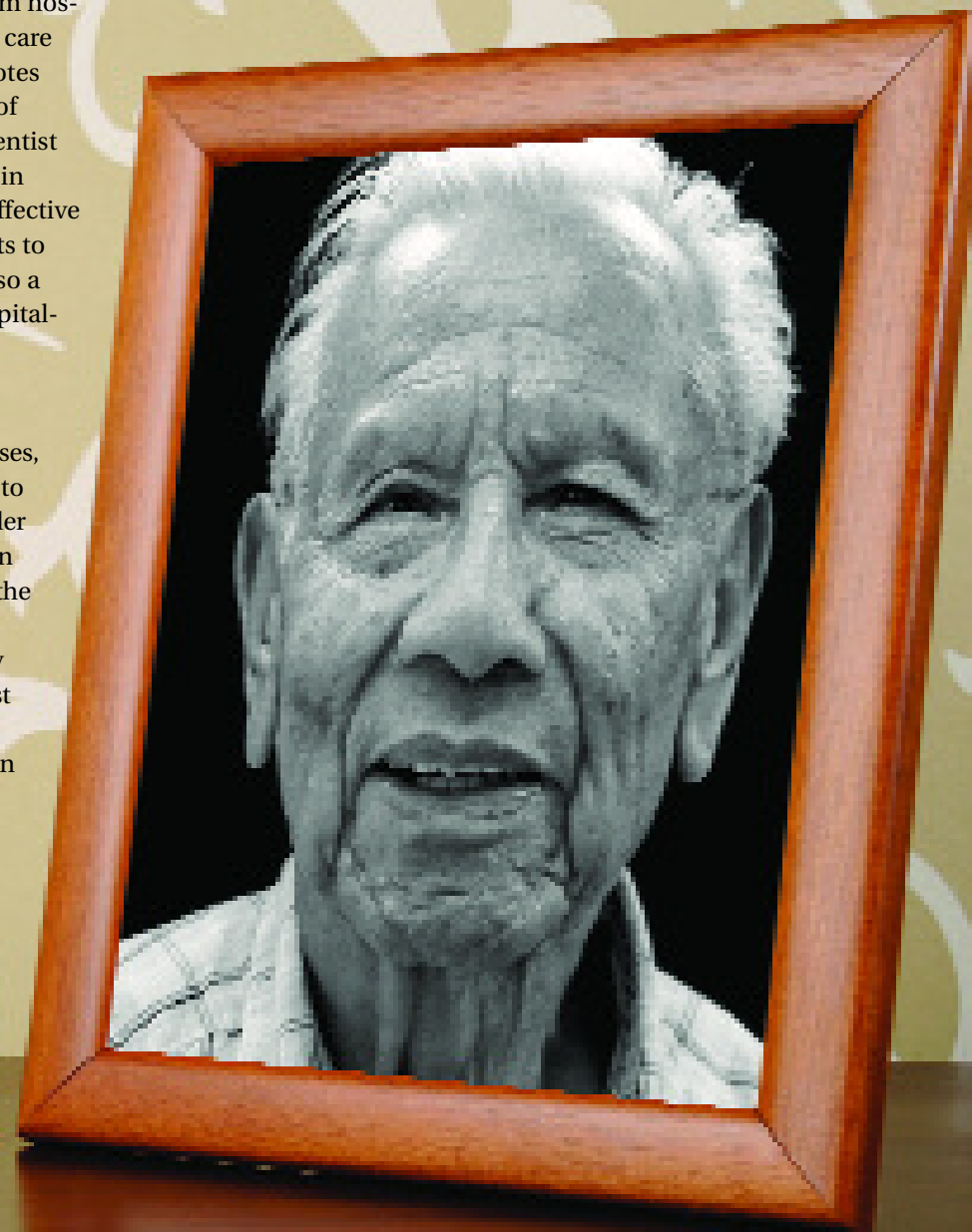
Future Outlook

As life expectancy increases, and with baby boomers set to retire, providing care for older Americans will become even more critical. According to the Commission on Affordable Housing and Health Facility Needs for Seniors in the 21st Century, the senior population will double to 70 million by 2030. Caregiving offers a unique opportunity where providing for the physical and spiritual needs of older Americans intersect. For members who have reversed roles with their parents or other elderly loved ones, knowing you're not alone and that significant support is available, can ease the load.

Billy Errico is a congressional staffer living in Maryland.

¹ The MetLife Caregiving Cost Study: Productivity Losses to U.S. Business, 2006

What Happens When Mom and Dad Need Care?





PHOTOS BY LAURA LAROSA

CAREGIVING

Two Sides of the Story

An aging mother and her daughter-in-law share the complexities and blessings of their merged lives.

Elizabeth Anderson

Barbara Nimmo-Tydings is busy at her kitchen counter. She is making a fruit pudding and angel food cake dessert, a sweet capstone to the spaghetti lunch she has prepared.

Barbara lives in a spacious two-story home in Edgewater, Md., which seems to have plenty of room for the family she and her husband, Bill Tydings, blended when they married in 2004. Their family includes three of Barbara's children; Barbara's 3-year-old grandson; and Bill's mother, Doris Tydings.

Doris, also called Maga by her family, walks slowly to the kitchen table. Earlier in the day, Barbara

helped bathe her mother-in-law. Bath time can be tiresome for Doris, who turns 88 this year.

When asked how she feels, Doris replies, "Doing good for an old lady." With a constant smile on her face, she pulls out a chair and sits down at the kitchen table. As she drinks a glass of kiwi/strawberry-flavored water, a clear oxygen tube is visible below her nose. The tube extends across the floor and out of sight toward her first-floor suite located just off the kitchen.

The Beginning

Doris moved in with Bill and Barbara two years ago. While dating, the couple made plans for Doris, a

15-year widow, to sell her home in Florida and come live with them in Maryland. Doris first moved to Hagerstown in 2005 and stayed with another son and daughter-in-law, Dick and Sheri Tydings of the Hagerstown church, while Bill and Barbara built a new house. When she moved in with them in March 2007, she was fairly independent with no discernible health problems. One month later, however, Doris developed congestive heart failure. Then they noticed she was having problems with her balance. "It was scary, real scary. I kept bumping into things," Doris says. Bill and Barbara took her to a doctor who determined she had a brain tumor, which was removed.

"God really was there for us the whole time, and I never lost sight of that. We had our frustrating moments," Barbara admits. "But we knew there would be light at the end of the tunnel; we just didn't know when."

This was just one trial, however, in a long line of difficult situations. There were Doris' two eye surgeries, and her development of chronic obstructive pulmonary disease, or COPD, which is why she needs to use an oxygen concentrator. And recently, Doris was diagnosed with dementia, which they believe is settling into Alzheimer's disease.

Through it all, Doris is thankful to be around her family and appreciates her daughter-in-law's care. "Barbara takes me to my doctor appointments, and to get my hair done once a week, and fingernails, and anything else I want done; she's right there to chauffeur me anywhere I want to go," she reports. "I don't take advantage of it, but I do use her and that's good. It's good for me and good for her and good for the car. Good all around," Doris laughs. "I've no complaints."

Barbara counts it a blessing to care for her mother-in-law, and Bill is fulfilling a promise he made to his mom more than 20 years ago, when Doris was in her early 60s.

"I told her years ago [she'd] never have to go into a nursing home as long as I'm around. So I'll fulfill that obligation, whatever it takes," Bill states. "She's happier here. She's with loved ones. In addition to that, she has her own privacy, so she can close her door, listen to music, watch TV, or sew—whatever she wants to do."

Filling the Empty Hours

Doris also speaks glowingly of her son and daughter-in-law. She's no complainer, so it would seem as if nothing bothers her. But she does mention that there isn't much for her to do during the typical day, which starts with breakfast. "Usually you can get up and eat and do what you need to do, but they don't have anything waiting for you to do, and you don't have too much to occupy your time so that's what you have to think about—filling in the empty hours," she says.

Although Doris doesn't complain, Barbara says after the brain tumor episode, Doris spoke of being able to drive again. Barbara figured not being able to drive bothered Doris. "We take for granted every day, you and I, that we can just hop in the car and go where we want to go. We have the ability to make these little decisions for ourselves. As we age, there are certain freedoms we will no longer be able to have," Barbara says. "The erosion of those freedoms shows our mortality. But you still have desires; you still have feelings," she says.

So how *does* Doris fill the empty hours? "By sticking close to Barbara," she offers. "She knows where to go and how to do it, where all the doctors are, hair appointments, and all that. Everybody loves her, and I do too. We get along fine, I think. My laundry is done several times a week, bedding is changed; it's amazing what that lady can do in a little bit of time."

"Well, I'm in and out all the time," Barbara

Barbara's Advice to Caregivers

1. Strive to live a life of balance.
2. Don't lose sight of your own health.
3. Be sure to make time for yourself, whether it's devotional time or time to sit, relax, and have a hot drink.
4. Be sensitive to the person you're caring for—have a listening ear.
5. Put yourself in the other person's position.
6. Maintain friendships and relationships outside the home.





*Bill Tydings
with his
mother, Doris.*

interrupts. “I have a part-time cleaning business, so doing certain things like laundry, to me it’s not a chore.”

Finding things for Doris to do can be a challenge, though. “She’s elected not to go to the senior center,” Barbara says. “We provide her books; she has her television; she has her interests.”

Though she’s not an Adventist, the family is gradually getting Doris involved with ministries at the Annapolis (Md.) church, where Bill and Barbara are members. The Annapolis church makes monthly visits to feed the homeless at Washington, D.C.’s, McPherson Square. “We’re slowly getting her used to participating in that and giving back to the community. She has a very giving spirit,” Barbara states.

Dealing With Dementia

Doris is on medication to treat her dementia symptoms, but the dementia changed the way Doris’ family can interact with her. For instance, they make sure to knock on the wall before entering her suite. “She can be sitting, looking in our direction, and we might think she can see us, but she will still get startled,” observes Barbara. This is a symptom of dementia, as is confusing daydreams with

reality. Barbara says there were a few times Doris thought she had to move away from their home. “No,” Barbara says they reminded her, “You live *here*.” But those episodes have stopped since Doris started taking medication.

Even with meds, there are the occasional memory lapses that present tandem challenges. First, Barbara has to level with Maga and tell her she, indeed, had a lapse. Then Doris has to realize and accept that she’s forgotten something.

Barbara recalls a night when she was planning to take her kids to a concert in Baltimore. She informed Doris they were leaving the house and of the large submarine sandwich that was available for her to eat. Doris planned to make two meals out of the sandwich. However, when they returned from the concert, the entire sandwich was gone. “I ate half of it, but someone must have eaten the other half because I can’t find it anywhere,” Barbara remembers Doris saying.

They eventually found the sandwich. “She didn’t remember placing it in a cabinet,” Barbara says. “She had such a look of frustration and disbelief on her face. I had to remind her, ‘Maga, you really need

to trust me. You have to believe me when I’m telling you this. Nobody came in here.’”

Barbara says she levels with Doris, using as much sensitivity as possible. “This is a challenge for me because it’s not easy to have to be in that position of saying, ‘No, *this* is what happened,’ and here she is 40 years my senior,” Barbara confesses. “In her mind, she should be taking care of me and Bill.”

It’s Just “a Thing”

Doris’ day-to-day care is pretty straightforward and uncomplicated, but Barbara says Doris doesn’t want to inconvenience her family. One time, while changing the water in Doris’ oxygen concentrator, she recalls her mother-in-law commenting, “‘Barbara, this sure is a lot of work.’”

“Maga, I’m just changing the water; it’s no big deal,” Barbara told Doris. “Oh, that’s so much work for you,” Maga replied. “Oh no, it’s just a thing,” Barbara answered, meaning it was no big deal. “She doesn’t want to be a burden,” Barbara says.

Doris sometimes asks her daughter-in-law, “Do you think I’ll ever be able to lose having to use this oxygen?” Barbara usually responds, “Well, I don’t know,

Maga, but it’s just a thing.” She adds, “I keep telling her, ‘I hope I’m in this good a shape when I’m your age.’”

Providing constant care for Doris is a joy for Bill and Barbara, but they also need time to get away. The couple recently traveled to Pennsylvania to celebrate the 90th birthday of another relative. Barbara was going to travel alone so Bill could stay home—there was no one to watch Doris. Luckily, an aunt of Barbara’s who lives nearby—and no direct relation to Doris—agreed to watch Doris. “My aunt understands the need for Bill to get away. That’s the kind of family support we have,” Barbara says.

God-Inspired Preparation

“I believe God prepared Bill and I to be in a situation where we can provide this kind of care,” Barbara relays. In addition to caring for Doris, they’ve also completed training to become hospice volunteers, and are members of a national organization for caregivers.

Barbara cites several experiences she believes helped them prepare for their current challenge of caring for an elderly family member. Although being a caretaker for Doris can be challenging at times, Barbara says caring for her mother-in-law is “a walk in the park” compared to the 21 months she spent caring for her previous husband, Mick Nimmo, who battled and succumbed to cancer. Barbara cites this as a preparation because she notices similarities between caring for a terminally ill person and an elderly person.

Additionally, Barbara became well versed in medical terminology during the 10 years she worked as a surgical assistant. She says this knowledge helps her communicate with Doris’ doctors.

Besides experience, Barbara says the ability to laugh also helps. “What gets us through is that we don’t lose our sense of humor, even though things can get frustrating. I don’t even think we’ve had a fight, have we?” Barbara asks Doris.

“No,” Doris chimes in.

“We might disagree occasionally, but a sense of humor, you have to have that. If you don’t have that, you’re lost,” Barbara says.

When asked if she gets frustrated sometimes, Doris says not at all. “I’m in the right place. We all are,” she says. “What more could you want?”

Elizabeth Anderson is a communication professional living in the Washington, D.C., area.

The Healthy Caregiver

How to Make Caregiving Less Stressful

Beth Michaels

Sleep deprivation. Poor eating habits. Failure to exercise or rest when ill. Failure to make and/or keep medical appointments. Sound familiar? The Family Caregiver Alliance (caregiver.org) reports these as the most common practices of caregivers. With so many extra responsibilities, caregivers fail to take good care of themselves, also making them more likely to suffer from depression. How can caregivers reduce their stress?

