

VISITOR

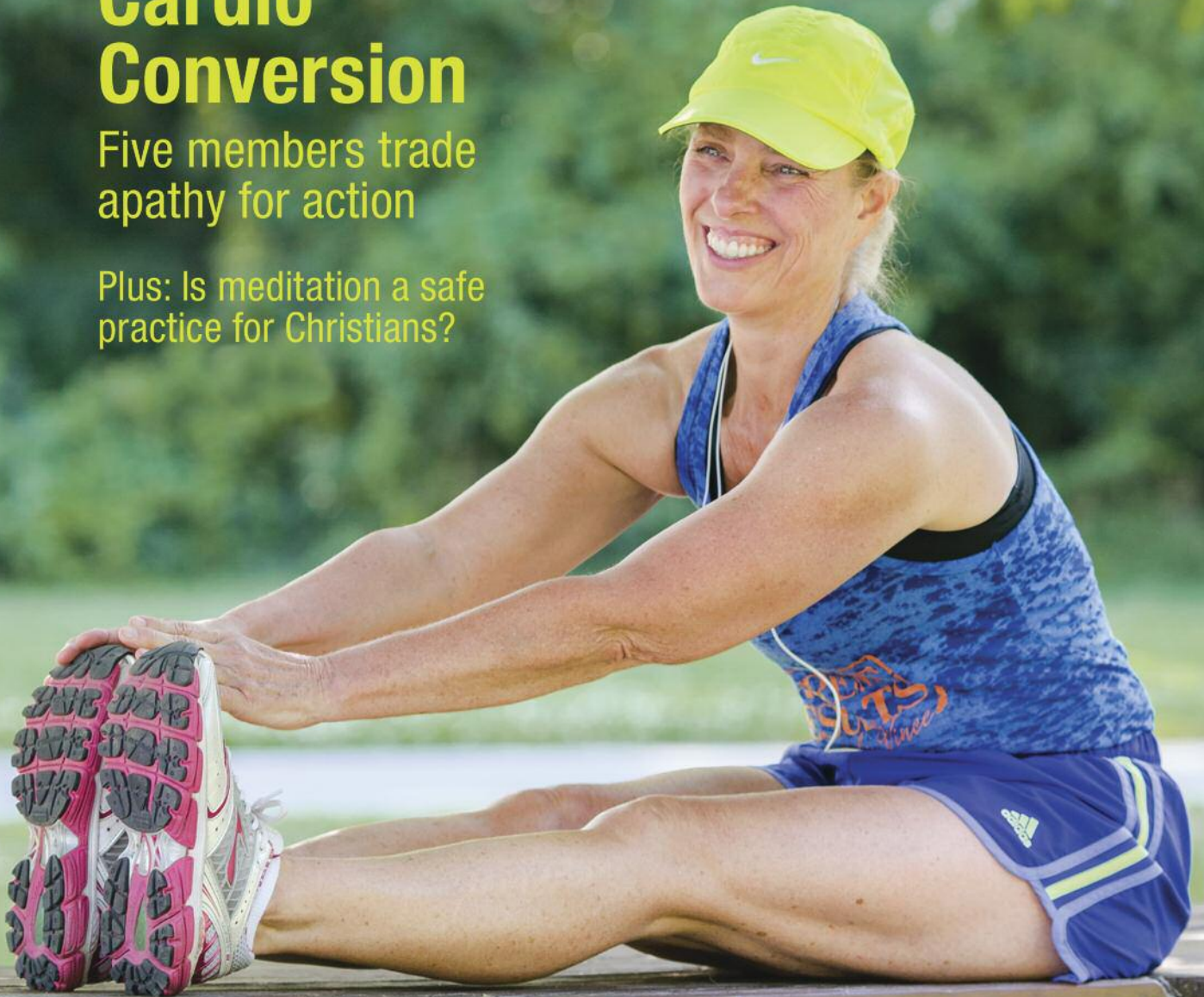
CONNECTING COLUMBIA UNION SEVENTH-DAY ADVENTISTS

AUGUST 2014 • VOLUME 119 • ISSUE 8

Cardio Conversion

Five members trade
apathy for action

Plus: Is meditation a safe
practice for Christians?



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PHOTO BY BRAD BARNWELL



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When it came to fitting exercise into their busy lives, five members explain why they traded in apology for action. Learn how they also helped give others more motivation to move.

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About the Cover: Mary Wyar photographed Sheila Case at the Wildwood Preserve in Sylvania, Ohio.

ON THE WEB



TAKE A DEEP BREATH

Faye Gregory has been teaching Allegheny East Conference's Fit4You Retreat attendees how

to properly stretch and breath for more than 10 years. Visit columbiaunionvisitor.com/breathe to learn two of her yoga-like techniques for drinking in more oxygen.

IT'S NEVER TOO LATE

Three years ago, Amy Williams' arthritis was so bad it was hard to walk. The 63-year-old member of Pennsylvania Conference's Mon Valley church in Belle Vernon started eating healthier and now runs up to four miles every other day. Read how she did it at columbiaunionvisitor.com/amywilliams.



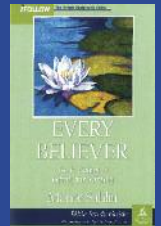
ATTENTION, NEWBIES!

Feature contributor Wilona Karimabadi, NASM-CPT, says there are exercise programs for everyone, regard-

less of age or fitness level. If you're a fitness newbie, get her quick tips for getting started at columbiaunionvisitor.com/newbies.

WHERE DO I FIT IN?

In his latest book *Every Believer: God's Calling and Gifting for Ministry*, Monte Sahlin offers a Bible study guide to help all believers discover their gifts and empower them to serve. Read our interview with Sahlin at columbiaunionvisitor.com/everybeliever.



GOING TO #2014FFIC?

We want to see highlights from your trip to the "Forever Faithful" International Pathfinder Camporee in Oshkosh, Wis., this month. Tag us at facebook.com/columbiaunionvisitor and on twitter @VisitorNews using #2014FFIC. You could end up in the next *Visitor*!

READY, SET, SWAP

Before you head to OshKosh, check out camporee pins at facebook.com/forever-faithfulcamporeepintrading.

We like this pin from Potomac Conference's Beltsville Broncos Pathfinder Club in Beltsville, Md.



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The *Visitor* provides news and information, inspiration for effective ministry, and insight on issues with a spiritual focus to help engage members in experiencing the mission.

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Volume 119 ■ Issue 8

Continuing a Tradition of Wellness

I was just a boy when I started to learn the powerful impact of medical professionals. At the age of 6, I was diagnosed with a severe form of pediatric arthritis in my right leg, which impacted the whole right side of my body. It even affected my eyesight. My parents had to make frequent trips to the physician, and, since we lived in a small, rural Minnesota community, we had to travel nearly three hours to get the help I needed.



During that time, I witnessed firsthand how quality, compassionate care can greatly impact someone's life. Thanks to the prayers of my family and community, I also learned just how important spiritual strength is during healing.

GOING BEYOND HEALING

That childhood experience remains a driving force for me to ensure that the Seventh-day Adventist Church continues to expand healthcare services to the communities where we live. Earlier this year, I had the privilege of being asked to lead Adventist HealthCare, a Columbia Union health network with a remarkable history of serving people in the greater Washington, D.C./Maryland area since 1907.

Each day I am blessed to work with a talented and dedicated team of physicians, nurses, employees and volunteers who carry out our mission to “demonstrate God’s care by improving the health of people and communities through a ministry of physical, mental and spiritual healing.” This mission guides us each year as we deliver more than 7,000 babies, provide nationally recognized surgical care to nearly 27,000 patients and provide health and wellness programs for more than 54,000 people. It’s a mission that makes us unique in our region, and one that we take very seriously.

I need to clarify, however, that we are not just an organization that cares for the sick. With shifts we’ve made in recent years, we now strive to go beyond healing the sick to helping them make healthy choices and changes in their lives.

For Adventist HealthCare, this changing approach to care reconnects us to our deep Adventist roots. Our organization started at Washington Adventist Hospital in Takoma Park, Md., with a focus on wellness and health maintenance. During the past 107 years, we may have adjusted our approach to healthcare many times over, but, more importantly, we have greatly expanded our care. Today Adventist HealthCare’s wide range of comprehensive care touches the lives of approximately 650,000 people every year.

We are an organization that is an extension of the Adventist faith. When we seek restored and vibrant health for our patients, and for all who are touched by our ministry, we are truly demonstrating God’s way. It reminds me of the text, “God be merciful unto us, and bless us; and cause his face to shine upon us; that thy way may be known upon earth, thy saving health among all nations” (Ps. 67:1-2).

Terry Forde is the president and CEO of Adventist HealthCare based in Gaithersburg, Md., and is a member of the Spencerville church in Silver Spring, Md.

Newsline

WHAT IS THE FUTURE OF HEALTH MINISTRIES?

More than a thousand church leaders met recently at the Second Global Conference on Lifestyle and Health in Geneva. Columbia Union leaders respond to the conference's charge to increase our health ministry efforts in every church:



During one of the devotionals, we learned that the cause of many diseases is related to *not* experiencing God's grace, which causes emotions like guilt, discontent and grief. If our churches promote healthy lifestyles—including peace through Christ's righteousness—every church can be a health center. —Dave Weigley is president of the Columbia Union Conference



The "ObamaCare" initiatives are giving us the opportunity to highlight our Adventist heritage regarding the prevention of noncommunicable diseases. I would love to see our churches embracing the faith community nursing program and be more involved with the health needs of their communities.—Ismael Gama is associate vice president for mission integration and spiritual care at Adventist HealthCare

ACS LEADERS LEARN NONPROFIT MANAGEMENT

Nearly 90 outreach ministry and Adventist Community Service (ACS) leaders from around the Columbia Union and beyond recently gathered for the 13th annual Nonprofit Leadership Certification Program. The four-day training event, hosted this year by the Allegheny East Conference (AEC), was designed to equip Seventh-day Adventist Church leaders to develop professional skills that will help them manage successful ministries in nonprofit operations.

Minnie McNeil, the union's ACS/ Disaster Response coordinator and event organizer, says attendees learned about the importance of fundraising and how to do strategic planning and community development. "[They] gained a greater appreciation for the impact that ACS has as a partner in evangelism," she says.



TREASURERS PREPARE FOR FINANCIAL HEADSHIP

Seth Bardu, Columbia Union Conference treasurer, recently started a two-year program to help prepare eight assistant and associate treasurers currently working at the



conference level to take on greater responsibilities. The program will include homework, onsite visits, opportunities to present the financial statement at local conference executive committees and reading books on leadership.

"We feel we have to be intentional if we are going to provide good, sound leadership for the future," explains Bardu. "The mission of the church drives everything we do, and that means going beyond the bottom line and understanding how to deal with people, relate to board members and understand the policies of the church."

STUDENT LE'S DISCUSS FUTURE WORK

More than 50 student canvassers and their leaders gathered from across the mid-Atlantic region for the first Columbia Union Student Literature Evangelism Summit at Blue Mountain Academy in Hamburg, Pa. Participants from the Pennsylvania Youth Challenge, Light America from Baltimore and Ohio (Chesapeake and Ohio conferences) and Allegheny East Conference's Youth 4 Change programs gathered for restoration, inspiration and fun.

The summit theme, "I Will Follow," inspired all attendees to continue pursuing Christ in their daily lives and seeking the lost. On the final day, this new generation of canvassers brainstormed innovative ways to advance literature work in the Adventist Church! —Tiffany Brown

PHOTO BY CALEB VINROSS

Monte Sahlin—Church Leader, Researcher—Retires

He could not have known that the first bit of research he did while he was a senior at La Sierra University (Calif.) would lead to a 44-year career of asking hard questions about the Seventh-day Adventist Church. After all, Monte Sahlin was then working on a bachelor's degree in theology and journalism. That first research paper, however, led to his becoming known as one of the foremost researchers of the church in North America.

After graduating in 1970, Sahlin went on to work for the Voice of Prophecy and then briefly for the government, but he returned to serve the church and pave the way for a new generation of church researchers. In the late 70s, he was asked to write a paper on factors unique to urban Adventist churches using data from the church's latest survey. "It was a totally unexpected thing that snowballed," Sahlin recalls. "Hardly anybody was doing [this work]."

As the results of his research on a wide spectrum of topics continued to get published, more and more church administrators saw the value of rigorous surveys and assessments. His research also challenged the efficacy of some of the church's long-cherished outreach methods and beliefs.

Sahlin went on to serve as a pastor, college professor and administrator at various levels of the church (see sidebar), most recently as Ohio Conference's director of research and special projects. He turned his collection of thousands of data points about the church into 21 books and more than 100 articles and monographs, often with the help of his late wife, Norma.

"[Monte's] clear, rigorous thinking and his careful and informed methods of research, analysis and assessment of trends, behaviors and attitudes ... have been a tremendous asset to church leaders, pastors and educators throughout North America," says Raj Attiken, former Ohio Conference president.



