

VISITOR

CONNECTING COLUMBIA UNION MEMBERS

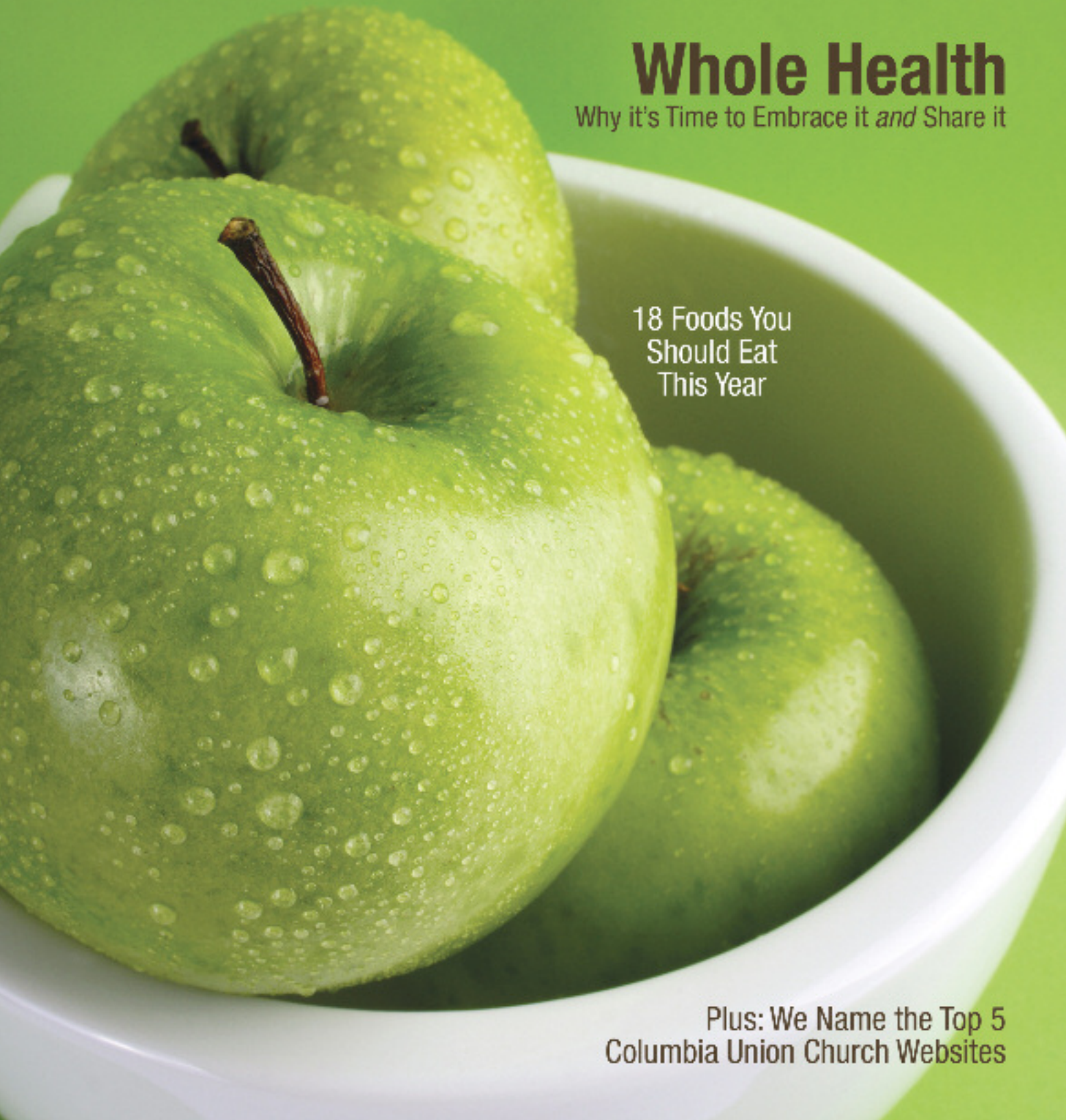
JANUARY 2011 • VOLUME 116 • ISSUE 1

Whole Health

Why it's Time to Embrace it *and* Share it

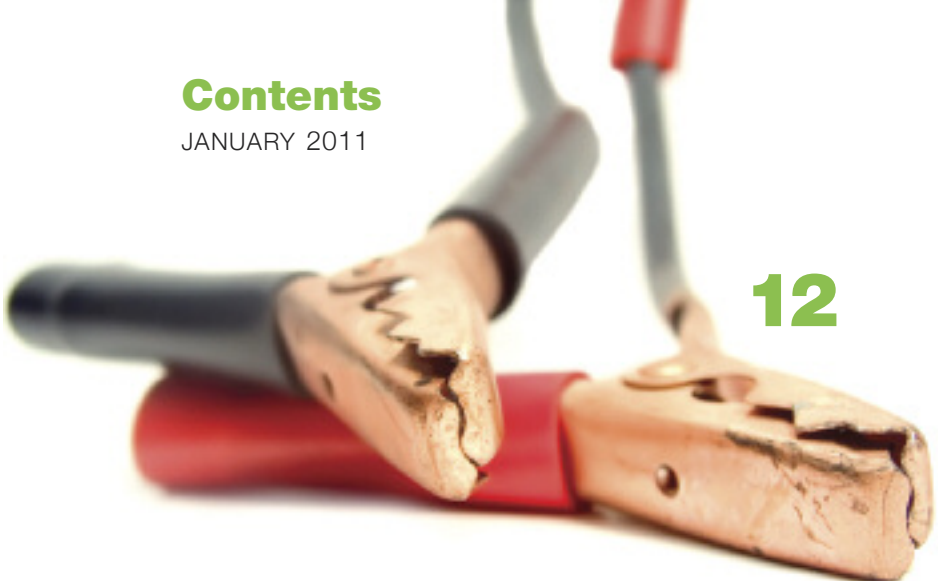
18 Foods You
Should Eat
This Year

Plus: We Name the Top 5
Columbia Union Church Websites



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STAY CONNECTED



columbiaunion.org

On the Web

Here are 10 ways to stay connected to your Columbia Union church family:

Magazine – Read your *Visitor* online using our new easy-to-read flipbook format at columbiaunion.org.



Calendar – Our 2011 *Visitor Calendar*, themed “Whole Health,” highlights the “true remedies” Ellen White espoused in *The Ministry of Healing*. For free copies, email bweigley@columbiaunion.net.

For free copies, email bweigley@columbiaunion.net.

Facebook – Share your news with us, and tell us how you’re going to embrace whole health in 2011.

Twitter – Follow us at twitter.com/VisitorNews to get news and interesting tidbits.

Email – Receive breaking news between issues of the *Visitor*. Sign up at columbiaunion.org/email.

Podcasts – Listen to news, interviews and spiritual commentary at columbiaunion.org/podcasts or find *AudioVisitor* on iTunes.

Website – Get news anytime at columbiaunion.org, and make us your homepage.

YouTube – Watch our channel to enjoy the latest videos and interviews. Go to youtube.com/user/ColumbiaUnion

DVD Show – *Columbia Union Story* features inspiring stories of members and ministries. Our seventh edition features Adventist HealthCare and Kettering Adventist HealthCare. For free copies, call (888) 4-VISITOR, ext. 4.



Photo Blogs – Enjoy news and photos from Columbia Union leaders like Hamlet Canosa,

vice president for Education, at columbiaunion.org.

Want to Change? Give it 10%

This is the time of year when many of us think about changing for the better.

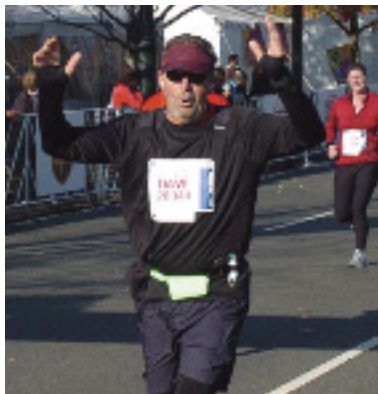
We vow to exercise, lose weight, spend more time with our children or be more consistent in our devotional life. But all too often, we bite off more than we can chew and give up. This was my experience until I employed a method I learned in a leadership class at



Andrews University (Mich.) called the 10% Plan. Users of this plan make incremental changes that are manageable and sustainable.

Years ago I ran a marathon, but due to injury and other challenges, I gave up running. All that changed last April when I watched my son, Jonathan, run the Boston Marathon. I realized how much I missed running and decided to begin a new exercise regimen. Employing the 10% Plan, I started by walking 10 to 15 minutes a day. After a couple weeks, I started running. By increasing my time by only 10 percent a week,

I grew stronger, felt more energized and enjoyed my routine.



Just seven months after I started this program, I ran the Philadelphia Half Marathon. I had the time of my life running with a group that included Gina Brown, PhD, dean of the School of Health Professions, Science & Wellness at Washington Adventist University in Takoma Park, Md. I ran to raise money for our new music building

there, and thanks to generous donors, raised \$13,000. (To support this project, contact Bruce Peifer at (301) 891-4133.)

There is a great deal of debate in our country regarding health-care benefits. But we all can benefit by taking an active and intentional role in adopting a healthy lifestyle. Maybe that’s why last month’s *U.S. News & World Report* shared 50 ways to improve your life in 2011. Not surprisingly, the top 10 were health related and reminded me of the “true remedies” Seventh-day Adventist Church co-founder Ellen White recommended over a century ago: “Pure air, sunlight, [temperance], rest, exercise, proper diet, the use of water, trust in divine power, these are the true remedies,” she wrote in *The Ministry of Healing*, p. 127.

As I’ve rediscovered the blessing of an exercise routine, I have been mindful of her insights and how they, if followed, can positively impact our lives. As we embark on a new year, I hope you’ll decide to incorporate these remedies into your lifestyle too. You can start by giving it 10 percent!

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

Newsline

CELESTE RYAN BLYDEN

Motschiedler Feted for 44 Years of Service

Dozens of church leaders and colleagues joined Edward Motschiedler and his family recently to celebrate his retirement and recount his accomplishments. Motschiedler, who holds a Master of Divinity from Andrews University (Mich.) and a Doctor of Ministry from United Theological Seminary (Ohio), spent 44 years in ministry for the Seventh-day Adventist Church. He served as a pastor, teacher and administrator in the Missouri (now Iowa-Missouri), Chesapeake and Ohio conferences before joining the Columbia Union Conference as executive secretary from 1998-2005.

Since then he has served as a part-time special assistant to union president Dave Weigley. "You've had a huge impact on the Columbia Union and the church," Weigley told Motschiedler before presenting

him with an award of appreciation. During the event, a number of guests shared their memories of ministering alongside Motschiedler and his wife, Valeetah (below), including Ohio Conference president Raj Attiken, who served as executive secretary when Motschiedler was president there for 12 years. "You left a tremendous legacy in Ohio, the way you modeled leadership, trustworthiness and integrity," he said.

During his ministry, Motschiedler traveled to 40 countries, including Thailand, Cuba, Russia, Rwanda and Saudi Arabia. "It was a great thrill for me to work for the church and travel and find churches all over the world," he marvels. "The Adventist Church has truly lived up to its mission; you can find our hospitals, churches, schools and ministries around the world!"

Retired Kettering CEO Honored

At the year-end meetings of the Columbia Union Conference, officers presented Frank Perez with an obelisk to commemorate his leadership. Perez retired last month after more than 16 years at the helm of Ohio-based Kettering Adventist HealthCare. "Thank you for the excellent leadership over the years, Frank. You have left a legacy for the Adventist Church in the Dayton community," said union president Dave Weigley. Other colleagues shared his sentiment: "It's been inspirational to watch Frank transform Kettering from two small hospitals into a network of eight hospitals," said William G. "Bill" Robertson, president and CEO of Adventist HealthCare (AHC), which owns hospitals



in Maryland and New Jersey.

Perez expressed his appreciation for what God has done at Kettering during his tenure. "Over the last 16 years, the non-Adventist community has embraced our mission and given us over \$120 million to advance it," he noted, adding praise for the news that in the last two years alone, net assets have grown by \$300 million.

Tryons Leave Pennsylvania

After 22 years in the Pennsylvania Conference, Barry Tryon begins a new role this



month as associate professor of Religion at Southern Adventist University

(Tenn.). "I have always enjoyed the teaching and development of young pastors," shares Tryon. "I'm looking forward to working with prospective pastors on the university level as they prepare for ministry."

Tryon, who has served as conference ministerial director and executive secretary for more than six years, previously shepherded the Hampden Heights church in Temple, Pa., and the Philadelphia



Boulevard church. His wife, Lilly, has served as the Pennsylvania Conference Health Ministries director for nearly seven years, wellness coaching coordinator for the Adventist Whole Health Network in Wyomissing, Pa., and a columnist for the *Columbia Union Visitor* (p. 55). She's principal contributor for the *2011 Visitor Calendar*, which focuses on health.

"We have been greatly blessed by the ministry of both Barry and Lilly Tryon," says Ray Hartwell, conference president. "They have poured their willing spirit into ministry at several levels of leadership in the conference."

At the Columbia Union Conference year-end meetings last month, officers presented Barry with a clock and thanked him for his service in this field. "We have served 22 of our 25 years of pastoral ministry in Pennsylvania," Tryon states. "We will miss the people of Pennsylvania and wish them the best as they continue to treat Pennsylvania as a mission field."—*Tamyra Horst*

Locals Elected to NAD Leadership Positions

Two members of churches in the Columbia Union Conference and alumni of Washington Adventist University (WAU) in Takoma Park, Md., were elected to five-year terms as departmental directors for the North American Division (NAD). George Johnson Jr., a member of Allegheny East Conference's Miracle Temple in Baltimore, was named director of the Office of Communication. Katia Reinert, RN, MSN, FNP, FCN, a member of the Chesapeake Conference's Capital Brazilian

Temple in Highland, Md., was named Health Ministries director.

Johnson (below) joined the office in 2002 as assistant director for media relations, and became associate director in 2006. He earlier served as an English instructor and did public relations for Pine Forge Academy in Pine Forge, Pa. He began his ministry as an intern and assistant director of communication at the Columbia Union headquarters.

Reinert (below) is a family nurse practitioner and public health clinical nurse specialist with training in depression treatment and the integration of faith and health. For the last 13 years, she served in the nursing profession at Washington Adventist Hospital in Takoma Park, Md., as a critical care nurse, occupational health nurse practitioner, faith community nursing coordinator and as health ministry clinical supervisor for AHC. "I am looking forward to engaging our health institutions, health professionals, pastors, educators and lay members in a unified effort to extend the healing and restoration ministry of Christ," she says.

Reinert replaces DeWitt Williams, EdD, who retired after 20 years at NAD, while Johnson succeeds Fred Kinsey, who now serves as full-time speaker/director at Voice of Prophecy.—*Taashi Rowe*



Neal C. Wilson Dies at 90

At press time on December 14, word came that Neal C. Wilson, 90, passed away. Wilson is best remembered as the president of the worldwide Seventh-day Adventist Church



from 1978-90, but during his ministry, he spent six years in the Columbia Union Conference,

first as Religious Liberty secretary for two years and then as union president from 1962-66.

Wilson was born in Lodi, Calif., but traveled to Malawi, South Africa, India and Zambia with his missionary parents. He graduated from Pacific Union College (Calif.) and the Adventist Theological Seminary before beginning his pastoral ministry in Wyoming. From 1944-59, he served as a pastor and church official in Egypt, and then returned to the United States where he briefly served in the Central California Conference before coming to the Columbia Union in 1960.