Say “Yes” to Support

“Caregivers have to accept help from others,” states Kristi Chirlin, RN, MSN, branch manager of Adventist Home Health, a division of Adventist Home Care Services based in Rockville, Md. “It is important to schedule time off during the day. Get exercise and mental stimulation from other people, and get support from the church. Join care or support groups.”

Jackie Praylo-Johnson, a member of the Emmanuel-Brinklow church in Ashton, Md., concurs. She and her family are now caring for her

100-year-old grandmother, Annie Bell Pickett. She says the hardest part of being a caregiver is simply the additional responsibility, but encourages other caretakers to not get overwhelmed. “Know your limitations. Also, remember that it takes a village to care for a loved one. Allow friends and church members to help.”

James and Teshia Price and their eight-member family, who attend Miracle Temple in Baltimore, describe the additional tasks as “a juggling act.” Their home consists of three young children (ages 8, 6, and 5), James’ 16-year-old sister, and Teshia’s parents, Leroy and Eutil Toppin, both in their mid-70s. The medical conditions of both seniors have declined during the past two years since moving into the Price home full time.

“It has been a long road of appointments, visits to labs, various specialists; the list goes on for them both,” discloses Teshia. “Though our family is large and the responsibility is great, everyone tries to do their part—even Mom and Dad. Having them with us has had its own blessings, especially for the children.”

They also welcomed help from others. “When Mom received chemotherapy for breast cancer recently, we literally drew up a schedule where one of the three of us—James, my brother, and I—rotated dropping off, picking up, and accompanying her,” explains Teshia. “We were also blessed to have church members sending cards and care packages and making calls.”

The Johnsons—Ralph, Ryan, and Jackie—say that family support is crucial when caring for their 100-year-old grandmother, Annie Bell Pickett.

Caretaking can become even more stressful when end-of-life signs arise. Rose Walker, a member of the Meadowbridge church in Mechanicsville, Va., remembers when her 21-year-old son, Christopher, was hospitalized, in a coma for six-and-a-half weeks, and then recuperated at home. Not only was Christopher’s recovery a miracle, but the stressful experience of caring for him also prepared Walker to turn around and help care for her father-in-law, while he lived out his last days with stage 4 cancer.

Walker’s advice to others in the same position: “Take yourself out of the situation, think about the other person and how they feel, then go from there. Ask them, ‘What can I do to improve your life right now?’” She also suggests leaning on the Lord and asking for a lot of patience. “Once you remember that, you can go a long way.”

Accept Professional Intervention

Learning to care for a loved one requires education, planning, and sometimes the intervention of trained professionals. Using caregiver support services—adult day care, respite and home health care, etc.—has been shown to significantly improve caregiver depression, anxiety, and anger, which also benefits the care recipient.

Home health care, a century-old service, reduces the need for facility-based care. “The basic reason home health care was developed was to keep people at home as long as possible,” says Chirlin, a second-generation home health care nurse. “We’re there to support the home caregivers and show them how to do the work,” even if it’s as simple as how to arrange the furniture.

Keith Ballenger, vice president of Adventist Home Care Services, adds, “We identify specific needs and services and then work to coordinate a home health care plan.”

Get the Church Involved

Recognizing the growing needs of seniors, Seventh-day Adventist Church leaders recently



The Price family—including (clockwise) James, Eutil Toppin, Teshia, Isaiah (6), Jamme (8), Leroy Toppin, and Gaille (5)—say their schedule is a juggling act, but having grandparents in the home is a blessing.



18 Ways to Help a Caregiver

... and improve the lives of dependent seniors

Even if you've never experienced the responsibilities of being a caregiver, you can help ease their burden. And don't just visit on Sabbath; you can also connect with aging seniors who feel isolated from their church, friends, and family. Here are just some of the many great ways to lend a hand:

1. Pick up the phone. Be available to chat or offer a listening ear.
2. Offer to transport a senior to appointments—the doctor's office, salon, church, etc.
3. Offer to run to the grocery or hardware store for supplies.
4. Celebrate birthdays by delivering cards, offering a big hug, or throwing them a party.
5. Deliver freshly made or freezable meals.
6. Set up a birdfeeder or flowerbox near a senior's favorite resting spot.
7. Offer to care for a loved one for a few hours—or a couple of days—to give caretakers a much-needed break.
8. Help point caregivers to experts who can help: elder care lawyers, home health providers, government agencies, etc.
9. Worship and pray with those who are no longer able to be active congregants.
10. Surprise a caretaker with a card—and maybe flowers or chocolate—to validate their hard work.
11. Help with home management issues: laundry, cleaning, lawn care, renovations, etc.
12. Get a work or support group established at your church to help meet the various needs of caregivers and their loved ones.
13. Connect one caregiver to another, or direct them to an appropriate support group.
14. Help a senior feel like an important member of society: Ask them to walk the dog or to serve on a board.
15. Invite a senior to special events, i.e., your child's soccer game or holiday cookout.
16. Buy a subscription to an appropriate publication, or share a book by someone's favorite author.
17. Set up a fund for church members to donate money toward providing seniors with Adventist satellite television networks.
18. Have your Sabbath School class adopt a senior as a pen pal for the year.

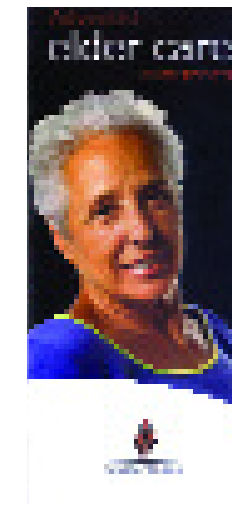


Elder Care Ministries

Whether you are a senior looking at long-term options or the child, relative, or friend of an aging adult, you have many decisions to make. Here are some resources that can ease the burden and provide you with answers:

CHURCH ORGANIZATIONS

Christian Record Services—Are you unable to read like you used to? Seniors in need of large-print or audio-formatted Bible lessons, inspirational articles, sermons, and more can visit christianrecord.org or call (402) 488-0981.



Elder Care Ministries—This new ministry under Adventist Community Services coordinates education and services related to aging, health, finance, and social issues for seniors. Read more at communityservices.org. Order their informational brochure from adventsource.org. Price: \$0.25

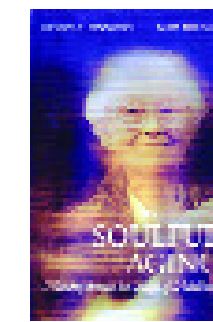
Columbia Union Healthcare Networks—Adventist HealthCare (adventisthealthcare.com) based in Rockville,

Md., and Kettering Adventist HealthCare (khnetwork.org) based in Dayton, Ohio, offer significant services for those entering their senior years, and for caregivers helping to ease their transition.

Planned Giving and Trust Services—Do you want the knowledge that your days on Earth have created a valuable legacy? Your local conference, as well as the Columbia Union Conference, offer free estate planning and can show you how to include the church in your will, and more. Visit willplan.org.

PUBLICATIONS/DVDS

Soulful Aging—Read about the spiritual journeys of aging adults. Each chapter deals with one of the six stages of aging and offers strategies for group



discussion and sermon preparation. Order from adventsource.org, or call (800) 328-0525. Price: \$29.95

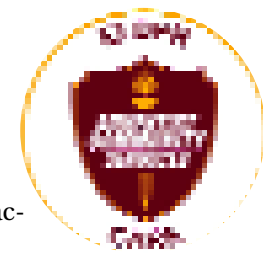
When Parents Get Old—This booklet offers one woman's first-hand account of moving her aging mother into her home. She covers issues like declining health, senility, and incontinence. Order from adventistbookcenter.com. Price: \$1.29



New Beginnings: The Gifts of Aging—Produced by the United Methodist Church's Center on Aging & Older Adult Ministries, this DVD shows aging in our society and provides a glimpse of a variety of church ministries that older adults are enjoying. Watch short stories of older adults and the role their faith plays. Get copies through upperroom.org or call (800) 972-0433. Price: \$15.00

EVENT

Adventist Community Services Convention—The Elder Care Ministries certification track will teach you how to set up a program at your church and will cover health, financial, and legal issues facing aging adults and their caregivers. The national convention is March 28-April 3, 2010, in Orlando. Learn more at communityservices.org.



WEBSITE

adventist.org.au—The South Pacific Division produced a list of signs of abuse, neglect, and exploitation of the elderly. Click on Life Development, Family Issues, and then Domestic Violence & Abuse.

Ruth Collins writes from Lenhartsville, Pa.

DOES EVANGELISM HAVE A PRICE?

NEW JERSEY CONFERENCE BELIEVES SO

THEY CALCULATE IT THROUGH THE PURCHASE AND CONSTRUCTION OF THE HICKMANVILLE CHURCH

Every inch of the 18,000 sq. ft. facility was made possible by the perseverance and faith of Hobbeman's members, God's leading, and several loans from the Columbia Union Ministry Fund (CURF). After considering the cost of a new 2000 sq. ft. facility, members gained the opportunity to start a food pantry, regularly distribute literature, run Vacation Bible School activities, and other projects—all in an effort to witness to their neighbors.

Such a church endeavor wouldn't be possible without the consistent support of CURF, which has been answering God's call for more than 40 years. CURF continues to "promote the mission of the church by providing cost-effective financing to churches, schools, conferences, and other entities." Truly, CURF is making it really possible.



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YOUR HEALING MINISTRY

JULY 2009

Healing Care, Compassionate Service Introducing Greene Memorial Hospital

Greg Henderson

On January 1, Kettering Adventist HealthCare officially added a new healthcare partner, Greene Memorial Hospital in Xenia, Ohio. Located just 30 minutes east of Dayton, it is comfortably nestled in some heavily wooded, rolling hills and surrounded by sprawling farms.

Founded in 1803, the town itself is a charming collection of antique brick buildings converted into businesses. The word "Xenia," derived from the Greek word for hospitality, was chosen with a strong commitment to living up to the word's translation. The town grew exponentially during the 1800s, and, by the turn of the century, was well developed. During the 1940s, Xenia residents were growing weary of the long trek to Dayton for hospital care or the handful of local physicians who offered limited options. The community rallied to build Greene Memorial Hospital (GMH) in 1951.

Since then the hospital has enjoyed a close relationship with the citizens of Greene County, nearby towns, and especially Xenia. Greene Memorial Hospital was a key participant in responding to a devastating tornado that struck Xenia in 1974. The deadly storm destroyed nearly half of the city's buildings, killed 33 people, and left more than 10,000 residents homeless. Miraculously, the hospital was spared, but nine schools, nine churches, and 180 businesses were utterly destroyed. GMH's rapid response to the victims that day was exceptional and deepened the bonds between the facility and its community.

Today with 198 beds, GMH has expanded to include Level III trauma care, a cardiac cath lab, a women's recovery center, award-winning cancer care, and gamma and MRI imaging, among other vital services.

MAKING AN IMPACT

The story of Kettering Adventist HealthCare, though comprised of a wide variety of healthcare facilities, is one of a common theme: "an uncompromising commitment to whole patient care." Eugene and Virginia Kettering founded Kettering Memorial Hospital as a gift to their hometown of Dayton (named for Eugene's father, Charles F. Kettering). The couple was so impressed by Seventh-day Adventist healthcare they had witnessed at the Hinsdale Adventist Hospital in Illinois, that they were determined to have the hospital in Dayton operated by the Adventist Church.

Over the years, the network grew with the addition of Grandview Medical Center, one of the largest osteopathic facilities in the United States, and later a sister osteopathic facility, Southview Medical Center. The network also acquired another community hospital south of Dayton, the Sycamore Medical Center. The principles of the Adventist Church are exemplified as these varied facilities, now including GMH, work together to impact the physical and spiritual lives of the patients they serve.



As the new president of Greene Memorial Hospital, it is my privilege to introduce to you our newest member of the network. On the following pages, you will learn about an addiction center operated by GMH and the recent chest pain accreditation for our trauma center. God is blessing our efforts to grow and reach out to more people in need of healing care and compassion. Please keep our efforts and patients in your thoughts and prayers.

Greg Henderson serves as president of Greene Memorial Hospital in Xenia, Ohio, and is a member of the Kettering (Ohio) church.



Relieving the Hold of Addiction

There are very few of us who haven't been touched by addiction in some form or another: a wife whose husband is dealing with recovery day by day; a friend who watches helplessly as a friend self-destructs; a parent concerned about

However, addiction does not go away on its own. The toll on mind, body, spirit, and emotions eventually becomes overwhelming. Intervention and treatment can often be critical for survival.

EFFECTIVE INTERVENTION

Fortunately, Greene Memorial Hospital, which recently joined Kettering Adventist HealthCare, has one of the oldest and most respected addiction treatment programs in the industry—Greene Hall Outpatient Services, located in GMH's Beaverview Health Care Center. Certified by the Ohio Department of Alcohol and Drug Abuse, Greene Hall is the only program in the Miami Valley approved by the Medical Board of Ohio. People from all walks of life come together in treatment and find a safe place to learn how to live without alcohol and drugs.



unexplained changes in a child; or a grown child with an aging parent who "self-medicates" to ease the pain of loneliness or despair.

So often concerns regarding addiction remain secret. Some may think it's a private matter. Others may hope it will just go away. Or maybe they ask questions like, "What if I'm wrong?" or "How will this affect our relationship?"



Greene Memorial Hospital, based in Xenia, Ohio, was founded in 1951.

Greene Hall's staff is compassionate, professional, and experienced. So experienced, in fact, that between clinical coordinator Linda Rauch, and therapists Jack Campbell and Carla McConnell (far left), they have a combined 70-plus years of successful addiction treatment history! Each patient's care is thoughtfully managed by this team with the individual's and family's interest at heart.

The patient's first contact begins with a phone call, which will be answered in person by the friendly voice of Sarah Phares (left), Greene Hall's administrative assistant. Phares answers questions and schedules assessments.

During an assessment, a counselor evaluates the situation and provides the best treatment recommendation. Then Greene Hall's outpatient services counselors meet with patients individually and follow the specialized treatment plan. Most clients report later that they felt like they had "come home" when they became part of this life-saving program.

GRADUATES GIVE BACK

Some Greene Hall graduates come back after a period of sobriety to

become co-facilitators with the counselor. This not only encourages newcomers, but also shows that struggles can become useful in recovery.

