

OUTLOOK

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MID-AMERICANS
GET ACTIVE P. 8

Whole-person HEALTH

›Mind ›Body ›Spirit



SEPT 2019



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“Always go for the most natural option when possible.” —p. 6



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HERE'S TO YOUR BEST HEALTH!

The Seventh-day Adventist Church has long promoted a message of healthful living. In this issue of OUTLOOK, we talk with *Vibrant Life* editor Heather Quintana about our church founders' vision for a health magazine and how the magazine has changed (and not changed) over the past 130 years.

We also focus on the benefits of emotional and mental health that come from being kind and helpful to others, along with the blessings of physical movement in the lives of several Mid-America members.

The beautiful truth is that in all aspects of health, our Creator has made provision in advance for our needs through the offerings of nature. And regardless of our different and sometimes complex situations, this basic advice from Heather is always helpful: Choose the most natural option whenever possible, and keep things as simple as you can.



BRENDA DICKERSON
editor

ON THE COVER

Heather Quintana is editor of *Vibrant Life* magazine, the nation's oldest health journal.

More on p. 6
Photo by Hugh Davis



OUTLOOKmag.org
NEWS AND INSPIRATION



Is It Okay to Give Time Instead of Money as Tithe?
outlookmag.org/what-if-i-cant-afford-to-tithe



Nature's Majesty and Curse
outlookmag.org/natures-majesty-and-curse



Are We Still Protestant?
imsda.org/historyandgovernance

HEALTHIER LIVING

with the Fruits of the Spirit

BY GARY THURBER

love
joy
peace
patience
kindness
goodness
faithfulness
gentleness
self-control

Recently Dr. Ted Hamilton was asked to give a keynote address at a worldwide conference on health at Loma Linda University. Dr. Hamilton is a physician currently serving as senior vice president at AdventHealth for Mission and Ministry. What made his talk unique among all the experts who spoke on health was that he went beyond the need of a healthy diet and exercise for helping someone feel whole. He promoted the concept that we also need to practice the fruits of the Spirit to have a holistic approach to our health. In other words, to practice love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control is an imperative for you to live a healthy life!

Does this catch you by surprise? Or is this something you have found in your own journey? Feeling whole is associated with being a blessing to others. Those who go out of their way to help others are the happiest and most content people in this broken world. These behaviors will bring satisfaction and peace into a heart as nothing else will.

There are a lot of very physically healthy people who feel empty and dissat-

isfied in life simply because their focus is toward self and not others. Pumping more iron, running more miles or further refining their diets will never complete the recipe for a holistic, healthy life. Following Christ's example of how He related to others must also be part of the formula.

Not only is practicing the fruits of the Spirit good for our health and wellbeing, the world is in desperate need of people who will give of themselves to others the way Christ gave Himself for us.

CIPHER IN THE SNOW

Early in my training for being an educator, I was shown a film (yes, it was a 16 mm projector) entitled *Cipher in the Snow*. One of the definitions of cipher is "zero" or "nothing." It was a story about a young boy who one day stepped off a school bus and fell straight down in the snow and simply died.

He had no health issues and his death puzzled the doctors. Why did he die? What they found out as they investigated this boy's life was that he had no one who loved him. He was totally abandoned at home, he had no friends, and no one at his school understood the

deficits he was living with.

So what was determined to be his cause of death? The young boy felt completely alone and unwanted. He felt like a zero. The impact was enough for his body to just shut down. It shook the school and community to its core and they determined not to let a tragedy like that happen again.

This story hit me hard. When I became a teacher, I was determined to watch out for the young people who were struggling. They are all around us. Every day the Lord puts in our path those who are feeling like a cipher.

Who do you know who needs a friend? I invite you to enter their lives with acts of love and kindness. It will be good for their health and yours! 0

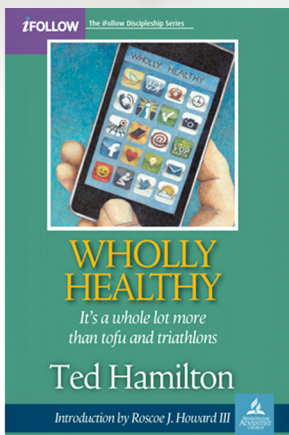
GARY THURBER
is president of the
Mid-America Union.