Six years later, at the 50th General Conference (GC) Session in Detroit, Wilson was elected to lead the North American Division, a role he held until his election to the GC presidency. In his last editorial to members here, he wrote, "We must seek every possible way to exalt the name and the delivering power of the gospel of the Lord, Jesus Christ" (*Visitor*, Vol. 71, #20, July 14, 1966).

Wilson's son, Ted, was elected president of the world church at the 59th General Conference Session in Atlanta last summer. A memorial service is being planned.

Potluck

BETH MICHAELS

What's New?

Books > *Come Walk With Us* Tecora Rogers

Allegheny West member Tecora Rogers, PhD, RN, started distributing the pages to this book nearly 15 years ago when she initiated workshops on how to start walking clubs. Since then she has spawned nearly 10 other clubs and hopes the book's step-by-step instructions will help others start one.

"I hope that readers will participate more in physical activity, because this, of course, will help their overall health," explains Rogers, who walks avidly with her husband, Carl, who is an assistant to the conference president and pastor at the Victory church in Delaware, Ohio. Order at adventsource.org.



A Gospel Story Jennifer Jill Schwirzer

Seasoned author and mental health counselor Jennifer Jill Schwirzer gives her spin on *A Most Precious Message*, a Pacific Press Publishing Association book



about the third angel's message. Adding her personal journey from legalism to righteousness by faith, she hopes it will appeal to people of all faiths.

"My burden is to convey a spiritual transition I made within



my faith experience, and the message that accompanied that transition," explains the member of Pennsylvania's Chestnut Hill

church in Philadelphia. Read more and order at jenniferjill.org.

Poems With a Message Richard P. Campbell

Richard P. Campbell, pastor of Allegheny East's Community church in Englewood, N.J., hopes his poetic passages will "inspire attitudinal change, hope and self-development." He also trusts that the book's five prominent themes—visioning, virtue, encouragement and arousal, contemporary issues and human frailty—will invoke reader response.



From the Archives

Chic Engelking (left), from the education department of Washington Adventist Hospital in Takoma Park, Md., interviews a local physician for a live production of *Perspectives on Health*, a show aired on WGTS 91.9, the radio station of Columbia Union College [now Washington Adventist University].—
August 28, 1975



Campbell draws from 20-plus years as a pastor, presenter and counselor, plus university study on the art and mechanics of poetry, to write poems like “Born for Something” and “The Fall.” Order copies and share your poetry at messagepoems.org.

On the Web

Retweets >

AdventistHC



More than 40 million Americans have pre-diabetes, a.k.a. early type 2 diabetes. Know your risk factors & the symptoms. <http://ht.ly/36O5B>—*Adventist HealthCare, Rockville, Md.*

venettakalu



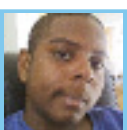
Lesson for the Day: You are never, never too old to build muscle. Doing strength training regularly (about 3 x per week) will keep you looking strong, toned and standing as erect as possible. Also, looking tighter and younger won't hurt either.—*Venetta Kalu, ND, Member, New Hope Church, Fulton, Md.*

247runner



Did you get a workout in today? Don't let the day end without doing some type of physical activity. I ran, did cardio and lifted weights.—*Tara Taylor, Member, Beacon of Hope, Columbus, Ohio*

CailinPitt



Walked today! I haven't walked anywhere since I moved from New York. LOL—*Cailin*

Avery Pitt, Member, Hilltop Church, Columbus, Ohio

In the Spotlight > Film Producers: The Salazar Family

While Saturday mornings often start a day of fellowship for Seventh-day Adventists, for film producers Mauricio Salazar and his father, Fausto Salazar, Sabbath mornings present an opportunity to minister to others via the small screen. The Salazars are the principals behind Valdense Films, under which they produce short stories that air Saturday mornings on Univision, a Spanish-language television network.

The 30- to 90-minute films often start as unassuming fiction but then deliver an unusual thrust, a Christian subtext on real-life situations like anorexia and bulimia, infertility, domestic violence and the dangers of getting involved in the entertainment industry. However, the producers don't just leave their viewers with a feel-good story; they give them tools to reach out for help. Sometimes the Salazars connect viewers with public services. More often Fausto, pastor of the Wheaton and Hyattsville (Md.) Spanish churches, makes a spiritual appeal.

“It's been a blessing because it's not just a way to tell people God loves them, but a way in which we provide social services for the people. The focus of this ministry is to serve in a different way,” shares Mauricio, whose wife, Clarivel, also assists with the ministry. “As the story comes on, the Lord becomes central to the story. In the end, God is the One [who] shines.”

Started last February, the ministry is producing a good harvest. Some viewers started attending church, while others have been baptized. To read more about this family initiative, visit valdensefilms.com.—*Taashi Rowe*



Whole Health

Why it's time to embrace it *and* share it

In *The Ministry of Healing*, Ellen White, co-founder of the Seventh-day Adventist Church, suggested we make eight simple principles part of our lifestyles: “Pure air, sunlight, [temperance], rest, exercise, proper diet, the use of water, trust in divine power, these are the true remedies,” she wrote (p. 127). Adventists operate 700 hospitals and clinics around the world and often tout the benefits of “the health message” from the pulpit. But do we live it? Do we share it? Three health professionals make the case for embracing and sharing whole health in 2011:

Prevention is Key

Jim Sharps

While the country is trying to understand the implications of the new health reform legislation, Seventh-day Adventists have the unique opportunity of participating in the most powerful health system. Several epidemiological studies, including

the Adventist Health Study of 1958, 1973 and 2001, and the recent *National Geographic* study on longevity, clearly demonstrate that our emphasis on time-honored, biblically based health principles have earned us recognition from the scientific community as being one of the healthiest and longest living groups on the planet.

An interesting aspect of these studies is found in the diversity of our diet and lifestyle. The aggregate numbers consistently demonstrate advantages in prevention and reversal of cancer, diabetes and just about every major chronic or degenerative issue.

The advantages are even more dramatic among those Adventists who are the most compliant to our health message. Neil Nedley's *Proof Positive* is one of the best compilations of scientific references and evidence of the superiority of our health message to any health system.

Our health message of proper nutrition (based on whole foods and vegetarianism), adequate fresh air, pure water, sunshine, exercise, rest, temperance and trust and obedience to both God's moral and natural laws, is an awesome reminder of the power in the simplicity of our Creator's prescription for prevention and cure. Natural supplements, deep breathing exercises, contrast showers and skin brushing are also part of the rich arsenal of





preventive tools that supplement the dietary and lifestyle elements.

Jim Sharps, ND, PhD, a member of Potomac's Windsor (Va.) church, owns private practices in Columbia, Md., and Smithfield, Va.

Recognize the Spiritual and Mental Benefits

Rebekah Wang

Although holistic approaches to illness have become increasingly popular during the past two decades, Adventists were more than 140 years ahead of this curve through the ministry of Ellen White. Not only did God reveal to her the principles of

keeping physically healthy, she was also blessed with knowledge of the profound effects of spiritual, emotional, mental and social well-being on physical health. In 1885, in *Signs of the Times*, she wrote, “It is the duty of everyone to cultivate cheerfulness instead of brooding over sorrow and troubles. Many not only make themselves wretched in this way, but they sacrifice health and happiness to a morbid imagination. ... While grief and anxiety cannot remedy a single evil, they can do great harm; but cheerfulness and hope, while they brighten the pathway of others, ‘are life unto those that find them, and health to all their flesh’ (Prov. 4:22).”

Two modern studies have proven Mrs. White’s words about the impact of emotional well-being on health. A study of almost 100,000 women proved that optimistic women had lower risk of coronary heart disease (CHD), mortality from CHD, cancer-related death (in black women only) and overall death. Another study of 785 randomly selected Canadian men and women, ages 46 to 92, who were followed for 10 years, found that the men and

I Lost 100 Pounds!

It was 2003 at Allegheny East Conference Camp Meeting in Pine Forge, Pa., when Lynette Moore, MD, cried out for divine help. “My life was at a standstill, and my spiritual journey was also at a standstill,” recalls the member of the Campostella Heights church in Norfolk, Va., who at that point weighed 250 pounds. “I knew my physical health had a part to play, so I prayed that God would show me what I should do to be healthier for Him.”

She decided that instead of using the golf carts to take her from the cabins to the pavilion for services, she would walk. Back at home, she created the RAINBOW health program (rainbowhopehealth.com), which prescribes Rest, Activity, Ingesting a plant-based diet, enjoying Nature, Believing in God’s promises, Overcoming sin and unhealthy habits and drinking plenty of Water.

Four years after she started her journey to whole health, Dr. Moore had shed 100 pounds. She now uses her medical training and experience to offer cooking classes, individual lifestyle assessments and wellness consulting. Last summer she teamed up with members of her church to coordinate a fitness boot camp for 43 participants who lost 90 pounds and saw great improvements in just 21 days. Listen to this month’s podcast interview with Moore at columbiaunion.org/podcasts.—*Taashi Rowe*



women with higher levels of “destructive anger” had a 31 percent increased risk of CHD. Conversely, men who were able to discuss their anger to resolve the situation had a 42 percent lower risk of CHD!

There are also several studies that show that church attendance or religious behaviors are associated with increased well-being, slower progression of cognitive impairment and greater longevity if living in a religiously affiliated neighborhood. The Adventist Health Study indicates that Adventists live longer than the general American public, not only because



of better diet, but also due to our faith in God and fellowship within a loving church family.

Rebekah Wang, MD, a member of Ohio's Kettering church, is medical director for Clinical Quality at Kettering Medical Center.

Sources: *American Heart Journal* (2010), *The Gerontologist* (1988), *Journal of Gerontology* (2006), *Neurology* (2007) and *Annals of Epidemiology* (2005).

Share the Health Message

Katia Reinert

In a recent study of 18,000 people, researchers found that only 0.01 percent followed all seven health factors outlined by the American Heart Association as critical for living long, healthy lives: do not smoke, maintain a healthy weight, exercise regularly; eat a healthy diet; and keep cholesterol, blood pressure and blood sugar low. Adventist Health Study findings reveal that many Adventists who follow God's counsel on physical activity and diet are exceptions to these statistics. Still, the big question asked by medical professionals and public health officials is how can we help more people adopt healthier behavior?

Adventists have been blessed with evidence-based outreach programs aimed at sharing our fabulous whole-person health message with others. The positive impact of such programs has been noted in scientific literature. For instance, several peer-reviewed journals published the results of people following the Coronary Health Improvement Project (aka CHIP). Additionally, outreach programs like healthy cooking classes, Health-Expo, Nedley

7 Things You Can Do

1. Read the Whole Health Column – Each month in the *Visitor* on page 55, we feature a column by Lilly Tryon, MSN, RN, a wellness coach who most recently served as Health Ministries director for the Pennsylvania Conference. She shares helpful information



from health studies; asks a thought-provoking question; and finishes with a Bible text, suggested goal and prayer.



2. Share the 2011 Visitor Calendar – This year's calendar is themed “Whole Health” and highlights the remedies Ellen White espoused in *The*

Ministry of Healing. Each month features a Bible text and related prayer written by principal contributor Lilly Tryon. To get extra copies for free, call (888) 4-VISITOR, ext. 4, or email bweigley@columbiaunion.net.

3. Watch the Columbia Union Story DVD –

The seventh edition of our *Columbia Union Story* DVD, hosted by union president Dave Weigley, features stories from Adventist HealthCare and Kettering Adventist HealthCare and highlights some of the inspiring initiatives that are setting these healing ministries apart. It was mailed in December with your *2011 Visitor Calendar* and should be shared in church or with friends. For free, extra copies, call (888) 4-VISITOR, ext. 4, or email bweigley@columbiaunion.net.



Depression Recovery, InStep for Life, Living Free, Forgive to Live, Plus 15, 8 Weeks to Wellness, just to name a few, not only provide health education but also a caring environment where faith community nurses, physicians, volunteer professionals and trained lay personnel guide individuals in their health journey. As a result, many community participants incorporated healthier behaviors and experienced complete restoration in Christ.

Last year in the Columbia Union, more than 300 volunteers were trained in the area of health evangelism outreach through trainings offered by Adventist HealthCare, Kettering Adventist HealthCare and several conferences. However, many churches still need to integrate effective health outreach. We must take hold of our calling to make every church a

center for health and healing. Inspiration tells us, “The world needs today what it needed 1,900 years ago—a revelation of Christ. A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration, physical, mental and spiritual, can be accomplished” (*The Ministry of Healing*, p. 143).

Katia Reinert, MSN, FCN, a member of Chesapeake’s Capital Brazilian Temple in Highland, Md., was recently named Health Ministries director for the North American Division.



We must take hold of our calling to make every church a center for health and healing.

—Katia Reinert



4. Join us on Facebook – What can you do this year to initiate or continue your journey to whole health? Maybe you can start an exercise program, vow to drink more water or find new ways to enhance your spiritual health. To share your story and photos with us on Facebook, search for Columbia Union Conference and *Visitor Magazine*.

5. Use This App – Through the Life + Health Network App, a group of Adventist physicians committed to sharing lifestyle principles encourage users to maintain or regain optimum health by adopting healthy habits. Visit lifeandhealthnetwork.org.



6. Get Training – Attend the 2011 Festival of the Laity (festivalofthelaity.com) in Dallas, September 7-10, for seminars in a variety of ministry areas including health. Katia Reinert will present a seminar

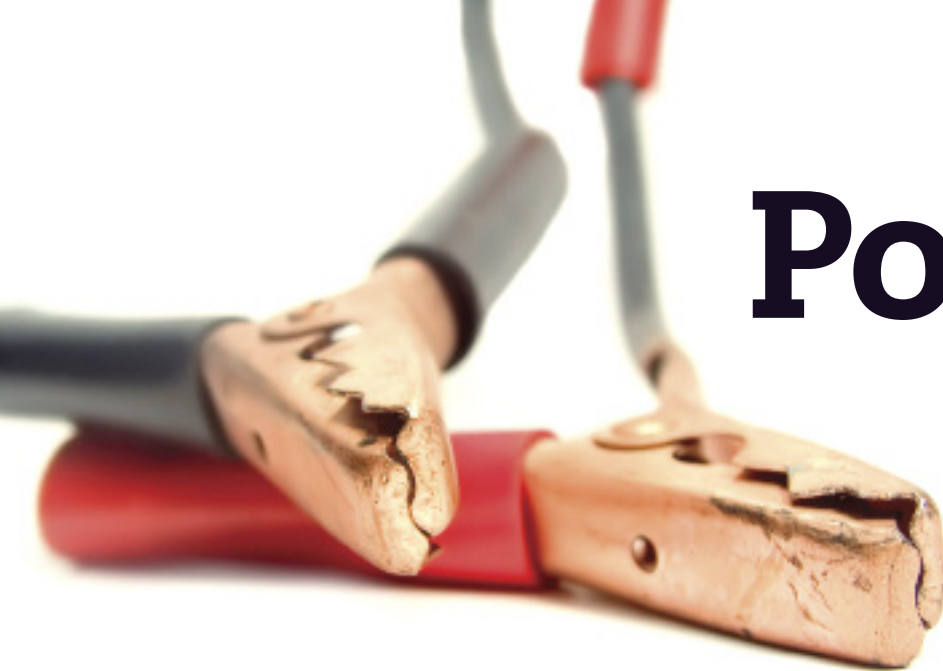


that explores how the local church can regain its role in the community as the center for health, wholeness, and restoration by incorporating an effective health ministry program.

7. Host a Screening – Forks Over Knives (forksoverknives.com),

which will be released in March, examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. Watch a preview online and start planning your outreach event today.