"Addiction to alcohol and drugs is a primary, chronic, and progressive disease. Harmful consequences of addiction affect the individual's relationships and spirituality," explains Rauch. "Physical health, legal status, and employment are other areas often affected. In addition to the personal and family losses, the entire community is negatively affected by active addiction." She adds, "We at Greene Hall have been privileged for 30 years to provide recovery services to alcoholics, drug addicts, and their families, and to witness the spiritual epiphanies which our clients experience."

Those struggling with addiction should know that there is hope. Greene Hall Outpatient can be reached at (937) 352-2380.



Kettering Adventist HealthCare CEO Awarded Honorary Doctorate

Columbia Union College (CUC) recently awarded an honorary doctorate to Frank Perez, CEO of Kettering Adventist HealthCare, based in Dayton, Ohio. Perez, who earned his bachelor's degree at CUC in 1970, was the featured speaker at the school's 2009 Commencement exercises. In his address titled "L to the Fourth Power," Perez instructed graduates to focus on four elements as they attempt to impact their world: love, learn, live, and leave a legacy.



Weymouth Spence (left), Columbia Union College president, presents an honorary doctorate to alumnus Frank Perez ('70), Kettering Adventist HealthCare CEO.

"Dr. Perez has made significant contributions to the field of healthcare administration in growing healthcare services in the Kettering/Dayton metro area," explains Weymouth Spence, EdD, CUC president. "We are proud of his accomplishments and contributions."

As the recipient of numerous regional and national awards for service, Perez is a true role model for

CUC graduates. A Cuban refugee who started his American journey building cabinetry to support his mother and sisters, Perez credits his wife, Carmen—just a special friend at the time—for encouraging him to pursue a life founded on a solid college education.

During his more than 35 years in healthcare, Perez has served as chief executive officer at numerous organizations in the United States and overseas. Under his 10-year leadership at Kettering Adventist HealthCare, the organization has grown to include six hospitals, a college, a retirement center, and multiple affiliated programs.

Greene Memorial Hospital Expands Trauma, Cath Services

Strengthened by its new affiliation with Kettering Adventist HealthCare (KAHC), Greene Memorial Hospital's (GMH) Level III Trauma Center has achieved its first Chest Pain Center Accreditation. In the event of cardiac distress, residents of Xenia, Ohio, and those in neighboring communities, will now have access to advanced cardiac interventional care much closer to home.

Through the hospital's new cath lab, GMH also will now have a dual-use interventional imaging and catheterization facility, utilizing a GE Innova 4100 system. It is a first-of-its-kind digital imaging system that renders extremely detailed, real-time images during procedures that require exacting precision. This will help GMH physicians treat a variety of medical disorders, including peripheral vascular, cardiovascular, and neurological diseases; cancer; and other conditions—without major surgery.

"I have lived in Xenia all my life, and to be able to provide this technology that our community needs is very exciting," says Roxanne Turner, imaging services coordinator.



Greene Memorial Hospital's Level III Trauma Center team can offer advanced cardiac interventional care to patients.

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ALLEGHENY EAST **Exposé**
 JULY 2009

Sharon Temple Youth Ushers Serve the Lord

Realizing that there were many young people in the church who desired to use their talents for the Lord, Harriet Sprowl—head usher at Sharon Temple in Wilmington, Del.—organized the church's first Youth Usher Team.

Led by Carolyn R. Smith, these eight young men and



Pictured are some of the 16 young people participating in the newly created Youth Usher Team at Sharon Temple in Wilmington, Del.

eight young women, aged 10-17, were groomed for this ministry. "My most important goal is to consistently lead these young people to Christ," she says.

To let them know that this was a true calling and commitment, they were presented to the church in a special consecration ceremony during the divine service. On that same day, they also presented their motto "Remembering our service is for the Lord."

The team has gone beyond simply being "greeters at the door." They formed a choir called Usher'ed Voices, which was recently featured at the church's youth day. They also participate in the canvassing outreach ministry Youth for Change. Canvassing gives them an opportunity to become involved in the community by witnessing to others about the love of Christ.

These youth are enthusiastic about Christian service, and they will continue to allow God to use them according to His will and purpose.

Miracle Temple Launches Online Television Network

Baltimore-based Miracle Temple recently launched Miracle Temple Networks (MTN), available online at miracletemple.net/tv. As the church's official streaming network, MTN provides a variety of programming, including sermons, music videos, and youth talk shows.

The church also broadcasts its television programs on the local CW channel and nationally on the Word Network.

"MTN is an opportunity for us to touch those who need a spiritual boost," says senior pastor,

PHOTO BY ABENA CASSELL



AY Live, featuring Miracle Temple youth, is one of the original shows playing on the Baltimore-based church's new online television network.



Errol T. Stoddart, DMin. "It doesn't matter where you live. If you can get online, you will be blessed!"

AY Live is one of MTN's most popular programs. This live show offers teenagers a safe forum to discuss issues relevant to their age group. Online viewers can chat with others during the live program and offer suggestions or post questions for the young people on AY Live.

MTN welcomes Bible-based sermons, talk shows, and dramas created by other churches. To submit show ideas or for a list of requirements, email television@miracletemple.net.—Dorian McDonald

Men's Retreat "A Cut Above the Rest"

Godly men from all across the Allegheny East, Northeastern, and South Atlantic conferences, and beyond, are invited to attend an annual men's retreat themed "A Cut Above the Rest." The retreat will focus on helping men build a network for support and prayer.

"In these days and times, when God's laws and rules are being discounted outside—and inside of the church—we as Adventist Christians need to be a cut above the rest and follow God's law," explains Larry Wilson, retreat organizer and director of Allegheny East Conference's Men's Ministries.

The retreat will take place at the Litchfield Beach and Golf Resort in

Myrtle Beach, N.C. Seminars will focus on relationships, maturing in the Christian walk, and remaining committed—not just on Sabbath—but every day. Jesse Bevel Jr., DMin, Family Life director at the Northeastern Conference, will present a seminar titled "Give Her What She Wants"; Pastor Calvin Watkins, Personal Ministries director at the South Atlantic Conference, will present the keynote "A Cut Above the Rest"; and Colby Matlock (right), pastor of the Millsboro (Del.) church, will present the seminar "From Boys to Men." There will also be a baptism.

Activities will also include golfing, a boat ride, and shopping.

The August 20-23 retreat costs



\$325 and includes meals and transportation, or \$225 without transportation. For more information, contact Wilson at sdamen@comcast.net, or (267) 237-3244. Register at godlyfreemen.com.

Wilson invites men to join him in prayer every Friday night at 9 and Sunday night at 7:30 by calling (212) 200-6000 and punching in pass code 999981#.

First Church Hosts Motorcycle Blessing

The First church of Montclair, N.J., recently held its first Bike Blessing. Jeremy Lewis, communication leader and president of TRUTH Riderz, organized the blessing. TRUTH is an acronym for Two wheels spinning, Riding by faith, United in purpose, Trusting Him. The club participates in events such as Bikers Against Breast Cancer, 3 Kings Christmas Toy Drive of Newark, parades, and community health fairs.

Seventy bikers attended the blessing, including an all-female club whose members participated in the short interactive message from the church's senior

pastor, Paula Olivier. Police blocked traffic as the bikers gathered in the middle of the street. Each biker received a copy of Psalm 23. Pastor Olivier led out in a responsive reading with the bikers followed by a brief message.

Afterward bikers and onlookers were invited to hold hands as the pastor offered prayer. Following the group prayer, Pastor Olivier touched each bike and offered an individual blessing. Some bikers requested prayer, not just for their bikes, but for themselves as well. One biker asked for a "double portion blessing," another asked for the pastor to lay hands on her for a "special blessing." Others said they would return to visit this church that took the time to pray for them.

"The church members could not believe the turn out and called it a fantastic outreach opportunity," said Pastor Olivier. "I applaud the ministry leaders for their unique vision. Let God be praised!"

Paula Olivier, pastor of the First church in Montclair, N.J., prays over a bike and for the biker. Some 70 bikers recently attended the church's first Bike Blessing.



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Running With the Vision

Given the times and the intensification of the evil one's activities, our collective actions have to be in pursuit of God's kingdom agenda. That is why the Allegheny West Conference (AWC) is poised to move into a preferred future that focuses on building the kingdom of God within its borders. Every plan and program that this conference undertakes will be based on drawing people to Christ.

At our recent constituency meeting, God gave us the vision and compass direction for our conference. The momentum coming out of that kingdom business session was incredible. The delegates representing the churches around the conference not only embraced the vision, but are indeed running with the vision. Praise God! With no hype or hyperbole, the people of Allegheny West are moving in sync with the purposes and heart of God. We are convinced that we were made for His pleasure.

New Office Staff

We are grateful for the new staff that God has placed at our headquarters. We are glad to welcome Robert Moore as our new executive secretary. He brings a passion and focus that will add great value to the officer group tasked with providing oversight to all conference activities. We are also delighted to have three new ministry directors: Joel Johnson, Youth and Young Adult Ministries; Walter Castro, Multicultural Ministries and Church Planting; and Allen Baldwin, Sabbath School, Health and Children's ministries, and Message magazine. Each of these brothers stands ready to serve the people of the Allegheny West Conference.

In the months to come, we will share in this newsletter effective ways that we will deliver services from the headquarters of the conference.



Fredrick Russell
President

Moore Elected Executive Secretary

Robert Moore was recently elected to serve as the executive secretary of the Allegheny West Conference. Moore has pastored in AWC for the past 23 years. He began his ministry as a part-time pastor until he was hired full time. Having pastored every size church, he is very familiar with the conference territory. For the past 10 years, he has led the conference in soul winning and baptized over 600 people.

He served two years as the conference's evangelism director; completed construction and the management

process of a 65-unit, \$4.3 million senior citizen building in Cincinnati; and raised \$250,000 toward the now-defunct Shiloh Preparatory School and gym in Cincinnati. Moore will also serve as director of Personal Ministries and Adventist Community Services.

He is married to the former Dezrie Ann Panton. They have two sons, Robert Alexander Moore III and Ryan Anthony Moore.

Moore replaces Carl Rogers (above) who, over the past 20 years, served periodically as executive secretary. Rogers also holds the distinction as the longest-serving youth leader in AWC with 20 consecutive years in that position. All told he served 43 years.

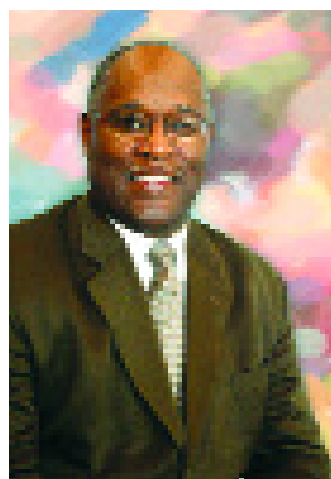


With more than 20 years of pastoral experience Robert Moore was recently elected executive secretary of the Allegheny West Conference.

New Departmental Directors Elected

At the recent AWC constituency meeting, the following leaders were re-appointed to their posts: Marvin Brown, director of Stewardship and Trust Services and newly elected to Ministerial; Collin Parkinson, Education superintendent; Bryant Taylor, director of Communication; and Shirley Benton, director of Women's Ministries.

New to the AWC team is **Joel Johnson** (below), who will lead the Youth/Young Adult, Adventurer, Pathfinder, and Religious Liberty departments. He replaces Donald Burden, who returned to the front lines to serve as pastor of the Ephesus church in Columbus, Ohio. Johnson is a son of AWC, having grown up in Cleveland and pastored churches in northern Ohio and western Pennsylvania for 10 years before accepting a call to serve at Pine Forge Academy, in Pine Forge, Pa. While at Pine Forge, he served as dean of men, administrative counsel member, religion instructor, religion department chair, chaplain, and Campus Ministries director.



In 1993 he founded the Creative Arts Ministry youth group to creatively demonstrate the love of God. He also served as pastor of the Pine Forge Academy church and, most recently, the Rehoboth church in Reading, Pa.

Johnson is a Pathfinder Master Guide and served for 13 years as program director for the Allegheny East Conference's summer camp. He loves camping, computers, photography, travel, and various sports. He and his wife, Alicia, have four children: Joel II, Auldwin, Erik, and Kyel.

Walter Castro (above with his wife, Katty) will serve as the director of Multicultural Ministries and Church Planting. Castro comes from Potomac Conference where he served as senior pastor of several congregations over the past 11 years. During his time in Potomac, his church planting skills and strengths began to shine as he helped establish four churches. He is passionate about evangelism, discipleship training, and church planting. He is a doctoral candidate at Andrews University (Mich.).



Castro replaces Libny Dubreuze who accepted a call to the Northern France Conference in Paris. AWC conference staff prays God's blessings on the Dubreuze family as they serve in another part of God's vast vineyard.

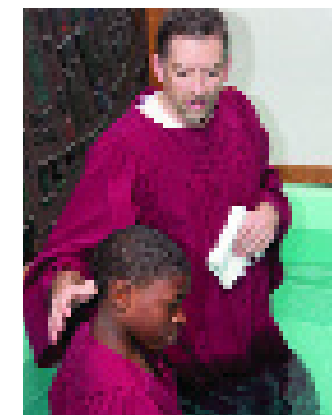
Allen Baldwin (below) will serve as director of Sabbath School, Children's and Health ministries, and *Message* magazine. Coming fresh from the front lines, he brings a practical perspective to his new post. Baldwin most recently served as pastor of Ethnan Temple in Wilkinsburg, Pa. He grew up in Cleveland, and previously pastored the Present Truth church there, and the Charleston/Huntington district in West Virginia. He is married to Valerie, and they have two daughters, Francis Carise and Ashley Danielle.



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A Dream Takes Root

It was the early 1950s when a young conference worker drove to Reading, Pa., to meet with an excited church member. "I've found a great spot!" he said. "Can you come with me to look at it?" Together they drove north from Reading and a few miles west on a narrow farm road. Later that afternoon, a group from Philadelphia looked over that same farmland.



Sophomore Nolan Roy declared his commitment to Christ as Pastor Dave Ferguson baptizes him.

These church leaders weren't looking to buy a farm. Their vision was to provide Seventh-day Adventist education for the young people of Pennsylvania. We can agree that over the past 50-plus years, God placed visionary leaders in place to plan for the future.