Doing Good Does You Good

BY JACQUIE BILOFF

WHOLLY HEALTHY BIBLE STUDY GUIDE



Dr. Ted Hamilton teaches a commonsense approach to health along with an uncompromising plea for balance in his *Wholly Healthy Bible Study Guide*.

It will cause you to pause and reflect deeply about your own health, wholeness, and sense of wellbeing.

Learn more or buy the book online:
bit.ly/31kJHt

Ancient words of wisdom from the Bible tell us that it is more blessed to give than to receive (Acts 20:35) and that those who are kind to others benefit themselves (Prov. 11:17). Today this truth has been verified by modern research. Although some people say they feel too stressed and busy to worry about helping others, there are multiple documented health benefits to doing good, according to the Mental Health Foundation that serves Scotland, Wales and Northern Ireland.¹

In its report on altruism and wellbeing, the MHF lists some of the benefits of helping others by showing kindness and generosity:

- **Reduces stress**
- **Encourages physical activity**
- **Distracts us from personal problems**
- **Improves self-esteem**
- **Improves our social relationships**
- **Shows us perspectives other than our own**
- **Creates a sense of belonging**
- **Reduces isolation**
- **Decreases negative feelings**
- **Gives our lives new purpose**

In addition, helping others may even produce a sense of euphoria akin to the sensation we get from eating good food.²

Evidence further suggests that older people in particular can gain a great deal from formal volunteering, which can reduce social isolation, since later in life our networks may be shrinking due to immobility or loss of friends and loved ones.

Volunteering, mentoring and RAKs

Carrying out good deeds doesn't need to take a lot of time or even cost money. Small actions can make a big difference. Even something as simple as holding the door open for a stranger, smiling at someone, listening to them or forgiving them if needed can boost mental and emotional health for both of you.

In one study cited in the MHF report, students were asked to carry out five random acts of kindness (RAKs) per week (e.g., donating blood, helping a friend with a problem, visiting sick relatives). Over a span of six weeks these activities improved wellbeing in students who participated, in comparison to non-participating students. Even better, the evidence showed that the benefits of helping others can continue beyond the act itself

by functioning as a “kindness bank” of pleasant memories that can be accessed in the future.

Another study demonstrated that acts of kindness have the potential for cyclical repetition, thereby creating healthy habits that can continue improving one's self-confidence, happiness and optimism. RAKs may also encourage replication by others.

Choosing kindness

Helping other people may not seem like a priority if we are short on time and resources, or if we are desperately trying to maintain control of our lives. However, being kind to others is something we *can* actually control. Every day we can choose our attitudes and our words.

Everyone can contribute something to make the world a better place. And being helpful and kind can improve the health and wellbeing of everyone in our families, our churches and our communities. **O**

Jacquie Biloff is communication director for the Dakota Conference.

1. www.mentalhealth.org.uk
2. www.mentalhealth.org.uk/publications/doing-good-altruism-and-wellbeing-age-austerity

Whole-person HEALTH

›Mind ›Body ›Spirit

OUTLOOK editor Brenda Dickerson recently sat down with Heather Quintana to talk about the purpose and impact of *Vibrant Life* magazine, the nation's oldest health journal.

Heather, as the editor of *Vibrant Life*, tell us about the magazine's history and mission.

Since *Vibrant Life* was launched over 130 years ago it has had various names, but the purpose has always been the same: to represent whole-person health—mental, physical and spiritual.

It's been a real joy to work with the magazine for these past 12 years. We've gone through several redesigns, but the message is always to keep your mind, body and spirit healthy because they are all connected.

Yes, we are in a health crisis in America that goes beyond just diet and exercise. We clearly need help in other areas as well.

For so long people thought that being healthy meant eating your vegetables and exercising. But what we are talking about in *Vibrant Life* is much broader.

For example, what if at

your last family gathering you ate a really healthy plant-based meal and then you all went for a walk, but the whole time you were fighting about politics, and you couldn't get along with your sister, and the grandkids were all mad? It would not be an entirely healthy event because you would not be experiencing peace or joy. Being healthy is not just "eat some broccoli and go for a run."

How does *Vibrant Life* align with the principles Ellen G. White, our Adventist Church co-founder, laid out in her writings?

