

OUTLOOK

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COMMENTS ON UNION COLLEGE

"Union has an openness I have not seen elsewhere..."

"Union's stable, experienced leadership team has a 'can-do' way about them that gets things done."

"I had heard about the hospitality found on Union's campus; it is amazing to experience it firsthand."

These are some of the words the new president of Union College, Dr. Vinita Sauder, spoke at the recent Board of Trustees meeting.

Union College is our school, yours and mine. Whether or not we attended Union, or send our children, or send our money, or send up our prayers—it is ours. And it is an awesome tool the Lord our God has given us to prepare our students for service here and for life in the world to come.

This issue of OUTLOOK focuses on our college. Read it and smile, send a prayer heavenward, and rejoice with me at heaven's wonderful gift to the heartland of America.

—THOMAS LEMON, Union College Board of Trustees chair and president of the Mid-America Union



ON THE COVER

Joe Hofmann initiated Union College's recycling program as a project for his Creative Leadership class. Photo by Steve Nazario.

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<http://bit.ly/themissingcolor>



LEARNING TO UNION COLLEGE

(yes, it's a verb)

by Vinita Sauder

The sign on my office door says *President*, but for these first few months exploring my new role at Union College, it ought to have said *Tourist-in-Chief*. I've worked in Adventist education for more than 25 years. I thought I knew a lot about Union. I was wrong. As I've participated in student events, met with alumni and gotten to know my colleagues, I've been surprised and amazed by Union College.

It's a bit like the difference between seeing a picture of the Rocky Mountains and actually standing on the shore of a mountain lake. Union College is an experience. It's more a verb than a noun.

I'm still learning what it means "to experience Union College," but I already know leadership is a central pillar of the definition.

I see it at every event I attend and in every department I visit: students leading.

At Project Impact, when approximately 750 student and employee volunteers served at more than 60 locations throughout Lincoln, they all looked to **Inonge Kasagi**, a senior social work major, for leadership.

At vespers on Friday

nights, I know it's all come together because of **David Kabanje**, a sophomore theology and social work major.

During the freshmen orientation weekend at the Carol Joy Holling Center, the Sabbath services were all student led, with freshmen students participating and up front, sharing testimonies and singing, mentored and guided by **Abner Campos** and **J-Fiah Reeves**, the student chaplains.

When I gave the first chapel talk of the year, it was **Madison Waagner**, the chapel coordinator, who helped me with the order of the program, who prayed with the group before chapel, and who sent me an amazing thank you card.

And at a Warrior volleyball game, it's students like **Emily Wood**, a sophomore communication major, sitting in the director's chair making sure parents and friends can watch at home on UCLive.

My first taste of Union College came when I checked into the Ortner Center before my campus interview in the spring. When I asked the Guest Services director a question, she pointed me to a student. "She's in charge," I was told. "I'm just here to make

sure she has the support she needs." I could go on and on about the ways I've seen students intentionally empowered to lead.

I've realized over the last few months that my job as president is to provide the resources and foster the unique environment that allows Union College to happen. In much the same way, you—the constituents of the Mid-America Union—make Union College possible through your prayers, gifts and other

support. Thank you!

In this issue of OUTLOOK you'll be introduced to a few more examples of Union College students who make this institution an action verb. These students are Union Colleging every day—bringing their educations to life through leadership, service and faith. They inspire me, and they are our future. ■

Dr. Vinita Sauder is president of Union College.

VINITA SAUDER
Union College
President



INONGE KASAGI
Senior
Social Work Major





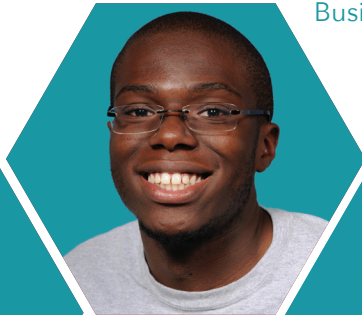
UNION COLLEGE'S MISSION

Inspired by faith in Jesus Christ and dedicated to a personal student-focused community, Union College empowers students for learning, service and leadership.

All photos courtesy Union College

ABNER CAMPOS

Sophomore
Theology Major



MADISON WAAGNER

Junior
Business Administration
Major



DAVID KABANJE

Sophomore
Theology and
Social Work Major



J-FIAH REEVES

Sophomore
Psychology/
Theology Major

EMILY WOOD

Sophomore
Communication
Major





LEADING FROM BEHIND THE SCENES

by Elena Cornwell



Senior nursing major Joe Hofmann spearheaded Union's recycling initiative three years ago. This program now spares the college 35 tons of trash per month.

things to make our lives and our city greener, it will help a lot."

An organization the size of Union College generates a lot of trash, much of it recyclable. And Union's garbage collection company had made recycling a lot easier using their single stream recycling system—everything goes in one bin. "The one-stream system makes recycling accessible and easy for students," Hofmann explained.

On top of classes and all the other demands of school, Hofmann spent many hours preparing a plan for the college. Together, he and Becker wrote a grant proposal to the Nebraska Department of Environmental Quality. The \$3,204 grant purchased indoor recycling containers for all dorms as well as every floor in all main buildings on campus.

Hoffman also promoted recycling across campus by making posters and educating students and

employees about the value and ease of recycling. "It's really taken off," he said. "We are now saving Union about 35 tons of trash per month."

Taking care of our planet

Despite all the face time he's been giving people, Hofmann prefers to be "the guy behind the curtain." He'd rather just work quietly toward his goals, one of which is taking care of our planet. "If we can do little things to make our campus greener and our lives better, it's good," Hofmann explained.

But this wasn't a one-and-done class project for Hofmann, who is now a senior. Each year he leads a team of people that monitors the locations and conditions of recycle bins, and he continues to promote recycling across campus. "It's the way I became attached to Union," he said. "As I help make Union a better place, I want more and more people to experience and love it like I do."

Although Hofmann's leadership class ended three years ago, he continues to work on the project. "When students find something they are passionate about, they really find joy in that," said Becker. "They do it well and it is something they can be proud of."

Elena Cornwell is a senior studying international communication at Union College.

Meetings with the garbage collectors, meetings with the college president, presentations to the faculty and students, more meetings with deans and resident assistants, speeches at colloquiums—Joe Hofmann is busy. A nursing major also working toward minors in leadership and psychology and an associate degree in Pre-Allied Health, Hofmann is also the resident assistant for village students at Union, a Student Center supervisor and a columnist for Union College's newspaper, the *Clocktower*.

Why all the meetings? During his freshman year of

college, Hofmann decided to add a leadership minor to his degree. His first class, Creative Leadership, required students to choose a project to spearhead in order to gain project management experience. "In the past students have done things like make care bags for children in Africa or collect shoes for the homeless," said Dr. Linda Becker, course instructor.

But Hofmann had bigger plans. He decided it was time for Union to recycle. "It's our planet; we're all living here and the trash we are throwing away will just keep adding up," he said. "What we do affects our planet. If we can do small



CAMPUS CLUBS BUILD LEADERSHIP SKILLS

by Elena Cornwell

Like many student leaders at Union College, Sameera Sigdel didn't go looking to be in charge. But thanks to Union's leadership minor, her mentors and campus work experience, when the time came she was ready.

Born and raised in Nepal, Sigdel first arrived in America in 2009 to attend Campion Academy in Colorado. Told that it was a safe place for international students to attend school, Sigdel started classes that September—a choice that set her on the path to Union College.

Now a junior business major with a minor in leadership, Sigdel originally enrolled at Union in 2012 as a pre-nursing major. Soon she volunteered at a local hospital, and though she loved the environment, Sigdel quickly realized that nursing wasn't for her.

Sigdel wondered how she could continue to be in a medical environment, while not actually doing anything medical. "I think that everything comes back to the health of people," she said. "Working at a hospital would allow me to make a difference, as long as I wasn't a nurse."

A new focus

The answer came in the form of Dr. Linda Becker, vice president for Student Services at Union. In her job as Becker's assistant, Sigdel fell in love with the world of administration. She decided to major in business with an emphasis in health, ultimately planning to return to Nepal

to work. "Nepal has good doctors and nurses, but not the good administrators they need to take care of them," she explained. "I want to go back home and make a difference—I want to make it better."

Above and beyond

But Sigdel's training for leadership at Union has gone far beyond the classroom and her employer. Last spring she ran for the position of International Club President for the 2014-15 school year. "She walked into the interview with an entire plan laid out for the year," said an impressed Inonge Kasaji, a student government representative who interviewed Sigdel. "An entire plan! It was incredible."

"My theme this year is Experience the world in a small club," she explained. Her first event was a beach party at Pawnee Lake. More than 40 members attended, a great turnout for a club with 63 members.

To bring the group together at least once a month, she planned a camping trip in October, a Thanksgiving party in November, and a Christmas party in December. "The most challenging part of being an international student is being away from home. I've been here for the holidays before and it is difficult, so I want to do something as a club." Sigdel wants the international students to experience American culture, as well as make memories together over the holidays.

Sigdel hasn't been home to Nepal for nearly 18 months,

but her friends and team members are what make it worth it. "I have such a wonderful team. They are all talented," she said. "They come up with all the amazing ideas, and I just put it together."

From theory to practice

With only two years left of college, Sigdel knows what she's learning here will give her the competence to do a great job wherever she works in the future. The first leadership class she took gave her the skills she needs now as president of a club at Union. "It is so fun to see what I've learned put into practice," says Sigdel. "When I took the leadership classes I took them for theory, and now I'm using what I learned."

A lover of her native Nepali music, a cook and an aspiring world traveler, Sigdel explained how her experience as a club president prepares her for her future profession.

"This position gives me a lot of confidence in what I can do. I'm learning how to assign work to people and when I should let them choose how to approach a project. I think my future will be the same—a team, but just on a larger scale. This is like a practice run to what I will do in the future, and I love it."