I reflected on this a few Sabbaths ago as I watched several of our young people get baptized in front of their friends and family. This school was founded not only to offer a quality education, but to challenge young people to grow in Jesus Christ.

From these halls have come pastors, mechanics, nurses, contractors, church elders, fathers, and mothers—an army of young people challenged to change their world for Jesus Christ. We can't predict the future, but we have the assurance of God's guidance.

Please continue to pray for us, and for families across Pennsylvania and beyond, as they make decisions about where they will send their children to school. Your support will help us "continue the dream" that was started so many years ago.



Charles Castle
Vice Principal

Alumna Donates Model Skeletons

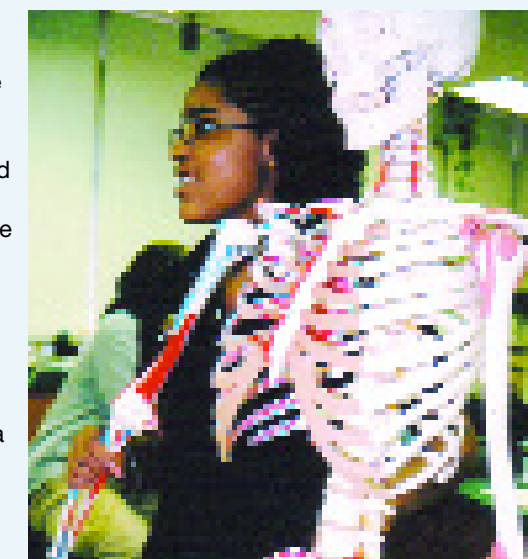
Joanna Sutton, a Blue Mountain Academy (BMA) alumna and current chiropractic student, recently donated three plastic skeletal models to the Science Department. These bones replace "Charlie," a real-bone skeletal model whose points of bone attachment are wearing away. Sutton, a Class of 2000 graduate who made a commitment to give back to BMA, saw the need and responded with three great learning tools.

The new full-skeletal model, affectionately named "Sam," can be wheeled around the classroom. This makes learning the location and names of bones easier than gathering around Charlie's closet. The model also has several advanced study features that include origin and attachment of muscle groups and ligament structures.

The other full-skeletal model is disarticulated into 206 individual pieces. This presentation allows students to learn the shape of each bone and name and assemble the pieces into a full skeleton.

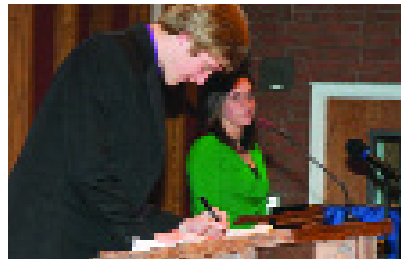
The third plastic model is a color-coded skull that allows students to disassemble the cranial and facial bones. Advanced students will be challenged to reassemble this model correctly.

Sutton will graduate from Western States Chiropractic College (Ore.) in December.—*Rosemarie Bechtel*



Marie Wells (12) learns using a new skeletal model donated by alumna Joanna Sutton (100).

National Honor Society Inducts New Members



The National Honor Society (NHS) recently inducted 20 students into the BMA chapter. At the induction ceremony (left), new inductees were reminded that service, character, scholarship, and leadership were key traits of its members. Paige Burnett ('11) said that signing the membership rolls made her realize its significance. "I was pledging myself to a new form of service for God. It was like a contract between Him and me," she says. "By signing, I was handing my service, my leadership, my scholarship, and my character over to Him. I am honored to be an NHS member dedicated to serving my God and King."

Volunteers Conduct 19th Annual Career Day

Elaine Oliver, associate vice president for Enrollment Management at Columbia Union College in Takoma Park, Md., was the keynote speaker for BMA's 19th Annual Career Day. Oliver encouraged students to remember three key points: God's plan for them as referenced in Jeremiah 29:11, the essential need for good study habits and a strong work ethic to prepare them for the future, and to live by their principles and values, which will direct them toward their goals.

Following Oliver's address, students attended alumni-led sessions, which covered various career fields, including social work, nursing, business, auto mechanics, photography and design, various therapies, education, and church leadership. As always, staff members were delighted to have alumni and friends share their expertise with students.



Alumni and friends from a wide range of career fields spoke with BMA students at a recent career day.

La Sonnette Ensemble Performs in Bermuda

The 13 members of La Sonnette Ensemble recently traveled to the island of Bermuda, where they presented concerts at three Adventist churches and one Methodist church. They also performed for the 400 students at Bermuda Institute, the Adventist school on the island.

At each concert, La Sonnette Ensemble played songs that called for audience participation. Some audience members were even asked to play the bell parts with La Sonnette, letting ensemble members guide their hands. This brought lots of smiles and laughter.

The group also spent an afternoon volunteering at the Bermuda Zoo and Aquarium. They scrubbed benches,

Madeline Bornman ('11) and Emily McAuliffe ('12) share a musical moment with Bermudian children attending one of their concerts.

cleaned playground equipment, and picked up trash.

"The interaction with the people enlightened me as to how grateful they were for the music we had to share," said Charlene Reid ('09). "I believe the fellowship was the most meaningful part of our trip."

A network of parents and alumni in Bermuda helped to make this trip successful. The Alumni Association contributed toward the purchase of new bell cases designed to meet the dimensions, weight, and rough handling of air travel. Receipt of this gift set in motion events that helped to make this trip possible.—Eric Engen

Want to get BMA News Fast?

We can email the *Communiqué* to you as soon as it is printed. Send your name and email address to Kathleen Sutton at kathys@bma.us.

Communiqué 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 ■ E-mail: kathys@bma.us ■ Copy Editor, Louise Corbin

The Key to Evangelism

It is through the demonstration of sacrificial love by the church—Christ's love—that the world will be won to Him. This love is not dependent on the worthiness of the person loved. It is not based on emotions of affection or dislike, nor of pity. Sacrificial love does not necessarily admire or approve of what the person is or does. It does not expect to receive for what it gives. It is unconditional, universal, and personal.

Such love practiced in the church results in what the New Testament calls "koinonia" or fellowship. Its basic meaning is to share in a common treasure or possession. Christian love desires to share what it has with everyone who will receive it, creating a fellowship sustained by participating in a common treasure. The treasure is the love of God revealed in Christ. That is what originally formed the church, and it is what sustains it and makes it great.

Christian love understands. The church can be so meaningful and helpful when it seeks to understand. It then becomes a haven where erring and failing people can be encouraged to begin again. In the presence of the understanding Christ, Mary Magdalene found power to try again; Zacchaeus was made honest; Peter became a rock of devoted leadership; and the Samaritan woman became a missionary. All of them changed because Christ's love for them understood their need.

This is the key to effective evangelism—a profound love of people born out of a knowledge of their need. Nothing is so winsome as Christian love. When the church is true to its nature and each member reaches out in this spirit of love, great numbers of people will be won to Christ.



Rob Vandeman
President

Spencerville Academy Breaks Ground for New School

A large group of members from the Spencerville church in Silver Spring, Md., met on a recent Sunday morning for a groundbreaking ceremony to officially begin construction on a new PK through 12th-

grade building. The project, estimated to cost approximately \$17 million, including the land purchase, will cover more than 100,000 square feet.

At the ceremony, several elementary, middle, and high school students shared their vision for the new school. Officials who spoke about the project included Rob Vandeman, president of the Chesapeake Conference; Jerry Lutz, senior pastor of the Spencerville church; Brian Kittleson, principal of the Spencerville Adventist Academy; and Merle Poirier, chairperson of the Spencerville church building committee. Vandeman, former senior pastor of the Spencerville church, reminded listeners that this dream has been 25 years in the making. He spoke of the many volunteers over the years who made contributions leading to this historic event.

"This building project is unique within the North American Division," said Pastor Lutz. "Not only in its magnitude, but it is unprecedented to have a local church as the sole supporter of such a project. My fellow pastors across the division have continually expressed amazement at what they see as a goal beyond our reach; and yet we, together, have accomplished this by following God's leading, coupled with our strong desire to provide distinctive Seventh-day Adventist Christian education."—Merle Poirier



Jerry Lutz, Spencerville church senior pastor; Merle Poirier, Spencerville building committee chair; Brian Kittleson, Spencerville Adventist Academy principal; and Rob Vandeman, president of the Chesapeake Conference, manned the shovels. Construction is anticipated to take approximately 18-20 months.

Worship Conference Equips Pastors, Ministry Leaders

PHOTO BY SAMANTHA YOUNG



J. David Newman, New Hope church senior pastor, conducts a seminar on grace-centered preaching.

Pastors and ministry leaders—many from throughout North America, and one who traveled from Denmark—assembled at the New Hope church in Fulton, Md., recently to glean ideas for facilitating meaningful worship experiences. The three-day Reveal Worship Conference included seminars geared specifically for pastors, Sabbath School leaders, musicians, worship leaders, and media technicians.

In the general sessions, nationally recognized speakers focused on multicultural ministry, utilizing technology, leadership and team building, as well as how to enrich worship with music. The purpose of the event, says Dave Gemmell, coordinator and associate director of the North American Division's Church Resource Center, was to foster conversation among people in the front lines of ministry who are trying to create an environment of worship that is authentic and relevant.

"I came with a desire to learn how to use media as a way of reaching the people in our community," said Robb Long, pastor of the Triadelphia church in Clarksville, Md. "Our church plans to videotape our worship services, so we can put them online. Then we'll invite our neighbors to visit our website to get a glimpse of what we are all about. We hope this will encourage people to visit our church."

Atholton Students Show School Spirit

Each year Atholton Adventist Academy in Columbia, Md., celebrates Spirit Week, and students agreed that this year the experience felt Spirit-led and purpose-driven. Original skits, creative chants, interactive devotionals, and spiritual challenges added substance to the morning worships aimed to inspire students and staff and bring Christ into their activities each day.

The Student Council planned events that focused on the growth the PK-10 school has experienced during the past five years. Enrollment has swelled from 131 students in 2004 to its current 200-student population. Each day of Spirit Week had a theme. Sports Day emphasized the growth of the physical education and sports programs, and students were encouraged to wear sports gear. On service day, all students participated in service-related activities, such as making sack lunches for the nearby Grassroots Shelter for the Homeless. On the final

day, students sported crazy hairdos and mismatched clothing,

Kindergartener Javad Karimabadi attends assembly dressed as a man from Bible times. Atholton Adventist Academy students were encouraged to wear Bible costumes or T-shirts imprinted with Bible verses on Spiritual Emphasis Day as part of Spirit Week.

PHOTOS BY BETH REYNOLDS



Even Atholton's very young students got into the "spirit" of the week. Isabella Errico (K) and Jessa Kinney (PK) arrived dressed for success on Career Day.

concluding the festivities with media presentations prepared by each class based on the theme "Atholton is a Great School."

"The Student Council raised the bar for this year's celebration," said Marilynn Peeke, Atholton's principal. "Students tell me this was Atholton's best Spirit Week ever."

The Challenge is published in the *Visitor* by the Chesapeake Conference ■ 6600 Martin Road, Columbia, MD 21044 ■ Phone: (410) 995-1910 ■ President, Rob Vandeman ■ Editor, Samantha Young

What's in a Name?

We have a new name—Washington Adventist University. What's the significance of a name? Some carry information about our roots, such as family or clan names, and are generally inherited. Some Chinese names identify the bearer's generation. In some African cultures, the name describes the order in which siblings are born.

There is one name that carries more significance than all the others. Matthew writes, "... you are to give Him the name Jesus [*Yeshua*, Hebrew for *salvation*], because He will save His people from their sins" (Matt. 1:21, NIV). Paul emphasizes, "... there is no other name under heaven given to men by which we must be saved" (Acts 4:12, NIV); John says, "But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in His name" (John 20:31, NIV).

As the song writer Belden wrote, "There is no other name like Jesus, 'Tis the dearest name we know, 'Tis the angel's joy in heaven, 'Tis the Christian's joy below. Sweet name, dear name, there's no other name like Jesus."

In selecting the name for the university, we considered how the choices fit with our Statement of Vision—our plans for the future. And we know that to ensure a successful future for Washington Adventist University, it is only by individually claiming His name—His salvation—and reflecting it to our students that we fulfill His strategic vision for our lives and our institution.



Weymouth Spence
President

New Deans Chosen for Restructured Schools

On the journey to becoming Washington Adventist University, the university's academic programs have been restructured into three schools with new leadership. Gaspar Colón, EdD, will lead the School of Arts and Social Sciences; Gina Brown, PhD, will be dean of the School of Health Professions, Science and Wellness; and Susan Scharffenberg, PhD, will oversee the School of Graduate and Professional Studies (SGPS).

With broad international experience in education, ministry, and international development, Colón (left) holds master's degrees in divinity and public health, and a Doctor of Religious Education. He will also continue to teach and head the Center for Metropolitan Ministry, shifting some responsibilities to two associate directors.

Brown (above, right) has served as dean of the SGPS, chair of the Department of Nursing, and recently



led the taskforce on seeking university status. She holds undergraduate degrees in biology and nursing, a master's degree in healthcare administration, and a doctorate in nursing administration.

With Colón and Brown directing the development of two

newly created schools, Scharffenberg (below)—who

holds bachelor's and master's degrees in biology and a Doctor of Horticulture—will be leading the well-established SGPS. She looks forward to immersing herself in the day-to-day operations of the graduate school while retaining her current role as university provost.



Piano Student Wins Statewide Competition

Congratulations are in order for senior Trisha Davidian who recently won a statewide piano competition. The piano major's adroit playing captured first place in the collegiate division of the Elizabeth R. Davis Memorial Piano Competition, sponsored by the Maryland State Music Teacher's Association.

Though it was her first competitive experience in four years, winning was not her main goal. Davidian, who also plays with the Columbia Union College Choir and orchestra, says, "I entered for the practice, because I had a recital coming up. Things you think you've memorized or know well, you don't know unless you've played in front of people." The win was a pleasant surprise.

Davidian's instructor, Daniel Lau, is very pleased with her win and points out that the second-place winner is a piano major from the prestigious Peabody Music Conservatory at Johns Hopkins University. "For Trisha to win first place is very, very impressive, something she should be proud of," he says.