Frank Perez, chair of the Good Neighbor House Board, presents Monte Sahlin with a plaque recognizing his longstanding service at the community service center. Sahlin also recently received the Excellence in Ministry Award from Adventist Community Services in North America to honor his time as national executive director (1987 to 1999).

Dave Weigley, Columbia Union president, adds, "One of Monte's contributions was that he helped the church to ask the question 'why': Why are we doing what we're doing? Does it really advance the mission?"

Advancing the mission has always informed Sahlin's work. He says, "All of this research was done because I made a commitment long ago to the mission of Jesus Christ ... [to] do a better job of reaching people, caring for people, impacting communities and dealing with the enormous change that surrounds and engulfs the church."

Despite the retiree moniker, this father of two and grandfather of four will keep busy writing; publishing; conducting community assessments for congregations and conferences. He will also continue to serve as the executive secretary of an interfaith group of researchers, an adjunct faculty member at Andrews University (Mich.) and as executive editor for *Adventist Today* magazine.

Read more at columbiaunionvisitor.com/monte.

SAHLIN: GUIDANCE THRU THE YEARS

1972-73: Asst. to the president/instructor at Washington Adventist University in Takoma Park, Md.

1973-74: Director of a coffee house ministry in Washington, D.C.

1978-83: Pastor of several churches in Pennsylvania

1983-85: Senior pastor of the Worthington (Ohio) church

1985-86; 2008-2014: Assistant to the president of the Ohio Conference

1987-98: Assistant to the North American Division president for research and development

1998-2007: Vice president for Creative Ministries at the Columbia Union Conference (including *Visitor* editor, 1998-2002)

Noticias

BETH MICHAELS



NEW JERSEY CELEBRA GRUPOS PEQUEÑOS

Las iglesias hispanas Vineland y Panamericana de New Jersey Conference, ambas en Vineland, recientemente celebraron su primer festival de grupos pequeños. Miembros provenientes de los 14 grupos pequeños rebotaron la iglesia de Vineland para escuchar predicar a José H. Cortés, presidente de New Jersey Conference.

Más de 150 feligreses y 35 visitas han participado en los grupos desde el comienzo del año. Ahora los miembros están impartiendo 35 estudios bíblicos y 13 personas se han unido a la iglesia. “Este festival ofrece una oportunidad para la testificación y celebración de las bendiciones que recibimos de Dios”, dice el pastor Raúl Rivero.—Paulo Macena

WAH PATROCINA EXPOSICIÓN DE SALUD PARA HISPANOS

De nuevo este año, Washington Adventist Hospital (WAH) en Takoma Park, Md., ayudó a patrocinar el sexto evento anual “Fiesta de las Madres” de Telemundo en Washington, en el centro de Silver Spring. La exposición al aire libre celebra a las madres y mujeres hispanas y ayuda a conectar familias con recursos comunitarios muy necesarios. Casi 1,000 asistentes se relacionaron con el personal en el puesto de WAH (en la foto), donde se les proveyó información



gratuita sobre salud, y expertos en las áreas de salud materna e infantil, cáncer de mama y salud del seno, estuvieron listos para contestar preguntas. Al final del día, WAH y otros voluntarios ofrecieron un total de 150 exámenes de salud gratuitos.—Personal de Adventist HealthCare

ARTÍCULO ESPECIAL DE VISITOR: Conversación cardio

Aunque el trabajo, los niños, y la simple ignorancia una vez mantuvo a los miembros de Columbia Union fuera de forma, al fin decidieron: “¡No más excusas!” Conozca cómo intercambiaron la disculpa por la acción y mejoraron no solo su salud, sino también ayudaron a motivar a otros a moverse. Lea más en inglés en la pág. 10.—Tanisha Greenidge

¿QUÉ SE SIENTE SER RECONOCIDO POR EXCELENCIA EN LA ENSEÑANZA?



FOTOGRAFÍA DE THE ALUMNI AWARDS FOUNDATION

Enseñar no es solo un trabajo para mí. Es un ministerio sagrado. No dudo que Dios me eligió y llamó para ser una maestra. Considero un privilegio y honor trabajar en un ambiente donde puedo compartir mi fe libremente y hablar acerca del amor de Dios.—Carmen Esposito, una maestra de primer grado en la escuela John Nevins Andrews de Potomac Conference en Takoma Park, Md., es una de dos educadores en Columbia Union en recibir el premio Alumni Awards Foundation's 2014 Excellence in Teaching Award. Lea más en inglés en la pág. 35.

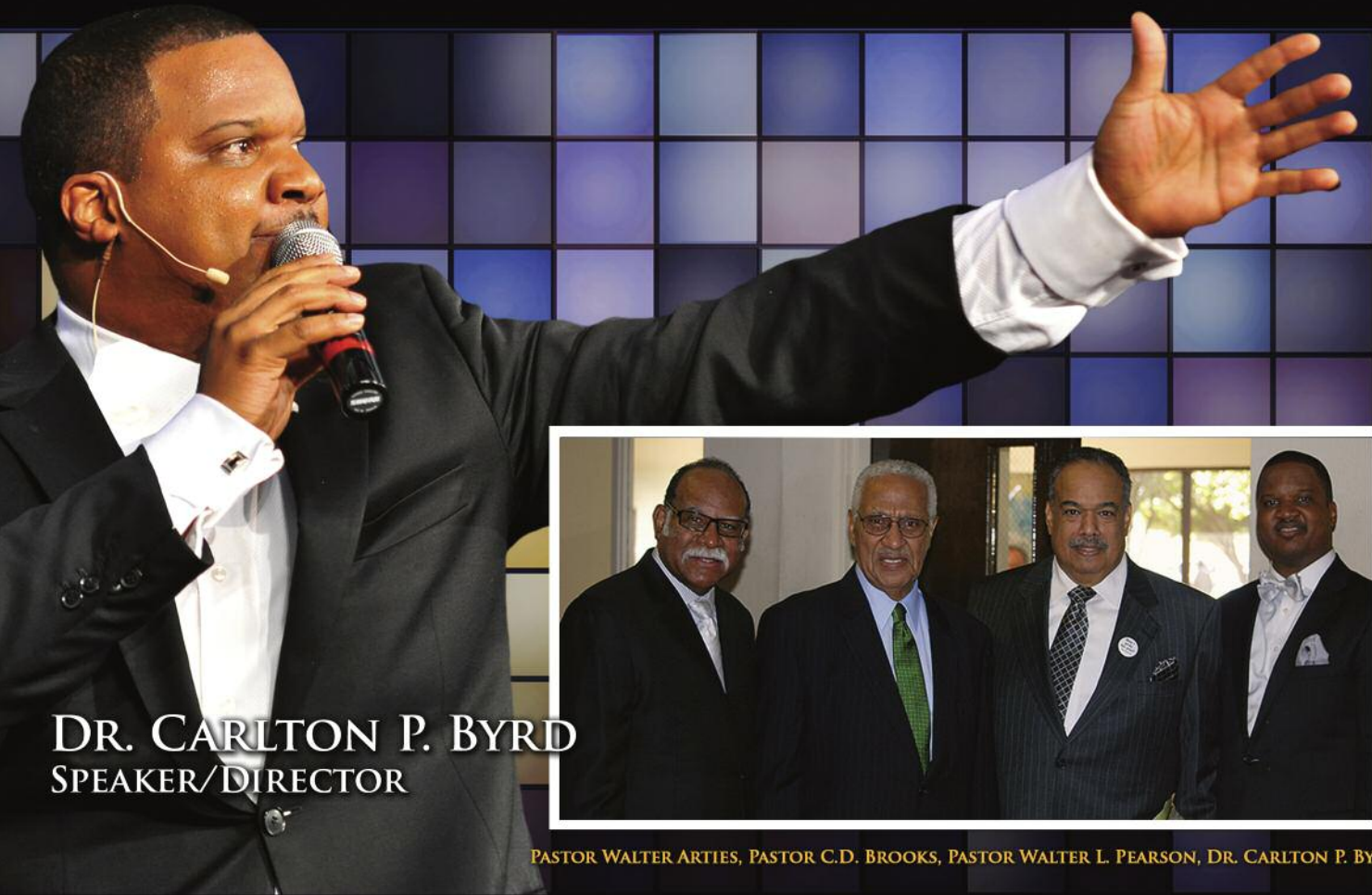
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PHOTO BY MARLON MING

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Meditation is Helping Americans Handle Stress, but is it a Safe Practice for Christians?

It is probably no surprise that Americans are generally stressed out. But, a 2013 annual survey¹ by the American Psychological Association (APA) reveals just how much. According to the study, adults reported an average stress level of 5.1 (on a 10-point scale), which is significantly higher than a healthy level of 3.6. Women reported higher stress levels than men (5.5 versus 4.8) and were more likely to say their stress is extreme (24 percent versus 17 percent). Additionally, the majority of respondents reported that their stress is causing a high number of emotional and physical symptoms, including irritability.

Jennifer Jill Schwirzer, a therapist who runs a private counseling practice and is a member of Pennsylvania Conference's Chestnut Hill church in Philadelphia, offers more insight. She notes, "The most common diagnoses in the U.S. is anxiety. More than 18 percent of Americans will be diagnosed with an anxiety disorder at some point in their lifetimes."

Bogdan Scur, associate professor of religion at Washington Adventist University in Takoma Park, Md., suggests, "The pace of life is overwhelming. Deep down in our hearts, we know that's not how we want to live. People are seeking peace."

PENCHANT FOR PEACE

To find relief, an increasing number of Americans are looking to

What do you think about Christian meditation?
Weigh in at [facebook.com/columbiaunionvisitor](https://www.facebook.com/columbiaunionvisitor).



Eastern traditions like mindfulness. According to the APA, mindfulness refers to a moment-to-moment awareness of one's experience without judgment. Several disciplines and practices can cultivate mindfulness, such as yoga or tai chi. Most literature, however, has focused on mindfulness developed through "mindfulness meditation"—self-regulating practices that focus on training attention and awareness in order to bring mental processes under greater control.

Born from the Buddhist tradition, mindfulness has enjoyed a surge in popularity in the past decade, both in the popular press and in psychotherapy literature. "As our society disembarks from Judeo-Christian paradigms and values, we have gradually become more Eastern in our collective spirituality. As a result, meditation has entered the mainstream of medicine, education, even business," says Schwirzer.

Indeed, mindfulness has been discussed in the *New York Times*,

Time and *Financial Times*. And, Arianna Huffington, author, columnist and a major founder of *The Huffington Post*, recently held a mindfulness conference and developed a page about it on her website. There are also publications and phone apps dedicated to the topic.

BUT, IS IT GOOD FOR YOU?

"According to science, meditation can help us with many things, such as calming down, becoming more focused and increasing immune system function," says Schwirzer. She adds, "A 2003 meta-analysis reported in the *Journal of Psychosomatic Research* found that mindfulness-based stress reduction helped with a number of both physical and medical conditions, including chronic pain, fibromyalgia, cancer and coronary artery disease."

A *Baltimore Sun* article² published this past spring discussed the work of Madhav Goyal, assistant professor of medicine at Johns Hopkins University School of Medicine. Goyal

and his team reviewed 47 clinical trials from the last 50 years and found that mindfulness meditation appeared to provide as much relief from some anxiety and depression symptoms as antidepressants.

Allan Handysides, retired Health Ministries director for the General Conference, agrees—somewhat. “The benefits can include deep relaxation and lowering of blood pressure. However, though the benefits of mindfulness sound good, there are cautions and concerns for Christians,” he says.

Schwirzer concurs. “We should be afraid of the Eastern ideas that often accompany mindfulness meditation,” she says. “For example, Eastern meditation emphasizes emptying the mind [while] detaching from the daily grind and contraptions of life. Anything that leads us to believe we’re good without God, or we can live without God, will lead us into spiritualism, not to mention sever us from heaven.”

Scur adds, “The idea of emptying the mind itself causes concern. Anything that is ‘empty’ will fill up with something else.” The question, he says, is what will it be?

WHAT IS CHRISTIAN MEDITATION?

Although Christians need to take seriously the warnings about Eastern traditions, it is important to remember that Christ’s followers have practiced meditation for centuries. There are quite a few references in Scripture, like “But his delight is in the law of the Lord, and on his law he meditates day and night” (Ps. 1:2, NIV), and “I will meditate also of all thy work, and talk of thy doings” (Ps. 77:12).

Church co-founder Ellen White also wrote about it. In *Testimonies for the Church*, she said, “There should be much prayer, much meditation, for this is highly necessary for the success and prosperity of the work” (Vol. 1, p. 587). She also stated in *Counsels on Diet and Foods*, “We must be constantly meditating upon the Word, eating it, digesting it, and by practice, assimilating it, so that it is taken in the life current” (p. 89).

Scur explains, “Christian meditation is an essential principle all Christians should practice. It isn’t just for pastors, Sabbath School teachers or ‘super Christians.’