Elena Cornwell is a senior studying international communication at Union College.

Because she recognizes the value of good health, Sameera Sigdel plans to return to her homeland of Nepal after graduating to serve as a hospital administrator.





INSPIRING OTHERS TO LEAD

by Stefani Leeper



Shawna Ansari, a senior social work major, says being a leader has taught her how to encourage other people to develop their specific skills.

In her light gray Social Work Club T-shirt and skinny jeans, Shawna Ansari, 24, sits cross-legged on a rustic oak coffee table in the second floor lounge of Rees Hall. The autumn sunshine streams through the window and illuminates the amber glint in her eyes as Ansari, a Union College senior, reflects on life events that led to leadership roles, both at her summer job and at Union College.

Two life goals

It all began at age nine with her first trip to North Star Camp in Brainerd, Minnesota. That summer she met Buell Fogg, now associate chaplain of Union College, whose energy and friendliness sparked her interest in attending Union someday.

After that, there was no stopping her heart's desire. Every school paper she wrote was about Union in some

way or another—either that, or her goal to run a summer camp.

She began working at North Star at the age of 13, and 10 years later had successfully worked her way up through many roles to become the assistant director. Along with managing the day-to-day operations, she was responsible for supporting the rest of the camp staff and helping them be successful in the program.

Her years at camp taught her a vital leadership lesson: Let people know they are important. "It is valuable to learn how to work well with people," Ansari says. "It means a lot to me."

Setting higher standards

When it came time for college, finances proved to be an obstacle for Ansari. She spent a year as assistant chaplain at Campion Academy in Colorado and the following year, 2011, reached her dream of enrolling at Union College. "God really kept Union in my heart," she says with a reminiscent smile. "May He give you the desire of your heart and make all your plans succeed," she says quoting Psalm 20:4. "It's so true. God has blessed me to come to Union."

For Ansari, leadership roles were not limited to summers at North Star. During her second year at Union, one of the head resident assistants in Rees Hall suggested she apply to be a resident assistant. Although Ansari had never before considered that option,

the suggestion led her to visit Dean Braithwaite.

"Dean B. told me to have higher standards for myself and apply for the head RA position," Ansari says, chuckling.

She got the job.

"I'm working with an awesome team this year," notes Ansari, now in her second year as head resident assistant. "God has divinely picked this team. All the RAs really love their jobs."

At Union, head RAs assist the deans in a variety of ways and manage the residence hall when the dean is off duty. But for Ansari, supporting the hall RAs, getting to know the women and sharing worship are other "crazy awesome" aspects of the job. She also takes every opportunity to teach skills in leadership to the women. "As a leader, I think it's important that we disciple and mentor others so they can become even better leaders," she explains.

She smiles as she remembers the many people who influenced her own life. "Union has a lot of extremely talented, gifted and passionate faculty and staff. It's important to surround yourself with them," she states. "I urge students to get to know them because they have dedicated their lives and passions to what they do. You can learn a lot from them."

Ansari names a few of those to whom she is grateful for help along the way: the Holman family; Ben Holdsworth; John Wagner; Salli Jenks; Tayrn Rouse;



Stephanie Wiley; Terri Lair; the social work professors; the Adams, Gibson, Heidecker and Hay families; the Union College Marketing Communications staff; the human development faculty and staff; the Hutchinson, Bemidji and Brainerd churches and families. “Each one made a difference in my life,” she adds.

Paradigm Shift

Returning to North Star Camp each summer continued to fuel her desire for a career as a summer camp director, but after she arrived at Union a new path began to open before her.

After feeling led to declare a social work major, she was shocked to discover that camp directors usually are

trained as pastors, not social workers. In summer 2013, God slowly revealed to her that it simply wasn't her time to run camps.

“I had no Plan B,” she says with a nervous grin. “I knew [camp] better than I knew myself for so much of my life. God invested so much of Himself into me through camp. It will always be a part of who I am.”

Despite her lifelong dream being dashed, Ansari felt an overwhelming sense of peace as a social work student and knew that the program was preparing her for something great. “It's changed my paradigm on different aspects of the world,” she says.

Through this experience Ansari began to understand another great truth about

leadership: Leaders must be flexible and ready to seize new opportunities. “Take on as many challenging things [as you can] without stretching yourself too thin,” she advises other students. “Every opportunity is a learning opportunity. Invest your time in knowing the students here. And, finally, be prayerful of your college experience, no matter how large or small you see your faith to be.”

As she ponders her upcoming transition from college to a full-time career, Shawna recalls other leadership experiences she has enjoyed, including facilitating Bible study groups and worships, planning campus events, working on the recruiting team

and serving as both Social Work Club president and sophomore class president.

“Being a leader has taught me humility,” she concludes with a smile. “God didn't have to pick me to lead, but I know leadership has taught me to be a better communicator and how to work more harmoniously with a variety of people. There is a quote by John Quincy Adams that I like: *If your actions inspire others to dream more, learn more, do more and become more, you are a leader.* I hope I can reach someone in one or more of those ways at some point in my life.”

Stefani Leeper is a sophomore communication major at Union College.

LEADERSHIP BY IMMERSION by Stefani Leeper

In 2013 Union College launched a new pastoral internship program designed to provide an authentic glimpse into the life of a leader of a local church.

Responding to the needs articulated by conference administrators and new pastors, the Division of Religion sought to better prepare graduates for their future roles—and found there is no better preparation than real-world practice. “You graduate, a conference hires you, and suddenly you have 50 sermons to do, prayer meetings to host, and Pathfinders to lead; it's overwhelming,” explained Robert Fetrick, chair of the Division of Religion and associate professor of religion. “There was an obvious need to prepare students to be

more comfortable and know what to expect.”

This program is designed to change all that. During the first semester of their senior year, theology majors embark on a semester-long internship as an assistant pastor in a Seventh-day Adventist church within the Mid-America Union. Each intern lives the day-to-day life of a pastor, being exposed to board meetings, evangelistic work, hospital visitations, ministering at weddings and funerals, and, of course, preaching. The students work alongside experienced pastors, witnessing pastoral problem solving and experiencing real-world, hands-on learning. The pastors with whom the interns work double as mentors, helping them feel

more confident in facing the challenges involved in pastoral ministry.

In fall 2014, Union sent four pastoral interns to experience leadership firsthand.

Chaz Spellman

Piedmont Park Church
Lincoln, NE



Seth Gaskin

Piedmont Park Church
Lincoln, NE



Miguel “Mikey” Archibeque

Golden Hills Church
Bellevue, NE



Makenzy Jean

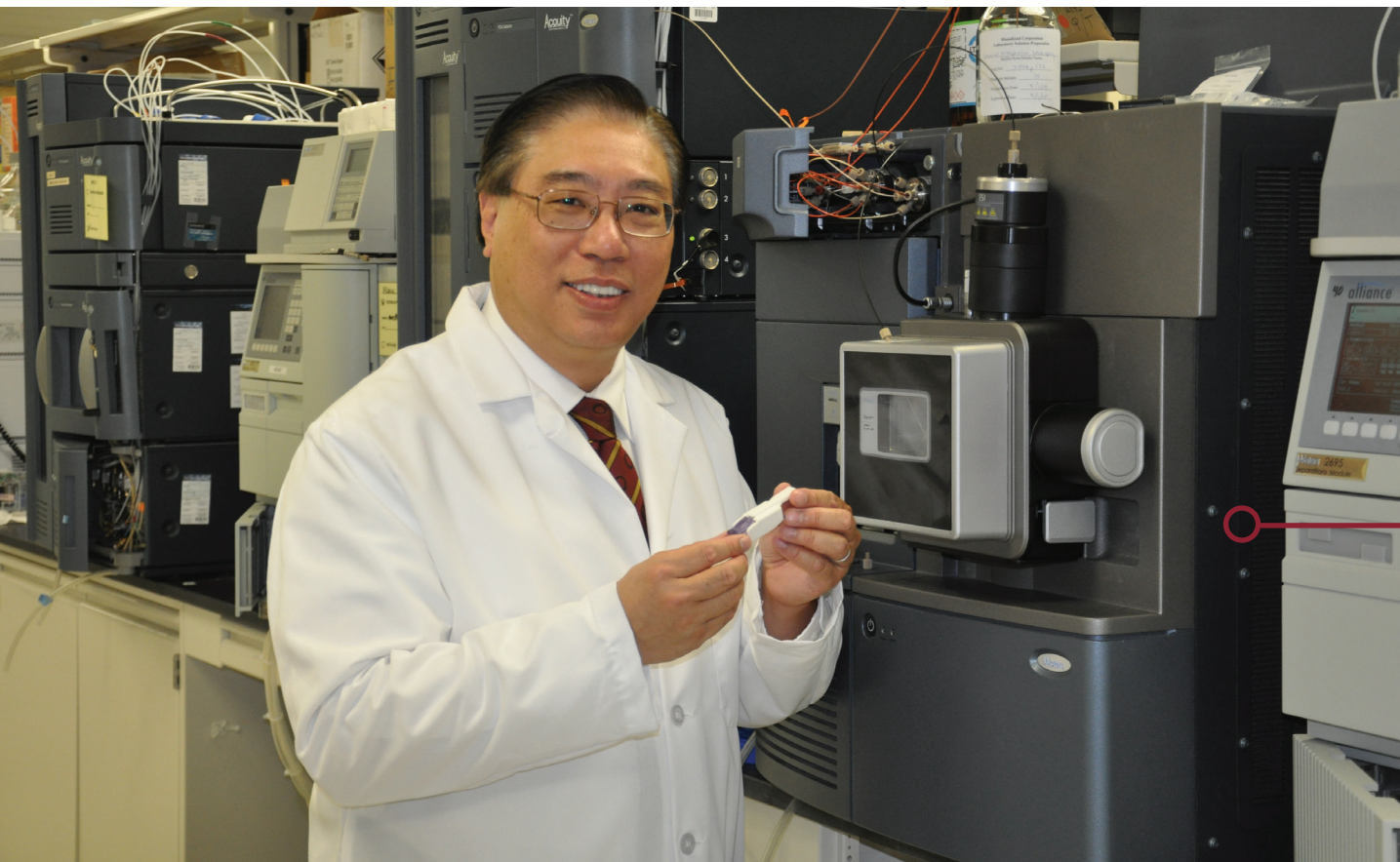
Des Moines Church
Des Moines, IA





NO MORE NEEDLES

by Joellyn Sheehy



For most asthma sufferers, an inhaler is a vital, often life-saving device designed to deliver much-needed medicine to lungs gasping for air. But Dr. Sam Shum, who developed a passion for chemistry and research while an undergraduate student at Union College, knew inhalers could be a lot more.