Cadriel Libato, a CUC senior, placed third in the same competition.



CUC piano major Trisha Davidian (pictured with teacher Daniel Lau) recently placed first in a statewide piano competition.

Social Work Major Earns Dream Job Through Internship

Senior social work major Telile Tolossa (below) has a natural affinity for helping the elderly. Growing up in the tiny village of Wallaga Bako in Ethiopia, where many of the residents lived in poor conditions, she constantly looked for small ways to help her older neighbors.

Upon arriving in the United States in 2006, she chose to pursue a career in helping others, coming to CUC because of its strong social work program and proximity to her home in Silver Spring, Md.

As a Christian, Tolossa believes that God wants all of His people to help those who are underprivileged. "Social work is a heartfelt profession, and I feel like I have this natural capacity," she says.



"Telile truly cares for people and has a deep desire to help others," says John Gavin, associate director of the Social Work program at CUC. He encouraged Tolossa to apply for an internship at Sligo Creek Nursing and Rehabilitation Center in Takoma Park. "Her compassion drives her to be a skillful and professional helper, and these qualities will make her a good social worker."

As a result of her work excellence in the internship, she was offered a full-time staff position as a social worker, which she began in May. Tolossa will complete her Bachelor of Social Work (BSW) degree in 2010.

Tolossa is one of many CUC students who graduate with a full-time job in hand because of internship opportunities offered during their enrollment. The BSW program at CUC is offered in partnership with Andrews University (Mich.), which confers the degree.

—Tanisha Greenidge

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 Editor, Angela Abraham

The Privilege of Caring for Our Parents

My wife's mother, who has Alzheimer's disease, was hospitalized last September. This made the load my wife's father was carrying unbearable. So they moved from California into our house in West Virginia.

Mom has greatly improved physically, but mentally she is going downhill. Most days she doesn't recognize my wife as her daughter. While it is sometimes difficult to care for them both, we no longer feel helpless because we are able to be there for them emotionally, as well as physically.

Ellen White says, "The thought that children have ministered to the comfort of their parents is a thought of satisfaction all through the life, and will especially bring them joy when they themselves are in need of sympathy and love. Those whose hearts are filled with love will regard the privilege of smoothing the passage to the grave for their parents an inestimable privilege. They will rejoice that they had a part in bringing comfort and peace to the last days of their loved parents" (*The Adventist Home*, p. 363).

I know many of you are in similar circumstances and are at times frustrated trying to decide which course of care is best for your parents. Look to Jesus for your answers. Each circumstance is unique, and He alone has a customized solution.



Daniel Morikone
Health Ministries Director

Mountain View Leaders Build a Vision

Key church leaders from across the Mountain View Conference recently gathered at the Parkersburg (W.Va.) church for the Vision Builders Conference. The purpose for the meeting was to establish objectives and strategies that will lead to growth in church membership. The guest speaker and facilitator was Russell Burrill, retired director of the North American Division Evangelism Institute at Andrews University (Mich.).

Burrill broke the congregation into groups for a "season of prayer" to ask for the Holy Spirit's guidance. Afterward, he separated the pastors from the laity and divided the remaining leaders into groups. He then

asked these breakout groups to list ideas of what they thought the Mountain View Conference would look like if it lived up to the great commission. Each of the groups then presented their ideas.

From these ideas, Burrill listed the common elements and directed an impromptu committee to create a rough draft of a vision statement. The Vision Builder attendees voted on the statement before separating into groups again. This time Burrill instructed the groups to list ways that the conference could accomplish the vision statement. The executive committee will refine the vision statement and present the final product to the local churches at town hall meetings this fall.

"There are a lot of wonderful things happening," said Larry Boggess, Mountain View Conference president. "I'm hoping that this Vision Builders Conference will just strengthen the good that is already going on."



Attendees were separated into small groups to discuss ideas for the conference's new vision statement.



Larry Boggess (left), conference president, and Russell Burrill, retired director of the North American Division Evangelism Institute at Andrews University (Mich.), help members create a vision.

Nonworking Satellite System Brings Couple to Christ

Hector and Barbara Carraballo's satellite system was not working. They did not have a network connection, nor did they pay a monthly bill for any satellite service. Still, for some time, Barbara was able to watch the Three Angels Broadcasting Network. Eventually she called the Fairmont (W.Va.) church and Gary Knoll, an elder, responded. He started to visit the Carraballo family each Friday evening to share Bible studies. Encouraged that someone would visit them and share the Word of God, Hector also joined the studies.

As the Bible studies were nearing their end, the Fairmont church began leading a ShareHim meeting in Worthington, W.Va. Barbara faithfully attended the meetings and shared more of the good news with her husband when she arrived home each night. It did not take very long before the entire family started attending church. They recently decided to unite with God's remnant people.—James Volpe



Pastor James Volpe (left) welcomes the Carraballo family to the Fairmont church.

Hinton Members Open Area's First Vegan Restaurant

Cheri and Mark Shipowick, members of the Hinton (W.Va.) company, recently opened the area's first completely vegan restaurant. Cheri's, as the restaurant is called, features a vegan buffet, a bulk and health food store, and a bakery. Cheri cooks while Mark prepares the ingredients and manages the salad bar.

The son of a Seventh-day Adventist pastor, Mark has been a vegetarian and an Adventist his entire life. Cheri joined the church 20 years ago after attending a Daniel and Revelation seminar. Three years later, she became impressed with the benefits of a

vegan diet as introduced to her by members of the Lake City (Fla.) church.

Mark says they opened the restaurant "to reach the people in West Virginia with the gospel by helping them see the benefits of healthy living and helping them reach their health goals."

The Shipowicks strive toward that goal by praying for guidance in meeting the needs of their customers. Sometimes that means offering health magazines and, at other times, it means building friendships.

The customer base continues to expand each day. "We've been

very warmly received," Mark says. "The reports we consistently hear are good." He believes that people tend to like what is familiar to them. At Cheri's this means that standard southern dishes of brown beans, rice, potatoes, and greens with corn bread are their most popular dishes.

When customers ask health questions, the Shipowicks offer lifestyle suggestions, provide natural healing resources, and refer them to lifestyle centers and health professionals.

For those looking to share veganism with friends, Mark advises, "Don't be pushy but, on the other hand, don't be shy. Share what you know whenever possible." He also recommends keeping a variety of resources such as cookbooks, DVDs, and website addresses to offer those who are interested.

The couple dreams of one day opening a lifestyle center, but in the mean time they plan to host nutritional seminars and vegan cooking classes. For more information about the Shipowicks' ministry, visit cherisnutrition.com.



Mark and Cheri Shipowick, members of the Hinton company, recently opened the area's only vegan restaurant and hope to further the ministry with cooking classes and nutritional seminars.

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JULY 2009

Rebuilding Families Takes a Church

When "Sassy," a beautiful 14-year-old girl with an angelical face, walked through my office door, she was crying. Her parents, both faithful members of the Seventh-day Adventist Church, asked me—a psychologist—to help their daughter. She had been very rebellious, and they were losing their minds. The first thing she said to me was that she did not want to talk to a psychologist.

When I suggested that we talk as friends, she opened up. Sassy said no one understood her or cared about what she thought. "My parents don't accept the fact that I am bisexual, and I don't think you, Pastor Cortés, would accept my condition," she said. I listened for 20 minutes to the one who "did not want to talk." After many therapy sessions and evaluations, we discovered that she was touched inappropriately at a party, and I tried to guide her to a path that would help her understand her own individuality and sexual identity.

Many of our young people, like Sassy, are suffering from conditions, deviations, and diseases that their parents cannot even imagine. Our young people are in pain and that often leads to destructive behavior, such as self-cutting or Bulimia.

Dear parents, pastors, and leaders, open your eyes and look around you; open your minds to understand; and open your hearts to help and protect our precious children and youth from this postmodern age.

We at the New Jersey Conference want to help. Bring your family to the conference-sponsored "Rebuilding Families" weekend. This event is not for perfect families. Held at the Tranquil Valley Retreat Center, July 24-26, a team of experts, psychologists, pediatric doctors, and other specialists will be on hand to evaluate, and help, children of all ages.

A Spanish version of this event, "Reconstruyendo Familias," will be held July 17-19.



José Cortés
President

Leaders Motivated to Improve Sabbath School

Nearly 100 Sabbath School teachers and superintendents recently attended the conference-sponsored Sabbath School Leader Convention. Attendees learned about the purpose of Sabbath School, its history, how to have a better Sabbath School, and apply Sabbath School lessons to daily life.

"For me Sabbath School is the best way to reach people. Through Sabbath School we can teach our members how to complete our mission," said Jorge Agüero, DMin, director of the Sabbath School department.

Agüero said his department organized the convention because Sabbath School should be the foundation of a happy church experience. "It is one of the church's most important opportunities for new and old members to study the Bible, share testimonies, and pray together," he said.



Paterson Temple Spanish members listen intently at a recent Sabbath School Convention.



Ramon Merle, (left) director of the Tranquil Valley Retreat Center, translates a presentation by Gary Swanson, associate director of the Sabbath School/Personal Ministries department for the worldwide Seventh-day Adventist Church.

Convention speakers included Gary Swanson, associate director of the Sabbath School/Personal Ministries department for the worldwide Seventh-day Adventist Church, and Faith Crumbly, editor of LEAD, a magazine for Sabbath School leaders.

Parkway South, Atlantic County Commit to Evangelism

Some churches have evangelism meetings twice a year for a few weeks at a time. Pastor John Pifer and the members of the Parkway South and Atlantic County churches are aiming for 52 weeks of evangelism each year. Pifer says with Sabbath services having the highest attendance, it only made sense that committed churchgoers would not have to wait for a special evangelism series to bring their friends to the church.

So each Sabbath the divine service is geared toward visitors. “We have designed our Sabbath services to be geared to some of the earlier doctrines of the church and reserve others for a class setting like prayer meeting,” Pifer explains. “And we teach our members to save some of the comments that may cause guests to stumble.”

Since last October, the churches have been doing six-week evangelism programs with very short breaks in between. They have done series on building relationships, love, finance, health, and last day events.

While the numbers of people who have joined the church through this effort are not large, Pifer says there are baptisms scheduled because of this, and adds, “I’m really happy with what is happening and the work God is doing.”

Clarence Harmon, head elder at the Atlantic County church, says the series have energized the congregation and encouraged many to participate. “It took a little while for it to actually catch on,” he said, “but people are realizing that the subjects are the same as before. It all comes from the Bible, and our topics are very relevant to events going on in our world today.”—*Taashi Rowe*



Parkway South church members Carrie Foulke, Kathy Gillespie, Charles Wells, Pastor John Pifer, and Robert Branca have all taken turns speaking for the church’s evangelism-focused Sabbath services.

PHOTO BY INGRID FORSS

Presbyterians Help Adventists Plant Church

When Collin Adams moved to Columbus in mid-2008 to pastor the Westminster Presbyterian Church, he and other church leaders felt the Holy Spirit directing them to begin a ministry to the large number of Hispanics in the community. However, no one in the church spoke Spanish, and the leaders did not know how to begin such a ministry. They prayed that God would open a door for this to happen.

Two days after this prayer, they received a telephone call “out of the blue” from Hubert Cisneros, executive secretary and Hispanic Ministries coordinator for the Ohio Conference. A few days later, Cisneros and Orlando Newball—pastor of the Worthington Spanish church—met with the leaders of the Presbyterian church to request using the Westminster church’s facilities to plant a new Seventh-day Adventist Hispanic congregation. Seeing it as an answer to prayer, leaders of the Presbyterian congregation happily approved the request.

Soon more than 150 Hispanic Adventists and guests from the community met to launch the new church plant. Raj Attiken, DMin, president of the Ohio Conference, challenged the congregation to follow the pattern that Paul established in planting churches—to maintain the primacy of the life, death, and resurrection of Jesus (1 Cor. 2:2) as the foundation and guiding principle of the new church. Pastor Adams and other Presbyterian leaders were also present to welcome the Adventists as ministry partners.

Plans are underway to plant at least two other churches in Columbus—one Hispanic and the other Portuguese.



Sarah and Orlando Newball, who pastor the Worthington Spanish church, and Felix Kelmes (right), a church elder, help dedicate a new church plant in West Columbus, Ohio.

PHOTO BY ALBERT NEWBALL

NEWS

Mount Vernon Hill Attracts 400 to Health Series

The Mount Vernon Hill Church recently completed a series of four health seminars that attracted more than 400 people. Sixty-five percent of the attendees were guests. The series began in March with the “Eat to Live!” cooking class directed by Bette Toscano.



Bette Toscano (left) and Joanne Erskine recently led healthy cooking classes at Mount Vernon Hill church.

Joanne Erskine soon followed with a bread-making class. The church also invited Wes Youngberg, DrPH—director of the Rancho Wellness Center (Calif.)—to lead

a weekend series of health lectures titled “Transforming Sickness Into Health.” Lou Toscano, interim pastor at Mount Vernon Hill, taught the “Managing Your Stress” seminar.

“This was a new experience for our church to have so many outreach activities going on in such a short period of time,” said Dale Glass, director of the church’s Health Ministries. “We were able to offer something that met a need that a lot of people have, and, at the same time, it really energized our church.”

10 Baptized in Worthington

The Worthington Spanish church recently welcomed 10 people into the church. The new members committed their lives to the Lord after attending small group evangelism meetings and a week of meetings led by evangelist Mario Rondon from the Dominican Republic. With this baptism, the church has grown to 156 members.

REBUILDING FAMILIES
 Marriage & Divorce
 Love Hope
 FATH
 Sexual Identity
 Destructive Behavior
 Bullying
 JULY 24-26 2009

Bucyrus Member Receives County Green Award

The Crawford County Park District recently honored Beth Anne Jones, a member of the Bucyrus church, for her leadership of the area's recycling program. Nominated by Galion church member Amy Tyree, Jones received the award from Bill Fisher, park district director.

Jones started recycling over six years ago as a fundraiser for her daughter's public school. She also recently got her church family involved and has since added the Galion church to her recycling group. The Blooming Grove church will begin recycling soon.