Ellen White's book *The Ministry of Healing* offers simple advice like don't overwork and don't overeat. If you're stressed, go out into nature and take a walk and get fresh air—all these ideas that at her time were unheard of. Now we have research to support every one of them. So we find the modern research



that supports these timeless principles and share it in a way that feels fresh and relevant.

Speaking of research, what are some tips for filtering the abundance of health advice we encounter these days?

It can be confusing. There are a lot of trends in diets and conflicting research. So we keep it really simple and always go back to those basic health principles that we have known for over 100 years. Those natural health principles will always be a good idea—stay active, drink water, take a walk. Always go for the most natural option when possible. Instead of apple pie, eat an apple. Instead of French Fries, try a baked potato.

So how do you choose which recipes to include in *Vibrant Life*?

“Eat more plants” is our guiding principle. We also try to keep it simple—using

things in their most natural state. We also limit the ingredients to items that are easy to find in most communities and reasonably priced. Whatever our theme is for the issue, we make sure every recipe is both delicious and guilt-free.

What’s your philosophy for choosing the magazine’s topics?

Every article must have a practical element, a solid take-away that answers the question, *How will this help people live a more abundant life?* We see *Vibrant Life* as a first step in helping to restore health through simple means so people can begin to have a clear mind and an open heart.

Ellen White’s advice was to make this a spicy magazine with short articles for those who are not ready for heavy theology. So *Vibrant Life* is designed to be shared, in a warm and inviting way, for every stage of life.

What are some examples

of how this magazine has impacted people’s lives?

I meet a lot of people who tell me they put themselves through school selling our magazine door-to-door back when it was called *Life and Health*. It goes to prisons and hospitals. It helps families become vegetarians or make other healthy decisions. People of other faiths also let me know they appreciate it.

One young woman contacted me after she saw *Vibrant Life* in an airport and recognized her own face on the cover. She had done some modeling in the past and the photographer had sold the pictures to a stock image website. She was thrilled and she called me saying, “I’m your cover girl!” We started talking and she loved what the magazine represents and immediately subscribed. It is so neat to talk to people and hear how the magazine is helping them live a well-rounded, healthy life. 0

How to Subscribe

Get an **annual subscription for only \$19.95.**

Or check out the Buy One, Share One option and send it to a neighbor, your child’s teacher or your hair salon.

You can also buy in bulk to hand out at your church, school or community health event.

www.adventistbookcenter.com/vibrant-life-annual-usa-subscription.html

How to Advertise

Vibrant Life is open to advertising any product that aligns with whole-person health.

For more information visit www.vibrantlife.com/rate-card

Watch the full interview

www.outlookmag.org/vl2019

Read health-related articles

www.vibrantlife.com



PHOTOS: HUGH DAVIS

MADE FOR MOTION

Whether it's implementing a personal training regimen or modeling exercise patterns, putting our bodies in motion can inspire others to do the same. Meet three members of our Mid-America Union whose stories of putting health principles into action can motivate all of us to follow their lead.

BY WHITNI
MCDONALD
CARLSON

NIKKI COWGILL

Nikki Cowgill works part time as a P.E. teacher at Wichita Adventist Christian Academy, and she truly leads her students by example. She trains in a group setting at her local High Impact Interval Training (HIIT) gym and finds it especially motivating to exercise with other like-minded athletes who encourage her to push her body to the limit. Nikki is a natural introvert, so she appreciates exercising solo as well, but she's enjoyed finding a group that reminds her to drop her ego at the door and humbly work alongside others—just like the discipline of joining members of the body of Christ within a church community.

Nikki says, "Working out together is how growth happens, and we all benefit from one another's presence and commitment. I find that cheering on fellow athletes as they push through the pain motivates me to find my edge and get used to discomfort."

Nikki finds rewards for her labors: a boost in both her mood and stamina. "My students notice and often ask, 'Mrs. Cowgill, how come you have so much energy?' Hard work, my friends."