We’re *all* called by God to meditate on Him. It is the way we grow.”

Not only does it help Christians grow a closer bond with the Savior, but also helps give them a better stride through bouts of stress. In an August 2012 article, Seventh-day Adventist evangelist Mark Finley wrote for *Ministry* magazine, he said that meditation brings us peace by taking the focus off ourselves.

“When meditating upon Him, we are transformed into His likeness,” he wrote, citing Colossians 3:1, 2. He added, “Christian meditation thus focuses our thoughts on the grandeur and greatness of God, lifting us from what is around us and within us to what is above us.”

So, exactly how do we do it? Handysides says that Christians meditate by focusing on being in the presence of God. Schwirzer says to “direct the mind to the promises of God.”

Scur agrees and says both are accomplished through one of two activities:

1. Commit to memorizing Bible verses and reflecting on them. Fill your mind with the Word, thoughts and principles of God. “I tell my students, ‘We are not changed by what we read; we’re changed by what we remember,’” he says.

2. Read for five minutes; reflect for 15. Think seriously on what you read and try to gain at least one significant insight or implication. Simplify devotions with these points in mind: How does the Scripture help me repent, rejoice in God or request of God.

However, Scur warns that it’s hard work. “It can be a delight or drudgery, depending on what you put into it,” he says. “Keep before your eyes what you’re getting out of this work: it is setting us free to be all God wants us to be.”

Schwirzer says the benefits are worth the effort and suggests that we make it a daily practice. “Be just

What About Yoga?

Yoga was born from Eastern meditation practices and comes with the same warnings. However, Faye Gregory, a personal trainer and group fitness instructor who is a member at Allegheny East Conference’s First church of Newtonville (N.J.), notes one benefit to seek elsewhere. “I’m big on breathing. We don’t breathe deeply and fully enough,” she says. Deep breathing oxygenates the brain and muscles and is a key component in de-stressing.

Gregory teaches deep breathing at AEC’s annual Fit4You Retreats, where she has been offering a yoga-like relaxation and stretching class for about 10 years. “My students say the class is refreshing and ‘just what my body was asking for,’” she says.

To find safe yoga classes near you, Gregory suggests using the key words “Christian yoga” and to focus on relaxation and stretching classes.



as assiduous with your devotional life as Eastern-religion influenced people are with their practices. ... You’ll have [better results] because you’ll be connecting with a powerful, loving, life-changing God!”

¹ Stress in America, *American Psychological Association*, February 11, 2014

² “Getting Into the Groove of Meditation,” *Baltimore Sun*, March 10, 2014

Cardio Conversion

Tanisha Greenidge

Although kids, work and just plain ignorance once kept these five members from staying fit, they all finally determined, “No. More. Excuses!” They traded in apology for action and not only improved their own health, but helped give others more motivation to move.

“I Found Balance in My Life”

Richard Reinhardt, a member at Chesapeake Conference’s Triadelphia church in Columbia, Md., was always active but never considered himself an athlete. That includes his time as a member of the Acro-Aires, a tumbling and stunting team at Washington Adventist University in Takoma Park, Md. “I always did well, but not because it came naturally. I learned how to tumble and base [pyramids] mostly on sheer will power,” he says, but notes that it didn’t improve his cardio endurance.

Turning Point: It was his wife, Melissa, who inspired him to participate in triathlons. “I knew that I would rather be out there with her than sitting on the sidelines,” he admits. As he worked to join her on the course—improving his swimming and running techniques—his health focus intensified. He credits running further in a shorter time to having the right balance in his life.

“It is easier to listen to God when you don’t have daily distractions

getting in the way,” says Reinhardt, who listens to sermon podcasts during long runs. “You need time for worship, time for family and friends, time for work and time for rest.”

Passing it On: His passion led him to create a Facebook group in 2010 called Adventist Athletes, which now claims 30 members who encourage each other. Reinhardt also meets weekly with a running group to train and fellowship. “I envision that there should be a larger community of Adventists encouraging each other with positive feedback on how they can be shining beacons of our health message,” he says. “If we exercise and eat right, then we should shine above others, like Daniel and his friends did.”

Richard Reinhardt recently finished the Boston Marathon in just over three hours. “I think that qualifying so young was a special gift that allowed me to be more visible and speak about my beliefs with other runners and show that following God doesn’t mean not fulfilling your dreams,” he says.



“I Helped Start a Running Ministry”

Although **Anelise Antunes** grew up in an active family and played volleyball through most of her education, she stopped exercising when she became a busy, working adult. But, she wasn't happy with her health and wanted to make a change.

Turning Point: Four years ago, Antunes transferred her membership to Allegheny East Conference's Capitol Hill church in Washington, D.C. There she discovered a church filled with athletes, including a surprising number of runners. Although a friend had previously introduced her to running, she had trouble maintaining a schedule.

“I started noticing that other brothers and sisters, like myself, would start a walking and/or running routine, but were not sure how to do it,” she notes. That led her and a few other church members to form the Capitol Hill Area Runner's Movement (CHARM), a ministry she now leads.

Passing it On: Today there are more than 90 CHARM members who hail from neighboring churches or the church's neighborhood. They meet every Sunday to run or walk and generally to encourage each other to better health. CHARM members also promote Adventist health reform, including the eight natural remedies, to the local community and other professional runners. They also typically train and participate in several races throughout the year. But, Antunes says the group has seen more than thinner waistlines. Some have also been able to reduce their number of prescribed medications.

“We pray, we plan, we train and give God the glory in all that we do!” exclaims Antunes. For those who want to start a similar group, she refers them to one of her favorite Bible verses, Habakkuk 2:2-3. She says it explains the importance of writing down a clear vision statement and dedicating it to the Lord.



CHARM members—including Armand Davila, leader Anelise Antunes, Lincoln Liburd, Karen Hayes and Max Maurice—regularly pass the running bug onto neighbors, friends and family members.

Leah Scott Keeps Us Moving

As Health Ministries coordinator for the Columbia Union and director for the Allegheny East Conference (AEC), A. Leah Scott takes seriously her job to keep members around the union healthy and fit. She promotes the health message through sponsored activities, such as bike rides, hikes or health segment presentations, and at her long-running Fit4You Retreat held each summer on the AEC grounds. She also promotes the North American Division's “Let's Move!” and Instep4Life initiatives, the latter of which got members to trek more than 2 million miles in 2011.

“God has given us eight natural remedies to plan a healthy lifestyle and a ‘will’ to make healthy choices,” she says. “If you don't make a plan for yourself, somebody or something will make a plan for you!” See her sidebar tips.





“We Shaped up as a Family”

Andrew and Jennifer Nichols of Chesapeake Conference’s Frederick (Md.) church once exemplified those parents who fondly recall the free time they used to enjoy “before kids,” especially when it came to fitness. “After kids, working out at the gym stopped,” notes Jennifer.

Turning Point: After the kids, Olivia and Colton, got a bit older, the pair felt a resurgence of determination to make exercise a regular part of their lives. First, they signed up for a half marathon to get back on track. Then earlier this year, they conquered P90X3, a third installment in the popular high-intensity DVD workout series. “We began exercising together as a way to motivate each other and hold each other accountable,” explains Andrew.

Passing it On: As they hoped, their increased activity drew the interests of their children. “We want our kids to understand that physical exercise has so many benefits, many of which we don’t always actually see,” says Jennifer. These days family time includes bike rides, walks or hikes, ice skating or skiing.

There have also been benefits the couple didn’t foresee. “Recently we had a death in our family, and the kids used bike and walk time as a chance to ask questions about death, heaven and the second coming,” says Jennifer. The family especially enjoys their Sabbath walks. “It’s a great opportunity to do something together and talk about what [the kids] learned in Sabbath School,” says Andrew. “When we make exercise a priority, we find that we feel better about ourselves, and we have a sense of accomplishment.”

Drink up!

Need motivation to down the suggested 64 ounces of water each day? Here are Scott’s suggestions:

- Line up eight, eight-ounce bottles of water to keep you on track throughout the day.
- Set out two, one-quart jars somewhere visible and sip on them throughout the day.
- Don’t like water? Squeeze in some lemon juice—it’s refreshing, has health benefits and adds flavor.



Wilona Karimabadi uses her new certification as a personal trainer to help friends and family—like her daughter, Mia—get fit. “Resolve in your mind that you can do it,” she tells them.

What role does exercise play in your spiritual life? Share your experiences at [facebook.com/columbiaunionvisitor](https://www.facebook.com/columbiaunionvisitor).

“I’m Beating My Family History”

Growing up, **Wilona Karimabadi** considered herself chubby. During her elementary and high school years, she noticed that many girls her age were active and played sports. However, the women she more closely resembled within her Indian family and community did not exercise at all.

Turning Point: “I knew that many of them were unhappy with how they looked, and I didn’t want to grow up that way,” recalls Karimabadi, who is a member at Potomac Conference’s Southern Asian church in Silver Spring, Md. Additional motivation came from the knowledge that her family health history includes diabetes, depression and high blood pressure. The final situation that confirmed her decision was her father’s heart attack during her sophomore year in high school. “With all of those conditions sort of lying in wait for me, to not make fitness a priority in my life would have been irresponsible,” she says.

“I absolutely believe that having a fit mind and body are what God wants for us,” says Karimabadi, who now takes a balanced approach to health with her husband and two children. “By paying more attention to my diet and exercising, I’ve really noticed a difference in my mood and energy. It makes me feel better about myself,” she says.

Passing it On: Karimabadi isn’t keeping the good vibes to herself. Earlier this year, she became a certified personal trainer and now happily gives quick workout ideas to friends, family members and anyone else who needs it. She reminds others that God doesn’t want them to be sickly, weak, tired or depressed. “He wants you to live your best life. Throw your fears aside and get started!” she encourages.

“I’m Not Letting Age Define My Health”

Although she maintained a consistent fitness routine for years, after turning 50, **Sheila Case** began to notice changes in her body and mood. “I take very seriously the idea that my body is the temple of God, and I have tried to honor that the best I can through healthful practices,” she says. “Unfortunately, as we age, it takes twice the effort to accomplish what [we] would when younger.”

Turning Point: Since Case, a member at Ohio Conference’s Toledo First church turned 60 in March, she has become more intentional about setting goals and living a balanced life. Five or six times a week she either runs, hikes or participates in a local fitness class. Besides the endorphins and clearer thinking she gains from workouts, she says she sleeps

better at night and enjoys a stronger relationship with God.

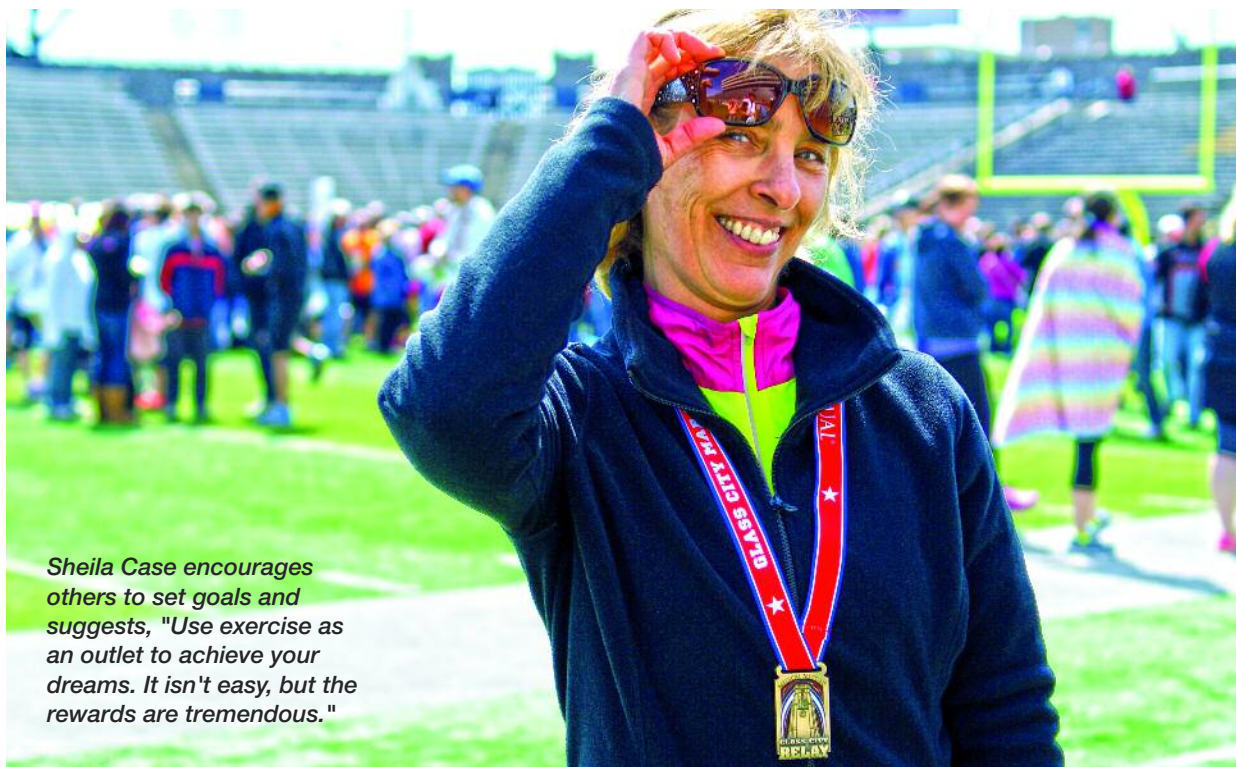
“I am always amazed at how miraculously God has made our bodies. I feel younger, more nimble and eager to tackle things that life throws at me,” Case notes. She adds, “There have been times of great stress in my life, but exercise, especially running ... [allows] me the time to clear my head and talk to God.” She has run in numerous marathons, but next plans to complete a two-day, bike ride fundraiser for multiple sclerosis, where she will cycle 50 miles each day.