Power Up

Beth Michaels

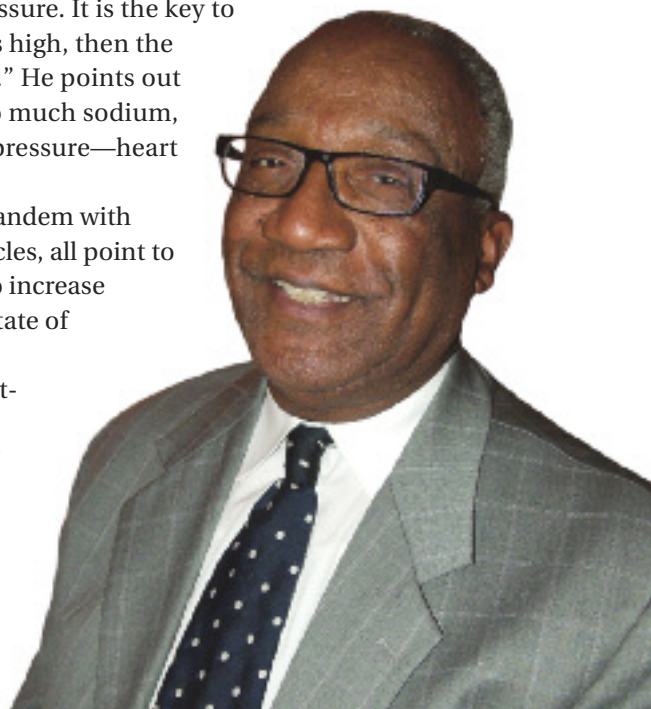
18 foods you should eat this year

“If Adam, at his creation, had not been endowed with 20 times as much vital force as men now have, the race, with their present habits of living in violation of natural law, would have become extinct,” (*Testimonies*, Vol. 3, p. 139).

Samuel Deshay, MD, DMin, a member of Allegheny East’s Emmanuel-Brinklow church in Ashton, Md., believes this little-published quote by Ellen White reveals the key to living a longer, healthier life. He refers to Rene Noorbergen’s book, *Ellen White: Prophet of Destiny*, where the author claims that the “vital force” Mrs. White refers to is electricity. “Every cell in the body carries an electrical charge,” Deshay explains, adding that the balance of potassium and sodium controls that electricity.

“Potassium recharges our life source and lowers blood pressure. It is the key to charging our electrical energy,” he notes. “When salt intake is high, then the potassium is low, and the voltage drops, as well as the energy.” He points out that potassium is responsible for cleansing the kidneys of too much sodium, which decreases the health risks associated with high blood pressure—heart failure, heart attack, stroke and kidney failure.

Mrs. White’s early health teachings of a vegetarian diet, in tandem with new evidence published in numerous health journals and articles, all point to one solution: “If people plan to be around awhile, they need to increase their potassium,” posits Deshay, who currently works for the state of Maryland in the Regional Hospital Infirmary in Baltimore and once directed the General Conference Health Ministries department for eight years. “More plant foods in your diet equals more energy. More meat foods in your diet equals less energy,” he suggests. He touts 18 potassium-rich foods that are readily available and will power up your diet *and* your life.



Samuel Deshay, MD, DMin, shares more about the benefits of potassium and a vegetarian diet in his upcoming book, Will More Cellular Electricity Lengthen Life?

Potassium-Rich Foods

Butternut Squash

One baked cup has over 1,200 milligrams of potassium, three times the amount as a medium banana.

Coconut Water

One 8.5 oz. cup, unsweetened, provides 515 milligrams of potassium.

Peaches

They are rich in many nutrients—vitamins A and C—and are safe for diabetics, as are bananas and cantaloupe.

Bananas

People in the tropics, who eat lots of bananas and other fruits, have some of the lowest rates of disease.

Cantaloupe

They are high in vitamins A and C and are a low-calorie fruit.

Pomegranates

They are high in antioxidants and, along with olive oil and figs, were recommended by God in Deuteronomy 8:8.

Olive Oil

Ellen White says it's a remedy for kidney diseases and lowers blood pressure.

Figs

These provide the highest plant source of calcium, plus other key nutrients.

Almonds

The only nuts mentioned in the Bible by name, they provide lots of calcium—even more than milk.



Apples

People in North Japan have the highest cases of blood pressure, except for Honshu, where the villagers eat lots of apples. Their pressures are normal, and they have less stroke and heart attack cases.

Oranges

These and other high citrus fruits (grapefruits, lemons) protect against scurvy.

Blueberries

In a study of 40 fruits and vegetables, they came out on top in terms of nutrients. They're high in antioxidants, which help fight diseases and, because they grow in cold climates, are easily accessible.

Potatoes

One large baked potato provides 916 milligrams of potassium.

Lima Beans

One cup, raw, offers 1,008 milligrams of potassium.

Tomatoes

They are known to benefit the heart and prostate.

Brazil Nuts

They are high in selenium, which is known to extend life.

Watermelon

Each large slice has up to 1,000 milligrams of potassium. They also flush out the kidneys.

Broccoli

They are high in potassium and protein.

Top 5 Columbia Union Websites

Who produces the best church websites in the Columbia Union? Who features the most creative design, best functionality and use of social media? With the help of five Web and design professionals, we reviewed more than 700 church sites. Here are the top five vote-getters:

Beth Michaels



First Place New Hope (lookingforachurch.org)

The website of this Chesapeake church in Fulton, Md., easily won the judges' top vote for its well organized and colorful layout, as well as its utilization of numerous modern technology mediums: video and audio archiving, live broadcasting, RSS feeds and more. One judge noted the importance of easily finding the church's address and phone number and liked the site's "good navigation system." One was impressed by its "mobile format for smart-phone viewing," and by the fact that the blog is "active and keeps content transparent." Another felt the home page "highlights the most important features of the site, with graphics and animation that engage the user."

How can it improve? Although one judge likes the site's "contemporary look," he does feel it "lacks branding" and says it has "several strong visuals competing for attention." Another adds that, despite its beauty, it could stand to be more "useful."



Second Place Miracle Temple (miracletemple.net)

"Clean" was a common word the judges used to describe the site of this Allegheny East church in Baltimore. Another well-organized site, this one also utilizes some modern technology. One judge appreciated the "updated

content” and said, “The professional video production makes the content more engaging.” Another simply appreciated that the site readily “gives the mission statement and worship times, as well as the pastors’ names, which link to their information.” Another winning aspect: “great photo quality for viewing” and “good sermon streaming.”

How can it improve? One judge felt disappointed that the church’s contact information wasn’t at the bottom of each page. Another judge’s only squabble was with the logo, saying, “It isn’t strong and detracts a bit, but overall a clean, professional look.”

Third Place Southeast (se7day.org)

The judges liked the simple and colorfully designed site of this Allegheny West church in Cleveland. “It’s clean visually, and the information is laid out clearly,” said one judge, adding that seeing the church’s call to action on the home page was a plus. Another judge liked how the site offered service times and upcoming events at a glance. One felt that “photo transitions add a nice dynamic,” while another especially thought “using BibleGateway.com audio service is a good idea for visitors with disabilities.”

How can it improve? One judge pointed out the significant white space at the bottom of each page and stated, “A quick, reorganized layout could fix this.” While one judge would have preferred more “exceptional” photography on the site, another simply was concerned that the Facebook and Twitter links don’t work properly.

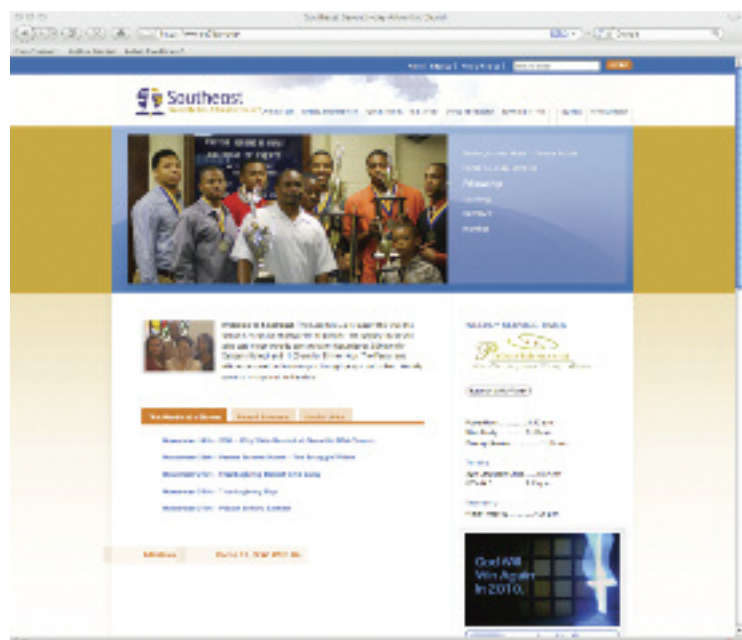
Fourth Place Community Praise Center (cpcsd.org)

This church in Alexandria, Va., impressed the judges with a significant amount of relevant

On the Right Track

25 Church Sites That Deserve Honorable Mention

- Akron First in Akron, Ohio
- Chestnut Hill in Philadelphia
- Beltsville Spanish in Beltsville, Md.
- Capitol Hill in Washington, D.C.
- Cincinnati Village in Mason, Ohio
- Culmore Spanish in Falls Church, Va.
- Damascus Spanish in Damascus, Md.
- Far West End in Richmond, Va.
- First Church in Washington, D.C.
- Frederick Spanish in Frederick, Md.
- Fredericksburg (Va.)
- Gettysburg (Pa.)
- Hackettstown (N.J.)
- Hampton Roads in Hampton, Va.
- Harrison Spanish in Harrison, N.J.
- Kettering (Ohio)
- Mt. Olivet in Camden, N.J.
- Mt. Olive & Berea Churches in Hamilton and Middletown, Ohio
- Restoration Praise Center in Lanham, Md.
- Seabrook in Lanham, Md.
- Stroudsburg (Pa.)
- Takoma Park (Md.)
- Walk of Faith in Cleveland
- Washington Spanish in Silver Spring, Md.
- Woodbridge (Va.)
- Westminster (Md.)





and up-to-date content on its website. “It has a solid template and navigation,” said one judge. Another added, “The content is all there ... they are certainly on the right track,” while a third was happy to easily find the church’s call to action.

How can it improve? One judge noticed the photo gallery was a bit outdated, and that the church address wasn’t at the page footer. A second judge noted that the drop-down menus contained too much buried material, saying, “It’s hard to find a way back to a page.”

Fifth Place Emmanuel-Brinklow (emmanueladventist.org)



Another “clean and simple” site, this Allegheny East church in Ashton, Md., rounds out our winners with its well-organized design. What impressed one judge was the site’s “pleasant imagery” and “better than average branding.” Another praised the entire Web team, stating, “Several contributors give the content good depth and quality of work.” A third judge was pleased to see on-demand video and audio downloads.

How can it improve? “The main links don’t work,” noted one judge. And he would recommend the calendar be made an internal page with easy navigation to the rest of the site.

Meet the Judges

Under his company Biz Empower, Corp. (bizempower.com), **William Armendaris** manages websites for North American Division Youth Ministries and other Adventist ministries. He also created the award-winning PCJovenes.com.



Brian Collick is the assistant director and Web manager for the General Conference Communication department. He also teaches the Multimedia Web Production course at Washington Adventist University in Takoma Park, Md.



Resources

Books

Web Ministry: Quick Start Guide*—This booklet teaches the basics of starting a website for your church with information on content management systems, webhosting, design basics and what to include on your site. It is also available in Spanish.

Web-Empower Your Church* offers step-by-step guidance to Web implementers and other church leaders who are looking to build an effective Web ministry. The accompanying CD contains documentation, training and a demonstration about website building software from the folks at the Web-Empowered Church ministry.

Sermon Aids

Vervent.org offers a new portal with thousands of resources for pastors and church leaders. This website offers countless resources, such as sermons, ministry job descriptions, training DVDs and more. You can also add a link to this portal from your church website. See an example from the New Hope church in Fulton, Md., at lookingforachurch.org/nadresources.

Buzz.google.com tells you what people are talking and blogging about, and gives you a quick update on what is “trending.” This can be very helpful as you look for contemporary illustrations for sermons and devotionals.

SermonView.com offers a wealth of resources for sermon starters and illustrations. This site gives pastors the edge with PowerPoint templates and video shorts.

SermonSpice.com—Do you want to incorporate a short video into your sermon or worship service? This site offers tens of thousands of short clips that can accentuate your worship experience.

Photo Sharing

Flickr.com, **Photobucket.com** and **Picasa.google.com**—If you have a small website with limited technical support, you may want to consider secondary photo sites like these for people to view your photos. You can create photo albums and share them virally through social networking sites.

—*Rajkumar Dixit and Taashi Rowe*

* Available at Adventsource.org.

Gwendolyn Gainer founded Teramark LLC (teramark.net), which provides creative and interactive marketing solutions, including Web design and development, print design and marketing campaign development.



Marvin King is the Web manager for Adventist World Radio (awr.org), which broadcasts the message of hope in more than 100 languages to the hardest-to-reach people groups via shortwave and FM radio, as well as the Web.



Clayton Kinney started 316 Creative (316creative.com) in 2003 and is a freelance print and Web designer specializing in nonprofits and ministries. He also designed the Columbia Union Conference website.



Website Checklist

1. Identification - Place your church, school or ministry logo in a prominent place—usually the top left side of each page. Also, publish a couple of sentences about your organization in a prominent location on the home page. Briefly describe who you are and what you do. Most likely, this will link to an “About” page with additional information.

2. Branding - As part of your organization’s outreach and marketing efforts, it’s important that the same “look” you use on print brochures, advertisements or business cards be carried over to your website.

3. Contact Information - Keep in mind that many users’ primary reason for visiting your site might be to find the address quickly on their way to see you. Put your organization’s address and phone number in a prominent location at the

top or bottom of each page. You may also want to offer a mobile version of your site (think smart-phones) with a simple way to locate your contact information. Offering a link to email (beware of spam!) or a contact form is also a good idea.

4. Mobility - Your primary navigation “tabs,” usually located at the top of the page, should include prominent links to all major sections, or pages, of the site. Then, when a visitor clicks on a specific page, that page’s tab should be differentiated from the others; for instance, it could be larger or bolder.

Your site may also include “breadcrumb navigation,” which is a quick way to trace your steps back to the home page. This is really helpful when you are deep within a large website. It is usually located at the top of a page under the primary navigation and may look something like: Home > About > Mission.

5. Site Map - A site map is a page with a listing of all the pages on your site. This is especially helpful for larger sites, but has many other benefits, including helping Search Engines “crawl” your site. If you have a large site, you will probably want to consider alternative methods of navigation, including a site search as well.

6. Current Information - The best way to get return visitors to an informational website is to keep it up-to-date. Put current news or upcoming events in a noticeable place on your home page with links for more information.

7. Social Media - A great way to show how active your organization is in the community or among constituents is to integrate your website with your social media channels, such as a Twitter feed or a Facebook “Like” button. Twitter offers a basic version of a widget that shows the latest posts on a specific topic.

8. Lots of Photos - There’s one thing that is almost always true, people like to see pictures of themselves, their friends and their family. Consider spicing up your website with photos from recent events and get togethers. Keep the photos current!

Things
Your Site
Should
Include

Greg Kihlström



9. Blogs - A blog is a great way to share timely, relevant messages with your target audience or members. It can also attract new visitors who are drawn to thoughts you share on current events. Blogs are a great way to start conversations that result in long-term relationships, so make sure you keep the messages meaningful, relevant and current, and try to engage in conversations when people leave comments.

Greg Kihlström is chief creative officer at Carousel30 Interactive in Alexandria, Va., a digital agency specializing in website design and development, online marketing and advertising.