But for Nikki the benefit of fitness goes beyond boosting energy and stamina; it's helped strengthen her relationship with God and deepened her appreciation for the beauty of creation. Having just returned from an Alaska adventure, she is freshly inspired to get out often and experience the solace and rejuvenating power of fresh air and wildlife, whether on vacation in a grand setting, or just on

a walk with her dogs in her own Kansas neighborhood. "I think that if I didn't exercise, my world would be much smaller," she says. "I don't know that I would get out much and experience His glory. It is an honor and privilege to care for my body, mind and spirit."

In her P.E. classes at WACA, Nikki tackles the alarming rise in childhood obesity and sedentary habits like increased screen-time. She also makes sure kids have fun tracking their fitness progress and playing outside together. Nikki says, "In my P.E. class, instead of a monotonous, old-school gym class approach, I really strive to make fitness engaging and fun. It's a delight to see students starting to invest in their own fitness. It gives them a sense of ownership and self-confidence when they do make some progress."

One of Nikki's favorite quotes from Ellen White that speaks to the value of quality P.E. classes is, "Whatever promotes physical health, promotes the development of a strong mind and a well balanced character" (*Education* p. 195). Adventist education's approach to a child's development is holistic—helping a child grow spiritually, mentally, socially, academically and physically.

Nikki cherishes her opportunity to encourage young people to be active, guiding them to understand why exercise is so important, learn the skills to do it right, and to see the value in becoming lifelong movers.



Courtesy Nikki Cowgill

DR. CALEB GILLHAM

Dr. Caleb Gillham is a family practice doctor at Via Christi hospital in Wichita, Kansas. At work he regularly encounters patients experiencing health conditions that could be radically altered through reducing carbohydrates in their diet (especially simple sugars and junk food snacks) and incorporating even a small amount of exercise into their daily routines. Just as bad habits and sedentary living tend to create a negative spiral in patients of all ages, Caleb tries to encourage those who struggle to find motivation by setting long-term health goals to work toward—just a little bit at a time—which can have a positive chain reaction.

As evidence of his personal passion for wellness, Caleb is taking on the goal of qualifying for the Boston Marathon during his first full marathon race in Washington in September. He registered for the Tunnel Marathon near Seattle, and has found the training process both

gratifying and humbling.

“I injured myself multiple times by pushing my pace too hard and fast in the beginning,” Caleb says. “I learned the value of slowing down and seeking the advice and coaching of more experienced runners, which can be difficult for type A personalities like myself. But without guidance, it’s easy to push too hard and burn out.”

Caleb sees the parallel in his spiritual practice as well. It comes down to finding balance and reliable rhythms to make a true habit change. He says, “God created us with the rhythm of work and rest, even creating space in our week on Sabbath for regular rest and recuperation. It’s also healthy to set short-term goals as we look forward to the ultimate long-term goal of heaven. Meanwhile, here on earth we can be good stewards of our mental and physical health if we set a goal, like running a marathon, and work in regular intervals toward achieving it.”

DORIS REILE-KNELLER

Doris Reile-Kneller is coordinating the eighth annual Let’s Move Day for her church in Great Bend, Kansas. Typically held on the third Sunday in September (Sept. 15 this year), this is a special event for her entire church family, and young and old look forward to getting together as a group to enjoy fresh air and exercise along the conveniently located trail adjacent to their church property.

Doris shared that her favorite element of coordinating Let’s Move Day (now called Adventists InStep For Life by the North American Division Health Ministries Department), is simply seeing her fellow church members get outside together and have fun doing something different from sitting in pews, wearing dressy church clothes. Instead, this event gets the church family into bike helmets and shorts, peddling and laughing—enjoying one another’s company in a relaxed way.

Dr. Razafindrabe Bell of the

local Pain and Spine Clinic sponsors the event each year, and participants have enjoyed the bottles of water and snacks, along with spreading the word to their neighbors in town, inviting whoever wants to join in the bike ride or walk.

The whole idea is to celebrate health and the benefits of exercise. Doris says that in past years there were fewer of these types of community exercise-focused social events around town, but she believes their group has set a trend that many other local churches and social groups now follow.