Passing it On: Earlier this year, Case encouraged five fellow church members to run the Glass City Marathon as a relay—where they medaled. “It’s fun to see people strive toward something that they didn’t know they could do,” she says. Through Fitbit, she also encourages a group of church members to hold each other accountable.

Get up!

Studies show that excess sitting is linked to poor health. Scott suggests these creative ways to get in more movement each day:

- Stand for at least five minutes at the start of every meeting.
- While chatting on the phone, walk around.
- Set a timer to remind you to take a short stroll every hour.
- Ask a colleague or family member to walk around as you sort out issues.
- Request a stand-up workstation—many companies now provide them—instead of a traditional desk.
- Wear a pedometer and set a daily step goal.



Sheila Case encourages others to set goals and suggests, "Use exercise as an outlet to achieve your dreams. It isn't easy, but the rewards are tremendous."

PHOTO COURTESY OF SHEILA CASE

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Let's Move Day is an event of Adventists InStep for Life. It is sponsored by the North American Division Health Ministries Department in partnership with Adventist Community Services, Children's, Disabilities, Education, Family, Women's, Youth, and Adventist Chaplaincy Ministries, and the Ministerial Department.



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ALLEGHENY EAST *Exposé*

AUGUST 2014

Prophecy Takes Center Stage at Camp Meeting

Allegheny East Conference (AEC) leaders planned 2014 camp meeting to focus on prophecy, with the theme “Seven Minutes to Midnight.” Below is a snapshot of the event, held at Pine Forge Academy in Pine Forge, Pa.:

1. Henry J. Fordham (pictured, right), AEC president, welcomes Washington Johnson, II, assistant director of the North American Division Department of Adventist Chaplaincy Ministries.
2. Attendees representing the Philippines participate in the Parade of Nations on Sabbath.
3. Children’s camp members make a special presentation to the pavilion crowd during Sabbath School.
4. Six Allegheny East pastors engage the youth in a panel discussion at the senior youth tent.



PHOTOS BY RONALD FEEVES

Metropolitan Adventurers First to Complete New Honor

The Metropolitan church’s Adventurer club is the first to complete the new Listening Honor. The honor was created by Metropolitan member Marva Shand-McIntosh, who says, “I want [children] to start the habit of listening early. Learning to listen to others will subsequently help them learn to listen to God.”

Brenda Billingsy, senior pastor of the church located in Hyattsville, Md., adds, “The listening honor will improve each Adventurer’s understanding of the value of this communication skill and ultimately our understanding of God’s listening promises and His willingness to listen to us.”



PHOTO BY MYRON S. OTTLEY

Ten Graduate From Truth Tabernacle Computer Class

Ten local residents recently graduated from Truth Tabernacle church's computer program in York, Pa. The seven-week class teaches the basics of using personal computers and Microsoft Office programs.

The graduates received a certificate, personal computer and a devotional book at a special graduation ceremony held during a recent Sabbath church service.

Stanley Lewis, a church elder, and Gillian Foster, church clerk, direct the course and say they receive many requests for the class, but seating is often limited. "We thank God for this continuing opportunity to serve the city," says Lewis.

The program is made possible through computer donations from the Capital City Computer Ministry from Mechanicsburg, Pa; lab furniture donations from the U.S. Marine Corps Detachment at Aberdeen Proving Ground in Aberdeen Md.; and by financial support from Minnie McNeil, Allegheny East Conference Adventist Community Services leader.—*Michael W. Dyson*



Maryland Churches Help Eastern Shore Get Healthy

Alonzo Bethea, a member of the Emmanuel-Brinklow church in Ashton, Md., recently organized the New Life church's third health fair in Salisbury, Md.

Bethea (pictured below, far right) is from the Washington Metropolitan area but has spent more than 30 years visiting the Maryland shore and calls New Life his home when he visits. He organized members from Emmanuel-Brinklow, New Life and the community to provide a variety of health services on



the first day of the event, held at the Richard Hazel Community Youth Center in Salisbury.

For the second day of activities, participants were invited to the New Life church for health lectures and screenings, potluck and a vespers.

The New Life health fairs have spurred invitations to host and participate in health fairs at churches in Delaware and North Carolina.



Philadelphia Church Shares NEWSTART With Community

The West End Philadelphia church and volunteers from across the conference recently shared the health message with their neighbors at the 2014 Mill Creek Community Day. Volunteers offered stop-smoking assistance, brain health tips and "true age calculations," tests that reveal how lifestyle behaviors impact your health. In the health pavilion organized by the church, they also provided consultations on how to apply the NEWSTART principles of nutrition, exercise, water, sunlight, temperance, fresh air, rest and trust (in God) into daily life.

The pavilion stayed busy all day and was deemed a success by leaders and attendees. A local imam's wife remarked, "God ordained that I come here today. I have been praying to stop smoking." Viewing her true age, she said, "I needed this. I'm so glad I came."—*Donna R. Riley*

Camp Meeting Attendees Celebrate Family

It was all around a Spirit-filled encampment,” said one member, which best summed up Allegheny West Conference’s camp meeting. For two days, members gathered for services under the theme “We Are Family.” Though relegated to one weekend, the gathering still served to encourage and inspire the attendees.

Friday evening Augusta Olaore, PhD (pictured, left), of Babcock University in Nigeria, delivered a message about God’s eternal rest during the traditional Women’s Ministries worship service.



On Sabbath morning, the children enjoyed a full VBS-style program under the theme “Wilderness Escape.” They learned lessons from Israel’s great exodus from Egypt through songs, stories, drama, crafts, games and more. Meanwhile, the youth helped welcome the conference’s newest worker, John Boston (pictured, right), new pastor of the Central church in Columbus, Ohio. He encouraged the young people with the story of Zacchaeus, reminding them that Jesus’ work of salvation goes to



William T. Cox, conference president, prays over pastoral candidates during their ordination service.

impossible places to save impossible people.

For the first time ever, the young adults were afforded their own space to worship. “Having a service for the [young adults] says that their contribution is valued in fulfilling the mission of Jesus Christ,” says Myron Edmonds, DMin, director of Young Adult Ministries. Jamie Kowlessar, a pastor from Dallas, inspired the group with a message about second chances.



At the main pavilion, Henry Wright, former pastor and conference president, delivered both the Sabbath morning sermon and a stirring charge to the ordination candidates: Osmane Comete (Roanoke, Va.), Stan Hood (Pittsburgh) and Shaun Arthur (Germantown, Ohio). Elder Wright reminded the candidates that, just like Jeremiah, they were selected for the ministry before they were born.—*Christopher Thompson*



The group Committed offers songs of praise to attendees.

Ministry Highlight: Crossroads Productions

Crossroads is a dramatic arts ministry that portrays real-life situations that people inside and outside the church struggle with. Crossroads' focus is creative evangelism, reaching people through a new method without changing or compromising the message. Carla Valles, a member of the Westside church in Cleveland, started the ministry as an outgrowth of her love for the stage and writing.

The group's latest stage production is "Looking for My Boaz," a play about family, relationships and forgiveness. The play teaches that instead of focusing on finding that special person, people need to spend time making sure *they* are that person through God.

Crossroads does not compromise in order to attract



Actors in the "Looking for My Boaz" stage play convey scenes about relationships and forgiveness.



PHOTOS BY GEOFF GREEN

a crowd. "I feel that if I have to compromise to get my foot in the door, then that is a door I don't want to go through," says Valles. "I started this ministry so Christians who are gifted in the dramatic arts can use that gift without compromising their morals or beliefs."

Crossroads' mission is clear: the desire for people to stop being afraid to confront taboo topics; for the audience to walk away knowing that God can cure all wounds; to open communication lines within families and churches.

To date the ministry has had successful shows in Cleveland and Columbus and we will head to Atlanta in November. In each city, they seek other outreach ministries with which to collaborate. They also hope to set up scholarships at some point. And, they are working on their first movie.

For more information, visit the Facebook page "Looking for My Boaz Stage Play," or view the sizzle reel at vimeo.com/awconf/boaz.—Jasmyn N. Green

Canton New Hope Evangelizes Neighborhood

Using the Canton New Hope church's vision "Each One Reach One" as a guide, young church member Ron Horton recently shared his idea for the congregation to host a community block party to kick off their evangelistic meeting. The members loved the idea, and under the leadership of Pastor Kenneth Washington, organized and planned the party under the theme "Faith on Fire." It included a time of worship, prayer booths, activities, food, lectures and a health table where 42 people had their blood pressure screened.

The day was a success with 75 visitors from the community visiting and participating. More importantly, 13 visitors voiced an interest in Bible studies and numerous individuals requested prayer.—Deborah Britton



Member Cindy Washington checks a visitor's blood pressure during the fair.

THE CHALLENGE

chesapeake conference newsletter

AUGUST 2014

Got Faith?

After 400 years in Egypt, the time of Israel's rescue finally arrived. God had guided them to the Red Sea after the 10 plagues decimated the land and caused Pharaoh to let them go.

Then, with the army of Egypt behind them and the sea before them, God parted the waters. By faith they went across on dry land while seeing walls of water held back by an unforeseen force. When the water destroyed the Egyptian army, they praised God for bringing deliverance. But, before long, they fashioned a calf of gold to worship as their god.

It's a familiar story with striking parallels to our day. The 10 plagues parallel the seven last plagues to fall upon this Earth. God sends acts of judgment to make clear that the oppression of His people will not continue unchecked forever.

By faith, Israel crossed through the Red Sea, and by faith, we will pass through the time of trouble. But, like the people of God in ancient times, the Earth's inhabitants will have to decide where they will look. Will they see the army and the wall of water, or the Lord and the dry path? Will they worship the Creator—the Lord of the Sabbath—or the gods they have created with their own hands?

When we see the prophecies of the Bible fulfilled in the unfolding of world events, do we look to Jesus and rejoice that the day of His appearing is so near, or wring our hands and lament with fearfulness the anticipated difficulties around the corner?

The prophecies and promises of Scripture give us confidence as we anticipate the advent. Even so, come, Lord Jesus!



Rick Remmers
President

Young Evangelists Hold Meetings in Martinsburg

Four kids aged 11-14 and a young adult led out in an evangelistic series recently at the Martinsburg (W.Va.) church. They are among 13 members who participated in ShareHim training to provide continuous evangelism in the Martinsburg community. The lay evangelists held 19 meetings over the course of a month. Caleb Johnson, 12, says he got the idea for the series after attending a witnessing seminar held

by Gary Gibbs, Chesapeake Conference's evangelism director. He then recruited his uncle and some friends to help.

The group practiced their sermons to prepare for the meetings and invited the congregation to bring their friends. The church also sent invitations to nearby homes. The promotions paid off, drawing a crowd of more than 200 on opening night.

Tom Boggess, Martinsburg church pastor, says that eight individuals are now participating in follow-up meetings, and five are preparing for baptism.

"I really enjoy speaking up front," says Johnson. "I get a little nervous at first, but once you're up there, it's cool."

The group is already planning a youth rally for next spring.



Benjamin Lee, Matthew Johnson, Caleb Johnson, Leilani Lee and Pastor Tom Boggess share God's message of hope during a meeting.

HVA Begins School Year With Strong Leadership

Highland View Academy (HVA) starts the 2014-15 school year strong this month with a dynamic and experienced leadership team. Malcolm Hutchinson, EdD, joins the administration as principal. Hutchinson comes from Potomac Conference's Richmond Academy in Richmond, Va., where he has been principal since 2011.

"Dr. Hutchinson brings a broad and deep wealth of knowledge in the corporate world and the academic arena," says Jacqueline Messenger, conference superintendent of schools. "He not only challenges the staff to deliver quality education in new ways, but I see him already looking for opportunities to grow the current program and enrollment."

Ophelia Barizo (pictured below) returns to the science classroom after spending a year at the National Science Foundation's Directorate for Engineering. She was among 27 distinguished STEM (science, technology, engineering and mathematics) educators to be selected for the Albert Einstein Distinguished Educator Fellowship Program. In addition to teaching, Barizo assumes the position of vice principal for STEM development at HVA and will continue to write grant proposals for the school.