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Since the Columbia Union Revolving Fund (CURF) started 42 years ago, its assets of small deposits from Columbia Union members has grown. CURF has used these funds to help build and expand hundreds of churches, schools, conferences and other entities across the union's eight-state region, including Pennsylvania Conference's Pocono Grace church, Chesapeake Conference's Middletown Valley church, the Potomac Adventist Book and Health Food Store, Allegheny West Conference's Columbus Adventist Academy and a tower for Washington Adventist University's radio station WGTS-FM.

That's why, with help from members, CURF truly is "Making Ministry Possible."



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YOUR HEALING MINISTRY

JANUARY 2011

Two Practices, One Focus

Richard Haas

During the mid-1800s, Ellen G. White was given visions that revealed the Lord's integrated system of health principles, the idea that a patient's health could be improved with "natural remedies," such as water, fresh air, exercise, sunlight and a balanced diet. The Seventh-day Adventist Church later adopted this idea and opened what would become a world-renowned sanitarium in Battle Creek, Mich., where a successful practice of these principles attracted a worldwide audience.

There was another person in Mrs. White's day who believed in alternative healing methods. Andrew Taylor Still, MD, lost his family to spinal meningitis in 1864, which led him to study the human body in search of a better way to treat disease. He discovered that a patient's healing needs to start with the whole person and their relationship to internal and external environments. Dr. Still created a new medical science that is uniquely American and named it osteopathy because of its emphasis on the role of the musculoskeletal system in health and disease.

Today a doctor of osteopathy (DO) is able to practice without limitation in fully accredited and licensed healthcare facilities. Like an allopathic physician (MD), the DO completes four years of undergraduate studies, four years of medical school and at least three years of residency training, and must pass a licensing examination.

OFFER WHOLE-PERSON HEALTH

In 1999 Kettering Adventist HealthCare merged with Dayton, Ohio's two osteopathic hospitals: Grandview and Southview medical centers. With God's blessing, we have merged whole-person health and osteopathy in a peaceful and highly successful manner. Many of our DOs have great respect and understanding for our Adventist history of whole-person healing, which has allowed us to give a unique blend of whole-person care to an appreciative community.

It has been such a blessing to work in an organization that believes in a holistic approach to healthcare. Like other Adventist institutions, we at Grandview believe in treating the patient as a whole entity. God continues to help us build a culture that meets the needs of our community and a staff that supports our methods of healing. As president, it is my goal to continue to enhance this mission by keeping it available and relevant to our community.



LET GOD LEAD

As Christians, God gives us the wisdom and courage to put our faith in Him and trust Him in our daily walk. We cannot go on this journey alone, and it is our job to continue in a relationship with Him so that He may guide us in the right direction. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (Isa. 41:10, NIV).

Richard Haas, a member of the Kettering (Ohio) church, serves as president of Grandview Medical Center in Dayton, Ohio.

Grandview Boosts Health Services to the Community

Christina Keresoma

In the ever-changing healthcare arena, the Grandview Medical Center continues to stand out in meeting the needs of its diverse Dayton, Ohio, community. In keeping with Kettering Adventist HealthCare's goal to provide safe facilities, enhance patient care, and provide easy access to the best healthcare around, Grandview is making some significant changes. Here are updates to the center's three building and expansion projects:

GRANDVIEW'S NEW VIEW

Grandview Medical Center started a new project, dubbed "The West Wing (rendered below)," that will enhance their services to the community. The nearly \$40 million project will result in the complete renovation of about 31,000 square feet of existing space as well as a new, 66,000-square-foot, five-story wing. There will be a colorful, modern atrium and a dramatic, curved-canopy entrance that will be easier to view and more visually appealing to travelers on Grand Avenue. Construction crews have been working since last fall and will continue well into the year.



Other highlights of the new wing include new pre- and post-operative areas, a new cafeteria and dining area, a new kitchen that will offer custom patient room service, as well as future private rooms.

EMERGENCY SERVICES IN HUBER HEIGHTS

Kettering Adventist HealthCare will also reach Grandview Medical Center's community by building a



This rendering depicts the new Emergency Department for the Charles H. Huber Health Center in Huber Heights, Ohio.

free standing Emergency Department (ED) in Huber Heights, Ohio, an area that is currently a 15-20 minute drive from any medical facility. "In emergency services, the number-one factor most significant to having good, quality outcomes is timeliness," explains Keith Achor, Grandview's director of emergency services.

"We have seen the need for emergency services there for several years now," comments Richard Haas, Grandview president. "This closer access will be a huge advantage for patients in Huber Heights and surrounding communities. Residents of these areas will have a 10-minute access to emergency services, and this is so critical when you have a health crisis."

The two-story, 30,000-square-foot addition to the Charles H. Huber Health Center will cost \$8 million. The first floor will have 12 exam rooms, including an isolation room for patients with infectious diseases, and one for emergency OB/GYN services. The second floor will provide space for future expansion of services to the community.

YOUR HEALING MINISTRY



Trained physicians and nurses will staff the Emergency Department around the clock. There will be access to a lab, imaging and respiratory equipment and services. Patients from the Huber Heights ED in need of more comprehensive care or testing will be transferred to Grandview.

COMPREHENSIVE CARE AT THE CASSANO HEALTH CENTER

Grandview stepped up to the plate when the region's oldest hospital announced it would be closing its doors in the summer of 2000. More than 13,000 indigent patients and other disadvantaged citizens would have been stranded without healthcare options. The Victor J. Cassano Health Center is the perfect example of adherence to the mission and values of the Adventist healthcare ministry and to the values of osteopathic medicine. It delivers comprehensive care and continuing preventive health education to the underserved. It also became the first area clinic to hire a full-time Spanish interpreter.

Approximately 31 percent of the patient population is uninsured and Medicaid or Medicare covers another 48 percent. Cassano Health Center's goal is to help its patients become and stay healthy, which is why they offer an educational program called DO-WOP, the Diabetes and Obesity Wellness Opportunities Program. DO-WOP is a 12-week nutrition education and exercise program that accommodates 25 families. Participants also learn to cook sensible, low-cost meals and take field trips to improve their grocery shopping skills.

Kettering Adventist HealthCare stepped in to save the Cassano Health Center, which offers critical services to the indigent population in Dayton, Ohio.

The health center has 27 employees who offer patients comprehensive healthcare management with preventive care, follow-up, case management counseling, a patient assistance prescription program and more. The center's specialty clinics include general and vascular surgery, nephrology, internal medicine, neurology and orthopedics, which help teach medical residents how to focus on healing the whole person and how to implement community-based healthcare.

All of these facilities allow Kettering Adventist HealthCare to provide outstanding care and spread God's kindness to all of His children. Stay tuned for more updates.

Christina Keresoma serves as the marketing specialist for Kettering Adventist HealthCare based in Kettering, Ohio.



Kettering Physicians Host an Army of Pink

Kettering Adventist HealthCare (KAHC) hosted its first “Army of Pink,” an event to highlight women’s health and awareness held at the Yankee Trace Medical Center on the Southview Medical Center campus. KAHC physicians gave presentations to 200 attendees on topics ranging from pelvic control therapy, treating perimenopausal and menopausal symptoms, to breast cancer awareness, heart and bone health and staying active with arthritis. Cea Cohen-Elliott, a motivational and wellness coach, was the guest speaker.



Convention participants could also take advantage of reduced prices for screenings of cardiovascular disease and hormone imbalance. There were fitness classes offered, ranging from Zumba to boxing, and numerous health booths gave ladies the opportunity to ask questions and get advice from hospital personnel. KAHC hopes to make this an annual event.



Leaders “Raise the Bar” at Fall Mission Conference

At the Fall Mission Conference, Kettering Adventist HealthCare leaders gathered for motivational and educational presentations. Under the theme “Raising the Bar on Living Out Our Values,” speakers illustrated how KAHC employees excel in living out the organization’s five values: trust, innovation, care, competency and collaboration.

The Sabbath program was full of emotion with music and employee testimonials. One nurse, despite two hip surgeries, shared how she still gives medical advice and blood pressure screenings at her church, volunteers at a local cat shelter, crafts blankets for patients, goes on mission trips and continues to work for a Kettering hospital.

Sycamore Nurse Initiates Compassion

Linda Beringer, a nurse at the Sycamore Medical Center, was moved to action after watching a *Dateline* special on the storm devastation to Athens County in northern Ohio. She informed her friends and family that she was going to gather toiletries, blankets and clothing for the affected families. Beringer decided to include her co-workers, and the news quickly



Raul Concha (left), Kettering Adventist HealthCare chaplain, and Lonnie Melashenko, vice president of Spiritual Services and Missions, help Linda Beringer, a Sycamore Medical Center nurse, load donated items onto a truck.

spread through the entire hospital system. Kettering Adventist HealthCare and its Spiritual Services and Missions department stepped in and arranged for a 26-foot truck to deliver the bags and boxes of goodies to Athens County residents.

“People that don’t have that much gave the most,” reported Beringer. “It was very heartwarming.”

Lonnie Melashenko, vice president of Spiritual Services and Missions, was pleased hospital staff could make Thanksgiving and Christmas better for the Athens residents. “It’s really exciting for all of us. It charges our batteries,” he added.

Capitol Hill Members Run for the Homeless

It was 8:55 p.m. when the last member of the Capitol Hill church's relay team finished their 193-mile race. The 12-member team and four alternates started their 24-hour race in Cumberland, Md., and completed the race at the National Harbor in Oxon Hill, Md. Each team member ran between 13 and 23 miles through pitch-black country roads wearing headlamps, sleeping in vehicles and living off power bars, trail mix, bananas and water. Their team even finished ahead of a team called Running With the Devil!



Why did this group endure such a long trek? Members of the Washington, D.C.-based church participated in the race, called the Ragnar Relay, as a unique way to support homeless people through the Back on My Feet charity. The charity promotes the self-sufficiency of homeless populations by engaging them in running as a means to build confidence, strength and self-esteem.

"It was a wonderful experience and only God could have gotten us through this," said participant Karen Hayes. "We called on Jesus a lot! The team has already decided to participate in Ragnar Relay DC 2011."

Most of Capitol Hill's relay team awaits a baton exchange between two of its members.

Shiloh Adventurers go the Distance

Some rode tricycles. Some rode bikes with training wheels. Others rode their ten-speeds. At the end of the day, the Shiloh church's Hummingbirds Adventurer Club in Petersburg, Va., traveled a total of 57 miles to earn a merit badge. The activity helped them strengthen their leg muscles, fill their lungs with lots of fresh air and learn what it means to become one in Christ. There were some little ones in the club who shared their bikes



with other members and decided to compete to see who would complete the most laps.

Several participants shared how it felt to go the distance: Three-year-old Nia Tyce said, "I played all day!" Lander "LJ" Hodge, 5, said he was just happy to be spending the day with his father. Gabrielle Watson, 9, said, "I felt good, a little tired, but not that much." Seven-year-old Jacob McCall (above, center with his siblings) said he enjoyed his time there, and it "was very good."

Club directors George Whitfield Jr. and his wife, Deborah, along with Ron Mills, organized this special activity.—Deborah Whitfield



Shiloh church's Hummingbirds Adventurer Club in Petersburg, Va., prepares for a badge-earning bike ride.

Foundation Continues to Support Pine Forge Academy

The Pine Forge Academy Foundation, Inc., recently presented administrators of the academy with a check for \$105,800. The monies will go toward improving the Pine Forge, Pa., school's men's dormitory windows and gym floor, and fund student scholarships.

"Thank you, our generous donors for your continued support

to ensure we continue to develop our future leaders," said Delmas Campbell, principal.

Since its incorporation in 2002, the foundation's steadfast support has been a boon to Pine Forge Academy's (PFA) capital improvement plans, technology upgrades and its scholarship programs. The foundation, based in Cleveland and led by executive director Barbara Massey, hosts several events each year to raise awareness and funding for the school.

Sponsors from a Father's Day event in Chicago funded the installation of WiFi in the men's and women's dormitories.

Attendees at a recent reception in Bratenahl, Ohio, happily lauded the academy for its unique role in helping young African-Americans to succeed.

"I feel strongly as an elected official that it's very important to reach back to young people," said Deborah A. Hill, council president for the City of Warrenville Heights, Ohio. "I'm extremely proud of Pine Forge Academy because they have turned out young people who have made significant contributions to this country. We must continue to work hard to keep boarding schools, such as PFA or else they will become extinct."

The foundation is trying to raise \$12 million, \$5 million of which will go toward a student multiplex center, which will house a library, a theater, a cafeteria, a rehearsal room and dorm rooms. Learn more at pfafoundation.org.
—Natasha S. Hamilton



Surrounded by students, Delmas Campbell, Pine Forge Academy's principal, proudly displays a check from the Pine Forge Academy Foundation, Inc.

11 Graduate From Montclair Church's Life Skills Academy

Eleven young people are more prepared for adult life following several weeks of practical lessons they gained through Life Skills Academy, a program conducted by

First Church of Montclair in Montclair, N.J. The 11 participants were honored during a recent graduation ceremony at the church.

Through the academy, now in its second year at Montclair, students are taught basic life skills, such as how to select an apartment, perform basic automotive care, interview for jobs, prepare résumés, plan and reach goals, and much more.

In light of recent budget cuts that forced the school to close some of its enrichment programs, James Erle, principal of a local public school, gladly recruited students for the program offered by the church. Each student received a

new desktop computer with a speaker and printer. Although the program was fully funded through various union, conference and community grants, at the graduation one parent from the community wrote the church a check for \$100 and volunteered her services for next year's program.

"It was a beautiful graduation service," said Paula Olivier, First church pastor. "The church made new friends from the community that will forever be grateful for its investment in their youth."



Two participants of First church's Life Skills Academy use their shopping lists as a guide before purchasing.

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On the Journey to Excellence, We Sow Seeds

When our president, Fredrick Russell, gave the charge to focus on evangelism in the Allegheny West territory, we adopted the theme “Walking in His Steps” and set out to plant seeds of love for our Creator in the hearts of our students.

The seeds sprouted as some students wrote letters to hurting people in the community or shared original poems with grandparents. Others raised funds to feed children in the Congo, build an academy in Tanzania, keep a Maasai girl in school and provide a goat for a Maasai family.

Week of prayer, which featured passionate pastors, ministering clowns, prayer, praise and even a giant whale, cultivated these growing “plants.”

Yes, in the Allegheny West Conference we take Christian education seriously. It’s a mission! Over 75 percent of our students are not Seventh-day Adventist. This field requires the watering of the Holy Spirit who leads, guides and directs the sunshine of God’s love shown through mission-oriented teachers who nurture and encourage students to be lifelong learners as they walk in His steps.



Yvette Cooper
Superintendent
of Education

Central Korean Pastor Ministers via Skype

Good morning. This is Early Bird Bible School (EBBS).” Every day at 5:30 a.m., students hear this greeting from one of the 102 team leaders who reach out to them via Skype. Though they live in various places and do not know each other’s faces, they connect over the computer to study the Bible. Each team leader meets with five to eight members before joining a larger group for a 40-minute Bible study.

It all started two years ago, when Choong Hwan Lee, senior pastor of the Central Korean church in

Worthington, Ohio, helped found the EBBS. Through this simple process, nearly 1,200 seekers—the lost and church members—have renewed their love for God and learned to serve Him better through this 10-month course. Regardless of their age, sex, time zone or region, this group studies the Word of God together.

“Jesus commanded the disciples to go and make disciples,” Lee explains. “Though everything changes, the commission that God has bestowed upon us can never change but methods must change.”

He continues, “We can speak on the phone or use the computer to spread the gospel to the ends of the Earth. We no longer are afraid of house-to-house visitations because we visit them every morning through telephone calls.”