“In some ways, the popularity of getting groups out on the trails has decreased the numbers of community participants outside our local church,” Doris says. “But I suppose the idea is for more people to get out more often, so it’s good that other groups use the trails now too. Our goal is to enjoy getting active as a whole church. It really is a fun day for everybody.” **O**

Caleb Gillham



(top) Dr. Razafindrabe Bell and wife Hanitra

(bottom) Great Bend Church Pastor Trey Sharp and son Alex



Photos: Doris Reile-Kneller

Ebenezer Fellowship Hosts

Ebenezer Fellowship Church in Minneapolis held its first Let's Talk Teen Summit last February. This ongoing series of panel discussions is addressing some of the issues impacting and altering day-to-day health and wellbeing of youth in the church and the communities surrounding our churches.

The panel taking questions offered a balanced view of their experiences and godly wisdom, all under the prayerful guidance of **Pastor Johnathan B. Fields Jr.** There was a good representation of youth, young adults who had recently married, and those who have been

married for many years.

As the summit got underway, people opened up and felt safe to share their experiences and observations about violent dating relationships. The attendees learned how to recognize warning signs of unhealthy and controlling behaviors. It was explained that these behaviors can at first seem like "love to the 'nth degree," but without Christ this kind of love will quickly seek to control, intimidate, isolate and eventually become violent.

Community members shared personal stories of how they failed to take the counsel of parents and elders,

and how this disregard of counsel later led to abusing drugs, having illicit sex, and teen pregnancies.

The teens were also reminded of what 3 John 1:2 promises: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (KJV).

The evening ended with Pastor Fields charging the teens to be forever faithful to God, to dare to be like Daniel and to "Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them" (Eccl. 12:1 KJV).

If he hits you once, he will hit you again

The Let's Talk panel discussions continued on June 1 with the adult members talking about domestic violence. The community was

Pastor Johnathan B. Fields Jr. (far right) guided participants in discussions about personal health and wellbeing.

Photos: Courtesy Central States Conference



Resource for members



Ebenezer Fellowship Women's Ministry—Great Lakes Region Prayer Line.

Sundays
7-7:30 am CST

605.313.4154
Code: 625655#

Let's Talk Summits

again invited to participate, and attendees shared powerful stories and testimonies of transforming from victims to victors, and from being abused to being survivors.

One by one, story after story was told with the all-too-familiar theme of how at first everything seemed to be going just fine, until they went from the object of adoration to a victim of domestic violence. The stories told took different paths and varied in length, but they all had the same ending of terror, trauma, and emotional and psychological scars. Many still carry the pain to this day, as evidenced by the tears shed while recounting their stories.

One community attendee shared his powerful testimony of watching his mother being abused, later become an abuser himself, then finally overcoming his past. He is now counseling other men and serving as a role model.

One of the most powerful testimonies of the afternoon was from an 85-year-old domestic abuse survivor who had these words of wisdom to share, "If he hits you once, he will hit you again."

The congregation was given practical tools and resources, including a pocket-sized list of scriptures for both domestic abuse victims and

survivors to carry with them.

The evening ended on a note of affirmation and support from Pastor Fields, who concluded with these words: "If he hits you once, he will hit you twice. If he hits you twice, he will take your life."*

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Callmie Dennis is the health leader for Ebenezer Fellowship Church in Minneapolis, Minnesota.

*National statistics show that while women are more likely to be victims of domestic abuse, men are also victims.

Please contact your pastors and local Domestic Abuse Centers for help.



Bible text for the survivor

Jer. 29:11

Bible text for the abuser

Col. 3:12-13

Wednesday Worships

Central States Conference live stream



Join Central States live on Wednesday mornings at 8:45 am for worship service.

The local pastors always have a great message to share to jumpstart your morning.

[youtube.com/user/TheCSConference](https://www.youtube.com/user/TheCSConference)



Massage Therapists Find Healing in Career Change

Irene Siverson and her husband Guy Siverson recently opened their massage room at Graceful Touch in Rapid City, South Dakota.



Adam Fondren, Rapid City Journal Staff

“We are the only shop in Rapid City that treats the inside while also treating the outside.”

A journey to open a therapeutic massage business in Rapid City, South Dakota, turned into a path to self-healing for **Guy Siverson** as well as a way to work around a learning disability for his wife, **Irene**.

The Siversons were living in Spokane, Washington, where Guy worked in digital marketing.

The sedentary nature of his job began to take its toll, though. One day he took his blood pressure and was horrified to see a reading of 200/100.

Not willing to rely on mainline medication, he researched therapeutic massage as a treatment. This led him to consider making massage a new career.