Kim Brown, vice president and registrar, and Andrew Choi, business manager, continue in their roles—each bringing a high level of proficiency to the administration of the school.

"We look forward to providing a Christ-centered program of academic excellence with this capable group of professionals leading the team," says Messenger.

Read more stories at facebook.com/chesapeake-conference and ccosda.org.

PHOTO BY JULIE RECKER



HVA Leaders: Malcolm Hutchinson, principal; Kim Brown, vice principal and registrar; and Andrew Choi, business manager



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New Principal Leads Campus

Highland View Academy [HVA] has all the critical resources to be a highly successful school in the early 21st century,” says Malcolm Hutchinson, EdD, about why he accepted the call to be HVA’s new principal. Two other aspects of HVA also attracted him to the school. After working with grades kindergarten through 12 for the past few years, he looks forward to focusing on just high school students. And, as a country boy from New Hampshire he, along with his wife, Nada-Gaye Kaiser Hutchinson, enjoys the school’s rural setting.

Hutchinson’s experience particularly suits him for fostering a new vision at HVA. He has a bachelor’s in theology and two master’s degrees in education, and holds a doctorate in educational administration from Andrews University (Mich.). This theoretical background has been solidified by his real-world experience in business and education. He has owned several businesses and served as national director of real estate and facilities for Affiliated Computer Services, a Xerox company. He has taught fifth-graders through doctoral students in a variety of subjects.

His administrative experience includes serving as principal of three Adventist academies, most recently Richmond Academy in Richmond, Va., which experienced a 30 percent enrollment increase under his leadership. Hutchinson plans to use those skills to further focus the vision for HVA by providing creative and dynamic leadership while working with administration, faculty, staff, students, alumni, parents and board members. He wants to forge a new, highly effective, viable and cost-affordable educational ministry model.

To focus HVA’s vision, Hutchinson is gathering key research data. To underscore his priorities, he requested that the HVA board retain GraceWorks Ministries to conduct a Chesapeake Conference-wide survey of the perceptions, effectiveness and qualities of the educational ministries of the school. Hutchinson adds, “This survey is broad-based, and I need to hear from all vested groups and interested parties. ...Over the coming weeks and months, many of you will be contacted via email and other communications to participate in the survey that will assist in focusing and forging the future of HVA.”



Hutchinson and HVA’s faculty and staff look forward to working together to shape the school’s future with the wider school community.

Congratulations to the Class of 2014



Congratulations to the 31 students who graduated in June as Highland View Academy’s Class of 2014.

Einstein Fellow Returns to Head Science Department

Ophelia Barizo, former science department chair and teacher at Highland View Academy for 17 years, returns to HVA as vice principal for advancement and STEM (science technology, engineering and math) coordinator following the end of her term as an Einstein Fellow. She will teach classes, oversee the development program of the school and initiate a STEM program that integrates more technology and engineering into science classes to align with the changing paradigm of science instruction and learning across the country.

Barizo is making changes in the science curriculum (now STEM) to align it to the Next Generation Science Standards (NGSS). One of the core disciplinary topics in NGSS is engineering, technology and applications of science, which has been lacking in previous science standards. She initially plans to incorporate robotics and manufacturing technologies, such as 3-D printing, into the curriculum.

Last year Barizo was an Albert Einstein Distinguished Educator Fellow at the National Science Foundation (NSF). She served her fellowship at the Office of Emerging Frontiers in Research and Innovation (EFRI) at the Engineering Directorate. The Einstein fellowship



Ophelia Barizo visiting the Microsoft Innovation and Policy Center in Washington, D.C.

program offers STEM teachers who demonstrate excellence in teaching an opportunity to serve in the national education public policy arenas. As a fellow, Barizo provided practical insight and classroom perspective to policy makers and program managers who are developing or managing education programs. At NSF, she developed educational resources on the high potential, cutting edge and transformative multidisciplinary engineering research that EFRI funds. She also coordinated and participated in teleconferences between project directors at NSF and principal investigators of \$2 million research projects at various universities in the country. She was also involved in the Engineering Directorate's outreach to the K-12 community.

Part of Barizo's fellowship involved extensive professional development opportunities and traveling around the country and abroad, including an engineering conference in Venice, Italy. She also attended several congressional briefings on various STEM topics and STEM workshops in Washington, D.C. "This has been the most exciting professional development experience of my life!" Barizo remarks.

Some of her most memorable experiences included: being a VIP guest at NASA for the MAVEN launch to Mars; using a radio telescope to map hydrogen in space at the National Radio Astronomy Observatory; visiting the CIA; attending various STEM conferences; networking with STEM professionals; and learning, forming friendships and bonding with an amazing cohort of 26 Einstein Fellows from all over the United States. She is excited to share with her students and other teachers what she learned during her fellowship.



Ophelia Barizo visiting the Albert Einstein Memorial in Washington, D.C.

MOUNTAIN VIEWPOINT

AUGUST 2014

Camp Meeting Attendees Called to Commitment, Discipleship

Mountain View Conference leaders planned their 2014 camp meeting with the goal of challenging members to focus on what it means to be a committed Christian. Here are glimpses of the nine-day event, themed “Commitment and Discipleship,” held at the Valley Vista Adventist Center in Huttonsville, W.Va.:



Ricci Sholock, a member of the East Pea Ridge church in Huntington, W.Va., and Michael Roland, a presenter, have not seen each other since they worked on a nuclear submarine in the U.S. Navy more than 40 years ago.



As the beginner class completes their week-long program with leader Peggy Criddle, they proudly wear their “coats of many colors.”



Center: Chris Trent (pictured with three of his children) shares how he regularly presents the good news of Jesus with neighbors, friends and family.



During a Sabbath afternoon meeting, Vicki Hedrick and Kathryn Styer, members of the Romney (W.Va.) church, share experiences from their door-to-door witnessing.



Above: Guest speaker Daniel Jiao, executive secretary of the China Union Mission in Hong Kong, connects with Larry Boggess, conference president.



Right: Kindergarten and primary division children sing during the adult Sabbath School program.

How My Friend Found Fellowship, Love in Church

My friend Dreama Yoak was lonely and looking for spiritual truth until recently, when a series of events dramatically changed her life and brought her into our church family.

Dreama was first introduced to Seventh-day Adventists more than 15 years ago when Steve and Ginger Bond, Adventist Bible workers, visited the home she shared with her mother and sister, Gale, in Roane County, West Virginia. The women were often lonely but had a strong interest in spiritual things.

Dreama enjoyed worshiping with the Bonds and other church members at vespers. Her desire to join the remnant church grew, but many obstacles kept her from committing. She and her mother continued to keep the Sabbath while attending a nondenominational church, where she taught children about the Sabbath, the state of the dead, the second coming and the truth about hell.

It was during this time that I met Dreama and began a correspondence Bible study with her. I could sense the deep love for truth in the questions she asked, and she often wrote about her longing to have Sabbath fellowship with like believers. I invited her to ride to church

with me. She gladly accepted, and soon we were spending a wonderful hourlong commute to church, talking about what God was doing in our lives.

During this time, another saga was unfolding in the life of Spencer (W.Va.) member Tom Yoak. Tom and his wife, Daisy, had joined the Spencer church through a series of evangelistic meetings they attended after accidentally taking the wrong turn. Since then, Daisy had died and Tom stopped regularly attending church. Hearing problems and the long distance caused him to stay home and watch sermons on 3ABN or listen to taped sermons. But, one Sabbath when he came to church, he met Dreama. After a short period, they fell in love and things started to change for both of them.

A year later, they got married in a private setting. They later renewed their vows in a ceremony performed by Daniel Morikone, pastor of the Spencer church. During that ceremony, Dreama became a member through profession of faith.

Tom and Dreama found love and companionship in each other, and the spiritual fellowship they'd longed for. This can happen when we depend on Jesus.—Chris Hasse



Dreama and Tom Yoak (center) are flanked by Joe and Tracy Kelly, Chris Hasse and Pastor Daniel Morikone on the day of their marriage vow renewal ceremony.

SPIRIT

MOUNT VERNON ACADEMY

AUGUST 2014

You Shall Bear Much Fruit

Stripped down to the bare basics, the Christian life is measured in fruit. In John 15, Christ speaks this promise: “You shall bear much fruit.” I want to be a fruitful person, and I desire the same for each staff member and student on the campus of Mount Vernon Academy (MVA). Our challenge is simple, “To abide in Christ and for Him to abide in us.” Attached to Him, He will produce the fruits of the Spirit and we can live a Romans 12 life, filled with discipleship and service. Join MVA as we strive to bear fruit for Him each day.



Daniel Kittle
Principal

Four Professionals Join Staff

Four new staff members join the Mount Vernon team for the 2014-15 school year. Janesta Walker, the new vice principal, comes from North Carolina. She holds a master’s degree in education from Southern Adventist University (SAU) in Chattanooga, Tenn., and has worked in Seventh-day Adventist education for 24 years.

The new business manager, Rafael Barboza, MBA, has worked in a variety of settings across the nation. Most recently, he managed three offices for an international technology company based in Texas.

Heather Janetzko will teach English. She taught in Korea for three years after graduating from SAU with bachelor’s degrees in English and history. Erik Brown will lead the Math Department. He has a master’s degree in mathematical instruction from James Madison University in Harrisonburg, Va., and taught math at Shenandoah Valley Academy in New Market, Va., and in public schools for seven years.

An industrious crew of academy boys and staff men pitched in to unload the new families’ moving vans. This created an immediate feeling of community and



Benin Lee and Staie Raphael, both MVA students, and Rafael Barboza unload a moving truck for one of the new staff members.

friendship. “It would have taken us two days to do the work these young men did in three hours. What an incredible blessing!” comments Walker.

Students Take Door-to-Door Ministry to New Level

Georgiana Jackson, a recent MVA graduate, received all the training necessary to canvass, but nothing prepared her to be an accomplice to breaking into a house.

One day after listening to Jackson share the truth about health and the love of Christ, a man was impressed to buy some books. But, when he tried to re-enter his house to get money, he discovered that all of his doors were locked.

Bart Kuhlmann, Jackson’s student leader, jumped into action and found an open window. And, with the approval of the owner and help from Jackson, he made his way through the opening.

The homeowner was ecstatic that the students were willing to go through such creative measures for him. He invited them inside, where he shared that he had lost his wife some time ago but felt encouraged by their visit. He gave them \$100 and purchased two books.

As someone once said, “When one door closes, a window opens.”—Steve Mueller

SPRING VALLEY ACADEMY^{.ORG} CONNECTIONS

INSPIRING STUDENTS TO KNOW FOLLOW SHARE JESUS

AUGUST 2014

35 Enjoy “Best” Academy Day

Spring Valley Academy (SVA) hosted an Academy Day that will go on record as one of its best ever. Darren Wilkins, principal, hosted a welcome luncheon for the 35 guests comprised of high school and eighth-grade students. During the luncheon, Student Association leaders shared their duties and insights on academy life. Students then visited the science/math, humanities and languages departments, followed by academic scholarship testing in which the winners received \$100 toward next school year. Potential students also had the option to learn about the art, athletic, band, choral, European tours and mission trip programs, according to their own interests.

At the end of the day, students enjoyed a scavenger hunt before boarding the bus to the local Dayton Dragon’s baseball game, where they enjoyed supper in box seats (courtesy of Kettering Adventist HealthCare) and watched the game. “It was a rewarding, fun-filled day promoting our vision—‘inspiring students to know, follow and share Jesus,’” says Wilkins.



Darren Wilkins, principal, welcomes Academy Day guests.



Teacher Nominated for Music Award

Kimberly Bulgin, SVA choral music teacher, has been nominated for a Prayze Factor People’s Choice Award in the praise and worship, and rhythm and praise categories. If Bulgin advances in the next round of voting, she could be a finalist in Season 5 of the Prayze Factor People’s Choice Awards, competing for more than \$15,000 in gospel music prizes. The grand finale finalists voting will be held from August 16 to September 19.

Find out how to vote on columbiaunionvisitor.com/kbulgin.

Senior Competes in National Fashion Contest

Alexandra Papaioannou, a senior art student, recently participated in the Vans Custom Culture art competition and designed some amazing shoes. The competition was launched to draw attention to the importance of arts in education in the face of shrinking budgets. Student participants received four pairs of Vans shoes to turn into art, with each pair to focus on a different theme: art, music, action sports and local flavor.

Papaioannou created the following designs: New York City complete with skyscrapers; a rib cage encasing a wire heart; surfing with the shoe tongue designed as a wave; and a green serpent, complete with sequins, to represent Ohio’s Great Serpent Mound as the local flavor. Although Papaioannou was not a contender in the finals, the school commends her on demonstrating cutting-edge fashion and creative design!