Now, after 15 years of work and three rounds of submissions to the U.S. Food and Drug Administration, he and his team at MannKind Corporation are making pharmaceutical history by creating a

dry powder inhaler to administer insulin, with a characteristic time-action profile that mimics natural pancreatic insulin, for diabetes sufferers.

A math and chemistry double major at Union College, Shum fell in love with mass spectrometry, an instrumental method in chemistry enabling scientists to identify the composition and structure of substances by measuring the mass-to-charge ratios and interpreting ion fragmentation patterns. Shum's affinity for the technique began in his

Research in Chemistry class, and spurred him into his later career. "The opportunity for me to be involved in research was very advantageous," he said. "Exposure to good undergraduate research helps a student be more prepared for graduate work and other professional studies, and it helped me to make good career choices."

Shum, who graduated from Union in 1981, followed his interest in mass spectrometry to graduate school, planning to enter academia. But after only five years of teaching

science and mathematics courses at Hong Kong Adventist College, he could no longer deny his passion for scientific research. Pursuing a PhD in analytical chemistry back in the U.S., Shum worked with a form of mass spectrometry that enabled him to refine skills in generating and measuring fine aerosol particles.

For the love of ozone

In the late '80s, worldwide concern grew over the disappearing ozone layer. Scientists blamed the depletion of the ozone layer of the atmosphere, which



helps protect the earth from the sun's ultraviolet radiation, on chemicals found in common aerosol sprays. Finally in 1989, an international treaty restricting the use of many such substances went into effect in an attempt to stop or reverse the damage.

At the time, all of the metered-dose inhalers used to treat asthma and chronic obstructive pulmonary disease used the banned chemicals to propel the medicine into the patient's lungs. Under the new rules, even these uses were to be phased out, urgently

magazine's list of fastest-growing companies in the U.S. in 2005.

Finding new ways to inhale

"In the early days, the focus was on converting existing MDIs to new propellants or to dry powder inhalers using no propellant," Shum explained. "But as the years progressed, people started to ask, *If we can deliver asthmatic drugs to the lungs, why don't we deliver bigger molecules too?*" Scientists knew medications could be quickly absorbed into the blood stream

Union alum Dr. Sam Shum led a research team that recently received FDA approval to market the only inhalable insulin medication available in the U.S.

necessitating research into new propellants.

When Shum finished his studies in the early '90s, well-practiced at developing aerosols, he was hired immediately by Boehringer Ingelheim to lead a group of scientists to tackle developing "ozone-friendly" inhalers. "I find it fascinating to come up with ideas that can actually help some unmet or maybe poorly met medical need," he said. "That's what I like most about research."

After successfully leading teams that created two separate types of inhalers, Shum accepted the position of director of pharmaceutical aerosol development for Kos Pharmaceuticals, ranked number six on *Fortune*

through the lungs because there are so many blood vessels. In fact, if all the lungs' capillaries were spread out next to each other, they would cover an area as large as a tennis court.

Insulin, a protein essential for the body to break down glucose for energy, is larger than the average asthmatic drug by about tenfold. People suffering from types 1 or 2 diabetes often require regular insulin supplements to maintain normal blood sugar levels. Unfortunately, diabetics have been forced to undergo regular injections because taking the insulin orally causes the protein to break down in the digestive system.

Shum joined MannKind Corporation in 2007 to

lead the development of a formula and device to administer insulin via a dry powder inhaler. "My grandfather died of complications from diabetes, my father has diabetes, and all but one of my uncles are diabetic," he said. "It wasn't hard to convince myself that it would be a good idea to develop an inhalable insulin."

The development and approval of the new drug took longer and was more involved than any of Shum's other projects. "It took more than 15 years from discovery of the technology to final FDA approval and three rounds of regulatory submissions," he said. "But at the last stage, the FDA Advisory Committee members voted almost unanimously (27 to 1) to approve our inhalable insulin product for types 1 and 2 diabetes."

On June 27, 2014, MannKind Corporation received approval from the FDA to market the only inhalable insulin medication available in the U.S. to treat diabetes. "I feel blessed by the Lord that I could attend Union, receive a good education, and be given the opportunity to develop my ideas to help others," said Shum. "I strongly believe that I was given all of these opportunities to develop my technical and leadership skills."

Learning to lead

Shum is the first to admit that leadership skills played a vital role in the success of his projects. "Visionary leadership is so important to be successful in research

and development," he said. "You need to create a clear, compelling view for the future of the work, and then communicate that with the rest of the team. You achieve success only through working together collaboratively; that builds commitment and excitement, and wins more support for you, or the organization's, future initiatives."

His training to be a leader started at Union College. "A unique experience I found at Union was to be able to work for my education, thereby developing different skills," he said. "Being a maintenance worker made me physically strong; being a reader, tutor and laboratory instructor made me mentally strong; and being a resident assistant in the residence hall made me socially and spiritually strong."

But Shum does not look on his work and accomplishments as just a means to gain prestige or praise. "I was always inspired by the spiritual atmosphere of Union's campus and the persistent Christian love and commitment of the faculty. They have strengthened my own commitment to Christian service," he said. "I see all the work that I do as my Christian service to the community; it's my way to give back. That's why I enjoy what I'm doing, and why it's so rewarding."

Joellyn Sheehy graduated from Union College in 2014 with a degree in International Rescue and Relief. She is now the AQIP System Portfolio Coordinator for the college.



Community Gardens Yield Rich Harvest

by Janene Williams

Courtesy Janene Williams



Central States Health Ministries Department is collaborating with Kansas City Community Gardens to grow fresh produce in a food desert.

The Health Ministries Department of Central States Conference has developed a collaborative group of gardens called the Growing Together Community Gardens.

In 2012 our Health Ministries director, **Dr. Compton Ross Jr.**, reached out to the Kansas City Community Gardens to explore a possible partnership. KCCG is a non-profit organization

that often teams up with schools, churches and other entities in gardening projects.

Since the conference campus is located in a food desert, KCCG was only too happy to partner with CSC Health Ministries in this endeavor. A food desert is an urban community that lacks access to fresh quality produce due to an absence of nearby grocers,

healthier restaurants, and/or inexpensive suppliers of wholesome options.

In the fall of 2013 the conference staff and pastors from our surrounding churches worked together to build 15 raised beds full of rich soil and compost. By March 2014 renters were in line with seeds ready to be planted and nurtured. For many of the gardeners, this was a first attempt to grow their own food.

The excitement mounted every month as gardeners met to learn how to identify mold and disease, organically treat pests, when to plant and harvest, and how to water and care for the garden. As the plantings matured the gardeners became more familiar with one another, stepping in to help if others became too busy, and trading produce among themselves.

The garden has also proved to be a great witness to the surrounding

community. Many neighbors have stopped by to inquire about what has been grown and have expressed an interest in the next growing season. Since all the plots have been rented out, the Health Ministries department is planning to expand the growing area so that more gardeners can participate next year.

So far, gardeners have produced loads of okra, eggplant, tomatoes, cucumbers, various types of lettuce, collards, kale, Swiss chard, cabbage, carrots, mint, cilantro, watermelon, corn, sweet potatoes and more.

Much of this first harvest was given away to neighbors, friends and family, and to support church-sponsored community outreach events.

Janene Williams is administrative assistant for the Health Ministries Department.

Central States Conference Hosts Marriage Retreat

Presenters explore God-give right to romance

by Marlon and Denise Johnson

Couples from Minnesota, Kansas, Missouri and Illinois recently spent a relaxing and renewing weekend in the Lake of the Ozarks attending a marriage retreat themed Right to Romance.

Retreat facilitators **Dr. Derrick** and **Mrs. Crystal Moffett**, pastoral team from the Allegheny East Conference, led husbands and wives in defining romance, differentiating between male and female concepts of romance,

exploring romance enhancers, exposing romance destroyers and acknowledging the greatest romance of all time—God loving us!

The couples, ranging from newlyweds to those married nearly

50 years, developed new friendships as they participated in nature scavenger hunts, played couple games and sat on the lakeshore.

Attendees were pampered with romance baskets upon arrival,



Men's Forum Facilitates Honest Dialogue

by Ron Williams

On Aug. 24 civic leaders, pastors and community members gathered at the Central States Conference center to talk about the engagement of African American men and law enforcement. This event was organized to address the issue of safety for African American men in light of the Ferguson, Missouri incident in which 18-year-old Michael Brown was killed by police officer Darren Wilson. The forum also gave the community an opportunity to learn about the Seventh-day Adventist Church and our concern for the welfare and safety of all citizens.

Among those attending the conference were **Barry R. Grissom** (United States Attorney, District of Kansas), **Adrion Roberson** (pastor of DESTINY Bible Fellowship Community Church), **Pat Clark** (community activist), **Major Tyrone Garner** (assistant Bureau director, KCPD), **Tarence Maddox** (County

Commissioner, District 4), **Prince Mikado** (community) and **Dr. Richard Prim** (pastor of KC Community Church). Others who came to observe, share and learn what African American men think and feel about the violence against them included a number of high-ranking police officers and administrators from Wyandotte County.