"[Jones] has most recently piloted the recycling program at the Bucyrus Seventh-Day Adventist Church where the entire community, as well as church members, can conveniently drop off recyclables," Tyree wrote in her nomination letter. "The proceeds from the recycling program have helped to fund the church's community outreach program, which she also pioneered. The goal of this [community outreach] program involves distributing clothing donations to families in need, helping to reuse our resources. The county saw the height of this program after the severe flooding, when the church was named the county's primary distribution center of clothing and bedding for those who suffered loss."

Many Sabbath afternoons, Jones and her husband, Jesse, along with their children, Anna (12), Autumn (9), and Andrew (7), take "recycling hikes."

"What better way is there to spend the Sabbath than cleaning up God's green Earth," she says.—*Trish Tickle*



Bucyrus member Beth Anne Jones and her children, Anna, Autumn, and Andrew, have helped two churches start a recycling program.

Women's Retreat Themed "Portraits of Faith"

The Ohio Conference Women's Retreat will be held September 18-20 at the Embassy Suites Hotel in Dublin. This year's theme is "Portraits of Faith," will feature inspirational speaker, writer, dramatist, and business woman Alicia Patterson (below). She will present insights into some biblical characters through dramatic monologues, which will



encourage women to know their own identity in Christ and find their own calling as His disciples. The retreat will also offer a "House of Prayer," and Sabbath afternoon activities. The registration deadline is August 25. For more information or a brochure, call (740) 397-4665, ext. 165, or go to the Annual Events link at ohioadventist.org.

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Pelley Retires After Almost 50 Years of Service

As a young boy, Rudolph "Mo" Pelley would lie on his back and watch planes fly overhead and dream of flying. Before he could even drive, he received his pilot's license and was awarded a scholarship to join the Canadian Air Cadets. However, because of Sabbath conflicts, he decided to pursue a degree in business at Atlantic Union College (AUC) in Massachusetts.

After graduation Pelley worked at AUC as an accountant for two years before moving to the Southern New England Adventist Book Center to become assistant manager, and establish and oversee

because international travel was so difficult, Pelley began flying administrators out of the country.

The family moved back to the United States in 1980, and Pelley went to school to obtain his aircraft maintenance license, intending to return to the mission field.

But after graduation, he was asked to serve as assistant treasurer and director of Trust Services for the Atlantic Union Conference.

In 1987 Pelley received a call from Jerry Page, then president of the Pennsylvania Conference, to come and serve as treasurer—a position he held for the last 22 years. "Despite not getting to fly, this has been one of the most fulfilling opportunities of my life," Pelley says of his last post.

Pelley retired this summer after much prayer and thought, and a career that has spanned 49 years of ministry to every branch of denominational service. He is grateful for the opportunities God has given him. "I am totally captured by who God is and by the privileges He's given me. The opportunity to fly for Him has been a gift from the Lord—one of those things to sweeten the pot," he says.

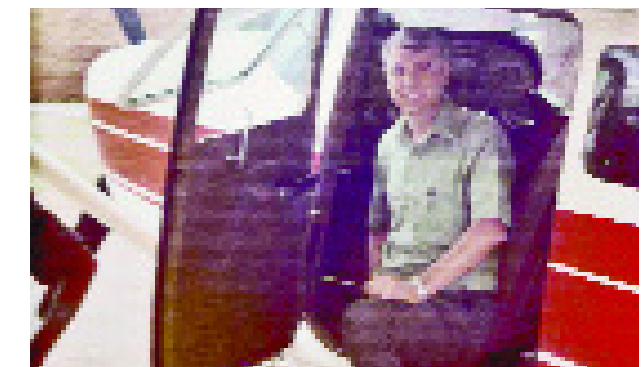
Pelley and his wife, Diane, have been married 53 years. They have two children.



Mo Pelley, Pennsylvania Conference treasurer, recently retired after 49 years of denominational service.

the Home Health Education Service. In 1965 he moved back to AUC where he served as the assistant business manager for six years. Surprisingly, part of his responsibilities involved flying recruiting teams to other colleges and academies. During this time, AUC decided to begin a flight-training course, and they invited Pelley to choose and fly home their first plane. He became instrumental in organizing and leading this new flight school.

He was called to the Congo Union in Africa in 1971 where he served for two years as a mission pilot, union auditor, and association treasurer. He then moved to the Malamulo Mission in Malawi, where he served as the business manager for the Malamulo Hospital and as a pilot for the flying doctor service. His next move was to the then Trans-Africa Division where he served as the associate treasurer. After two years there, the division bought an airplane and,



Because of Sabbath conflicts, Mo Pelley gave up on his dream to become a pilot, never realizing that he would have multiple opportunities to serve God in the air and on the ground.



Reading Hampden Hawks Fly to First Place

The Reading Hampden Hawks Pathfinder Club (above) was among the 26 clubs from the North American Division to compete at the division-level Pathfinder Bible Achievement in Berrien Springs, Mich.

They answered 90 questions that tested their knowledge of chapters 10-36 of 2 Chronicles. The Hawks placed first along with several other clubs. Next year the clubs will be quizzed on the book of Jeremiah. For more information on how your child can participate in a Pathfinder club, contact Pam Scheib at papathfinders@verizon.net. —*Pamela Scheib*



HVCA principal Gary Davis; LaVona Gillham, associate director of Education for the Columbia Union; Jennifer Bianco; and Dave Morgan, vice president of Education for the Pennsylvania Conference, gather at the award presentation.

Pennsylvania Teacher Named Distinguished Educator

Jennifer Bianco, who teaches elementary school students at Huntingdon Valley Christian Academy (HVCA), recently received the Distinguished Educator Award from the Columbia Union Conference's Office of Education. The winners are nominated by their peers and awarded a plaque and \$1,000.

Bianco has spent 16 years in Adventist education, including four at HVCA. She regularly attends and provides professional growth seminars. She is active in her church and conference, helping with camp meeting and summer camp. She mentors and coaches other teachers and has done a masterful job of implementing the Pathways program throughout the curriculum. She believes that the Lord gave her the desire, talent, and opportunity to serve in Adventist education ministry. —*David Morgan*

Accounting Software Available to Local Churches

LUCIS is an accounting software created by the Lake Union Conference to help Seventh-day Adventist churches, schools, and conferences better handle their finances. In 2008 the Pennsylvania Conference presented LUCIS to church treasurers as a bookkeeping tool. Today there are 35 Pennsylvania Conference church

treasurers using the software. Three of those treasurers—Lisa Musser of the Lancaster church, Randy Tremols of the Reading Spanish church, and Richard Winget Sr. of the Bucks County church—were interviewed in a Lake Union video about the software. View the video at paconference.org under the Resources and Links page. Additional information about LUCIS can also be viewed at eLUCIS.org. To order LUCIS, contact Ralph Reifsnnyder, auditor for the Pennsylvania Conference, at (610) 374-8331.—*Karen Schneider*

What's happening

July

5-12 Tween Camp
Laurel Lake Camp

11 Youth Leader Training
Blue Mountain Academy

12-19 Teen Camp
Laurel Lake Camp

14- Aug. 2 Nicaragua
Evangelism Trip

19-26 Family Camp
Laurel Lake Camp

August

8 Youth Leader Training
Blue Mountain Academy

16-23 Young at Heart
Laurel Lake Camp

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

JULY 2009

The Ultimate Caregiver

The term “caregiver” is not found in the Bible, but it’s one of the most important roles that we humans provide to our fellow men. Consider the following definitions:

- A person responsible for the well-being of a patient, generally, a family member or close companion.
- A health professional: a person who helps in identifying or preventing or treating illness or disability.
- A person who is responsible for attending to the needs of a child or dependent adult.

Jesus, who shared the importance of caregiving in Matthew, was the ultimate caregiver. He says, “Then the King will say to those on his right, ‘Come, you who are blessed by my father: take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat. I was thirsty and you gave me something to drink. I was a stranger, and you invited me in. I was sick and you looked after me. I was in prison and you came to visit me’” (Matt. 25:34-36, NIV).

We all take on many different roles within society, depending on our personality and specific strengths. However, the role of caregiver is one that we should all embrace. Jesus clearly states that this will be the way that He will recognize His followers when He comes again. Thus, the ultimate question each of us needs to ask ourselves is this: Will He recognize me when He comes to take us home?



Bill Miller
President

Waynesboro Members Renovate Elderly Woman's Home

On a recent Sunday morning, 40 volunteers from the Waynesboro (Va.) church showed up to renovate 91-year-old Ella Mitchell's (below) house. She lives on a fixed



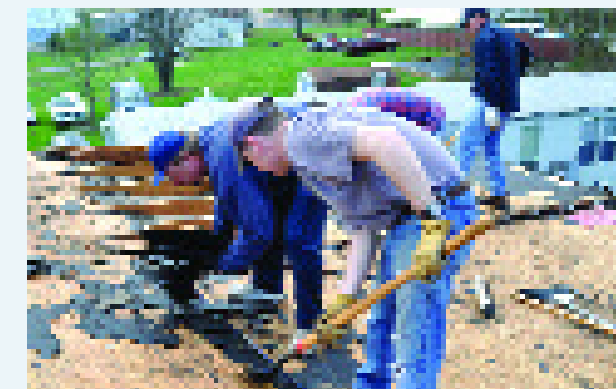
income from Social Security and provides day care for a great-granddaughter. She had leaky front and back porches and could not afford to pay for the renovations herself.

So Waynesboro members worked with Rebuilding Together—a national nonprofit organization that rehabilitates homes for low-income homeowners free of charge—to make the repairs that Mitchell desperately needed. They provided all the materials.

She initially requested repairs to the porches. However, after inspection of the roof, volunteers found rotten sheathing and very worn shingles. Members got to work removing all the old shingles, installing new sheathing, and nailing down new felt, water shield, and shingles. They built a new 6-by-8 foot back deck, installed new gutters, and repaired soffit and facial boards. They also hung a new storm door, installed a new ceiling on

the back porch, primed and repainted the exterior wood siding, cleaned and relined the chimney, trimmed bushes and shrubs, and cleaned the yard.

No one was happier than Mitchell. She gave Will Johns, Waynesboro pastor, a big hug and said, “He’s part of our family now!” A devout Methodist, Mitchell attended the Waynesboro church, several weeks later, and personally thanked members for the wonderful job they did renovating her home.—*Doug and Beth Sheffer*



After head elder Doug Sheffer wrote to the community organization Rebuilding Together, Waynesboro (Va.) church members made needed renovations, including a roof repair, to an elderly resident's home.

Manassas Pastor's Testimony Draws Radio Listeners

Joey Pollom, senior pastor at the Manassas (Va.) church, recently shared his testimony on WGTS, the Columbia Union College-owned radio station in Takoma Park, Md. His testimony made a huge impact on listeners. Here is Pollom's story:

When he was 8 years old, he went to stay with his grandmother in San Francisco. Unbeknownst to Pollom, his grandmother was a leader in the Church of Satan, and was holding séances in her home on a regular basis.

The first night he arrived, she sent him to his room, as she was going to be entertaining guests. Curious, he decided to sneak down the hallway to see what his grandmother was doing.

He watched as the séance progressed, and he could see images moving in the crystal ball she had placed directly in front of her. As the members started chanting, his grandmother placed her hands over the crystal ball, and it levitated into the air above the table. At his grandmother's verbal command, the table lifted off the ground, and met the ball in the air.

Pollom turned and ran back into his room, where he suddenly felt a heaviness come over him, making it difficult for him to breathe. He soon found himself curled up on the floor, and he remembered something he had learned in Sabbath School only the week before. He recalled his teacher telling the class that if they ever found themselves in trouble, they simply needed to call on the name of Jesus, and Jesus would come and rescue them.

That is exactly what Pollom did—he started repeating the name of Jesus as he rocked back and forth on the floor, and, almost immediately, the dark cloud that had been over him vanished, and he felt a peace that he had never experienced before.



After years of running from the Lord, Pollom became a pastor six years ago. He is pictured here at his ordination ceremony with his wife and sons.



Manassas (Va.) church pastor Joey Pollom's powerful testimony shared on a radio show brought many to an evening program at Sligo church in Takoma Park, Md.

A minute later, without knocking, his grandmother pushed open the door to his room. Glaring at him, she said, "You were praying, weren't you?" He replied, "Yes." With that, she shut the door and left him in the room. He later learned that as soon as he started praying, his grandmother lost all her power in her séance, and the customers took their money and left.

After Pollom's testimony aired, several people called the station to report they had become so emotional listening to him as they drove that they had to pull off the road. And nearly 50 visitors who had heard his testimony on WGTS turned out to the New Community Fellowship program at the Sligo church in Takoma Park, Md., where Pastor Pollom was a guest speaker that week.

It's very clear that the Lord is moving within the Potomac Conference, and He so desires to use the stories we have to share with those who still need to hear the good news of Jesus and of His amazing power to save. Using the radio waves is one of the greatest ways to reach those who otherwise wouldn't set foot in a church.

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Phone: (540) 886-0771 ■ pcsda.org ■ President, Bill Miller
Communication Director, Dan Jensen

Spotlight on Spencerville

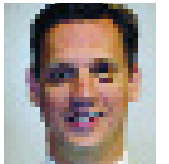
JULY 2009

Priceless

The excitement is building as construction continues to move forward on the new Spencerville Adventist Academy (SAA). It is going to be a beautiful school when it is completed. Some in this community first dreamed of a new school over 20 years ago. At times it seemed as though the barriers to construction were signaling that maybe the Lord had other plans for us. Yet days, weeks, or months later a breakthrough would occur that was clearly divine intervention.

Even with the many breakthroughs that occurred, there were times when our faith seemed to wane and questions arose about the viability of the project. So, of course, it was an amazing moment when we finally received the permit to build. My excitement was soon replaced with a serious question in a quiet, late night prayer with the Lord. Why would He approve of us spending millions of dollars on a new school? The answer to my question came very quickly. We are investing in eternity.

The Lord has done the math and knows that by spending this money, the returns on that investment will exceed the outlay of cash. We have been gifted with a great responsibility, and we must always remember why our schools exist. "To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind, and soul, that the divine purpose in His creation might be realized—this was to be the work of redemption. This is the object of education, the great object of life" (*Education*, pp. 15-16). It is now crystal clear why we will have a new school—more souls for the kingdom—and that is priceless.