Lee is excited to report that participants log on from Atlanta, Los Angeles, New York, Korea and Cleveland. “These people are located all over the world but share one thing in common: love for the Lord and His Word,” Lee says. “We praise God for the wonderful things that He has begun. All glory to God!”

One woman from New York shares, “Though I have been attending church all my life, the Bible studies at Early Bird Bible School has motivated me to start a new faith in God.”

With the help of EBBS, Lee hopes to establish a Korean church in Cleveland this year. The next round of Bible studies begins in February. To enroll, visit ebbible.com.



Pastor Choong Hwan Lee logs on to Skype each morning to study the Bible with Korean-speaking students from all over the world.

Central Members Walk to End Hunger

With the goal of ending hunger one step at a time, the Central church in Columbus, Ohio, and their Crusaders Pathfinder Club recently participated in the CROP Walk. CROP, which stands for Communities Responding to Overcome Poverty, sponsors an annual three-mile walk to assist food pantries in the Central Ohio area.

The church's 45 walkers raised \$760.79. "We know that some of the monies will go to help our church pantry, which serves 100 families each week," said Ruey Bruce, Pathfinder director. "This is one way our youth can give back to the community and our church."



Sabra Howell, the church's Adventist Community Services director, added, "I think it's a beautiful thing when a church can come together and support an outside cause! Our walkers ranged from toddlers (in strollers) to seniors. It's a positive and infectious way to give back."

Pastors in Transition

Mackenzie Kambizi joins Parkwood church in Toledo, Ohio, as their new pastor. Kambizi most recently served as the associate pastor for evangelism at Madison Mission (Ala.). He is passionate about evangelism and strongly believes that it is the heart-beat of the church. Pastor Kambizi holds a master's in counseling from the Andrews University-Solusi campus in his native Zimbabwe and a bachelor's in theology from Liberty University in Lynchburg, Va. Kambizi is married to Sharon and they are blessed with two daughters, Madison and Morgan.



Nathaniel Lyles is the new pastor of the Melrose church in Roanoke, Va. Lyles returns to the field after successfully completing his Master of Divinity from the Seventh-day Adventist Theological Seminary at Andrews University (Mich.). Prior to his schooling at Andrews, he served as the associate pastor of the Glenville church in Cleveland.

Rashad Burden, who recently graduated from Oakwood University (Ala.) with a bachelor's in theology, is the new pastor of the Dale Wright Memorial church in Germantown, Ohio. Burden received the calling to

ministry in his senior year at Pine Forge Academy in Pine Forge, Pa., and hasn't looked back. He strives to live by the words of Paul in 2 Corinthians 5:14: "For Christ's love compels us, because we are convinced that one died for all, and therefore all died" (NIV).



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Students Witness Through Music

Ellen White wrote, “True education ... prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come” (*Education*, p.13).

As declared in our mission statement, Blue Mountain Academy accepts the challenge of “leading students into lives of service for God.” In today’s fast-paced culture, our methods may be different, but our mission is the same.

Recently our bell choir, La Sonnette Ensemble, and the select choir, Bel Canto, went on tours that led both groups along similar paths. The groups spread the joy of music to Seventh-day Adventist congregations on Sabbath, then stayed overnight and presented sacred concerts at other churches on Sunday morning. The response was tremendous! The audiences were impressed with the quality of the music and the greater witness of the Christian behavior of the students as they interacted with each other and the congregations.

What an opportunity for Adventists to share with their neighbors! What a great way to build bridges with fellow Christians! We do have an army of youth who are amazing witnesses! Our prayer is that these young witnesses will lead others to a closer walk with God. Our hope is that these visits will give local churches an opportunity to share the gospel message with their neighbors. Not only were the congregations blessed, but the students returned to school with an awareness that God worked through them in a mighty way.

Similar experiences occurred with students who were involved in service and witnessing projects, such as the soup kitchen and the meals-on-wheels project. May the Holy Spirit continue to bless our witness.



Craig Ziesmer
Principal

Alumni Awarded for Outstanding Contributions

From the time that Daniel Cates ('98) was a student worker under John Edison in the computer lab, he was hands-on with the expanding computer technology at Blue Mountain Academy (BMA). Following his academy graduation, Cates continued to oversee the school’s system from across the country and around the world.

Because of his dedicated work as BMA’s volunteer remote network administrator, Cates was recently recognized with the Outstanding Contribution to Blue Mountain Academy award. He and his wife, Danielie, reside in Washington state, where he is the associate director of information technology at the North Pacific Union. His parents, Chuck and Kathy Cates, accepted the award on his behalf.



“Over the years, we never experienced a major system shutdown. He supported us via email with patience and kindness,” shares Kathleen Sutton, advancement director. “Because he understood our financial situation, Daniel was always careful to help us find the best prices on equipment and software.” Cates recently retired from his volunteer role at BMA.

Other alumni were also honored during the recognition dinner, including Tom Sitler ('67) as Outstanding Volunteer for his work installing runway lights and a rotating beacon at the airport; Ed Cale ('62), Outstanding Alumnus for his volunteer work on the grounds and in the girls’ dormitory; and Elaine ('58) and Duane ('59) Ferguson as BMA’s Outstanding Employees for their 31 years of dedicated service to the academy.

Daniel Cates, who served as BMA’s remote network administrator, was among several alumni recognized for their volunteer work at the school.

NEWS

Alumni Gather in Tennessee

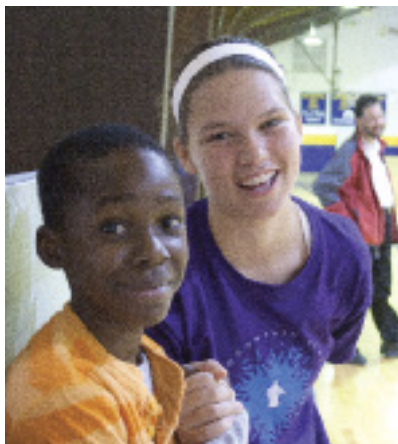
More than 47 alumni and friends gathered for the annual Blue Mountain Academy reunion in Tennessee. R.R. Adams, principal during the school's first year of operation, attended the gathering. Memories of the good old days and BMA updates were part of the program, along with lots of food and fellowship.



R.R. Adams (center) meets with old friends Betty Montgomery Dingle and Roy Dingle.

Sportsfest Attracts 11 Schools

BMA's annual Sportsfest drew 106 students from 11 Adventist elementary schools from Pennsylvania and New Jersey in a weekend of fun activities. BMA students mentored the visitors and shared their campus with them.



Students Minister at Churches

In-Reach Sabbath found BMA students presenting sermons, children's stories, special music and, in some cases, teaching the teen Sabbath School lesson and/or distributing literature at 12 local churches. Members reported that it was heart-warming to hear the youth share their love for God and how He is working in their lives. They wanted to know, "When can you come back?" And the response from students was, "When can we go again?"

During this school year, these students will visit more than 30 Pennsylvania Conference churches, and touring groups will continue to reach out to Pennsylvania and beyond.

Academy Physician Remembered

John F. Pifer, DO, passed to his rest in September. "Doc," as he was affectionately known, worked in



family medicine in the Hamburg area for 25 years and served as physician for Blue Mountain Academy, caring for sick or injured students and staff. But babies were his specialty; he delivered thousands of them, five of

Daniela Castillo ('14) shares a water break with Filmore Smith from Lehigh Valley Seventh-day Adventist School in Whitehall, Pa.



Vicky Eldridge ('12) shared special music, Joanna Fils-Aime ('11) preached and Jackie Bohorquez ('13) presented the children's story at the Seneca (Pa.) church.

which were his own grandchildren!

Pifer believed in sharing God's love and encouraging and inspiring people. He never turned anyone away. Attending nurses spoke of "feeling the presence of God in the room" when he was caring for a patient.

As a boy, Pifer attended the Harrisburg (Pa.) church. In 1950 he graduated from Shenandoah Valley Academy in New Market, Va., and attended Columbia Union College (now Washington Adventist University) in Takoma Park, Md., and Southern Adventist University (Tenn.). He graduated from the Kansas City Osteopathic Medical College.

He is survived by Jackie, his wife of 15 years; his four children Sandy, Suzie, John and Shari; siblings Chalmer, Don and Darlene. Pifer's first wife, Lorraine, passed away in 1995.

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THE CHALLENGE

chesapeake conference newsletter

JANUARY 2011

The Set of the Mind

*“One ship sails East,
And another West,
By the self-same winds that blow,
'Tis the set of the sails
And not the gales,
That tells the way we go.”*

Those words by Ella Wheeler Wilcox came to mind as I traveled across the Chesapeake Bay Bridge. I noticed boats sailing in opposite directions, driven by the same wind. I am also reminded of one of the Bible's most practical lessons illustrated by this law of the sail and the wind.

Some people are driven to despair by the winds of circumstance. Trouble or tragedy comes and they crack or collapse under the pressure. Every change of wind blows them in another direction and often in circles. Others go through the same circumstances and are tempered, seasoned, matured. Everything that happens to them, every trial, every testing, every temptation, makes them stronger.

The difference is the set of the mind. While one person sets his mind on his own selfish ends, the other sets her mind on God. He takes everything that happens as an opportunity to learn, to grow, to develop into a stronger, wiser person. She looks for God's blessing to be manifest in whatever happens to her.

I close with the final words of Wilcox's poem: “Like the winds of the sea, Are the waves of time, As we journey along through life, 'Tis the set of the soul, That determines the goal, And not the calm or the strife.” And also the words of Paul—“The mind set on the flesh is death, but the mind set on the Spirit is life and peace ... and we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose” (Rom. 8:6, 28, NASB).



Rob Vandeman
President

Martinsburg Couple Celebrates 70 Years

John and Earlene Claridge recently marked their 70th wedding anniversary at a party held in their honor at the Martinsburg (W.Va.) church. “It was

wonderful to celebrate our anniversary surrounded by family and friends,” said Earlene.

The couple met in 1934 at Plainview Academy (S.D.) where Earlene's brother, Clifford Dorland, was one of John's roommates. Three years later, they had their first date during a camp meeting.

They attended nursing school, then married in 1940, and settled in Clear Lake, Wash. They had three children: a son, David, and two daughters, Joan and Darla. The Claridges owned and managed a nursing home in North Bend (Wash.) until their retirement in 1974. In 1984, they moved to Falling Waters, W.Va., to be near their daughter and son-in-law, Joan and Ken Wasenmiller, who are members of the Martinsburg church.

The Claridge's have been active in retirement—volunteering for three years to operate a health screening van for the Washington Conference, and participating in more than 50 volunteer building projects in Tennessee for Helping Hands and in North America for Maranatha Volunteers International. Their last Maranatha project was in Summersville (W.Va.) in 2005 when John was 90 and Earlene was 87.—*Frank Jacobs*

PHOTO BY DAVID QUINNAM



John and Earlene Claridge celebrate their 70th wedding anniversary at a party planned by their children and held at the Martinsburg (W.Va.) church.

Retreat Points Women to Jesus

Be refreshed.” “Be restored.” “Be reclaimed.” These signs lined the driveway of the Mount Aetna Camp and Retreat Center at the recent “Women at the Well” retreat. More than 120 women gathered at the Hagerstown (Md.) center for fellowship and to drink “living water.”

Keynote speaker Hyveth Williams (right), professor of Christian Ministry at Andrews University (Mich.), urged attendees to make Jesus the central focus of their lives and encouraged them to support one another.

The retreat center staff provided elegant meals, cozy fires, a guided hike and tours of the nature center to enhance the weekend.

“Regardless of our ages and backgrounds, we are a group of women on the same page,” said Phyllis Lanning, an attendee from the Williamsport (Md.) church.



PHOTOS BY RHONDA CHRISTIANO



Middletown Provides Winter Coats for Kids

PHOTO BY TYRONE COLLICK

Twenty children recently received new winter coats from the 65-member Middletown (Del.) congregation during their second annual Coats for Kids program. Clinton Perkins, Adventist Community Services leader for the church, works with local government to get the names of families in need.

Church members provide the funds, and Perkins purchases the coats. On a recent Sabbath afternoon, Middletown members invited the children and their families to visit the church for lunch, and each child received a brand new coat, hat, gloves and a children’s Bible.

“The church is off the beaten path,” said Perkins. “We want the community to know that our members are here for them when they need us.”

He enjoys handing out the coats

because the kids “don’t hold back their emotions. They smile and laugh and get excited.”

The event opens the door for parents to become familiar with the church and have an opportunity to learn about Seventh-day Adventists. One mother had several questions, and especially wanted to know more about the Sabbath, said Perkins.—*Doug Rennewanz*



Local children receive new coats donated by members of the Middletown church in Delaware.

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MOUNTAIN VIEWPOINT

JANUARY 2011

The Ultimate Cure

To obey or not to obey? That is a serious question. When I hear a still small voice prompting me to duty and I obey, I am free; I have no guilt. When I hear this still small voice and disobey, I am in bondage; I am weighed down with guilt. You may say, "I don't have guilt, and I don't always heed the still small voice." This is actually worse. You still are carrying the guilt, but it is hidden guilt. Our brains are made to be able to function in such a way as to be able to "live with itself." Our brains must have a reason as to why we do what we do. So our brains are able to hide guilt in order to keep our essential systems running. We may not perceive this incongruence but our bodies and brains are greatly affected. Guilt, be it conscious or unconscious, is a horrendous destroyer of our physical and mental capabilities. You might ask, "What is the remedy for such a condition?" I know of only one—Jesus. I have no self-generating power to consistently obey. Jesus says, "As many as received Him, to them gave He power to become the sons of God" (John 1:12).

Ellen White writes, "The relation that exists between the mind and the body is very intimate. ... The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and invite decay and death (*The Ministry of Healing*, p. 241).

Jesus offers the only cure for guilt. "Come unto Me all ye that labor and are heavy laden and I will give you rest" (Matt. 11:28).



Daniel Morikone
Health Ministries Director

Wellness Camp Moved to May

Is your health getting you down, or do you simply need a tune-up? Sign up for Mountain View Conference's fourth annual Wellness Camp, May 8-22, at the Valley Vista Adventist Center in Huttonsville, W.Va. Take two weeks to enjoy God's great outdoors as you pursue His intention for your life. Enjoy great fellowship and luscious meals as well as instruction on how to be fit and healthy.

Here is what last year's attendees had to say about the event:

- "There is a need for more of these programs. There was a lot of information given that the people need. I hope you will continue with it."
- "I was greatly blessed by the Depression Recovery Seminar. I learned a lot from all the lectures. I believe with Dr. LeVos' counsel and prayer with me, I seem to have overcome a long-term physical problem."
- "Information gleaned is of superior quality. May it never cease!"
- "I'm thankful for the blood work and having the results back on both tests so we can compare the first and the last. And, oh! What a change! I about came out of my seat at the wonderful change in the last blood work results."

- "Wow! To think, now I eat fruit, oats, whole wheat bread and legumes for breakfast instead of jelly on bread, and now I also begin each day [with exercise]!"
- "In just 15 days, bad habits can be turned around. Mine were."

The early-bird registration deadline is April 4. For additional information, call (304) 422-4581.



Chris Hasse, Wellness Camp coordinator, congratulates Hubert Taylor for successfully completing the program.

MOUNTAIN VIEWPOINT

NEWS

CHIP Leadership Training Workshop Available

Churches are encouraged to send up to three representatives to a workshop that will prepare them to present a powerful health ministry outreach that is changing lives and making friends for the church and citizens for the kingdom. The Coronary Health Improvement Project (CHIP) Leadership Training Workshop will be conducted Friday, April 29, through Sunday, May 1, at Parkersburg Academy. Located at 1800 38th Street,



Parkersburg, W.Va., the program starts at 3 p.m. Friday and ends at 4 p.m. Sunday.