After welcoming the group, CSC president **Maurice R. Valentine II** shared a brief background on the Adventist Church and the commonality we have with other faith traditions.

Elder Ron Williams, director of Men's Ministries, facilitated the panel discussion that included comments and questions from the floor regarding current law enforcement practices; human rights issues of due process; how to prevent a Ferguson-type event from happening in Kansas City; and roles religious/civic



Courtesy Jonathan Green

Event coordinator Ron Williams participates in a Q and A session with Ellen Hanson, chief of police for Wyandotte County.

organizations and citizens can actively fulfill.

Each attendee received a brochure produced by the National Association of Black Law Enforcement Officers telling what to do when stopped by the police. Wyandotte County police chief **Ellen Hanson** commented, "This was a great night and opportunity for us to hear from the community how we can police better."

One participant said, "We need to get more youth in this meeting so that they

can share their feelings and be educated on how to conduct themselves when approached by police officers."

Elder Williams concluded the forum by challenging the group to continue to dialogue openly, to listen without prejudice, love without limits and reverse the hate.

Another forum is currently being organized.

Elder Ron Williams is director of Men's Ministries for the Central States Conference.

sent to their rooms with "Mission Romance" kits on Saturday night, and encouraged to keep the romance alive at home after this event with their marriage prayers, love devotionals and sparkling grape juice farewell gifts.

Participants commissioned retreat hosts **Marlon and Denise Johnson**, CSC Family Ministries directors, to

start organizing the 2015 marriage retreat. In the interim, the Johnsons are planning to hold Right to Romance Mini-Retreats in various local churches around the conference.

Marlon and Denise Johnson are directors of Family Ministry for the Central States Conference.



Courtesy Denise Johnson



Spearfish Congregation Experiences Double Blessing

by Joan Avery

The Spearfish (SD) Church recently welcomed a new pastoral team, **Jim** and **Lisa Kack**, who relocated from Wasilla, Alaska. Growing up in nearby Palmer, Alaska, Kack held a variety of jobs in the logging, commercial fishing, and construction trades before graduating from Union College in 1999 and entering the ministry. Kack has also pastored churches in the Dakotas and Idaho.

Kack comes from a family of ministers—his father, now retired, served as a pastor for many years; his brother, **Donavon**, currently serves the Dickinson, North Dakota district; and his brother-in-law pastors in British Columbia.

Jim has four brothers and one sister while Lisa, originally from Boulder, Montana, has one older and one younger sister. Lisa is a registered nurse, talented pianist and also a graduate of Union College. The Kack children include **Madalynn**, **Jimmy**, **Jacquelyn** and baby **Emmalyn**, who joined the world just before the Kacks moved to Spearfish.

Another cause for rejoicing is that construction of a new church facility is in the final

stages, awaiting delivery and installation of sanctuary pews, sound system wiring, and grading of the parking lot. The sanctuary will seat 220 and accommodate a variety of activities in the adjoining fellowship hall.

Located conveniently off Interstate 90, the new church campus draws from nearby communities of South Dakota and Wyoming surrounding the Northern Hills.

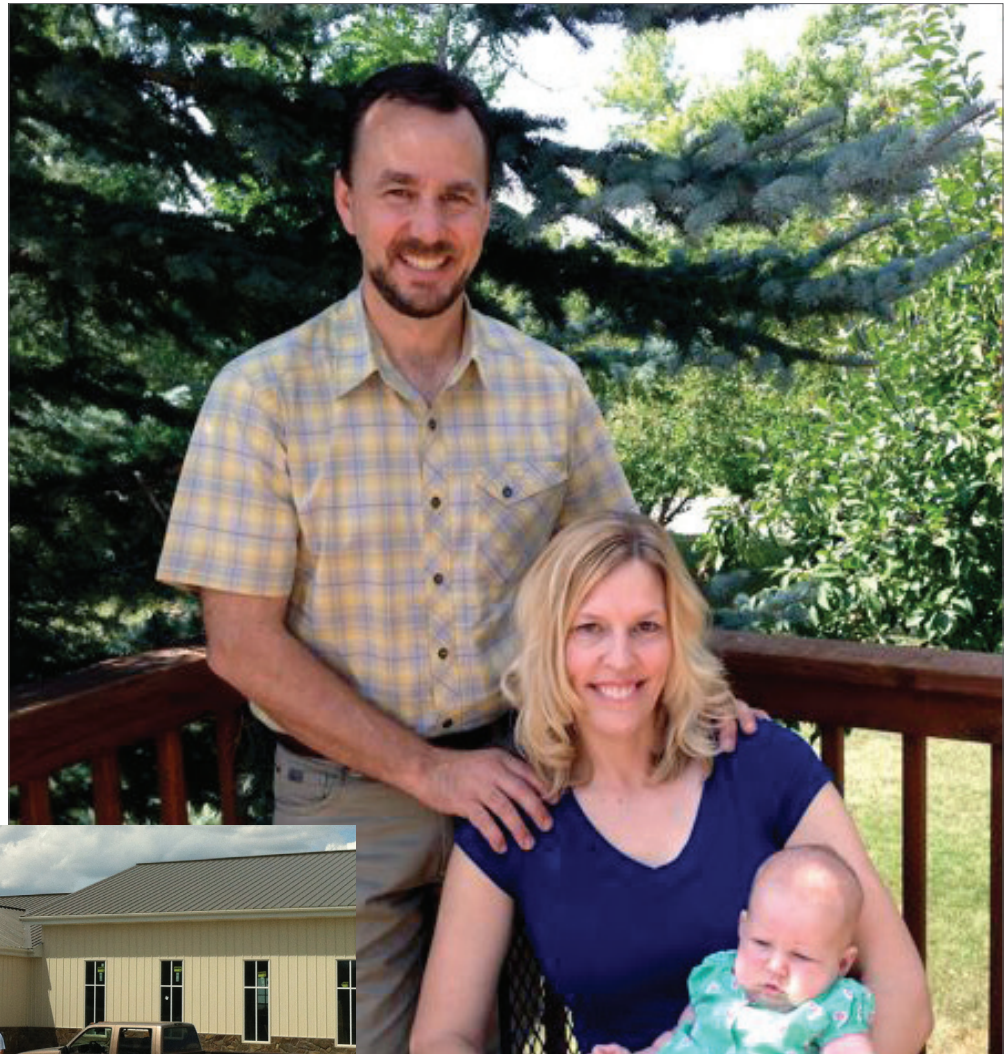
Additionally, nearby Black Hills State College provides an ideal opportunity for evangelizing a youthful audience. Presently, one of the college's music professors, **Dr. Symeon Waseen**, provides piano accompaniment during worship services.

Jim and Lisa are embracing the Spearfish congregation and visiting members who reside throughout a 50-mile

geographic radius. The family enjoys traveling, hiking and camping.

Pastor Kack says he is excited about his new ministry in Spearfish and the opportunities for reaching people for the kingdom. Plans for 2015 include a Revelation Seminar.

Joan Avery is communication director for the Spearfish Church.



Joan Avery



Jacquie Bliloff

In addition to welcoming new pastoral couple Jim and Lisa Kack (pictured with baby Emmalyn), Spearfish Church is also opening a new facility.



Union College Graduate Becomes Campus Pastor

Adventist Campus Ministries is active on NDSU campus

by Darrel Lindensmith

Hector "Rick" Melendez, a recent graduate of Union College, is campus pastor of Adventist Campus Ministries at North Dakota State University located in Fargo, North Dakota. He is assisting **Elder Darrel Lindensmith**, the campus apologetics outreach coordinator.

For nearly four years Adventist Campus Ministries has ministered to more than 15,000 students on the NDSU campus. The potential to minister to many hundreds more from around the world, plus scores of Adventist youth, is momentous.

Free books and other literature are given to students who sign up for a newsletter that notifies subscribers of sponsored speakers and other ministry events. Pastor Rick is on campus making contacts, praying and studying Scripture with interested students. The eventual goal is to plant an Adventist Campus Church and Ministry Center on or near the NDSU campus.

Please pray for campus ministries on secular campuses everywhere, and send names and phone numbers of Adventist students from the Mid-America Union attending NDSU to Elder Lindensmith at 701.391.9131 or darrellindensmith@outlook.com.

Elder Darrel Lindensmith pastors the Fargo Church.



Courtesy: Darrel Lindensmith

Rick Melendez (left) and Pastor Darrel Lindensmith are ministering to more than 15,000 students at North Dakota State University.

Dakota Conference Welcomes Bible Worker

Steven Shafer has been hired to serve as a Bible worker with the Hurley Church, located in a geographically large four-church district in southeastern South Dakota. Steven graduated in May from Union College with a degree in theology, and his wife, Emily, graduated from the University of Nebraska with a degree in speech and language pathology. The conference is in the process of hiring a district pastor who will work hand-in-hand with the Shafers.



Pablo Moquet



St. Louis Churches Hold Weekend Prayer Conference

by Michelle Hansen

Michelle Hansen



Elder Dan Jackson, president of the North American Division, speaks about the powerful love of God at the recent St. Louis area camp meeting.

In September St. Louis area pastors hosted their third annual joint event—a weekend camp meeting and prayer conference. **Elder Dan Jackson**, president of the North American Division, was the featured speaker Friday evening at the St. Louis Central Church and Sabbath morning at the Northside Church.

Elder Jackson spoke about the powerful love of God as he told the story of meeting Robert at an Adventist church and hearing his story firsthand. “Robert told me how he went to prison for robbery and each day plotted how he was going to murder the judge who put him away. When he was released from prison Robert killed the judge, was caught and sentenced to life without parole—yet he was sitting right next to me telling me

this,” said Jackson.