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Phone: (937) 433-0790 ■ springvalleyacademy.org ■ Principal, Darren Wilkins ■ Editor, Vicki Swetnam

NEWS NEW JERSEY

AUGUST 2014

Let no man Despise Your Youth

Every year around the country, hundreds of nominating committees get around a table to choose their church leaders and, in most cases, our young people are not elected. I have talked to many church leaders to find out the reason, and the most common answer is, "They have no experience."

When I first heard this, I had to ask: Can you show me a Bible text where God chooses someone based on experience? Did King David have any experience leading a kingdom? Were the disciples experienced in leading others? How old was John, James or Thomas? Wasn't Jesus 33 when He died for humanity?

There is a problem when you have 20 leaders in a church but no youth on the church board. When this happens, we show that we despise the youth, even though we say otherwise.

Let's not limit God's power. If we are choosing based on experience or age, it is very much possible that we are not listening to God's direction in the matter. Would God bless a church that despises the youth? It is a question that deserves our attention.

Let's be the church that invites the youth to be part of the leadership, and let them be involved in the great commission, making decisions and using their energy to reach the lost. "Let no man despise your youth. ..." (Eph. 4:12, KJV).



Paulo Macena

*Youth and Communications
Department Director*

Caravan of Hope Makes Conference History

For the first time, the yearlong Caravan of Hope, an evangelistic effort across the state, was promoted to the New Jersey Conference English speaking churches. Dave Weigley, Columbia Union Conference president, served as speaker for one week of the effort that resulted in 49 new members and many others rededicating their lives to Jesus.

Jorge Aguero, Personal Ministries director, couldn't contain his enthusiasm: "We had a great gratitude for the pastors and brothers and sisters who worked hard for this event. An event like this has never happened in New Jersey!"



Visitors help fill the Traquility church in Andover as three people get baptized.



Dave Weigley preaches in the Wayne church, where three were baptized.



Eight prepare for baptism in the Lake Nelson church in Piscataway.

Vineland Churches Host Small Groups Festival

The Vineland and Panamericana Spanish churches, both in Vineland, recently held their first festival of small groups. Members of 14 small groups packed the Vineland church to hear José H. Cortés, New Jersey Conference president, preach.

The small groups received training in the month of January and, by February, had initiated the first cycle of small groups. "This festival of small groups is an opportunity to testify and celebrate the blessings we have been receiving from God," mentions Pastor Raul Rivero.

Filemon Matias and Juana Lopez, Personal Ministries directors from Vineland, reported that a total of 157 members and 35 visitors participated in the groups from week to week. Now members are giving 35 Bible studies and 13 people have joined the church so far this year because of the effort.

District leaders also recently announced that they will soon start a training to offer a certification of evangelism. "The idea is to train our members so they can be more effective in sharing the gospel, and also to prepare new leaders within our church. This session will help them to



José Cortés preaches to an eager crowd at the small groups festival.

learn or to improve in how to preach, minister Bible studies, do visitations and discover their spiritual gifts," says Rivero.

Pathfinders, Adventurers "Stand Firm" at Camporee

Thousands of Pathfinders, Adventurers, their parents and volunteers got together for their conference's respective annual camporees this spring. This year's theme, "Stand Firm," aimed to teach the importance of standing firm in the midst of a secular culture, just like Daniel.

The Soul Searchers club, from the Elizabeth Spanish church in Elizabeth, won first-place among the 35 competing Pathfinder clubs. Jesus' Warriors, from the Lakewood Community church in Lakewood, came in first among the 34 competing Adventurer clubs.



 Derek Morris Author of <i>The Racial Prayer</i>	 Hyvett Williams Professor at Andrews University	 Jose Cortes NJ Conference President	 Stanley Patterson Professor at Andrews University
 Paulo Macena NJ Conference Youth Director	 Patrick Graham Alleghany East Youth Director	October 5, 2014 From 9am to 5pm @Hyatt Hotel 2 Albany Street, New Brunswick, NJ 08901 Early Registration: \$20 Late Registration: \$25 Lunch Box: \$10 www.adventistleadership.com	
 Register at: www.adventistsummit2014.eventbrite.com			

At Camp, Meeting Members Learn Old Truths in New Way

Ohio Conference Camp Meeting organizers got back to the basics with this year's theme "Jesus: The End." The week was designed to reintroduce attendees to old Seventh-day Adventist truths in a completely fresh way, with daily seminars and evening sermons by local pastors and lay members, Ohio Conference president Ron Halvorsen Jr. and special guest Daniel Jiao, executive secretary from the Chinese Mission.

Mike Fortune, pastor of the Toledo First church in Toledo and head of the camp meeting planning team, says, "I am so proud of my pastor friends doing the preaching and teaching on the topics of [the] second coming, the remnant, the Sabbath, signs of the second coming, prayer, Revelation 14, archaeology and thinking/feeling/acting like Jesus." He continues, "Pastors Cliff Wright, Yuliyán Filipov, Edward Marton, Dave Hutman, Lori Farr, Tom Hughes, Patrick Mazani and Jeba Moses brought a depth to topics that, in my lifetime of following Jesus, I simply have not heard anywhere else. They should be on TV."

Women from across the state and as far away as Petosky, Mich., also enjoyed the annual camp meeting women's tea themed "Moments of Grace." The environment and lunch menu were reminiscent of rustic western Ireland. Chaplain Mariya Marton, a member of the Mansfield church, shared her incredible personal testimony of dealing with a serious medical issue as a young wife and mother, and emphasized the importance of daily walks with God.



Daniel Jiao gives his testimony during a meeting.



Kindergarten class leader Nancy Bittner (far right), of the Galion church, gets children excited while teaching them about the armor of God.



Ron and Buffy Halvorsen stand with the Sojourners, a singing group from the Columbus Ghanaian church, who performed on Sabbath morning.

Jiao conveyed a powerful testimony of the trials and suffering both he and his parents endured for their Christian faith and observance of the Sabbath. In his sermon titled "Patmos and the Pioneers," Halvorsen discussed the journey of Adventist pioneers, comparing it to journeys in his own life. "If you let Him, God will bring something good out of something bad," said Halvorsen. "Somehow, that place of great disappointment for those early pioneers became a place of renewed commitment for me."

Halvorsen's Sabbath message is available online at ohioadventist.org.

Camp Mohaven Equine Program Makes a Difference

Mention Camp Mohaven to members around Ohio and almost everyone will probably envision summer camp adventures past and present. Mention the Danville-based camp to ranger Dave Robinson and he will gladly tell you about Mohaven's growing equine program led by Barb Banbury, CHA, which is benefitting kids from the local public elementary school.

Behaviorally challenged students in grades 2-6 at Danville Elementary School leave their classrooms every Friday during the school year to visit Camp Mohaven, where horses are their teachers. Educators in the school say they find that the horses are good for the students, some of whom have autism and ADHD.

"The kids that I work with have a lot of behavior problems for a variety of reasons, and so they come out here and learn to build a relationship with horses because the horses are nonjudgmental," says Lisa Muncie, an intervention specialist and special education teacher in Danville.



After only a year in operation, the results are impressive. Behavioral data shows a reduction in bus referrals (including suspensions) from 12 to two, and office referrals (fighting, harassment, disruptive behavior) from 14 to five. Breakthroughs for students are tangible, emotionally and academically.

"There's a young lady here with us right now; she hadn't really smiled in three years, and now that she has been out here with the program, you can't smack the smile off of her," Muncie says. In the classroom, she notes that students have gained self-confidence and improved their test scores. "What we noticed was, of the six kids I had last year, five of those kids made as much growth in this half year as they did all last year," she says.

"Mohaven is a vibrant ministry of the Ohio Conference. We reach out to many different groups, both constituent and nonconstituent. We are blessed the Lord has opened the door for us to utilize His camp to help change the lives of these young people in our community," says Robinson. Plans to expand the equine-assisted education program are on the horizon, allowing Mohaven to make an even bigger difference in the lives of these young people.

For more information, contact Robinson at campmohavenman@gmail.com or (740) 599-6111.

Pennsylvania Pen

AUGUST 2014

Pittsburgh Church Receives Outreach Award

The Pittsburgh church's community service outreach has tripled since 2008, with an estimated 70 percent of its members involved. Jeanette Dare, Adventist Community Service (ACS) director for the Pennsylvania Conference, recognized the accomplishment and presented Pastor Dennis Austin with the annual ACS award during a special presentation at Pennsylvania Conference Camp Meeting.

Dare presented Austin with a plaque to commemorate the level of excellence and commitment shown by Pittsburgh's members—young and old—as they "reveal Jesus and make disciples" in their community.

The church purchased a house specifically for community service to help with several ministries. It is used as a temporary shelter for the homeless and for travelers experiencing a crisis or 12-hour layover in Pittsburgh, as well as for Bible worker housing.

Church members also make and give away blankets and bedtime story booklets to children receiving long-term care at the Children's Hospital of Pittsburgh of UPMC. The hospital continually expresses their desire to have this program continue, citing the positive healing effects on the children. Pastor Dennis Austin recently received a letter from a parent who



says their daughter became more content and happy after getting her blanket.

Members also prepare and serve meals for tenants at the Ronald McDonald House, which is connected with the children's hospital. They collect food to supply low-income children and their families with meals during the summer when school feeding programs end, and distribute food baskets to tenants in need during the holidays.

Philadelphia District Pastor Baptizes in Five Churches

Pastor Gabriel Montalvo had a soaking wet Sabbath earlier this spring, baptizing new members at every church in his district. Below is a summary of those baptisms:

- Guillermo Ayala's wife and mother prayed for 30 years, asking God to bring Ayala back to Him. Their prayers were answered when he was baptized into the Grace Hispanic church in Chester.
- Delilah Cruz's grandparents saw their prayers answered after Montalvo baptized Cruz at the South Philadelphia Hispanic Company.
- The new Philadelphia Youth Connect (PYC) mission group, composed primarily of young adults, celebrated as Montalvo baptized Erick Harper, Jacqueline Pagan and Ana E. Perez as a result of the group's four days of evangelism. PYC has had five baptisms so far this year.
- By spring the Frazer church in Exton had already celebrated four baptisms and four new members who joined through profession of faith, but rejoiced as Gladys Castro became their newest member.
- Not to be left out, the Kennett Square Company also joined the festivities as Montalvo baptized Patricia Esquincas.

Pastor Gabriel Montalvo embraces a joyful Guillermo Ayala in the baptistry, while his wife, Mercedes, looks on.



56 BMA Seniors Celebrate 2014 Graduation

Blue Mountain Academy (BMA) saw 56 seniors graduate at the close of their 2013-14 school year. As they begin a new chapter in their lives, the graduates' motto and aim will linger in their hearts: "We met as strangers, grew in God and depart undivided, united as one."

Eighteen received an advanced studies diploma, earning college credits for anatomy and physiology, English, history, music and physics. Fifty-one percent of the academy's 2014 student body were honor students, including 18 seniors.

Don't think you can afford sending your child to Blue Mountain Academy? The following families experienced their own miracles when sending their children to the school:

Madison Hoffman's parents, Tony and Sharon of Harrisburg, made their decision about Christian education when their children were young. "There are too many miracles to mention," explains Sharon. "When we weren't sure where the next money was coming from, God always provided."



The Eckerts were faced with a big transportation problem before they sent their son to BMA. Another of their children planned to attend Reading Junior Academy, about a 30-minute drive from BMA. "There is no way we could have chosen a house exactly halfway between the two schools," Heath Eckert says. But, they did. Because of their home's location, they continue to receive free busing for both school districts. "It's a struggle, but prayer and faith is what gets us through," says Heath.—*Caron Oswald*

Pennsylvania Conference 2014 Women's Retreat

*You are beautiful and loved in
the eyes of a God who longs for
you to really know Him.*

Beautiful
and
Loved



Elizabeth Talbot
Main Speaker

September 19-21, 2014
Begins Friday at 7:00 pm
Ends Sunday at noon

For more information or to register online, go to www.paconference.org.

Potomac People

AUGUST 2014

Four Teachers Get Awards for Excellence

Across the conference, raucous applause punctuated the celebrations of four Potomac teachers and their quest for excellence in education. Two teachers received the Columbia Union Conference Office of Education Outstanding Educator Award:

Rebecca Durichek (pictured), instructor at Tree of Life Christian Preparatory School in Fredericksburg, Va., developed a program that matches students with historical figures. The students then tell the class about themselves in character.



Durichek credits the school's recent growth to prayer, and surveying and responding to community needs. "We are dedicated to our students' academic, emotional and, most importantly, their spiritual development," she says.

While working as a social studies teacher at Shenandoah Valley Academy (SVA) in New Market, Va., Gabrielle Griffin recognized prayer and a positive spiritual atmosphere as a critical component in Seventh-day Adventist schools. "It's the 'secret sauce' in our curriculum," she says. "I quickly learned high school students are particularly savvy in identifying hypocrisy. They crave authenticity in relationships, education and spiritual lives. ... As teachers, our spiritual walk is the foundation to our instructional methodology."