For more information and to register, visit adventistchip.org, email info@adventistchip.org or call toll-free (866) 732-2447.

Daniel Morikone, conference Health Ministries director, presents John Burge with his certificate of completion.



Wheelchair-Accessible Building Takes Shape

The wheelchair-accessible building project at Valley Vista Adventist Center in Huttonsville, W.Va., is already taking shape. "We are ever grateful for the funds and volunteering of time given for this new cabin. Work will continue as funds come in. We are hoping to have it completed by camp meeting," shares Tim Engelkemier, camp ranger and project manager. Because of members' generosity at last year's camp meeting, this cabin will make spending time at the campgrounds possible for those in wheelchairs.



James Volpe helps set trusses to get the cabin ready for shingles.

Church Officer Training: "Acting in Concert"

February 20, 2011 ■ 10 a.m.- 4 p.m.
Valley Vista Adventist Center, Huttonsville, W.Va.

Join leaders from the Columbia Union and Mountain View conferences as they teach you how to have effective ministry for each church office. Guest presenters include:



Neville Harcombe, executive secretary,
Columbia Union Conference



Frank Bondurant, vice president for
Ministries Development, Columbia Union Conference



Celeste Ryan Blyden, Communication director and
Visitor editor, Columbia Union Conference



Phyllis Washington, Children's Ministries director,
North American Division

For more information, contact Jane Browning at (304) 422-4581.

Mountain View EVENTS

January

- 21-23** Pathfinder Winter Camp
Valley Vista Adventist Center
- 24** Executive Committee

February

- 4-6** Youth Winter Festival
Valley Vista Adventist Center
- 20** Church Officer Training
Valley Vista Adventist Center

March

- 17-20** Pathfinder Classoree
Valley Vista Adventist Center

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NEWS NEW JERSEY

JANUARY 2011

A New Year to Proclaim His Grace

I am excited about 2011 and what I know God is going to do for our conference this year. As you will see in the article below, the New Jersey Conference Executive Committee voted to designate 2011 as the Year of Evangelism with our theme, "Proclaim His Grace." We are also launching Initiative 12:40/6:10 to reach the unentered areas of our conference. At the beginning of this new year, I am also calling on all members and churches to join with the administration and departmental directors in a service of prayer and praise on January 7.

The conference will hold three regional prayer and praise services throughout the state this year. All services will begin at 7 on Friday evening. This will not be a time for preaching, but a time of old-fashioned thanksgiving for what God has done for us and prayer for God's richest blessings on our Initiative 12:40/6:10. I am praying that God will give us more than 1,000 baptisms in 2011 and that our membership will exceed 14,000 by the end of this year. Please join us on Friday evening, January 7, at the Newark English church for our first prayer and praise service. I am praying for each one of you, that you will proclaim His grace through your life and ministry in 2011.



José H. Cortés
President

Churches to Target State's Unentered Areas

Church leaders in the New Jersey Conference have proclaimed 2011 as the Year of Evangelism. With the theme "Proclaim His Grace," leaders are placing special emphasis on the unentered cities and towns of New Jersey through Initiative 12:40/6:10. If a clock were placed over the map of the State of New Jersey and the hands on the clock were set to 12:40 and 6:10, it would reveal the two largest areas of the conference where there are few churches and members. Window 12:40 covers the Northwest area of the state,

and window 6:10 covers the East Coast and Southeast area of the state.

Initiative 12:40/6:10 is designed to have each church in the conference adopt a city or town within these two windows to claim for Jesus. Churches may begin by praying for the people who live in their targeted city or town. "If there are members who live in these areas where we do not have an established church, then we are encouraging them to open their homes to small groups and/or start Bible studies in

their homes for those living in the target area," shares Jim Greene, conference vice president of administration. "Let us all work together to proclaim His grace in 2011!"

Churches are encouraged to use health programs, cooking classes, youth activities, community service programs, food banks and music ministries in these targeted areas.



José H. Cortés, conference president, identifies the 12:40 and 6:10 windows in New Jersey in the presence of Jim Greene, vice president for administration.

Members Celebrate Opening of New Office Building

More than 100 years after it was founded as a part of the Atlantic District, New Jersey Conference members recently celebrated a new home for their administrative offices. Former presidents, officials from all levels of the Seventh-day Adventist

former 1950s-era building, is indicative of the conference's continued growth. At 27,000 square feet, it is nearly triple the size of the original building.

With a bequest from a generous member's estate, the conference began searching for land in the Trenton area in the mid-1990s. In 2007, under the leadership of President Cortés, the conference secured an existing building. By 2008, they found an architect, gutted the interior of the building and redesigned the space to meet the conference's needs. The new space not only hosts the conference's growing ministries, but also a library open to members and room for a future Adventist Book Center.

"It is my prayer that New Jersey will be a great light for the work of the Seventh-day Adventist Church," said Ted Wilson, world church president, at the dedication.

Dave Weigley, Columbia Union Conference president, added, "Today, New Jersey, you make us proud. The building is professional and representative of our church."

Jim Greene, conference vice president of administration and coordinator of the \$6.5 million project, shared, "It is a real joy and a relief to see this come to fruition. This facility will serve the membership of New Jersey for years to come."—*Taashi Rowe*



The New Jersey Conference Choir sings during the dedication.

Church and local members were on hand last month, to witness the dedication and grand opening of this new space, which its administrators say is more than just a conference office.

"This place is first and foremost a house of prayer," proclaims José H. Cortés, conference president. "Next, it is a training center for evangelism, and lastly, it is an administrative building for doing the Lord's work. We praise the Lord for this blessing." He also expressed gratitude to members.

The new building, which stands only blocks from the conference's



Current president José H. Cortés (2007–present) is joined by past presidents LeRoy Finck (2000–2007); Larry Evans (1995–1997); and R.W. Boggess (1982–1995).

View video tours of the building and renovation process at njcsda.org.

dates

NEW JERSEY

January

- 1** Day of Fasting and Prayer
Local Churches
- 7** North Jersey Prayer and Praise Service
Newark English Church
- 8-15** Week of Stewardship
Emphasis, *Local Churches*
- 21-23** Youth Ministries Convention
Tranquil Valley Retreat Center (TVRC)
- 29** South New Jersey Music Training
Vineland Spanish Church, 3-6 p.m.

February

- 5-12** Christian Home and Family Week
Local Churches
- 6** Children's Ministries Training
Lake Nelson Church
- 12** Central New Jersey Music Training
Lake Nelson Church, 3-6 p.m.
- 19** Sabbath School Friends Day
Local Churches
- 26** North New Jersey Music Training
Newark Church, 3-6 p.m.



From left to right: Dave Weigley, Columbia Union Conference president; Esteban Grajales; Ted Wilson, world church president; Autumn Bange; José H. Cortés, conference president; Michele Etenne; Dan Jackson, North American Division president; and Jim Greene, conference vice president for administration and the building project's manager.

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2303 Brunswick Ave., Lawrenceville NJ
08648 ■ Phone: (609) 392-7131 ■ njcsda.org
President, José H. Cortés ■ Editor, Jim Greene

Youngstown Spanish Marks 30 Years Since Relocating



The Youngstown Spanish church recently celebrated the 30th anniversary of the construction and relocation of their church (left). Members are proud to belong to the first Hispanic Seventh-day Adventist church in Ohio and to be the only Hispanic Adventist church in Ohio thus far to have built their own church facility.

Pastor William Rodriguez and church elders led the celebration. Felix Daniel Figueroa, elder, presented a slideshow recalling the history of the church. Leaders also presented

an award of recognition to Pastor Pablo Ayala for having the vision of constructing a new church building. His wife, Aida, accepted the award on his behalf. Other awards went to Pastor Jose Feliciano, who finished what Pastor Ayala began; Felix Figueroa, a master carpenter who led the construction project; and Santos Vazquez, a church leader who supported this endeavor.

Marwood Hallett, director of Clergy Care for the Ohio Conference, presented God's word. Using the story of the good Samaritan, he reminded members that their mission was to be innkeepers, welcoming those in the community who need spiritual healing. This special day ended with a musical concert, a social and bonfire.—*Felix Daniel Figueroa*



Award Recipients: Pastor Jose Feliciano, Felix Figueroa, Aida Ayala (for Pastor Pablo Ayala) and Santos Vazquez.

Trinity Church Brings Together Bryan, Defiance Members

All things happen in God's time. That is what members of the Bryan and Defiance churches were reminded of as they recently merged into a single, new church now known as the Trinity church. Former pastors from both churches joined the members for the grand opening and consecration.

Over the years, conditions in the economy and other circumstances impacted the district containing Bryan



Bryan and Defiance church members celebrate becoming members of the Trinity church during the consecration of their new building.

and Defiance. So in 2006, the two churches decided to merge and build a new worship facility. Proceeding without a pastor, families from both original churches scouted for land, formed a building committee and created subcommittees for each area of the church. Some members worked every Sunday for three years. A few took vacation time to work on the church; others worked evenings.

"Our new facility was the culmination of hard work and long-time vision of a group of people that have been part of the Bryan and Defiance communities for more than 70 years," said Pastor Peter Simpson.

Their new 57,000-square-foot facility (above) is located on eight acres in Defiance. It is handicap-accessible and seats 120 people.

Coming in March: Ohio Ministry University

How can your congregation help people get serious about God? How do you get people to attend your events, both from your congregation and the community? How do you let people know that your church, school, Pathfinder club or community center is on the map and ready to meet their needs? Attend Ohio Ministry University's (OMU) practical workshops, which are based on requests from lay leaders in churches across Ohio! Rooted in Scripture, Seventh-day Adventist heritage and sound research, OMU is designed to help lay leaders and pastors find good answers to these and other questions. Presenters include:

Ray Tetz, an ordained Adventist minister and media professional, will talk about how to make a larger impact and get your church's messages out.

Leslie Bumgardner, PhD, an associate pastor at the Walla Walla University church (Wash.), will help you get serious about your relationship with God.

Barbara Manspeaker, a veteran in Children's Ministries, will share how to plan and conduct a Vacation Bible School using this year's new curriculum resources.

Monte Sahlin, conference director of research and special projects,

will present a workshop on friendship evangelism at work, in the community and other secular settings.

Roy Nelson, a pastor and conference Disaster Response coordinator, will talk about how your church can prepare to respond to disasters in your community.

OMU runs March 19-20 at the Embassy Suites in Dublin. Sessions begin Sabbath at 3 p.m. For more information or to register, contact your pastor. Others may register with Heidi Shoemaker at the conference office by calling (740) 397-4665, ext. 165. —*Monte Sahlin*



Coming in October: ACTS '11

Acts is a book written by Luke 2,000 years ago to record the acts of the Holy Spirit in advancing Christ's mission through the newly birthed church. *The Acts of the Apostles* is a book written by Ellen White and published in 1911 to remind the church of that important story.

Now, a century later, comes **ACTS '11**, a gathering of Seventh-day Adventists to revisit the story and consider its implications and applications to our time and place.

Keep **October 22, 2011**, open for an inspiring, all-day Sabbath experience of



learning, worship and fellowship. Presenters include Ted Wilson (right), president of the worldwide Seventh-day Adventist Church, and Ganoune Diop, PhD, director of the Global Mission Study Centers for the Office of Adventist Mission. The event will take place at Roberts Centre in Wilmington, Ohio. Watch for more details in future editions of *Mission Ohio*.



Save the Date

Christian Biker Camp Meeting June 1-5

Mount Vernon Academy

Camp Meeting June 12-18

Mount Vernon Academy

There will be programs primarily for children and youth! Adult programs are also available. Watch ohioadventist.org for details.

Mission Ohio is published in the *Visitor* by the Ohio Conference P. O. Box 1230, Mount Vernon, Ohio 43050 ■ Phone: (740) 397-4665 ohioadventist.org ■ President, Raj Attiken Editor, Heidi Shoemaker

Pennsylvania *Pen*

JANUARY 2011

Literature Evangelist Retires After a Million Miles



When William Fentress was discharged from the U.S. Army's Operation Whitecoat in 1967, he immediately began praying to know God's will for his life. After three days of prayer, Fentress felt God's call to literature evangelism. Since those first days knocking on doors in Richmond, Va., he has spent nearly 43 years placing literature and books into the hands of more than 100,000 people while driving more than 1 million miles throughout the Columbia Union.

A Harrisburg First church member, Fentress recently set his briefcase down for the final time as he retired from canvassing and began a new chapter of his life.—*Richard Strahl*

1,000 Members Needed to Support Youth Ministries

Pennsylvania constituents are committed to their children and youth. This was reflected at the Special Constituency Meeting of the Pennsylvania Conference held in November at Blue Mountain Academy in Hamburg, Pa. One motion voted by delegates creates a 29er Club. Through this initiative, the Laurel Lake Advisory Committee will mobilize 1,000 donors by March 31. These donors will join the 29er Club by committing to give a minimum of \$29 monthly. All donations collected through the 29er Club will then be divided equally between Laurel Lake Camp in Rossiter and Blue Mountain Academy, the two most significant youth ministries within the Pennsylvania Conference.



Children jump for joy at Laurel Lake's summer camp.



Funds from the 29er Club will help support Blue Mountain Academy students receive a quality, Christian education.

"Strengthening the spiritual lives of our children is one of our most important missions in Pennsylvania," said Ray Hartwell, conference president. "I know the dedicated men and women of this conference will love to support these youth-oriented ministries."

To become a member of the 29er Club, send a check to the conference office each month or commit to an automatic check withdrawal by completing an Electronic Funds Transfer authorization form. The form can be downloaded from paconference.org. Other donations to the camp or the academy can still be given at the local church level.

More information will be available on the conference website and will be sent to churches and members in the coming months.



Treasures
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WOMEN'S RETREAT 2011

March 25-27
Holiday Inn Harrisburg East

FEATURING...

Cheri Gatton

PLUS...

- Who's Got Your Back?
- Held in His Hand
- It's a Battle in Here
- Renewal After a Season of Grief
- Hidden Princesses
- Mary, Martha, You and Me

For more information or to register visit:
www.paconference.org

Family Home Becomes Lock Haven's Community Center

Fifty years ago, the Harvey Baird family donated the land on which the Lock Haven church was built. The church recently purchased the Baird house (below) next door to its property and will convert it to a community services center. The new center will house Lock Haven's Pass It On ministry, a clothing distribution program opened the second and fourth Thursdays of each month. The program has served more than 100 families and volunteers have distributed 1,000 articles of clothing since the ministry began last year.—*Floyd Dare*



Lewisburg Church Moves to New Community

The Lewisburg church has a new home and a new name—Milton Seventh-day Adventist Church. Members purchased a former Assemblies of God church at the corner of Fourth Street and State Route 405 in Milton. They celebrated their first Sabbath in the new facility on their 10th anniversary of becoming a church.

"We are looking forward to becoming a part of the Milton community," shares Pastor Tom Grove. "We see this building as a launching point for ministries that seek to serve our surrounding community."



Tom Grove (fourth from left), pastor of the new Milton church, celebrates with local church and conference leaders.

Potomac People

JANUARY 2011

Storytellers Needed

The greatest privilege we have is to tell Christ's story. At our recent constituency session, we shared how our members are finding ways to do just that across the Potomac Conference. Some tell His story through prison ministries, while others tell it through Health Ministries, Adventist Community Service centers, Bible studies, Sabbath Schools, Youth Ministries, Children's Ministries, summer camp and a variety of other local church ministries.

Each church plant is a story. Each community outreach event is a story. Each student coming to a Seventh-day Adventist school is a story. Every teacher interaction with a student is a story. Each evangelistic meeting, baptism, Vacation Bible School, house church, employee contact at the Potomac Adventist Book and Health Food Store, short-term mission project, experience at Camp Blue Ridge and Bible study is a story.