“Robert explained how an Adventist man came to visit him frequently in prison and simply said to him, as Robert shouted obscenities back, ‘God loves you, and so do I.’ How far will our God go to find the person who told Him to go away?” asked Jackson. (For the rest of the story, see Elder Jackson’s sermon at www.vimeo.com/imsda.)

On Sunday morning the St. Louis West County Church hosted a prayer breakfast. The event focused on forming a Lay Mission Committee comprised of several members from each area church who would be responsible for coming up with one or two mission projects a year serving the metro area. Northside pastor **Bryan Mann** asked that committee members consider an outreach project for the Ferguson neighborhood, recently hurt deeply by the tragic shooting of Michael Brown.

Mark your calendars for the 2015 St. Louis camp meeting next Sept. 4-6. More pictures of the event are posted at www.facebook.com/imsda.

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Michelle Hansen is communication/Sabbath school director for the Iowa-Missouri Conference.

Women Gather to Learn and Share

The 26th Annual Christian Women’s Retreat sponsored by the Iowa-Missouri Conference was held in September in Kanas City, Missouri. Featured speaker Cindy Mercer (pictured), the prayer and pastors’ wives ministries coordinator for the Oklahoma Conference, shared her powerful testimony Friday evening. The rest of the weekend was filled with informative and uplifting seminars. See additional pictures at www.facebook.com/imsda and Cindy’s testimony at www.vimeo.com/imsda.



Michelle Hansen

Iowa-Missouri Events

Ministry Leadership Training

11/23 - Sunnysdale Adventist Academy Church
12/14 - Des Moines, IA Adventist Church

Training offered for church ministry leaders: Adult SS, Deacon/Deaconess, Elders, Family, Prayer, Stewardship and Treasurers.

Details at www.imsda.org/calendar.

Mad About Marriage Weekend Retreat

2/13-14, 2015 - West Des Moines, IA

With Mike and Gayle Tucker from *Faith For Today*

Register at www.adventsource.org/as30/event.registration.details.aspx?event=247.

Kansas City Sponsors Let's Move Day Activities

by Michelle Hansen

Adventist churches of the greater Kansas City metro joined together to hold two major community events for Let's Move Day 2014. Leaders of the Kansas City Multicultural Church for the Community contacted the KC Health Care Coalition and asked to host a health fair on Sabbath, Sept. 20. (The church's sanctuary was built specifically for hosting such events.)

The Coalition then arranged for providers to come together at the Multicultural Church and offer services including general health assessments, clinical breast exams, eye exams, diabetes and kidney function testing, mental health counseling, organ donation awareness, dental health education and information on prostate cancer support groups. Religious literature was also handed out to the more than 200 attendees.

On Sunday, Sept. 21 the Central States and Iowa-Missouri conferences hosted a 5k run/walk at Kansas City's Penguin Park. This was the first time the two conferences joined together for such a large-scale health event.

Pastor Juan Acosta, Hispanic Ministries coordinator for the Mid-America Union and pastor of the Kansas City Latin American and Independence Ebenezer

Bilingual churches, originated the 5k idea. Acosta partnered with **Dr. Compton Ross Jr.**, Health Ministries director for the Central States Conference, to make the plan a reality.

Each of the more than 200 registrants received a T-shirt and pedometer. Awards were given to the top youth, women and men walkers and runners, as well as the family with the most relatives participating and the local church with the most members participating.

Special guests included **Stephene Moore**, regional director for the U.S. Health and Human Services Department, and North American Division representatives **Dr. Katia Reinert**, Health Ministries director; **Deborah Brill**, vp of ministries; and **Kenneth Denslow**, assistant to the president. Shawnee Mission Health's director of Spiritual Wellness, **Mark Stoddart**, and **Chaplain Estrella Dominguez** also attended.

See more pictures at www.facebook.com/imsda.

(top) A health fair attendee gets her eyesight checked at the Walmart vision booth.

(center) Participants in a 5k run/walk warm up before beginning the race.

(bottom) And they're off...





Friendship Leads to Baptism

by John Treolo

Claudia Kaiser



Pastor Mike Fenton (right) baptizes Herbert Scaife following a recent worship service at the Chapel Oaks Church in Shawnee, Kansas.

Nearly 400 people are baptized in our conference each year, causing all heaven

to rejoice. Yet because of space limitations, we can feature only the most

exceptional stories.

Inez Scaife has been a faithful member of the Chapel Oaks Church in Shawnee, Kansas for years. Her husband, **Herbert**, while supportive of the church's beliefs, never made a decision to join.

That has changed, thanks to personal visits from **John** and **Lisa Hammes**, church elder and deaconess. Through the years, the Hammeses enjoyed visiting in the Scaife home where John would often find Herbert trimming tree limbs or working in his garden. Not bad for a man in his 90s.

"We have had many good spiritual conversations and Bible studies," John said. "Herbert always communicated his love for Jesus but never felt he was worthy of forgiveness."

Recently, Herbert was diagnosed with terminal lung cancer. Chapel Oaks lead pastor **Mike Fenton** also

visited and assured Herbert that the timing for his baptism couldn't be better.

In his weakened condition, Herbert cannot sit through church services, so his baptism was held immediately following the service. Members of the Chapel Oaks Church praised God and welcomed Herbert into the fellowship of believers.

"It is a privilege to have members who take visitation seriously," Pastor Fenton said. "Because John had done such a fine job sharing Christ with Herbert it was easy for me to speak with him about the possibility of baptism."

Editor's note: Herbert Scaife was baptized on Aug. 30. Three weeks later he went to sleep knowing Jesus, where he awaits the Lord's return.

John Treolo is communication director for the Kansas-Nebraska Conference.

Kansas City Hosts God in Shoes

At the fourth annual God in Shoes event, held this year in Kansas City, Shawnee Mission Health helped sponsor a Children's Health Expo as an outreach of CREATION Health, which emphasizes education and motivation for a healthy lifestyle. Karen Whitson (center), a member at New Haven Church, taught kids about the benefits of a good night's sleep. Sue Carlson, Women's Ministries director, coordinates the God in Shoes ministry.



Ron Carlson



New Haven Opens ReNewed Hope Food Pantry

Members extend a helping hand to those in need

by John Treolo

Members of the New Haven Church in Overland Park, Kansas have taken to heart the admonition of Matt. 25:40 and started the ReNewed Hope Food Pantry to serve those needing a little assistance. Their mission is offering a hand-up rather than a hand-out.

“What an awesome privilege it is to be an extension of God’s love to our community,” said **Pastor Chanda Nunes**, who oversees the pantry.

Open on Tuesday afternoons, the pantry in August served 258 families, with 928 total people, and provided 11,141 items of food and supplies. “It’s giving members who want to do something in their community a specific avenue to serve in a needed way,” added **Douglas Carruthers**, one of the leaders.

According to Nunes, donations from members and the community fund the pantry, along with a garage sale room that is open simultaneously with the pantry. Volunteers help the program run smoothly.

Manager **Faye Martin** said she is seeing an increase in the number of families who come in. “God is in this ministry. He is allowing this to expand,” she noted.

Paul, a client with two



John Treolo

ReNewed Hope Food Pantry manager Faye Martin shows a client some of the available items.

kids, said he is amazed by what he sees. “It’s going to help us make it through the month. I work every day; so does my spouse. We just come up short. I cannot express how happy we are,” Paul said.

ReNewed Hope will soon be opening a new section for clients with Celiac disease and other food allergies. This pantry and one in Norwood, Massachusetts will be the only two in the nation offering food for people with allergies.

Kansas City Youth Rally
November 14-15, 2014

Midland Adventist Academy
6915 Maurer Road
Shawnee, KS

For additional information
contact: tsager@ks-ne.org



Students Enjoy Outdoor School at North Star Camp

by Kathy Davis

Liz Rodriguez



Pastor Sherman McCormick, depicting the apostle Peter, gives students a first-hand account of his experience with Christ.

Students from across the Minnesota Conference participated in the second annual Minnesota Conference Outdoor School at North Star Camp last September. Eight schools with 65 students in grades 5-8, along with their sponsors, packed up their gear and made the trek to Brainerd where their school changed from a classroom with four walls to God's classroom—the great North Woods, meadows, lakes and wetlands. Students had the opportunity to experience for themselves

the words of George Washington Carver: “Reading about nature

is fine, but if a person walks in the woods and listens carefully, he can learn more than what is in books, for they speak with the voice of God.”

The week's theme was One Time Long Ago in Galilee. Activities focused on a time when Jesus walked, taught, meditated and healed, not in a temple or classroom, but in nature. Classes were divided by grade level in the mornings to study the four ecosystems. In the afternoon camp craft, Bible Lab, weather, knot-tying and art classes were the focus.

In a class led by superintendent of schools **Connie McCormick**, students assembled their own tackle box, enabling them to become “fishers of men, Galilean style.” Morning and evening devotions were filled with praises to our Savior, followed by a stirring first-person monologue by **Pastor Sherman**

McCormick depicting one of the most effective fishers of men of all time, the apostle Peter. Several students said listening to Peter's story was one of their favorite Outdoor School experiences. During the crisp, autumn days ample time was also given to hiking, canoeing, playing games like nine-square and capture the flag, renewing old friendships, making new ones, and reconnecting with our Creator.

Kathy Davis writes for Minnetonka Christian Academy.

Stone Ridge School Implements Anti-Bullying Program

Stone Ridge SDA Christian School sent five individuals to the Olweus Bullying Prevention Program in Brainerd, Minnesota in August. The school has already started implementing the policies learned there by the teachers, school board members and church members who attended the training. At the school's annual corn roast parents were introduced to the

program and given the anti-bullying rules and definition. The kids made silk screened T-shirts with the school's logo on the back and their anti-bullying slogan on the front. They also participated in making a DVD for the Duluth Church presented by the school chairperson in conjunction with a potluck where tables were decorated with anti-bullying rules as centerpieces.