Brian Kittleson
Principal

NEWS

Drama Team Celebrates 10th Year of Broadway Musicals

SAA's drama team recently completed its 10th year of performing musical dramas with a return to *The Sound of Music*, which was first performed in spring



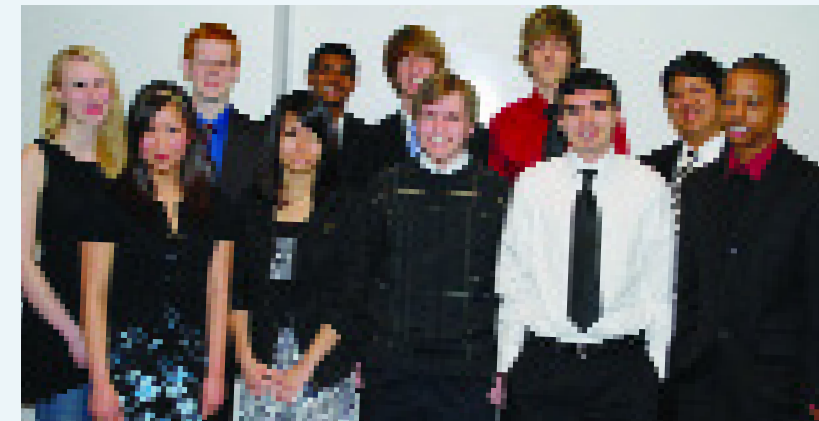
2000. During the course of the nine performances, over 1,800 people were able to see and hear the talented group of students in the drama department.

The most recent production involved about 50 student cast members; 20 student, parent, and alumni musicians; and 15 parent volunteers back stage. Each year director Jane Lanning pulls the performances together and brings out the best in everyone associated with the play. SAA is proud of its drama department and grateful to all the staff and volunteers who make such a successful program possible.

13 New Members Join National Honor Society

SAA's chapter of the National Honor Society (NHS) is pleased to induct 13 new members. Inductees display the qualities of scholarship, leadership, service, and character.

New members (pictured below) include: (first row) Jasmine Jaio, Edeny Tran, Ryan Comeau, Kaveh Kazemzadeh, Chris Royster, (back row) Joylynn Crews, Zachary Hotchkiss, William Arthur, Justin Calhoun, Cedric Schaebe, and Chris Anbiah.





Physics Students Put Knowledge Into Practice



SAA physics students get ready to fire student-designed rockets capable of lobbing a potato 150 feet.

As a part of their unit on projectiles, physics students at SAA were required to design and build a launcher that could send a projectile 150 feet and hit a 5-by-5 foot target. With guidance from teacher Nathan Hess, they chose from a variety of propulsion methods—compressed air, lever action, elastic energy, and the ever-popular combustion. The students were given about a month to design and build their potato launchers and spent two days test firing and locking in on the target. The entire student body was invited to launch day.

“I find the potato launchers are a great way to make the theory and equations of projectiles real and practical for the students,” Hess said of the annual project. “They have to determine what launch angle is needed and how much propulsion is best suited to hitting the target consistently. Plus, it’s just a lot of fun to see and hear them launch!”

How a Mission Trip Changed Us

At first going on a mission trip to the Dominican Republic with other SAA students seemed to me like the ultimate vacation. However, once we got there, I was surprised to find myself, and my classmates, taking the *mission* part of the trip seriously. I realized how much we all cared about the people we came to help. Seeing the immense need all around us simply filled me, in particular, with the desire to give anything I had—be it work, money, or clothing.

I know that sometimes we young people may seem apathetic and selfish, but in the Dominican

Republic, I saw guys who had never participated in chapel singing their hearts out in worship. I saw girls who normally would rather go shopping pour cement all day. I saw my friends offer prayer for families who had nothing in their homes except broken boards and flies.

I saw seniors William Messenger and Devon Kittleson lift little boys onto their shoulders and spin them around. I saw junior Cassie Marroquin mix heavy mortar all day without a single complaint. I saw junior Megan Thompson cradle a crying girl in her arms. I saw flimsy

tin fences torn down and replaced with the strong brick walls of a new school building. And, amidst all these things, I saw myself changed. I saw in everyone a freedom to do something beautiful. And I’m thankful because I was able to see God.—Jaime Jacobson ('09)



The Spencerville group worked tirelessly on two school building projects while in the Dominican Republic.



In addition to construction work, students helped to conduct two Vacation Bible Schools. Seniors William Messenger (left) and Devon Kittleson spend time with some of the boys and girls who attended.

Spotlight is published in the *Visitor* by the Spencerville Adventist Academy 15930 Good Hope Rd., Silver Spring, MD 20905 • Phone: (301) 421-9101 spencervilleacademy.org • Principal, Brian Kittleson • Editor, Heidi Wetmore

Numbers Reflect School’s Mission

Numbers truly tell the story of what Shenandoah Valley Academy (SVA) is all about. These numbers don’t talk about finance, but instead talk about the decisions our students have made for Christ, the number of hours they have spent helping others, and the commitment staff and faculty have made to Christian education.

Baptisms

During the school year, 17 students made the decision to be baptized into the Seventh-day Adventist Church. Four students were baptized following the spring Week of Prayer, and one was baptized during graduation weekend. Another 12 were baptized in the Shenandoah River on the last Friday evening of the



school year, with the entire student body and staff present to witness their decision to follow Jesus. Seven had been scheduled to be baptized in the river that evening, but five additional students made the decision to be baptized as they witnessed the baptism of their friends. Praise God!

Community Service

Students have devoted more than 8,000 community service hours to various activities this year. Seventy-five percent of the student body took part in these activities, breaking down to an average of 50 hours of service given by each of the 162 students involved. Community service projects included mission trips, feeding the homeless, coordinating local Red Cross blood drives, presenting Week of Prayer programs at elementary schools, and helping move the town library to its new building.

Academics Success

Thirty-six SVA students are members of the National Honor Society and maintain an average GPA of 3.65.



Commencement

Forty-eight students graduated this year with 13 members of the class having the distinction of being four-year seniors. In addition, five seniors were third-generation graduates, and seven were second-generation graduates. With the addition of these 48 students, a total of 4,832 students have graduated from Shenandoah Valley Academy since the first graduating class of four students in 1911.

Committed Staff

The teachers and staff represent a total of 261 years spent working at SVA, with five staff members each having worked over 20 years at the school.

International Student Body

SVA is truly an international school with students hailing from Korea (20), Colombia (4), Angola (3), Brazil (2), Nigeria (2), and one student each from Trinidad, Bolivia, Nicaragua, El Salvador, Kenya, and Peru.

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

Eternal Riches

Even though one song says, "Summertime and the living is easy," we at Takoma Academy (TA) are busy preparing for the upcoming school year. As I reflect on the previous year, I also pray for success for our students, teachers, and staff in the next year. Are you reflecting on the positive changes you will make for the new school year? Are you praying for the financial ability to keep your child in, or to enroll your child in, a Seventh-day Adventist school? The financial struggles are deep but the eternal rewards are much deeper. As Paul says in his letter to the Philippians, "My God will meet all your needs according to his glorious riches in Christ Jesus" (Phil. 4:19, NIV). Keep that verse in mind and never forget that we are preparing our students for God's kingdom.



C. Dunbar Henri
 Religion Teacher

Senior Places First in Negro Spiritual Competition

Singing sacred music helped senior Erin Tolbert to win \$3,000 in scholarship money. Tolbert (right) competed against six other students for the Grady-Rayam Prize in Sacred Music. Organized by the Negro Spiritual Scholarship Foundation, the annual competition awards collegiate scholarships to African-American high school students. Each singer was required to learn two songs.



"This whole experience has been a true blessing. God has really smiled on me, and I am eternally grateful for this opportunity," Tolbert said.

In October Tolbert will represent Washington, D.C., in the foundation's concert in Florida and will also attend their gala and have her photo and profile on their website.

Student Helps With Special Olympic Winter Games

One TA student had unparalleled access to the Special Olympics Winter Games. As a volunteer with the downhill skiers, senior Kelsea Malin (right) helped escort the athletes to their races.

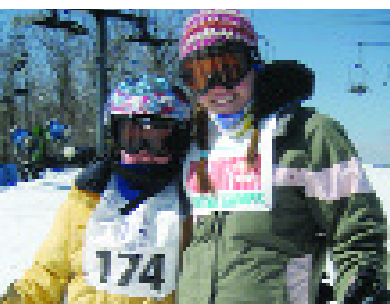


they finished their races. "I met many remarkable kids and adults alike who had a lot of fun doing what they loved, and it really touched me."

"Being a volunteer was a great experience I will appreciate for the rest of my life," Malin said.

She explains her duties: "We would gather our group of five or six athletes from the staging tent, make sure everyone stayed together on the way to the ski lift, and then escort them to their races. We would place them in racing order and wait for all of them to finish, then meet them at the bottom and take them back to their coaches in the staging tent."

Malin said she was inspired by how happy the athletes were when



TA senior Kelsea Malin (right) helped downhill skiers get in place at the Special Winter Olympics.

Calendar

July

26 Registration, 10 a.m.-2 p.m.

August

17 Orientation for all Students, 6-9 p.m.

18-19 Freshmen Start School

20 First Day of School for all Students

21 Dedication Service, 7 p.m.

22 Student Council Handshake, 8 p.m.

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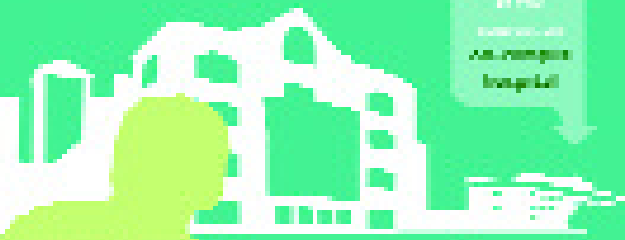
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ANNOUNCEMENTS

REUNION FOR GREATER BALTIMORE ACADEMY, (formerly) Edgecombe Junior Academy, and (currently renamed) Crossroads Adventist

School 50th anniversary for the first graduating class of GBA in 1959. All alumni from any of the three schools are invited to attend July 18. For more information, please contact Marian (Schubert) Phillips: email phillipsm@gc.adventist.org, or call (301) 604-7355.

LOUISVILLE JR. ACADEMY 100TH ANNIVERSARY:

Calling all former students, teachers, and friends of Louisville Jr. Academy (LJA)! You are invited to celebrate on July 24-26 at the current LJA and Louisville First church. For more information and to register for the events, email ljaalumni@gmail.com; visit the website at ljaalumni.webs.com; or call (502) 550-6787. Connect with former students on Facebook under Louisville Jr. Academy alumni.

GREATER BOSTON ACADEMY REUNION, OCTOBER 16-18,

at Stoneham Memorial church, 29 Maple St., Stoneham, Mass. Starting Friday evening, there will be a light supper at 6 p.m., followed by vespers at 7:30 p.m. Sabbath morning at 10:45 the church guest speaker will be former principal Bill Arnold, with a fellowship luncheon at 1 p.m. at Greater Boston Academy (GBA). Saturday night features class reunions and on Sunday a school fall festival from 11 a.m.-1 p.m. For additional information or direc-

tions, contact Arthur Barnaby at (951) 359-4344, email afbarnaby@juno.com, or call GBA at (781) 438-4253.

SUNNYDALE ADVENTIST ALUMNI WEEKEND, OCT. 1-4.

Honor classes are '49, '54, '59, '64, '69, '79, '84, '89, and '99. Activities begin Thursday evening with the Silver Showcase Banquet, and continue Friday with a career day. The Sabbath speaker is Fred Riffle (Class of '79). Sunday is the Alumni Golf Tournament. For additional information, call (573) 682-2164, or visit sunnydale.org.

OBITUARIES

BEAMER, Bula B.,

born June 4, 1932, in Kingston, Pa.; died at her home in Fairfield, Pa., on September 27, 2008, after a brave battle with cancer. She was a member of the Silver Spring (Md.) church and also the Kingston (Pa.) church for many years. Her positive spirit was an inspiration to those who knew her. She enjoyed constructing many homes with her husband, and loved to create beautiful flower gardens. Survivors: her husband Glenn, of 57 years; two daughters: Susan (Steven) Gray and Cynthia (James) Ward; one grandson, Jeffrey; two stepgranddaughters: Teresa and Rachel; two great-stepgrandchildren; her sister, Patricia (Fred) Sutter; four brothers: Gerald (Betty) Thomas; Norman (Regina) Bly; sister-in-laws: Ruth, Martha, and Virginia; and numerous nieces and nephews. She was preceded in death by her parents, Thomas and Lucille Beamesderfer; and two sisters: Eunice Kreiger and Pauline Rolinec.

CROSS, George C.

born March 20, 1936, in Hyattsville, Md.; died November 8, 2008, in Richmond, Va. He was a member of the Hyattsville (Md.) church. He is survived by his wife, Bonnie O. Cross, of Richmond; a sister, Martha F. Redmond of Scotland, Md.; and aunts: Blanch Stansbury of Seabrook, Md., and Mae Skinner of Annapolis, Md.

DATSKO, Ruth M.,

born February 18, 1918, in Industry, W.Va.; died January 16, 2009, at the Life Care Center of New Market, Va. She was a member of the New Market church. She was a supporter of the Shenandoah Valley Academy and Shenandoah Valley Adventist Elementary School. She volunteered for many years for the New Market Chamber of Commerce and Shenandoah Valley Music Festival Guild. Surviving are two stepsons, David Datsko and Jan Richard Datsko; two stepdaughters, Lynda Hagan and Patricia Samuel; and a number of step-grandchildren.