Is all this storytelling making a difference and growing God's kingdom? Yes! Over the last five years, the Potomac Conference has conducted more than 1,000 evangelistic/reaping series. This has resulted in more than 7,700 baptisms and professions of faith, increasing our membership to 32,585. While this is remarkable, there are many more people we need to reach. To do so, we need more storytellers. How can God use *you* to tell His story in Potomac this year?

A fellow disciple on the journey ...



Bill Miller
President

Potomac ABC, Beltsville Church Partner for Screening

Although it won't hit theaters until March, *Forks Over Knives*—a film exploring the benefits of consuming a whole food, plant-based diet—is already generating excitement among Seventh-day Adventists. Recently the Potomac Adventist Book and Health Food Store in Silver Spring, Md., worked with the Beltsville (Md.) church to host a screening of the film. The film tracks the work of noted nutritional scientist T. Colin Campbell, PhD (author of *The China Study*), and

Caldwell Esselstyn, MD, another pioneering researcher. They found that those who reduced or eliminated the amount of animal products in their diets could reverse and even prevent certain lifestyle-related diseases such as cancer, diabetes and heart disease.

Some 300 attendees gathered in the Beltsville church sanctuary to view the film, which follows several people who saw drastic improvements in their health when they adopted a plant-based diet. After the screening, Pamela Popper, ND, who was featured in the film, answered questions. Attendees also sampled food from a local vegan café.

"I think it's kind of fun to hear this movie share, in new and different ways, what Adventists have always thought," said Kermit Netteburg, pastor of the Beltsville church. "It is a reinforcement that Ellen White was right in lots and lots of ways." He added that part of the church's aim is to become a community resource for healthier living and learning about Jesus.

Beltsville members Peggy and Mel Harris (above) thought the film was excellent. "It reinforces things I've learned from childhood," Peggy said. "The plant-based diet has been very beneficial in my life, and I think it is something we need to get back to."—*Taashi Rowe*



Lisa Myaing, general manager of the Potomac Adventist Book and Health Food Store, was thrilled to see many of the Adventist health messages echoed in the film.



Potomac People

Pastors and Teachers Gather for Professional Growth

Attendees to the annual Potomac Conference Pastor/Teacher Convention spent two days in Williamsburg, Va., exploring the convention's theme, "What Maps do You Use?"

"We chose the theme as an opportunity to reflect on where we as church workers are in relationship to the mission and vision of the church," said Bill Miller, conference president.



Attendees discuss convention topics in small groups.

Three speakers made presentations at the convention: Tim Elmore, president of Growing Leaders and author of the Habitudes books, talked about reaching the current generation of youth. Jon Paulien, dean of the School of Religion at Loma Linda University (Calif.), spoke at several joint sessions and led the pastors in a breakout session on Revelation. Ray Tetz, president and creative director of Mind Over Media, Inc., explored the topic of appreciative inquiry with the teachers.

Keith Hallam, vice president for Education at the conference, found value in the messages shared. "Rather than focusing on differences between pastors and teachers, the focus was placed on the common goal of focusing on our young people, which has brought the two ministries closer together," he said.

During the convention, two pastors and three teachers were honored for their service in the conference. The teachers include Todd and Sarah Coulter of Yale Adventist



Tim Elmore, president of Growing Leaders, speaks about reaching the present generation.

Elementary School in Yale, Va., and Loida Doukmetzian of John Nevins Andrews School in Takoma Park, Md. Pastors Willie Boyd, Jr. of Community Praise Center in Alexandria, Va., and Olives Villamizar of Woodbridge (Va.) Spanish church were also honored.

Visit pcsd.org for recognition videos, presentation audio and other photos from the event.
—Adrienne Suarez

More Than 1,000 Attend Annual Pathfinder Camporee



Though a tropical storm ravaged many of the eastern seaboard states just before camporee was set to begin, the resulting rain did not stop more than 1,000 Potomac Conference Pathfinders from holding their annual event at Camp Blue Ridge in Montebello, Va. Once the Pathfinders began to arrive, nothing more than a light drizzle fell.

Pathfinders spent the weekend participating in many activities and honors including archery, metal craft, canoeing, field events and an obstacle course designed to chal-

lenge the kids and their dexterity.

Ben Lundquist, youth pastor of an Arizona church, was the featured speaker. He shared high-energy messages each day depicting the love and acceptance God has for every one of his children. It was a message that led the young people to understand how God is ready to welcome them home.—Jeff Cooley

Pathfinders parade to flag raising ceremony.

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

Spotlight on Spencerville

JANUARY 2011

Need a Re-do?

Our school has been studying and beginning to implement a model of Differentiated Instruction (DI). This has stimulated some interesting conversations. One of the philosophical components of DI suggests that when a student does not attain mastery on a particular test or concept they are given the opportunity to “re-do” the test. Before they can have a re-do, they must study some more, maybe get some tutoring and complete any missing homework. The students are not required to take the re-do, but most of them do. Many times when students choose to re-do their work, they will do much better on the second attempt.

I am so glad that I serve a Savior that gives us re-dos. Christ loves and accepts us just the way we are, but He will not leave us in that condition. By surrendering to Him on a daily basis, He will change us into the people He desires us to be. My favorite text from Paul states, “being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus” (Phil. 1:6, NIV). Be a good student. Ask for a re-do, and be confident that Christ will give you the power and strength to master the Christian walk.



Brian Kittleson
Principal

NEWS

Students Participate in Handbell Festival

Recently the Spencerville Ringers, under the direction of Jane Lanning, traveled to Toledo, Ohio, to join 12 other academies from across the nation in RingFest 2010. The festival, hosted by the Toledo First church and organized by members Bill and Janell Ashley, consisted of intense, eight-hour days of mass ringing and workshops. After two days of rehearsal, the groups presented a concert on Friday evening. The concert was broadcast on the Toledo First church website allowing those not able to travel to Ohio to see and hear the more than 170 musicians play more than 1,000 English hand bells. The trip culminated with a day at Cedar Point amusement park in Sandusky, Ohio, which boasts one of the largest roller coasters in the world.



Don't Miss Academy Day

Academy Day is coming to Spencerville Adventist Academy (SAA) on Thursday, February 3, from 8:30 a.m.–2:30 p.m. All graduating eighth graders, and other incoming high school students, are invited to attend. At Academy Day, students will have the opportunity to meet their teachers, hear and see the school's touring groups perform, play against their varsity teams and get a feel for the welcoming and positive SAA culture. This will be the last year the event will be held in the current facility because SAA's new multimillion-dollar school opens this summer! To RSVP, contact Heidi Wetmore at (301) 421-9101, ext. 100, or hwetmore@spencerville.org.



Spotlight

Study Tours Bring History to Life

Students from the sophomore and junior classes have the opportunity to enrich their education further by participating in study tours. Recently the sophomore Bible class traveled more than 50 hours in a bus over the course of five days throughout the New England countryside on their annual study tour of early Adventist history. Stops included William Miller's farm in New York; Joseph Bates' house in Fairhaven, Mass.; the first Seventh-day Adventist church in Washington, N.H.; and,



Sasha Gramkow ('12) and Mark Froelich ('11) explore the living quarters on the USS New Jersey.



Neelou Kazemzadeh ('12) and Yumi Shimamura ('12) enjoy the walk across the Brooklyn Bridge on the American History New York Tour.

finally, Ellen White's birthplace in Portland, Maine.

After visiting Ascension Rock, sophomore Trevor Stephenson remarked, "To be standing in the exact same spot as those believers were on October 22, 1844, was an outstanding feeling. I was standing on the rock where people's hearts were broken because their Lord didn't come again like they believed He would. I felt honored to be standing on the ground where the founders of our church stood."

Robert A. Martinez, sophomore Bible instructor, added, "This trip really helps the students put themselves in the shoes of our early Adventist pioneers. They are no longer old pictures on a page, but

real people who lived and struggled as we do."

Students from the Twentieth Century American History class spent three days in the New York City metropolitan area discovering a "hands-on history" opportunity as they visited various sites relevant to the turn of the 20th Century.

The first stop on this tour was a walk across Brooklyn Bridge, the one-time largest structure in the area, which was built as an engineering marvel during the turn of the century. Students walked through the financial district and viewed the steel skyscrapers made possible during that time due to the Bessemer process of steel and the invention of the elevator.

Students searched for names of ancestors who could link them to their distant past while visiting Ellis Island and looked upon the American symbol of freedom—the Statue of Liberty. Michelle Kelchner ('12) said she enjoyed Ellis Island the most. "It meant a lot to me that we got to go there because when my grandma was 10 years old she came on a boat from Germany through Ellis Island," she said.

Mark Froelich ('11) was impacted most by the visit to Ground Zero, the site of the World Trade Center tragedies. "Knowing that this was the place where terrorists deliberately took people's lives ... made me humble inside," he said.

The return trip culminated with a tour of the USS New Jersey, a vintage World War II battleship—the most decorated of its time—that now stands as a museum.

Calendar

January

- 10 Prospective Student Open House
- 12-14 Semester Exams
- 17 No School—Martin Luther King Jr. Day
- 18 No School—Teacher In-Service
- 31 No School—Parent/Teacher/Student Conferences

February

- 3 Academy Day
- 5 Talent Show
- 7-11 School Spirit Week

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



HAPPENINGS

JANUARY 2011

www.shenandoahvalleyacademy.org

Alumna Earns Large Scholarship

Pacific Union College (Calif.) recently presented Meena Kim, a 2010 graduate of Shenandoah Valley Academy, with the Maxwell Scholarship. This \$15,000 scholarship is the college's largest award and is renewable every year that she is enrolled there.

While at SVA, Kim was president of her class for both junior and senior years, and was very active in mission outreach programs. Congratulations to Meena on receiving this exceptional scholarship!



Athletic Field Gets a Makeover

Shenandoah Valley Academy (SVA) students no longer have to travel off campus to play "home games." They are now enjoying their own quality, high school-regulation baseball field on campus. The baseball field was just part of the school's athletic complex that received a complete makeover. Students are also enjoying an improved softball field and a relocated soccer field surrounded by a new walking/jogging path. In addition, both soccer and baseball teams got new benches, bleachers and a dugout.

Paul Thompson, a local contractor who is also a 1954 graduate of SVA, did the majority of the work on the new athletic field. He and several members of his crew spent many hours moving approximately 50,000 cubic yards of dirt from the river bottom and rearranging it to fit the blueprint of the field.

Paul and his wife, Arlene Cashman Thompson, Class of 1955, are active members of the New Market church and community. Their love for SVA prompted them to become involved in the athletic field makeover and to donate many hours to complete the project. In talking about the work done on the athletic field, Thompson shared, "As a student at SVA, I worked on the farm and spent many hours plowing the fields, and here I was again, some 55 years later, going over that same ground on another piece of heavy equipment." The SVA students and staff appreciate all that he did to make the athletic field one of which they can be proud.

Financial support for this project, spearheaded by Don and Becky Feltman, came from alumni and friends. Like other alumni who have shared God's blessings with SVA in regard to improvement projects, Becky Cabrera Feltman ('76) and her husband, Don, helped make SVA's new baseball field, soccer field and softball field a reality. Part of the draw to SVA for the Feltman family was the school's active sports program, which provides positive team-building and discipline opportunities for young men and women. SVA's new baseball field was named R and J Field in honor of the Feltman's sons, Ryan ('06) and Justin ('08), and their love for the game.



Josh Adeyeye and Justin Thompson, both seniors and members of the soccer team, make good use of their new soccer field.

HAPPENINGS

Faculty Families Increase Spirituality

Because spirituality is Shenandoah Valley Academy's number one objective, staff members take every opportunity to model Christ's love to students. One of the ways they are doing this is by having each student be part of a faculty family. Students meet each mid-morning with their "family" to talk about how their day is going, perhaps share a treat brought in by their faculty parent and pray together. Some groups read a daily devotional, while others use their time to write encouraging notes to fellow students and the staff.

At the beginning of each school year, returning students can stay with their previous group or switch to a new group, while new students are randomly assigned to family groups. Because strong bonds are formed within families, many students choose to stay with their group year to year.



Junior Angel Lawhorn states, "I love my faculty family. They do things for us throughout the year and make us feel special."

In addition to daily prayer time, the groups also get together at least twice a year on a Saturday night for an activity, as well as

Erik Brown, Algebra I and II and English II teacher, spends time with students outside of the classroom.

twice a year on Friday nights to enjoy supper and sundown vespers.

Exchange Program Brings Argentineans to Campus

Last summer four Shenandoah Valley Academy students spent six weeks in a language exchange program at the Instituto Adventisto Juan Bautista Alberdi—the Seventh-day Adventist High School in Argentina. During that time, they took part in all of the classes and activities

while speaking Spanish only.

Last fall SVA hosted four students from Argentina who spent their time in the classroom and in activities speaking English only. While at SVA, they also did some traveling and sightseeing, visiting New York City and seeing the Statue of Liberty, Times Square and the Empire State Building. They also traveled to Washington, D.C., and toured the city on bicycle, visiting several of the Smithsonian museums and the Lincoln Memorial.

In addition to the cultural traveling they did, they also took part in activities that the SVA students were involved in, such as the

mission trip to Mississippi and Louisiana during a home leave break and the Potomac Conference Bible Camp at Camp Blue Ridge in Montebello, Va.

"We enjoyed seeing new places and learning new things. And we really liked seeing our friends who spent time in Argentina last summer," Federico Casco shared.

The language exchange program has been a fun and exciting way for students to immerse themselves in the language and culture of another country, and it is an experience students from both countries are looking forward to repeating this year.



Argentinean exchange students (front row) Kimberly Sitzmann and Gustavo Martinez and (back row) Gisela Antunez and Federico Casco enjoyed learning English on SVA's campus.

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

The Best Spiritual Place for Students

Every corner you turn on Washington Adventist University's (WAU) campus, you will notice the words "Gateway to Service." We live up to that commitment to serve the community and our Lord in a variety of ways. Our faculty and staff, and even our students, are involved in some kind of service. The university administration has made spirituality our top focus, which goes hand in hand with a service-oriented mindset. All activities on campus are God-led and Spirit-driven. Jesus is the measurement bar of all campus life. Those who work here are dedicated Christian men and women who want to challenge students academically and spiritually to develop Christian virtues that will make them stand out like Daniel of the Old Testament in this generation.

We are dedicated to serving with the qualities of Jesus and living with His principles. This is why I eagerly accepted the invitation to join this university as vice president for Ministry. I'm thrilled to serve as a mentor to the students and a spiritual leader to all on this campus, thus making WAU the best spiritual home for students. I invite you to come and visit us and experience a place where God and His Spirit dwell 24/7.



Baraka G. Muganda
Vice President for Ministry

Academy Students Sharpen Writing Skills

Twenty-eight academy students from across the Columbia Union Conference recently converged at Washington Adventist University for its annual Writers' Conference. The three-day conference allowed students to meet some of their peers, navigate the campus, explore some of the cultural offerings in the area and improve and share their writing talents.

After settling into the dorms and having dinner in the university dining hall, the group headed to Baltimore's CenterStage to view a production of the musical *The Wiz*. The play was a big hit, both with the general audience and with the students, many of whom had their pictures taken with the cast (below) after the program.



The next morning, WAU faculty and instructors led several sessions covering a range of writing topics—from tone and word choice to composing essays in college and writing narrative.

Writing sessions continued the next day, culminating with the plenary speaker for this year's conference, JoAlyce Waugh (above), the acquisitions editor at The Review and Herald Publishing Association in Hagerstown, Md. She shared the opportunities and needs for young writers to contribute to the Seventh-day Adventist publishing industry.