Minnetonka Youth Learn to Camp, Climb and Serve

by Rebekah Lee-Jones

Vanessa Pujic



Rebekah Lee-Jones learns to belay during Minnetonka's annual Black Hills rock climbing adventure.

This summer the Minnetonka youth spent 10 days in South Dakota for the 20th annual rock climbing trip. Four of those days were dedicated to the Payabya Mission located on the Pine Ridge Indian Reservation where my fellow travelers and I volunteered to clear brush, mow lawns, weed, clean the church, and set fence posts.

The second day at the Payabya Mission was probably my favorite of the entire trip. We were able to go into the reservation and distribute items we had collected—toilet paper, clothing, Bibles, toiletries, blankets, stuffed animals, and food packaged at Feed

My Starving Children. It was amazing the way the people responded and the look of gratefulness on their faces! We also handed out invitations for a Vacation Bible School that we were hosting at the mission.

That Sabbath 19 children showed up for VBS, and we had an awesome time! I had the opportunity to pose as the Samaritan woman and talk about the symbolism of living water and how it didn't matter what anyone had done in the past; if they were willing to accept Jesus as their Savior, He would take away their sin. During VBS some of us got really attached to the kids at the reservation. They will often

be in my thoughts.

The next day we all piled back into the vans and headed to the Black Hills for rock climbing—a seemingly never ending cycle of waking up early, packing lunch and trusting our lives to the skill of our belayers. Each day most of us would step into our harnesses, buckle up, and carefully defy the laws of gravity. We even climbed to the top of a 100-foot rock for a worship service on Sabbath.

The rock climbing portion of the week made me think about how much we need to trust our heavenly Father. We hang in the balance, trusting our God to hold us up and keep us safe. He is our most skillful Belayer, and He won't let us fall one inch!

Rebekah Lee-Jones is a junior at Minnetonka High School and a member of the Minnetonka Church Youth Group.

Rock of Ages Church Celebrates Baptisms

In August members of the Rock of Ages Church gathered at Crystal Beach to witness the baptism of three precious souls following a two-week evangelistic series in Shakopee. The series, presented by Pastor Daniel Birai (back row, left) from the Fort Collins Church and Eden Valley Health Institute in the Rocky Mountain Conference, resonated well with old and young alike.



Absalom Birai

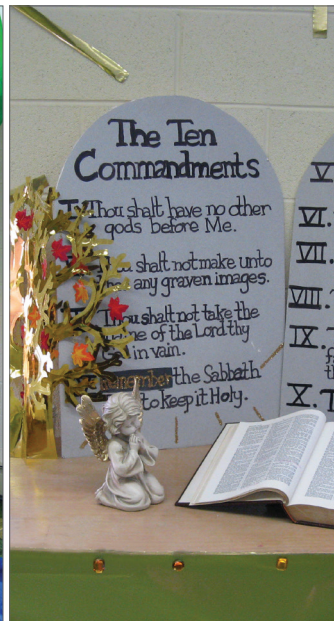


Sabbath School Focuses on Eternity with Jesus

It's heaven in the Junior room

by Linda Jackson

Photos: Linda Jackson



Annette Mitio (back row, left) stands with her heaven-bound Junior Sabbath school class in front of the Pueblo First Church. Mitio also constructed a representation of heaven that included a tree of life with a river flowing from it, and a burning bush next to the Ten Commandments.

For nine years **Annette Mitio** taught Sabbath school in the Junior division at Pueblo First Church, dedicating her time and energy to make Sabbath the best day of the week for her students. The final project she felt compelled to complete before moving on to other responsibilities this year was creating a replica of heaven in the classroom.

First she built pearly gates and a golden door at the entrance. Then came the three angels of Revelation, a small golden burning bush next to the Ten Commandments, and a giant Bible in the Ark of the Covenant, protected by two more angels. She built 12 jeweled gates, a table full of golden crowns, and an image of

the gleaming golden city on the back wall with a rainbow and golden rays shining above. There were even golden streets and a tree of life with water running through it. When it all came together, much later than she'd originally planned, it was glorious to see.

Annette and the students wore white gowns with gold-jeweled crowns and walked around outside the church. People driving by slowed to watch them. She invited everyone at the church to take a peek at "heaven" and ponder what it really would look like someday. She gave them hope for a beautiful eternity in heaven with God.

Annette faced many

difficulties during her years as a Sabbath school leader, yet she continued teaching through her fight with breast cancer. On days when she didn't feel well, with Jesus' strength and help from friends she'd get up anyway, go to church, teach Sabbath school, then go home and sleep the rest of the day.

As a certified music teacher and vocalist, Annette incorporated recorders and singing into her Sabbath lessons. Her students learned the Ten Commandments and the books of the Bible by memory.

Annette said she hopes her students will remember the lessons, the laughter and the importance of God in their lives. She also hopes

they will keep the Ten Commandments instilled in their hearts and minds, especially in times of trouble, so that one day she will meet them all in heaven.

Annette would especially like to thank the many people who helped her teach Sabbath school while she was ill, including **Cindy Wellman, Jack and Nancy Spear, Calvin Bennett and Emily Kopp**. "They helped me keep going when I could hardly take another step, and I will remain eternally grateful for their assistance and loving support," she said.

Linda Jackson is a member of the Pueblo First Church.



Rocky Mountain Conference Defines its Mission

by Mark Bond

From its humble beginnings in the late 1800s, the Rocky Mountain Conference has had a strong sense of mission and purpose to help its members make Christ known in their communities. Things are no different today. With more than 17,000 members, the conference continues to purposefully move forward in sharing the good news throughout our territory.

“We have been blessed with remarkable growth and a solid financial foundation; but we don’t want to look backwards, and we don’t want to be satisfied with where we are,” said **Ed Barnett**, president of the conference. “It’s important for us to be looking forward. We must plan to succeed, and we must have

a stated mission to guide us as we move toward the future.”

In that vein, the leadership team of the RMC has undertaken the task of devising a new conference mission statement. An effective mission statement reveals not only what must be accomplished but also how it will be accomplished. With that in mind, conference leaders started by doing research. They sent a questionnaire to all conference staff, pastors and teachers to gather feedback on conference strengths and weaknesses, as well as on key themes and concepts that should be included in the new mission statement. After prayerful deliberation, the RMC Executive Committee has voted to approve the following mission statement:

“Our mission is to lovingly support and empower every member in our conference to know Christ and to make Him fully known through education, outreach, and service, and by communicating hope and encouraging an intimate connection with each other and with Christ.”

The longer mission statement can be distilled as *Knowing Christ and Making Him Fully Known*.

“Our desire here at the Rocky Mountain Conference is to support and empower all our pastors, teachers and lay members to first experience a deeper personal relationship with Christ, and then to share the joy of that relationship with everyone they come in contact with,” Barnett shared. “To make Him *fully known* is not simply to

know Him as a Savior, but also to know what He calls us to do as His followers. It’s where grace and doctrine intersect.”

A secondary element that arose from the discussions was the goal of reaching every home in our conference in a meaningful way.

“That may seem like a lofty or unattainable goal,” said Barnett, “but with God all things are possible. The Great Commission asks us to ‘go into all the world.’ That includes our corner of the world here in Colorado, New Mexico and Wyoming. The best part is that He promises to provide the *power* and the *means* to help us accomplish the seemingly impossible!”

Mark Bond is communication director for the Rocky Mountain Conference.





Mid-America Academy Students Learn New Skills at Bible Conference

Students discover how their uniqueness can benefit others

by Brenda Dickerson

Tim Floyd



During the three-day event students practiced leading out in social activities, worship and community service.

In September, 69 students and 14 staff members from seven Adventist academies arrived at Broken Arrow Ranch near Olsburg, Kansas for the Mid-America Union Academy Bible Conference. Themed *Uniquely His*, the event's focus was on helping students recognize what is special about themselves and their schools. Students also learned new ways of making an impact for God through outreach, social ministries and worship.

The outreach group discussed particular ways each school could serve their surrounding neighborhood. Then they practiced their skills by leading outreach activities for the entire Bible conference in the city of Manhattan, Kansas, as students boarded buses and put into practice their love for Jesus.

The group that focused

on social ministries planned a Hawaii luau for the group on Saturday night, giving everyone the opportunity to experience what it means to be accepted and enjoy clean fun without the presence of drugs or alcohol.

Students who chose to explore the topic of worship led out in all the group's weekend worship activities, including two outstanding sermons by **Cheyenne Hall** and **Caleb Haakenson** of Sunnydale Academy.

During the general assemblies students from each academy shared with the group their school's unique calling, gifts and opportunities for God. Then the entire group surrounded the students from each school for a prayer of dedication. Academies represented were Wichita, Mile High, Maplewood, Dakota, Campion, Sunnydale and

Vista Ridge.

Program director **Travis Sager**, Youth Ministries director of the Kansas-Nebraska Conference, said, "It is impossible to describe the feeling you get when a student says, 'Hey, I'm preaching for the first time!' Or a group of students say, 'We can hardly wait to go back to our school and get started with doing outreach in our community!'"

Tying the whole weekend together were the outstanding devotionals by speaker **Rebecca Barcelo-Murdock**, a recent graduate of La Sierra University and coordinator

of the One Project. **Hubert Cisneros**, Mid-America's Youth Ministries director, said, "Rebecca did an outstanding job bringing the students to Jesus each day. She is one of the most Spirit-filled speakers to young people I have heard in a long time." Cisneros also encouraged everyone to pray for each of the four boarding academies, three day academies and nine junior academies in Mid-America's nine-state territory.

Brenda Dickerson is communication director for the Mid-America Union.