	July 10	July 17	July 24	July 31	Aug 7
Baltimore	8:35	8:31	8:26	8:19	8:12
Cincinnati	9:06	9:02	8:57	8:51	8:43
Cleveland	9:01	8:57	8:52	8:45	8:36
Columbus	9:02	8:58	8:53	8:46	8:39
Jersey City	8:29	8:25	8:19	8:13	8:04
Norfolk	8:26	8:23	8:18	8:13	8:05
Parkersburg	8:54	8:50	8:45	8:39	8:31
Philadelphia	8:31	8:27	8:22	8:15	8:07
Pittsburgh	8:51	8:48	8:42	8:35	8:27
Reading	8:35	8:31	8:26	8:19	8:11
Richmond	8:33	8:29	8:25	8:19	8:11
Roanoke	8:42	8:39	8:34	8:28	8:21
Toledo	9:10	9:06	9:00	8:53	8:45
Trenton	8:30	8:26	8:21	8:14	8:06
Wash., D.C.	8:35	8:31	8:26	8:20	8:12

SUNSET CALENDAR

ENGEN, Clara Julia Wolcott,

born June 21, 1918, in Toledo, Ohio; died February 23, 2009, in Reading, Pa. When she retired she had taught 19 continuous years at Vienna Junior Academy, in Vienna, Va. At the time of her death, her membership was at Reading (Pa.) Hampden Heights church, but her active years were spent at the Vienna (Va.) church and at the Frederick (Md.) church. She is survived by her husband, H.O. Engen; two sons: Bruce Engen of Paeonian Springs, Va., and Gregg Wellborn of Ooltewah, Tenn.; two daughters: Esther Wolcott and Sharon Overton of Reading, Pa.; nine grandchildren; and seven great-grandchildren.

Services Center. She is survived by a daughter, Ina Masters and husband, Hal, of Hagerstown; a son, Chester E. Fox Jr. and his wife, Rosalie, of Chambersburg, Pa.; three grandchildren: Steven, Brandon, and Jordan Fox; and many nieces and nephews. She was preceded in death by two sisters, Carman Ray and Doris Elliott; one brother, Henry Cornish; and two infant brothers.

GEER, Edwin H.,

born April 13, 1927, in Sunbury, Ohio, to the late Ralph Geer and Grace (Ferrell) Geer; died January 21, 2009, in Newark, Ohio. He was a member of the Newark (Ohio) church. Edwin was employed with White Westinghouse for more than 36 years. He proudly served his country in the U.S. Army in World War II, and as a Marine in the Korean War. He enjoyed gardening, taking care of his yard, family occasions, and cookouts. Described as a teacher, tinkerer, quiet and even-tempered, Edwin was a loving husband, father, brother, and friend. He is survived by his wife, Frances E. Geer; his sons: Edwin A., Donnie, and Jimmy Geer; and daughters: Dee Sowers and Georgia Parker.

FOX, Carroll Fern,

born March 4, 1908, in Kansas City, Missouri; died September 5, 2008, at the Golden Living Center in Hagerstown, Md. She was 100 years old, the daughter of the late Henry Norman Cornish and Elena Wheeler Cornish. Her husband, Chester E. Fox, preceded her in death in 1993. Carroll was a member of the Silver Spring (Md.) church since 1973, but was baptized into the Pennsylvania Ave. church in Washington, D.C., in 1946. She was church treasurer at the Pennsylvania Ave. church, and active in the Dorcas Society of both churches and in the Silver Spring Adventist Community

HABIG, Edris M.,

born March 19, 1937, in Mifflin County, Pa.; died October 8, 2008, in Hershey, Pa. She was the

daughter of the late Harry Habig and Muriel (Rhan) Habig. Edris was a graduate of Philadelphia Academy. She attended Columbia Union College, in Takoma Park, Md., and was a 1961 graduate of Atlantic Union College, in Mass. She earned her master's degree in counseling from Shippensburg University in Pennsylvania. She has been employed as a girls' dean at the Sunnysdale and Garden State academies; taught at Adventist church schools in Lebanon, Reading, Bethlehem, Carlisle, and Harrisburg, Pa.; and also worked as a rehabilitation counselor. A charter member of the Hershey (Pa.) church, she has served as Sabbath School superintendent and teacher, an elder, Women's Ministries leader, church board and school board member, and Vacation Bible School teacher. She also volunteered at the Hershey Medical Center. She enjoyed reading and traveling. She is survived by many loving cousins, friends, and church family.

MEYER, John Daniel, born July 14, 1924, in Lansdowne, Pa.; died March 1, 2009, at his winter residence in Punta Gorda, Fla. He was the son of the late Jacob M. Meyer and Alwine Hoehne Meyer. He was the husband of Clara Marie Hatton Meyer, his wife of 60 years. He was an Army veteran, having served in Saipan during World War II. After returning from the war, he worked as a dairy farmer on the family farm near Silver Run. He was a real estate broker and owned and operated John D. Meyer Real Estate, with offices in Westminister and Littlestown, Pa. He was a member and first elder of the Westminister (Md.) church for many years. He also served as a Sabbath School superintendent and was on the Mt. Aetna Camp Development Committee. He enjoyed spending time in Florida, camping, golfing, and flying private aircraft. Surviving, in addition to his wife, are children Daniel Meyer and wife, Fiona, of Westminister; Susan Wohlers and husband, Daniel, of Punta Gorda; siblings: Ruth Waxter of Virginia, Esther Brockman of California, David Meyer of California, Marie Krall of Tennessee, and Benjamin Meyer of Westminister; five great-grandchildren; and many nieces and nephews. He was preceded in death by siblings Jacob and Paul Meyer and Martha Pielate.

MIARI, Frances C., born August 27, 1912, in Fitchburg, Mass.; died August 16, 2008, in Silver Spring, Md. She was a charter member of the Reading (Pa.) Kenhorst Boulevard church. Survivors: her daughter, Vera (Robert) Gamble of Silver Spring, Md.; granddaughter, Christina (Alex) Ramirez of Laurel, Md.; and great-granddaughters, Alessandra and Gabriella Ramirez of Laurel.

NETTEBURG, Vernice, born September 12, 1916, in St. Paul, Minn.; died February 6, 2009, in Silver Spring, Md. She was a member of the Beltsville (Md.) church. She worked for the Minnesota Conference, Pacific Press Publishing Association, and the Northern Union Conference. She is survived by her son, Kermit, who is a former editor of the *Visitor*, and is now pastor of the Beltsville church; daughter-in-law, Ronnalee; grandchildren: Charity Pitton, Kristin Priest, and Olen Netteburg; and four great-grandchildren.

NICHOLAS, Starling Mark, born August 15, 1935, in Orlando, Fla.; died March 29, 2009, at the Perry Point Veterans' Administration Medical Health Center (VAMHCS). He was the son of the late Mark L. and Nieves Nicholas. He served in the U.S. Army from 1958 to 1960 and was honorably discharged from the reserves in 1964. He began his career as a Seventh-day Adventist pastor in Newfoundland. He also taught in various Adventist school systems, including Tennessee, where he served as president of Whispering Pines Academy. In 1993 he obtained a license as a certified nursing assistant and worked at the Upson Regional Medical Center in Thomaston, Ga.. He had lived in Maryland since 1996 and worked as a nursing assistant at the Perry Point VAMHCS and at the Kirk U.S. Army Health Clinic at Aberdeen Proving Ground. He was a member of the Rising Sun church, where he sang in the choir. He greatly enjoyed singing sacred music. Nick is survived by his wife, Nancy J. Nicholas, of Aberdeen, Md.; his two sisters: Ina Griswold of Moab, Utah, and Ellen Rice of Flat Rock, Ala.; and many nieces and nephews.

ROUSH, Shanna N., born February 1, 1979, in Marion, Ohio; died February 11, 2009, in Montclair, Calif. She was a member of the Newark (Ohio) church. She is survived by her mother, Deborah Young Odom, and her father, Steve Roush; her stepfather, Johnny Odom; a sister, Anissa (Fischer) Lines; and an aunt, Cheryl Young.

WAYNE, Donna R., born in 1936 in San Diego, Calif.; died February 9, 2009, at the Sebastian Medical Center in Sebastian, Fla. She was a member of the Parkersburg (W.Va.) church. She is survived by her husband, Clayton Wayne of Vienna, W. Va.; a son, Stephen Wayne of Clarksville, Tenn.; and her daughters: Sallie Wright of Parkersburg, and Stacia Al-Qabandi of Kuwait.

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June 27
Peter Bath/Steve Chavez

July 4
Terry Johnsson

July 11
Debbie Easley

July 18
Don Schneider

July 25
Bill Johnsson

August 1
Kermit Netteburg
Special Music:
Hillhaven Choral Group
Dr. Marianne Scriven, Dir.

August 8
Charles Sandefer

St. Peter's Lutheran Church
10301 Coastal Hwy., Ocean City, Md.
Sabbath School: 10 a.m. Worship Service: 11 a.m.

August 15
Gary Krauss

August 22
Dave Gemmell

August 29
Fred Kinsey

September 5
Gary Patterson

September 12
Larry Evans

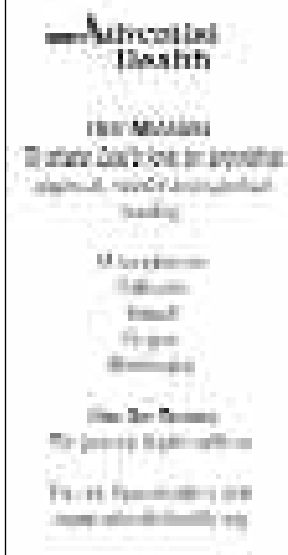
September 19
Bill Johnsson

September 26
Nick Satelmajer

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Giving Back

Before we were married, we spoke about the probability that her folks would someday live with us. Dad was experiencing some early effects of Parkinson's and Mom was exhibiting signs of Alzheimer's. In 1999 they moved from Minnesota, and we built a home and life together in Washington state. Dad passed away in 2004. Mom has experienced a steady decline over the past 10 years, and, for the last seven years, has required full-time care. Laurie has been that caregiver.



When they first came to live with us, Mom would sometimes express feelings about being a bother to us. Laurie's response would always be, "You're not a bother—you're a blessing." Victor would also remind Mom of how many years Laurie was a "bother" to her and Dad! In many ways, our choice to invite our folks to live with us was a matter of giving back what was so freely and wonderfully given. The seed of our willingness to share our home and lives with them came from the example they set.

Laurie's mom, Dorothy Jarnes, is not a difficult Alzheimer's patient. It is difficult however to watch her lose more and more of what makes

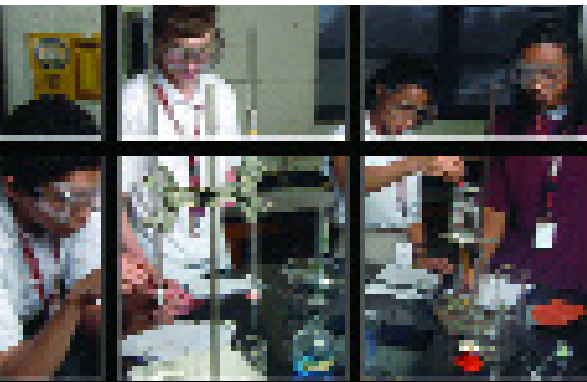


her "Mom." There was a time when she would tell us, over and over again, cute stories like how she and Dad met. All the stories have faded from her memory now, but we are very grateful for the things she still can enjoy—taking neighborhood walks, reading to us or being read to, repeating Bible verses, singing old hymns and choruses, and being with her family and people in general. She even still plays the piano, though less and less often.

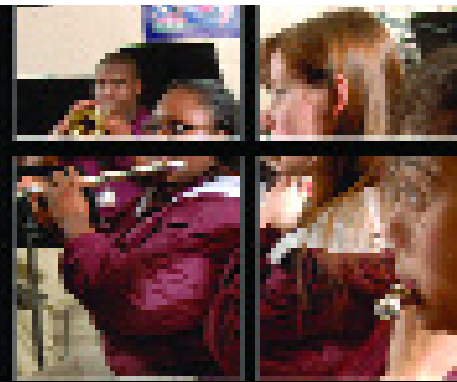
ALL THINGS NEW

One of the difficult parts of the decision to have Mom live with us is the 24/7 attention that her care requires. The stress of being "on" every moment of the day can sometimes be tiring and overwhelming. But we have no regrets. While it is difficult to watch, what keeps us going and gives us hope is the promise that soon there will come a day when "... there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. And He that sat upon the throne said, 'Behold, I make all things new'" (Rev. 21:4,5).

Victor Brown is dean for enrollment management at Kettering College of Medical Arts in Kettering, Ohio. Laurie enjoys serving as full-time caregiver for her mother.

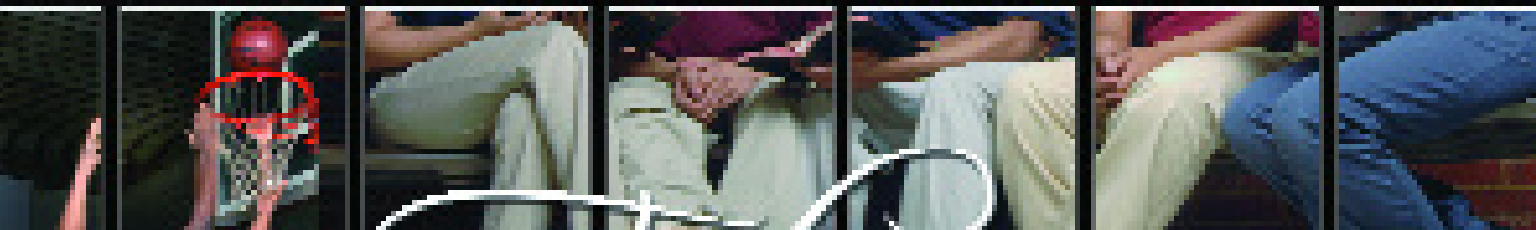
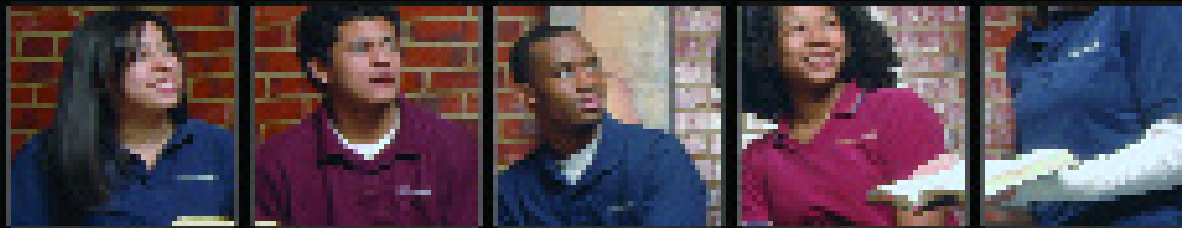


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