The 2010 Writers' Conference ended with attendees sharing some of their own work in the form of essays, poetry and music.

"Every year that I have the chance to be involved with this event, I am encouraged by the talents, the accomplishments and the lives of our young people," shared Richard Grant, Writers' Conference director. "We need strong minds and clear writers to lead out in years to come—meeting our youth gives me hope."

For more information on next year's conference, email Grant at rigrant@wau.edu.



New Senior Vice President of Operations Named

Following recent organizational restructuring, Gerald L. Anderson (pictured), MGA, CPHIMS, PMP, joins WAU's administrative team as senior vice president for Operations. Formerly an adjunct professor for the School of Graduate and Professional Studies at Washington Adventist University, Anderson says he will focus on doing "everything possible to prepare our students to be exceptional assets of the organizations they will become a part of after graduation. I want their employers to marvel at the quality employee that is the result of the WAU education and experience."

A native Floridian, Anderson earned a bachelor's in business management and a bachelor's in information systems management from the University of Maryland

University College along with a Master of General Administration in Healthcare and Organization Assessment/Management. He also a Master's Certificate in Project Management from George Washington University (D.C.).

After completing more than eight years of service in the United States Army, Anderson has worked in various aspects of healthcare and Medicare management. He has also worked as director of the Division of Management Services at the Food and Drug Administration's Center for Biologics Evaluations and Research. He later became a senior resources management advisor and project director. In 2009 Anderson retired as director of the Business Planning Architecture Office. He is currently senior administrator for an Aeromedical Staging

Squadron and owner and Chief Executive Officer of GRA Associates, LLC, a consulting firm.

Anderson is married to the former Ruby Ottley. They are active members of the Emmanuel-Brinklow church in Ashton, Md.



Respiratory Care Degree Streamlined for Faster Completion

Students seeking an Associate of Science in Respiratory Care at Washington Adventist University can now complete the program in two years. Formerly a three-year program, the most significant change is that the program now has no prerequisites and requires only 70 credit hours to complete.

Not only can students complete all requirements preparing them for licensure within a two-year cycle,

the overall program is less expensive than the previous 91-credit-hour program.

"We hold the breath of life in our hands," says Vicki Rosette, program director. "A respiratory therapist is the most important person in the world when you can't catch your breath."

According to the U.S. Bureau of Labor Statistics "employment of respiratory therapists is expected to grow by 21 percent from 2008 to 2018, much faster than the average for all occupations." Started circa 1974, WAU's

program currently has 20 students. Rosette expects to admit 18 new students next fall.

For more information on the Respiratory Care program at WAU, visit wau.edu or email enroll@wau.edu.



Changes in WAU's Respiratory Care program will help students finish the program in two years instead of three.

Calendar

January

- 1-9 Christmas Break
- 10 Spring Classes Begin
- 17 Martin Luther King Jr. Holiday—No Classes
Offices Closed

The Gateway is published in the *Visitor* by the Washington Adventist University ■ 7600 Flower Ave., Takoma Park, MD 20912 ■ Phone: (800) 835-4212 wau.edu ■ President, Weymouth Spence ■ Editor, Angela Abraham

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Payment must accompany all advertisement(s). We do not bill for classified or display advertising and tear sheets are not provided unless prior arrangements are made. Checks and money orders are accepted. Make checks payable to Columbia Union *Visitor* and mail together with classified advertisement and recommendations (if applicable) to Sandra Jones, Columbia Union *Visitor*, 5427 Twin Knolls Rd., Columbia, MD 21045, and display advertising to Beth Michaels at the same address.

Rates for classified advertising are calculated on a per insertion basis in our 12 issues. Minimum charge is \$47 for 50 words or less for ads originating within the Columbia Union Conference, and \$52 for all others. Additional words: 60 cents each. A 15 percent discount is given for 12 insertions, a 10 percent discount for six insertions, and a 5 percent discount for three insertions. A box ad (classified ad in a box) is \$120 inside the union and \$140 outside the union, with a maximum word count of 75. Ads must be placed a minimum of four weeks before the issue date, which is the first of every month. For more information, email sjones@columbiaunion.net or call Sandra Jones toll-free (888) 484-7486, or local 410-997-3414, ext. 571.

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SUNSET CALENDAR

	Jan 14	Jan 21	Jan 28	Feb 4	Feb 11
Baltimore	5:06	5:14	5:22	5:30	5:38
Cincinnati	5:38	5:46	5:54	6:02	6:10
Cleveland	5:20	5:29	5:37	5:46	5:55
Columbus	5:30	5:38	5:46	5:55	6:03
Jersey City	4:52	5:00	5:09	5:17	5:26
Norfolk	5:11	5:18	5:26	5:33	5:41
Parkersburg	5:26	5:34	5:42	5:50	5:58
Philadelphia	4:59	5:06	5:15	5:23	5:31
Pittsburgh	5:17	5:25	5:33	5:42	5:50
Reading	5:01	5:09	5:17	5:25	5:34
Richmond	5:14	5:22	5:29	5:37	5:45
Roanoke	5:25	5:32	5:40	5:47	5:55
Toledo	5:28	5:36	5:45	5:53	6:02
Trenton	4:56	5:04	5:13	5:21	5:30
Wash., D.C.	5:09	5:17	5:25	5:33	5:41

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ANNOUNCEMENTS

REKINDLING THE ROMANCE MARRIAGE RETREAT:

Coming in February! Don't miss the third annual community marriage retreat weekend, which will be held February 25-27 at Dunes Manor Hotel in Ocean City, Md. Drs. Mario and Gloria Ceballos will be the presenters of the sessions, which run from Friday evening to Sunday morning. For more information, email MarriageEnrichment@com-cast.net, or contact Mark and Peggy Lee (301) 801-2344 or Jeff and Sandy Hartz (443) 864-6328. What could be a more valuable gift for your family and your spouse than a romantic weekend getaway to enrich your marriage?

BETTY HOWARD, PHD, FORMER WOMEN'S DEAN

and director of the Center for Learning Resources at Washington Adventist University in Takoma Park, Md., passed away December 2 in Loma Linda, Calif. A memorial service will be held January 29, at 3 p.m., in the Sligo church atrium.

UNION COLLEGE

HOMECOMING:

Alumni, friends and former faculty are invited to Homecoming, April 7-10. Honor classes are 1941, 1951, 1956, 1961, 1971, 1981, 1986, 1991 and 2001. For more

information, contact the alumni office at (402) 486-2503, 3800 South 48th Street, Lincoln, NE 68506, or alumni@ucollege.edu.

ANDREWS UNIVERSITY MUSIC AND WORSHIP CONFERENCE:

will be held March 24-26, hosted on the campus of Andrews University. This conference is a training event for pastors, worship leaders, church musicians and lay leaders involved in worship ministry. To register or to find out more, please visit auworshipconference.org or call (269) 471-8352.

VALLEY GRANDE ADVENTIST ACADEMY ALUMNI ASSOCIATION

invites all former faculty, staff and students to our annual Alumni Weekend to be held April 1-3. Honor classes: years all end in a 6 or 1 (2006, 2001, etc.). For more information, visit our website, vgaa.org, or email Suzanna Facundo, sfacundo@hotmail.com.

BROADVIEW ACADEMY ALUMNI WEEKEND

will be held April 29-30. All alumni are encouraged to attend. Mark you calendars. Call your classmates and start planning for this weekend now. Honor classes, 1951, 1961, 1971, 1981, 1986, 1991 and 2001. Friday night Vespers, Sabbath School and

church. All ideas and information welcome. For communication purposes, we need your email address. Postage is too expensive. Send it to Ed Gutierrez, edjulie1@att.net; or call (630) 232-9034. More information to come.

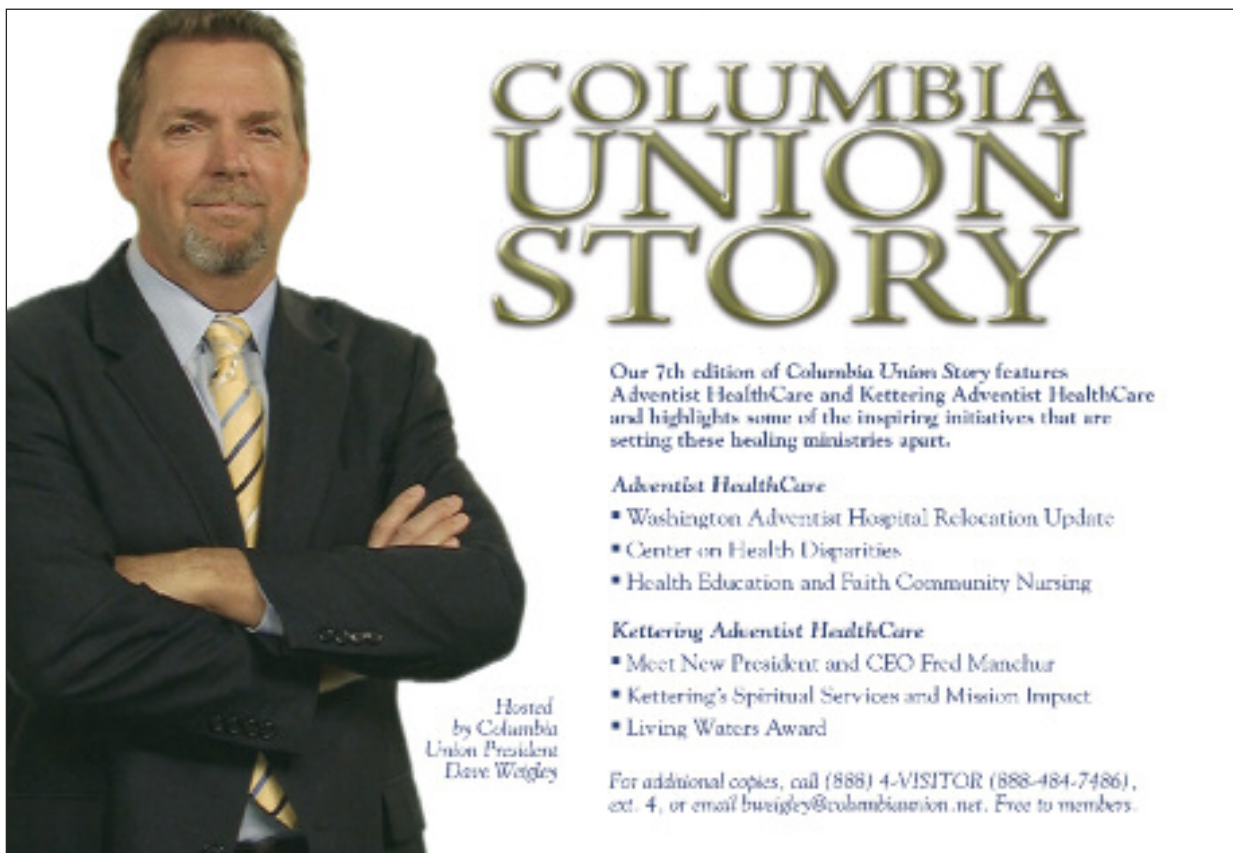
OBITUARIES

SHANKO, Vera Gominick,

born January 2, 1928, in Chicago, Ill.; died June 18, 2010, in Yale, Va. She was a member of the Yale (Va.) church. Survivors: her daughters, Linda (John E.) Sutton of Yale, Diane (John F.) Mayer of Yale, and Sharon (Ron) Pelton of Freeport, Maine; grandchildren: Kimberly Taylor, Laura Reed, Bryan Faehner, Erik Pelton and Ashley Pelton; and three great-grandchildren.

WENDELL, Mae Elizabeth,

born, January 5, 1920, in Jamaica, Vt.; died June 17, 2010, in Buckhannon, W.Va., where she was a member of the Buckhannon church. She and husband, Dr. Ken Wendell, were missionaries in Okinawa, Japan, for 17 years. She was preceded in death by Ken and their daughter, Pat Clements. Survivors: daughters Nancy Whitsett and Alicejean Baker, one sister, one brother, seven grandchildren, five great-grandchildren and several nieces and nephews.



COLUMBIA UNION STORY

Our 7th edition of *Columbia Union Story* features Adventist HealthCare and Kettering Adventist HealthCare and highlights some of the inspiring initiatives that are setting these healing ministries apart.

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- Center on Health Disparities
- Health Education and Faith Community Nursing

Kettering Adventist HealthCare

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- Kettering's Spiritual Services and Mission Impact
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The *Visitor* provides news and information, resources for effective ministry, and insight on issues with a spiritual focus to help people celebrate God's transforming grace in preparation for His return.

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COLLEGES

KETTERING COLLEGE OF MEDICAL ARTS: Charles Scriven, President; Mindy Claggett, *Visitor* Correspondent; 3737 Southern Blvd., Kettering, OH 45429. Tel. (937) 395-8601 ■ kcma.edu

WASHINGTON ADVENTIST UNIVERSITY: Weymouth Spence, President; (vacant), *Visitor* Correspondent; 7600 Flower Ave., Takoma Park, MD 20912. Tel. (301) 891-4000 ■ wau.edu

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ADVENTIST HEALTHCARE: William G. "Bill" Robertson, President & CEO; Thomas Grant, *Visitor* Correspondent; 1801 Research Blvd., Suite 400, Rockville, MD 20850. Tel. (301) 315-3030 adventisthealthcare.com

KETTERING ADVENTIST HEALTHCARE: Fred Manchur, President & CEO; Christina Keresoma, *Visitor* Correspondent; 3965 Southern Blvd., Kettering, OH 45429. Tel. (937) 395-8167 khnetwork.org

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Volume 116 ■ Issue 1

Balance

In today's world of competing demands, multitasking is an oft-used strategy for getting it all done. We scan emails while talking on the phone, eating lunch or trying to meet that project deadline. However, a growing body of research is finding that multitasking negatively affects productivity and efficiency. A study conducted by the University of London found that workers distracted by email and phone calls suffer a fall in IQ more than twice that found in marijuana smokers. Another study noted that multitaskers had slower response times, perhaps due to information overload and the inability to quickly filter out which is important. Multitasking also contributes to the release of stress hormones, which, over the long



term, can lead to obesity, heart disease and decreased immune function.

Rather than multitasking, God holds to the practical power of "one thing." Each morning, present your day to Him,

trusting that what needs to get done *will* get done. Tackle your most important task first. Throughout the day, ask, "What is the one thing I need to do next?" God's "one thing" strategy will help you to focus your attention on what really matters.

REFLECT - In what situations do I tend to multitask? How can I apply God's "one thing" strategy to my life?

RESPOND - When I take the time to seek You and trust You with all that needs to be done, I experience a sense of purpose, balance and peace, dear Lord. That perspective will focus and guide me today. Amen.

RELATE - I stay focused on what really matters by practicing God's "one thing" strategy.

REMEMBER - "But seek first His kingdom and His righteousness, and all these things will be given to you as well" (Matt. 6:33, NIV).

RESOURCE - Watch health ministries expert Katia Reinert talk more about this topic at [youtube.com/user/ColumbiaUnion](https://www.youtube.com/user/ColumbiaUnion).

Wellness coach Lilly Tryon is the principal contributor for the 2011 Visitor Calendar expounded upon here each month.

A Quick Start GUIDE COMPLETE SET

Did the nominating committee ask you to lead a ministry?

Quick Start Guides are a series of booklets designed to help local church leaders start or revitalize a ministry. Each Quick Start Guide contains a job description, instructions for getting started, tips for maintaining a successful ministry, troubleshooting suggestions, recommended resources, and more. Whether you're new to ministry or a seasoned volunteer, Quick Start Guides will inspire you with ideas you can immediately put to use in your local church.

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