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Description	Yr. Avg.	Sept.
Total number of copies	28,000	28,000
Total paid/requested outside-county mail subs	27,001	27,109
Total paid/requested inside-county mail subs	0	0
Sales through dealers, carriers, street vendors	48	50
Other classes mailed through USPS	0	0
Total paid/requested circulation	27,050	27,159
Total complimentary distribution	85	85
Total distribution	27,135	27,244
Copies not distributed	866	756
Total	28,000	28,000
Percent paid and/or requested	99.69	99.69



CREATION Health: Little Changes, Big Impact

by Emily Becherer

Changing your health may seem overwhelming, but it can start with taking one small step in the right direction. Two Shawnee Mission Health chaplains are taking the CREATION Health principles into local communities to show that small changes can have a big impact.

Kathi Jo Williams, SMH chaplain and Community Outreach coordinator for CREATION Health, and **Estrella Dominguez**, SMH chaplain, bring this Bible-based wellness system to churches and non-profit organizations in the Kansas City area.

The program focuses on eight components of whole-person wellness: choice, rest, environment, activity, trust, interpersonal relationships, outlook and nutrition. Making a few small adjustments in these areas can lead to a happier, fuller life and prevent more serious health issues from developing, Williams said.

“We know eight out of the 10 major diseases that are affecting us are directly related to lifestyle choices,” Williams said. “So the hospital is a turnstile. They come, they leave, they come back. They’re dealing with the same things over and over again. What I love about CREATION Health is it gives us an opportunity to go where they live and to say, ‘Listen, it doesn’t have to be this way.’”

Williams has taught CREATION Health in 36 churches in the greater Kansas City area. She is

also bringing the program to local schools and non-profit organizations, such as the Maranatha Christian Academy in Johnson County, Kansas and Young Women on the Move, an after-school program for teenage girls.

Dominguez translated the program materials into Spanish to bring CREATION Health to the local Spanish-speaking community and churches.

“I fell in love with the program when I started living the program in my life with my family,” Dominguez said. “Then I saw the opportunity to take this program to the Spanish community in this area.

Dominguez and Williams teach the CREATION Health principles by encouraging seminar participants to move toward living a healthier lifestyle by making small, practical changes.

“I know it’s hard, but I teach them we can do it one step at a time,” Dominguez said. “I encourage them to take one aspect of their life that they want to change.”

For example, simple steps participants are asked to take include drinking more water daily for nutritional benefits, making regular phone calls to old friends to build interpersonal relationships

and setting goals to make intentional choices.

After participants study each principle, they break into small groups and meet monthly to hold one another accountable and share tips for living a healthier lifestyle. The real learning happens in the small groups because participants are more willing to share their struggles and successes.

“When you’re in a small group, it’s easy to open up,” Dominguez said. “When you are in a big group, sometimes people are shy. They don’t want to share. But when they commit with people who have things in common with them, it’s easy for them to open up to support each other.”

As a result of the program, participants have experienced dramatic changes in their health.

During one of the seminars, Dominguez met a participant with extremely high blood pressure. He had been struggling to control it with medication for months, but nothing had worked. A month later, the man told Dominguez that after adopting the CREATION Health principles, his blood pressure dropped to a normal level and he had lost weight.

After completing the program, one participant told Williams about how she had shocked her doctor, thanks to the CREATION Health program. She had sickle cell anemia and had struggled to remain healthy for years, but after adopting the principles, her doctor noticed a change.

“She went back to her doctor, and the doctor said to her, ‘What have you been doing? Something’s very different. Your numbers are very different,’” Williams recalled. “Her doctor was just thrilled.”

For these and other participants, it all began with simple changes rather than a complete lifestyle overhaul.

“CREATION Health is not about perfection, and it’s not about doing everything all at once,” Williams said. “But we know if you will do something, that one little something will lead to doing something else.”

To learn more about CREATION Health, visit ShawneeMission.org/creationhealth.

Emily Becherer is a writer for Shawnee Mission Health





A Chaplain at Heart

David Martinez brings a rich background of service to the mission of Castle Rock Adventist Hospital

by Mark Bond

Mark Bond



David Martinez

David Martinez is the director of Mission and Ministry at Castle Rock Adventist Hospital on the south side of Denver. “That title sounds so official,” he’s quick to say. “I’m really just a chaplain at heart.”

David’s heart of simple service led him from pulpit to classroom to battlefield to the hospital where he now serves.

David graduated from Southwestern Adventist University with degrees in history and Spanish and a minor in religion. He intended to teach, but soon felt called to pastoral ministry and entered the Master’s of Divinity program at Andrews University.

Over the next six years

he served in various roles—pastor, teacher and even missionary to a Navajo tribe. His life changed course one day when he heard a presentation by **Dick Stenbakken**, then a high-ranking chaplain in the U.S. military as well as the Adventist Chaplaincy Ministries director for the North American Division. As David listened, he felt a stirring in his heart to become a military chaplain. With Stenbakken’s help, David gained acceptance into the Air Force as an officer, and his military chaplaincy career was underway.

For 12 great years David served as an Air Force chaplain. During that time two sons, **Matthew** and

Mark, joined David and his wife, **Kathy**. Eventually, he was deployed to Qatar and Iraq, where he experienced the stresses and challenges of the battlefield. It was hard being far away from his young family.

At the end of his tour of duty in the Middle East, David retired from the Air Force and relocated his family to the Denver area to be closer to his father, brother and sister. There God opened the door for him to once again serve as a pastor. Then one day David got a call from the CEO of the new Adventist Hospital in Castle Rock with a new invitation to serve. He joyfully accepted.

David’s current post is a perfect fit for his interests and abilities. David is especially focused on healthful living, and the program at Castle Rock is built around the CREATION Health model. This affords him unique opportunities to share his vision for health and wellness with others.

“*Extending the healing ministry of Christ* is more than just words on the wall,” says David of the hospital’s stated mission. “It’s the reason we come to work each day.”

Whether he is sharing hope with a patient who is dying, or praying with a family who is suffering from the loss of a loved one, David feels like being a hospital chaplain is akin to

being on the front lines of a battlefield.

“Every day I have special opportunities to pray with people who are sick and hurting—to share what makes us unique as Seventh-day Adventists and to encourage people to live healthier lives,” he shares.

David’s vision for service reaches beyond the bricks and mortar of Castle Rock Adventist Hospital. He actively participates in the local pastoral association and finds many opportunities to use the CREATION Health program to share God’s plan for whole-person health with the local community. He is especially excited that the city of Castle Rock, in conjunction with the hospital, has embraced the vision to become a Blue Zone community where healthy lifestyle choices allow residents to live longer, more complete lives.

Wherever he serves, David’s greatest wish, like David of old, is to be “a man after God’s own heart.” That is, after all, the ultimate vision for health and wellness. It’s a vision David lives with contagious enthusiasm in Castle Rock.

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This article was submitted by Stephen King, senior vice president for the Rocky Mountain Adventist Health/Centura Health, where he serves the five Adventist hospital campuses in Colorado. It was written by Mark Bond.



Bates (Johnson), Jacqueline, b. Mar. 1, 1940 in Litchfield, IL. d. Apr. 12, 2013 in Osage Beach, MO. Member of St. Louis Southside Church. Preceded in death by 2 sisters.

Doolaard, Cornelius, b. Nov. 19, 1919 in Clay Township, IA. d. Aug. 20, 2014 in Waterloo, IA. Member of Marshalltown Church. Preceded in death by 3 sisters. Survivors include wife Maybelle; son Tony; 4 grandchildren; 5 great-grandchildren.

Evans, Everette, b. Apr. 11, 1927 in Hedrick, IA. d. Aug. 3, 2014 in Iowa City, IA. Member of Iowa City Church. Preceded in death by 2 siblings; 1 great-grandchild. Survivors include wife Gladys; daughters Grace Scammell and Vera Burch; son John; 2 brothers; 10 grandchildren; 7 great-grandchildren.

Gentry, Elma "Grace," b. Mar. 26, 1943 in Barnett, MO. d. June 15 in Jefferson City, MO. Member of Moberly Church. Preceded in death by 1 brother. Survivors include daughters Valorie Shields and Nancy Smith; son Jonathan Bittle; 1 half-sister; 5 grandchildren; 7 great-grandchildren.

Gulke, Walter R., b. Oct. 29, 1923 in Forbes, ND. d. Sept. 12, 2014 in Ellendale, ND. Member of Dakota Conference. Preceded in death by 4 siblings. Survivors include daughters Debbra Lorentz, Pamela Pauline, Bonnie Koehler and DeAnna Gulke; son Robert; 1 sister; 9 grandchildren; 5 great-grandchildren.

LaGasse, Iretta K., b. Nov. 2, 1955 in Joplin, MO. d. Aug. 2, 2014 in Joplin, MO. Member of Galena Church. Preceded in death by parents; 1 brother. Survivors include husband Louis Gene II; son Jeffrey; 3 brothers; 3 grandchildren.

McEntire, Clyde "Mac," b. Jan. 4, 1935 in Pampa, TX. d. Sept. 10, 2014 in Humboldt, IA. Member of Fort Dodge Church. Preceded in death by

wife Julia; son Steve Hageman; 7 siblings. Survivors include daughters Sheryl Shekey and Karen Hanson; sons John and Kenny Hageman; 8 siblings; 9 grandchildren; 21 great-grandchildren.

Millard, Dorothy, b. Oct. 13, 1919 in Adel, IA. d. Aug. 7, 2014 in Mountain Grove, MO. Member of Mountain Grove Church. Preceded in death by husband Orville; 5 siblings. Survivors include daughters Marilyn Sornson and Shirley Netherda; 3 grandchildren; 5 great-grandchildren; 1 great-great-grandchild.

Miller, Olive I., b. Feb. 8, 1919 in Forbes, ND. d. Sept. 5, 2014 in Oakes, ND. Member of Ellendale Church. Preceded in death by husband Arthur; 6 siblings. Survivors include daughter Sherry Fingarson; sons Roy, Donald and Delbert; 1 sister; 7 grandchildren; 11 great-grandchildren.