Two Potomac teachers received the Alumni Awards Foundation's (AAF) 2014 Excellence in Teaching Award:

Though he is already a commendable science and math teacher at Richmond Academy (RA) in Richmond, Va., Bob Fetters (pictured below, on left, with an AAF rep) constantly looks for ways to improve his teaching methods. He was an early adopter of RA's Connected School, a video educational platform that



Keith Hallam presents the Columbia Union's Outstanding Educator Award to Gabrielle Griffin.

delivers classroom instruction to remote locations.

Most importantly, Fetters is a spiritual advisor and role model for his students. "My ultimate goal as a teacher is to encourage growth in my students' personal relationship with Christ," he says.

At age 12, Carmen Esposito (pictured, top), first-grade teacher at the John Nevins Andrews Adventist School in Takoma Park, Md., was asked to teach a cradle roll class. She loved it so much she began preparing lessons in advance. It wasn't long before she became the youngest Sabbath School teacher in the church.

"Teaching isn't just a job to me," she says. "For me, it is a sacred ministry. I consider it a privilege and honor to work in an environment where I can freely share my faith and talk about God's love."

Keith Hallam, Potomac's vice president for education, says, "These individuals have gone above and beyond what is asked of them in the classroom. Their love for the Lord has richly blessed their lives, making them excellent examples and educators for our children. As a team, we have been abundantly blessed!"

PHOTO COURTESY OF THE ALUMNI AWARDS FOUNDATION

Potomac People

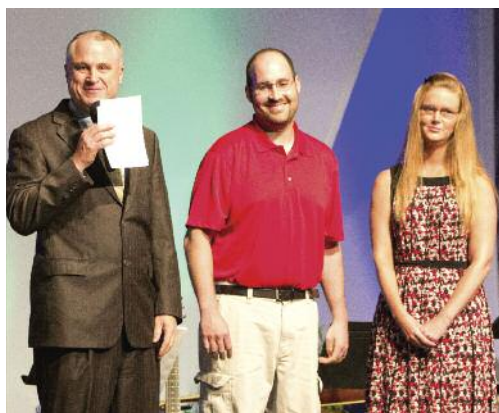
Camp Meeting Attendees Reflect on “His Invitation”

Potomac leaders want members to remember Revelation 19:9, which is an eternal invitation they should not procrastinate in responding to: “Blessed are those who are invited to the marriage supper of the Lamb.” As a result, they chose this year’s camp meeting theme to be “His Invitation.” Here are highlights from the meetings:



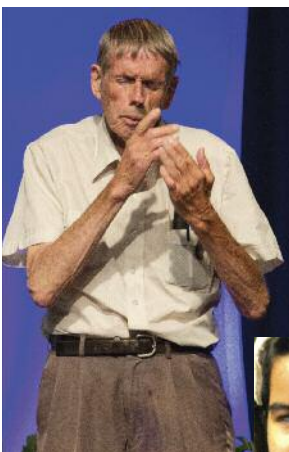
The GRAMMY-nominated Triumphant Quartet holds a concert Saturday afternoon, which attracted roughly 250 community residents.

Above: Karl Haffner (left) and Alex Bryan, keynote speakers at camp meeting, share illustrations and insights to this year’s theme. Bryan is senior pastor at the Walla Walla University church (Wash.); Haffner is senior pastor at Ohio Conference’s Kettering church.



Below: Lisa Myaing, general manager at the Potomac Adventist Book and Health Food Store in Silver Spring, Md., leads a LivingWell Cooking workshop.

Above: Bill Miller, conference president, interviews Nick and Renee Weseman, who started hosting a group of young adult couples in their home. Renee is a member of the Elkton (Va.) church and Nick is taking Bible studies.



Above: Lee Roy McKinney, a member of the New River Valley (Va.) church, signs a prayer during the Thursday evening meeting.



Left: At the end of the week, Peter Casillas, associate for evangelism and church planting, announced that they received more than \$24,000 for church planting.

Isabelle Arteaga (left), a student at the John Nevins Andrews School in Takoma Park, Md., tells how she brought her family to Jesus. Dana Adjei-Prempeh, a Manassas (Va.) church member, tells how she shared Bible lessons with her public school classmates during recess.

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SHENANDOAH VALLEY ACADEMY

HAPPENINGS



AUGUST 2014

www.shenandoahvalleyacademy.org

Adventist Education Prepared Me for Ministry

My name is Ben Williams, and I am a graduate in Shenandoah Valley Academy's (SVA) Class of 2014. There are many aspects of SVA that I have enjoyed: dorm life, playing sports, learning to grow into independence and taking care of myself. I've also enjoyed many opportunities to learn new skills, such as welding—a skill I've already been able to apply. I have especially enjoyed going out and seeing God's wondrous works in nature, spending time with Him while hiking.

However, what I cherish most about SVA is the spiritual opportunities afforded me. It was these opportunities that led me to feel my calling to ministry for the Lord. Not only was I able to get involved on campus in various ways, but Buz Menhardt, associate pastor of the New Market (Va.) church, started to take me into New Market and the surrounding towns to teach me various skills of ministry and how to recognize opportunities to apply them.

I was even able to go out of the country to Panama for a mission trip my junior year. It was an amazing experience that I would not trade for anything. We helped build a church, a kitchen and even held a Vacation Bible School. I was able to help people have a place to worship and built friendships I will always



Pastor Buz Menhardt helps the author celebrate graduation.



Ben Williams ('14) gets to know a local boy during a school mission trip to Panama.

cherish. It started a love for mission trips and service to others that I did not know I had. My only regret is that I didn't go on more mission trips through SVA!

If it was not for my experiences at SVA and the numerous spiritual activities, as well as the spiritual environment as a whole, I know my walk with the Lord would not be as strong as it is today. Not only have I been able to participate in spiritual activities and gain great tools for ministry, I have also been blessed to gain lifelong spiritual friendships. I met my best friend, Fernando Son, at SVA. I can laugh and joke with him then turn right around and sing hymns and study God's Word with him.

I plan to attend Emmanuel Institute in Pullman, Mich., to continue learning new tools to help further the gospel mission. After that, I plan to attend a Seventh-day Adventist college; I am not sure yet which one I'll choose but am open to God's calling. I plan to major in theology and to use that degree to uplift Christ in whatever role He has planned for me.

SVA helped mold me into the man I am today. And, I am blessed with lifelong friendships I gained there. God changed my life and set me on the right path; the tool He used was Shenandoah Valley Academy.

Students Provide Service During European Trip

This past school year, 34 Takoma Academy (TA) students and five teachers (most pictured, right) spent 10 days on an educational trip to Europe that spanned three countries. Their first stop was London, where the students got to see the Tower of London, Windsor Castle and Westminster Abbey, just to name a few places.

The group honored Sabbath with a vespers program Friday night, where each individual shared thanks for something in their life. The group then held a Sabbath service in St. James Park across from Buckingham Palace under the theme “Remember That God Cares for You.”

Upon arriving in Paris, the group headed directly to Versailles where King Louis XIV, Marie Antoinette and Napoleon all once resided. While there the students also enjoyed crepes from the quaint town of Montmartre, snapped “selfies” with the Mona Lisa and cruised the River Seine by moonlight.

Their final stop was Madrid, where the group enjoyed local fare. During one evening meal at a tapas restaurant, a troupe of travelling singers surprised the students. The group also visited Toledo, a small town built on a Spanish hillside surrounded by a beautiful river.



PHOTOS BY ALBAN HOWE

By this time, the trip had already hit two components of TA’s three-part mission—preparing students for college and eternity—but it had yet to hit the service component. It was over lunch in Toledo that the teachers shared the idea of distributing food to Madrid’s homeless. The students jumped on it, nearly half of them filling a hotel room to make sandwiches. After their own dinner, even more students volunteered to distribute the 20-plus sandwiches along with cups of water.

“It was a powerful moment for the students to help people who were hungry and thirsty,” says Todd Gentilcore, English and film studies teacher. “When a group of students informed one gentleman that they were [Seventh-day] Adventists, he admitted that he, too, was once Adventist but was currently not practicing and in a low place in his life. Feeding the people on the streets was a way for TA students to make an impact. They responded to a need in a tangible way and served as witnesses for the love of Christ.”

One student summed up the experience nicely. She said that handing out the sandwiches was the group’s way of giving back to a city that had given to them.



Takoma Academy students enjoy Sabbath worship together in St. James Park during one of many stops on their European Tour.

The Pursuit of Excellence Through Evidence-Based Leadership

Here at Washington Adventist University (WAU), we are committed to excellence, which is part of our “Vision 2020—Growing With Excellence” plan to transform a good school into a great school. Much like soccer players and their coaches, who are committed to excellence because they want to win the World Cup, we at WAU are committed to excellence because we want to produce competent graduates who are prepared to serve as moral leaders in their communities.

As followers of Christ, the motive that drives us to excellence is a desire to please the One who will give us our final reward. Everything we do should be done with a conscious awareness of God’s presence and a realization that He is watching over us.

The following chart shows that, at WAU, we are growing with excellence through evidence-based leadership:

Key Performance Indicators—Balanced Scorecard				
Key Performance Indicator	2005-06	2012-13	7-Year Trend	Goal
Student Retention	59%	72%	Up 22%	90%
Graduation Rate	29%	36%	Up 24%	55%
Student Satisfaction	No Data	3.6	3.7 Avg.*	4
Employee Satisfaction	No Data	4	Up 8%**	4
Employee Retention	87.7%	85%	-3%	90%
Composite Financial Index	1.87	3	Up 60%	4.5
Financial Responsibility	2.1	3	Up 43%	2-3
Working Capital	-26%	134%	Up 615%	150%
Gifts & Grants	\$7.4M	\$11.2M	Up 51%	\$14M
Enrollment Headcount				3000
Undergraduate	1014	1222	Up 21%	
Graduate	19	180	Up 847%	

Source: WAU Office of Institutional Research and Institutional Effectiveness
 *Average for five years
 **Over five years

Such awareness should prompt us, regardless of our field of endeavor, to give our best effort all of the time, knowing that there is never a circumstance during which the One whom we follow is not with us, urging us on to excellence.

This is Washington Adventist University!



Weymouth Spence
President

Summer Camp Serves Families in Need

A summer camp program for about 100 children from low-income families is continuing on WAU's campus through August 10, thanks to a successful collaboration between the university, the city of Takoma Park, Montgomery County and Educare. The Lunch and Learn Summer Day Camp has been a much-needed resource for families that struggle to find affordable summer activities for their children.

The summer program gives participants, aged 7-16, an opportunity to rediscover their creativity; improve their social skills in an environment of cooperation and respect; explore new interests; and enhance their quality of life. Exposure to the WAU campus, professors and students also serve to inspire participants to seek higher education.

"It's not enough to tell our youth what to do, we must show them a better way," says Curtis Watkins, summer camp coordinator.

In addition to a \$6,000 grant from the city of Takoma Park, support for the summer program includes a \$45,000 County Executive Community Grant for performing arts training and soccer camp activities; free lunches each day for participants from Montgomery County Public Schools; and management support for daily operations from Educare, a research-based program that prepares at-risk children for school.



PHOTO BY RANDOLPH ROBIN

Fall Semester Includes Two New Academic Programs

When students return to campus this month for the fall semester, they will find that the new \$1.8 million artificial turf ball field is finished and two new academic programs added: a bachelor's degree in health science and an articulation agreement with nearby Montgomery College for biotechnology.

The health science degree, recently endorsed by the Maryland Higher Education Commission, will prepare students for careers in healthcare, which is one of the largest industries in the United States.

The new articulation agreement will enable students who have completed their associate's degree in biotechnology at Montgomery College to complete their courses at Washington Adventist University for a bachelor's degree in biology. Students who complete the program will be prepared to become lab assistants in biotechnology firms or apply to graduate or professional schools.

Residence halls open for the fall semester August 17, and new student orientation takes place August 18-24. Classes begin August 25.



Exemplary Leaders Earn Recognition at Visionaries Gala

The university's second annual Visionaries Gala will take place September 21 at the Congressional Country Club in Bethesda, Md. The annual event supports the university's "Vision 2020—Growing With Excellence" plan.

In keeping with WAU's commitment to excellence and moral leadership, the gala will include a recognition of individuals who have provided exemplary leadership to the university, the community, the country and the world. The honorees are Peggliene "King Peggy" Bartels, Bruce E. Boyer, Gladstone Gurbatham (pictured) and Milton and Merrille Morris.

For more information, call (301) 891-4133.