Page, Anna Marie, b. Apr. 13, 1929 in Memphis, MO. d. Aug. 27, 2014 in Loveland, CO. Member of Sedalia Church. Preceded in death by husband William; 7 siblings. Survivors include daughter Jeannie Baugh; son Bob; 4 grandchildren; 5 great-grandchildren.

Parker, Louise Y., b. Aug. 8, 1942 in Livermore, CA. d. Sept. 30, 2014 in Chanute, KS. Member of Chanute Church. Preceded in death by husband Larry. Survivors include daughters Debbie Root and Darla Boudreaux; sons Jimmie, Paul and Kenny; step-children Holly Parker and Poppy Lambay; 3 brothers; 18 grandchildren; 5 great-grandchildren.

Parks, Claudia F., b. Dec. 10, 1943 in ID. d. Sept. 25, 2014 in Lincoln, NE. Member of College View Church. Survivors include husband Nick; daughter Nicole Tautz; son Byard; 1 brother; 4 grandchildren.

Reins, Dale A., b. Oct. 9, 1920 in Knoxville, IA. d. Jan. 17, 2014 in Gainesville,

GA. Member of Auburn Church. Preceded in death by 1 granddaughter. Survivors include daughter Elaine Wilson; son Dale Jr.; 1 brother; 4 grandchildren; 6 great-grandchildren.

Ricketts, Doris, b. Apr. 16, 1925 in Barney, IA. d. Aug. 15, 2014 in Winterset, IA. Member of Winterset Church. Preceded in death by husband Raymond; 5 siblings; 2 grandchildren. Survivors include daughters Rebecca Pugh and Sharon Figliolino; son Mark; 6 grandchildren; 8 great-grandchildren.

Seamount, Bessie, b. Feb. 20, 1914 in Lawrence, TN. d. July 11, 2014 in Palisade, CO. Member of Palisade Church. Survivors include daughter Vera Clay; son Wayne.

Shepherd, Edward J., b. Aug. 9, 1919 in rural Holabird, SD. d. Sept. 5, 2014 in Highmore, SD. Member of Pierre Church. Preceded in death by wife

DeLores; 8 siblings. Survivors include daughters Janet Flemmer, Bonnie Kiesz, Nancy Whitfield and Margie Neal; 1 sister; 8 grandchildren; 5 great-grandchildren.

Strain, Chris E., b. Mar. 31, 1955 in Grand Junction, CO. d. Aug. 17, 2014 in Grand Junction, CO. Member of Palisade Church. Preceded in death by parents. Survivors include 4 siblings.

Werth, Richard, b. Aug. 19, 1921 in Bismarck, ND. d. Sept. 22, 2014 in Wishek, ND. Member of Lehr Church. Preceded in death by 9 siblings. Survivors include daughters Janell Bertsch and Fern Lippert; son Marlow; 1 brother; 5 grandchildren; 6 great-grandchildren.

To submit an obituary visit outlookmag.org/contact. Questions? Contact Raschelle Hines at 402.484.3012 or raschelle@outlookmag.org.

SUNSET CALENDAR	Colorado	Oct 31	Nov 7	Nov 14	Nov 21	Nov 28
	Denver	5:59	4:51	4:45	4:40	4:37
Grand Junction	6:14	5:07	5:01	4:56	4:53	
Pueblo	6:00	4:53	4:47	4:42	4:39	
Iowa						
Davenport	5:58	4:50	4:43	4:38	4:34	
Des Moines	6:10	5:02	4:55	4:50	4:46	
Sioux City	6:20	5:11	5:04	4:59	4:55	
Kansas						
Dodge City	6:42	5:35	5:29	5:25	5:22	
Goodland	5:47	4:39	4:33	4:28	4:25	
Topeka	6:23	5:16	5:09	5:05	5:02	
Minnesota						
Duluth	5:54	4:44	4:36	4:29	4:24	
International Falls	5:55	4:45	4:35	4:28	4:22	
Minneapolis	6:03	4:53	4:45	4:39	4:34	
Missouri						
Columbia	6:09	5:02	4:56	4:51	4:48	
Kansas City	6:19	5:11	5:05	5:00	4:57	
St. Louis	6:02	4:55	4:49	4:44	4:41	
Nebraska						
Lincoln	6:24	5:16	5:09	5:04	5:01	
North Platte	6:40	5:32	5:25	5:20	5:16	
Scottsbluff	5:50	4:42	4:35	4:29	4:26	
North Dakota						
Bismarck	6:29	5:19	5:10	5:03	4:58	
Fargo	6:13	5:03	4:54	4:47	4:42	
Williston	6:37	5:27	5:17	5:10	5:05	
South Dakota						
Pierre	6:32	5:23	5:15	5:09	5:05	
Rapid City	5:44	4:35	4:27	4:21	4:17	
Sioux Falls	6:19	5:10	5:03	4:57	4:53	
Wyoming						
Casper	5:59	4:50	4:43	4:37	4:33	
Cheyenne	5:56	4:48	4:41	4:36	4:32	
Sheridan	5:58	4:48	4:40	4:34	4:30	



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Black Hills Health and Education Center is pleased to announce the re-opening of our Massage School, starting January 19 (a 5.5-month, 600-credit program). We are also offering our Christ-centered CRS weight management and 19-day medical programs. For more information contact Dick Nunez: dick.n@bhhec.org, 605.255.4101.

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Adventist Development and Relief Agency (ADRA) International in Silver Spring, Maryland is seeking a full-time Senior Accountant II. Responsibilities: review reconciliations, wire transfer requests, grant loans/advances, prepare reports to government agencies, record questioned cost, review GIK documentation, and compile budgets for cost centers. Visit www.adra.org for more information.

Adventist Development and Relief Agency (ADRA) International in Silver Spring, Maryland is seeking a full-time Senior Program Finance Manager. Responsibilities: provide day-to-day support to implementing field offices on financial management processes, compliance, policies and adherence to donor regulations. Field experience preferred. Visit www.adra.org for more information.

Adventist Development and Relief Agency (ADRA) International in Silver Spring, Maryland is seeking a full-time Staff Auditor, CPA required. Responsibilities: prepare reports and evaluate internal control systems, procedures and best practices, applications of GAAP, GAAS, and donor compliance rules and regulations. Visit www.adra.org for more information.

Adventist Development and Relief Agency (ADRA) International in Sudan is seeking a full-time Finance Director. Responsibilities: prepare all financial reports, process disbursement of funds, review financial statements, bank and journal vouchers, project budgets, and maintain accounting records. Visit www.adra.org for more information.

Biology Department at Southwestern Adventist University is seeking qualified applicant (Ph.D. preferred). Primary emphasis in paleontology and zoology; ability to teach introductory geology, microbiology and/or bioinformatics desirable. The successful candidate will be supportive of literal creationism. Send cover letter and CV to Schwarz.arthur@swau.edu. Position open until filled.

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Union College seeks professor specializing in an area of non-European history to teach general and upper division courses effective Fall 2015. Doctorate or near-doctorate required for tenure-track appointment. Send CV and references to Michelle Velazquez Mesnard, Humanities Division Chair: mimesnard@ucollege.edu.

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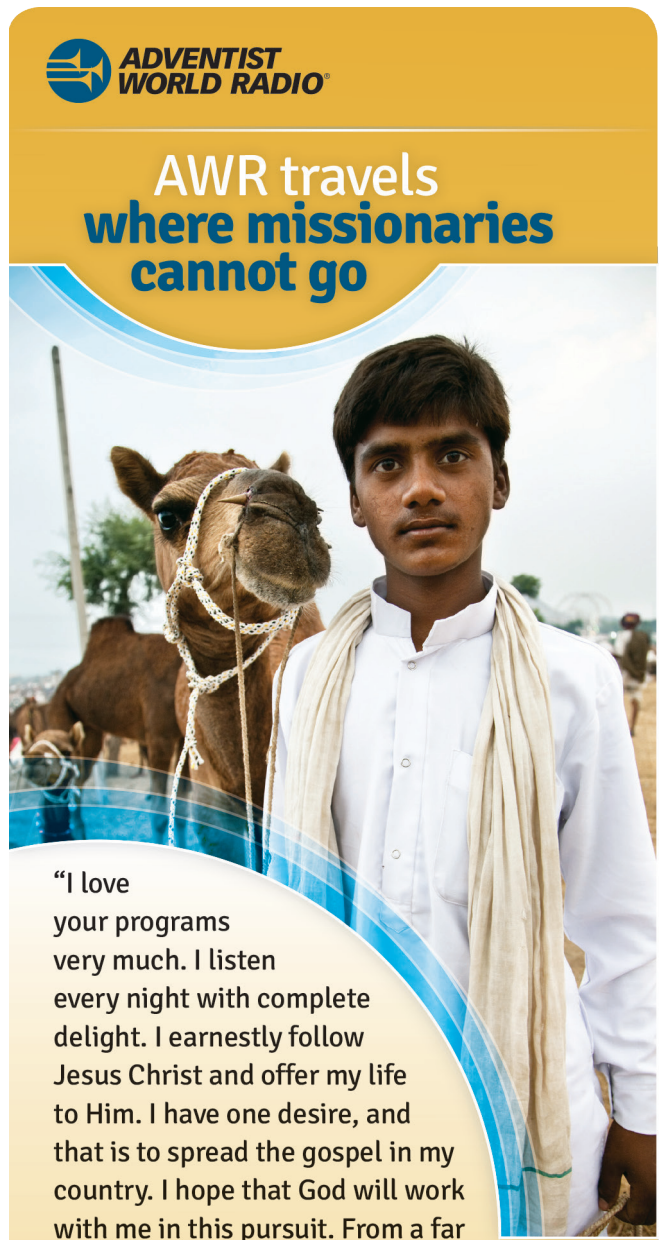


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