Profiles in Caring



- Washington Adventist Hospital
- Shady Grove Adventist Hospital
- Hackettstown Regional Medical Center
- Shady Grove Adventist Emergency Center
- Shady Grove Adventist Aquilino
Cancer Center
- Adventist Rehabilitation Hospital
of Maryland
- Adventist Behavioral Health
- Adventist Home Care Services
- The Reginald S. Lourie Center for
Infants and Young Children
- Adventist Medical Group
- LifeWork Strategies
- Capital Choice Pathology Laboratory

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VISIT OUR BLOG ON WORDPRESS



Mission Moment ~ Connectors of Hope

One of the strengths of an organization that is persistently mission focused is the opportunity to share in the stories of our fellow workers. Someone shared a story with me recently that captured how establishing meaningful connections with our patients is important to the fulfillment of our mission—and started me thinking about connections.

Lorraine Wells is an RN and case manager at Adventist Home Care Services. Recently she had a patient whose lifelong hobby was fishing. But between the wheelchair and the loss of strength associated with the condition that would eventually take his life, going fishing even one more time seemed out of the question. But Lorraine didn't see it that way. She searched for a fishing spot with a wheelchair ramp—and much to his delight, helped him work out the logistics of getting to it. Even with limited strength and limited time, her patient got several more opportunities to pursue his passion. You can imagine what that meant to him.

If you asked Lorraine, she would tell you that it was just a matter of compassion for a patient she cared for. Some would describe it as going the extra mile. I'd like to suggest that it is a small and important example of how, by connecting with a real need, we are fulfilling our mission of demonstrating God's care.

Connecting with each other is a very important part of what we do with our lives. We are constantly monitoring and nurturing our connections—with family, friends, and colleagues. We connect with our neighbors and our fellow citizens in a community. We often connect with those with whom we worship or share a particular worldview. We forge powerful connections with classmates, or with individuals who share a significant life experience.

Reflecting on how God connects with us, the Psalmist writes, "You answer us with awesome and righteous deeds, God our Savior, the hope of all the ends of the earth and of the farthest seas, who formed the mountains by your power, having armed yourself with strength, who stilled the roaring of the seas, the roaring of their waves, and the turmoil of the nations. The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy." (*Psalm 65:5-8*)

I love that phrase, "the hope of all the ends of the earth and the farthest seas." Who are we hoping will connect with us today? Who might we be called on to connect to the great riches of God's grace and love?

Lorraine Wells saw in the Adventist HealthCare mission an opportunity to help a dying man go fishing. What an amazing calling—to be the connectors of hope!



Terry Forde

President & CEO of Adventist HealthCare

Adventist HealthCare Employees Exemplify God's Compassionate Care

Congratulations to Adventist HealthCare's 2013 Compassionate Care Award winners, recognized for their compassion and strong RISES (Respect, Integrity, Service, Excellence, Stewardship) values, selected from colleagues' nominations. Winners were honored in special ceremonies at each of Adventist HealthCare's entities, which also acknowledged all of the nominees for the award.

"This year's winners demonstrate a wide range of personal talents and skills that earned them the award," said Ismael Gama, associate vice president, Mission Integration and Spiritual Care for Adventist HealthCare. "From being selfless, demonstrating great teamwork and going the extra mile to having warmth, a good sense of humor and a great smile—all of our nominees have compassion in common and truly exemplify our mission to demonstrate God's care."

Congratulations to our following winners:



Rose Brown, RN, Shady Grove Adventist Hospital

Rose is a charge nurse on one of our oncology units. Rose was noted for her giving and selfless nature, putting others' needs before her own and taking that extra step for her colleagues and patients, helping to create good memories and wonderful experiences for her patients and their families.



Judy Hobbs, receptionist, Washington Adventist Hospital

Judy has faithfully served the hospital for more than 30 years. She is often the first person encountered by patients and families, so her compassionate service goes a long way. She was noted for her wonderful attendance even during bad weather,

her eagerness to provide patients and visitors with whatever they need, and her readiness to help with any project.



Milca Pabon, team supervisor, Adventist Home Care Services

Milca is known for being kind, consistently friendly, hardworking and wanting the best for others. She goes out of her way to make sure her patients and coworkers feel valued, often answering calls to go on errands to see or help patients

regardless of weather. Her combination of warmth, humor, good cheer and competence exemplifies compassion.



Jessica Burns, physical therapy assistant II, Adventist Rehabilitation Hospital of Maryland

Jessica works in the acute inpatient rehab unit in Washington Adventist

Hospital. She is recognized not

only for her skills as a therapist, but for her empathy and sense of humor. With her empathetic encouragement and humor, she "genuinely helps patients laugh through their pain and anxiety."



Benedeth Onuigbo, food service technician, Adventist Behavioral Health Rockville

Benedeth was recognized for her strong team approach and going above and beyond to meet patients' food requests. She consistently has a cooperative attitude and is kind, always ready to help. She is also

known for being innovative and having great follow through, providing extraordinary patient experiences.



Edward Sterling, housekeeper, Adventist Behavioral Health Eastern Shore

Edward was celebrated for his gentle, willing and unselfish spirit. His colleagues say that he relates well to others and goes beyond the call of duty to help or meet the needs of the residents and staff,

always wearing a welcoming and friendly smile. He treats the young patients with great value, taking the time to give them compassionate words of encouragement.

Health Care Advocates Announce Support for Life-Saving Tobacco Tax

The Maryland Citizens' Health Initiative and officials from Maryland joined with Washington Adventist Hospital in May to urge support for the Healthy Maryland Initiative, which will increase the state tobacco tax by one dollar per pack, from \$2 to \$3, to reduce teen smoking and fund critical health care and public health programs.



Left to right: Julinda Massey, Tobacco Cessation coordinator at Washington Adventist Hospital; Michael Vaughan, representative of Sheila Hixson (D) House of Delegates; Richard Madaleno (D) State Senate; Amy Carrier, vice president at Washington Adventist Hospital; Vincent DeMarco, president of the Maryland Citizens' Health Initiative; Dr. Alfred Munzer, chair of Pulmonology at Washington Adventist Hospital; Dr. Brian Avin, immediate past president of MedChi; and Valerie Overton, Maryland Hospital Association.

Washington Adventist Hospital and Adventist HealthCare are part of a long history of effort put forth by the Seventh-day Adventist Church to help people stop smoking. Last year, Washington Adventist Hospital's inpatient Tobacco Cessation Program was highlighted as a best practice at the 2013 Maryland Million Hearts Symposium.

Adventist HealthCare also promotes smoking cessation through its tobacco free campus policy at all its entities. This policy prohibits smoking and the use of any type of tobacco on hospital campuses and applies to all patients, visitors, employees, contract workers, volunteers and physicians.

"This year marks the 50th anniversary of the landmark 1964 Surgeon General's Report on Smoking and Health, which marked the beginning of a public health campaign to curb the epidemic of death and disease caused by tobacco," said Dr. Alfred Munzer, chair of Pulmonary Medicine at Washington Adventist Hospital and past president of the American Lung Association. "As a result of that campaign, the prevalence of smoking in the United States has been cut in half. But 42 million adults and teenagers continue to smoke and sadly 1,000 kids become regular users of tobacco every day."

Dr. Munzer has been a frequent spokesperson for the American Lung Association since 1974, testifying on their behalf before Congressional Committees and serving as President in the 1990s, his efforts led to the banning of smoking on airlines. Dr. Munzer is also deeply involved in anti-smoking efforts internationally through the World Health Organization.

Dr. Munzer said if current rates continue, 5.6 million Americans younger than 18 will die of a disease related to smoking.

"As President of the American Lung Association, I was driven to change public policy on second-hand smoke. And it is gratifying to see the progress we have made. But our job isn't done as long as there is a single child who picks up the smoking habit," Munzer said.

Tobacco use remains the leading preventable cause of disease, disability, and death in the United States. More than 440,000 Americans die every year from smoking, and 8 million Americans live with at least one serious chronic disease from smoking. This costs the U.S economy \$193 billion a year in direct medical costs and lost productivity.

"At Washington Adventist, we see contributing to the health and wellness of our community as our mission and our commitment to tobacco cessation efforts, a part of helping our community achieve their best health," said Amy Carrier, vice president of Operations and leader of the hospital's cardiac program.

Los empleados de Adventist HealthCare son un ejemplo del cuidado compasivo de Dios

Felicitaciones a los ganadores del premio del cuidado compasivo (2013 Compassionate Care Award) de Adventist HealthCare, reconocidos por su compasión y fuertes valores RISES (Respeto, Integridad, Servicio, Excelencia y Gestión), elegidos entre colegas nominados.

A los ganadores se los condecoraron en ceremonias especiales en cada entidad, que también reconocieron a todos los nominados compasivos de la entidad.

“Los ganadores de este año demuestran una amplia gama de talentos y habilidades personales que les valieron el premio”, señaló Ismael Gama, vicepresidente adjunto de Integración de Misión y Cuidado Espiritual para Adventist HealthCare. “Desde ser desinteresados, demostrar una gran trabajo en equipo y dar un paso más al contar con calidez, un buen sentido del humor y una gran sonrisa, todos nuestros nominados comparten la compasión y realmente ejemplifican a nuestra misión de demostrar el cuidado de Dios”.

Felicitaciones a nuestros ganadores:

Rose Brown, enfermera acreditada de Shady Grove Adventist Hospital

Rose es jefa de enfermería en una de nuestras unidades de oncología. Rose se destacó por su naturaleza solidaria y desinteresada, al priorizar las necesidades de los demás antes que las suyas y dar ese paso adicional para sus colegas y pacientes, de modo que ayudó a crear buenos recuerdos y experiencias maravillosas para sus pacientes y sus familias.



Terry Forde, presidente y director ejecutivo de Adventist HealthCare, presenta el premio a Rose Brown de Shady Grove Adventist Hospital en una ceremonia en mayo.

Judy Hobbs, recepcionista de Washington Adventist Hospital

Judy se ha desempeñado fielmente durante más de 30 días en el hospital. Suele ser la primera persona con la que los pacientes y familias se encuentran, por eso su servicio compasivo es contundente. Se destacó por su excelente asistencia incluso durante climas adversos, su entusiasmo por brindar a los pacientes y a las visitas todo lo que necesitan y su buena disposición para ayudar con cualquier proyecto.

Milca Pabon, supervisora de equipo de Adventist Home Care Services

Milca es conocida por ser amable, constantemente amigable, trabajadora y por querer lo mejor para los demás. Se las ingenia por asegurarse de que sus pacientes y compañeros de trabajo se sientan valorados, suele responder las

llamadas para hacer recados a fin de ver o ayudar a pacientes más allá del clima. Su combinación de calidez, humor, júbilo y competencia ejemplifica a la compasión.

Jessica Burns, ayudante II de fisioterapia de Adventist Rehabilitation Hospital

Jessica trabaja en la unidad de rehabilitación de pacientes agudos en Washington Adventist Hospital. Se la reconoce no sólo por sus habilidades como terapeuta, sino por su empatía y sentido del humor. Con su ánimo empático y humor, ella “verdaderamente ayuda a los pacientes a reírse de su dolor y ansiedad”.

Benedeth Onuigbo, técnica de servicio alimentario de Adventist Behavioral Health Rockville

A Benedeth se la condecoró por su fuerte enfoque de equipo y por ir más allá de cumplir con los pedidos de alimentos de los pacientes. Ella continuamente goza de una actitud de cooperación y es amable, siempre dispuesta a ayudar. También es conocida por ser innovadora y tener un gran compromiso por brindar experiencias extraordinarias a los pacientes.

Edward Sterling, empleado de la limpieza en Adventist Behavioral Health Eastern Shore

A Edward se lo premió por su espíritu gentil, predispuesto y desinteresado. Sus colegas dicen que él se relaciona bien con los demás y va más allá de lo que es su deber para ayudar a satisfacer las necesidades de los residentes y el personal, siempre con una sonrisa acogedora y amigable. Trata a los pacientes con gran valor, al tomarse el tiempo para dedicarles palabras compasivas de aliento.

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WGTS 91.9 is seeking a full-time office manager. The preferred candidate would have a bachelor's degree, office administration skills, organizational skills, great communication and people skills, and proficient writing abilities. For more information, please visit wau.edu/work-at-wau.

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	Aug 1	Aug 8	Aug 15	Aug 22	Aug 29
Baltimore	8:20	8:12	8:03	7:54	7:43
Cincinnati	8:51	8:43	8:34	8:25	8:15
Cleveland	8:45	8:37	8:27	8:17	8:06
Columbus	8:47	8:39	8:30	8:20	8:10
Jersey City	8:13	8:05	7:56	7:46	7:35
Norfolk	8:13	8:06	7:58	7:49	7:39
Parkersburg	8:39	8:32	8:23	8:13	8:03
Philadelphia	8:15	8:07	7:59	7:49	7:38
Pittsburgh	8:36	8:28	8:19	8:09	7:58
Reading	8:19	8:11	8:02	7:52	7:42
Richmond	8:19	8:12	8:04	7:54	7:45
Roanoke	8:28	8:21	8:13	8:04	7:54
Toledo	8:53	8:45	8:35	8:25	8:14
Trenton	8:14	8:06	7:57	7:48	7:37
Wash., D.C.	8:20	8:13	8:04	7:55	7:45

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