Irene had always been good at massage, and she joined her husband in the move. “So we decided to go back to school, and here we are today,” says Guy.

They initially looked at massage schools in Seattle, but

found Black Hills Health & Education School of Massage Therapy, a state-certified 600-hour training program in Hermosa, South Dakota.

They both graduated in November, and with a temporary license in hand opened Graceful Touch Massage Therapy in Rapid City, South Dakota, sharing space with **Gale and Denise Johnson’s** The Fountain of Youth, a Kangan Water system dealership.

“We are the only shop in Rapid City that treats the inside with naturally hydrated water, while also treating the outside, and the two go together like hand-in-glove,” Guy says.

Graceful Touch specializes in Swedish, Trigger Point and Deep Tissue massage. Also offered are couple’s massages, Young Living Raindrop treatments and basic lymphatic massage.

Graceful Touch is also affiliated with Massage Advantage, a nationwide

network of independent massage practitioners, which allows them to offer lower prices for sessions.

Earlier this month, they passed their national certification tests. Irene dealt with the reading disability dyslexia in her classes and especially on tests. She found techniques to work around the disability, including inverting books, reading upside-down, or using tinted glasses to improve her comprehension.

“With lots of help from God and feeding the body lots of nutrients to help the brain function, it all worked out,” she says. “Now, I can help people function.”

.....
Jim Holland is a writer for *Rapid City Journal*. Printed with permission.

Volunteer Shares Experiences Helping Both Animals and People

Having lived most of my life on the fringes of society, much of my most memorable rescue and volunteer work has been with animals.

Over the years I've taken in many dogs, cats and even horses that needed a home. The last dog I had was a Great Pyrenees that lived out its final years in comfortable bliss. It belonged to a lady who was moving into an apartment and couldn't take the dog. She dreaded the idea of turning it over to an animal shelter, knowing that many old dogs don't get placed. So I told her I would give it a home, since Great Pyrenees are meant to be ranch dogs. That made two happy campers—the dog and the lady.

Once there was a dog that got run over by a train on the Cheyenne River Bridge at Edgemont, South Dakota, but

it was still alive. The train was changing crews so we asked the crew that was getting on to sit tight while my boss and I worked at getting the dog out from under the train. It was terribly frightened; blood was everywhere. But we managed to get it out and loaded into the company vehicle. Then I took it to the vet clinic. It turned out only the toes of one paw were run over. They not only got it doctored up, but located the owner as well.

Several years ago I was walking the banks of the Clear Creek in Sheridan County, Wyoming, and came across a sheep upside down in the trail. Having raised sheep for many years, I knew that if they are like that for very long, they lose their equilibrium. Then, even if you get the sheep upright, it will die.

When I got him rolled over and on his feet, he was on his way. What perfect timing—I guess God had a purpose for me that day because a sheep cannot right itself any more than a turtle can. And the chances of someone else coming along and finding him would be very slim.

Horses, trainers and kids bond at Flag Mountain Camp

As I look back, I think some of my best volunteer functions were the three or four years that I furnished horses for blind camp at Flag Mountain Camp. My favorite year of all was the one when **Megan**

Frasier helped. We threw in together and hauled our horses up there in the same trailer. **Rachel O'Hare** helped us too.

The blind children were such a pleasure to work with. They are so tuned in and used to following instructions. If you tell them to duck (like for overhanging branches) they duck! It was a joy and a great experience for all of us.

Some of the campers told us that their favorite part of blind camp were the horse rides, so I hope they still have horses wherever the kids go for camp these days.

Ben Hobbs is from Edgemont, South Dakota.



Photos: Daniel Hopkins

Pastor Kent Dunwoody Ordained at Camp Meeting

Kent Dunwoody, pastor of the Kansas City Central and Clinton Golden Valley churches in Missouri, was ordained on Sabbath, June 8, during a special service at the Iowa-Missouri Camp Meeting.

Ordained pastors from around the conference laid hands on Kent and his wife, **Sarah**, as executive secretary **Robert Wagley** offered prayer. “We place our hands on Kent as a token of Your grace and Your calling, recognizing what You are doing through him,” he prayed. “We ask, Father, that you would create in Kent a clean heart, renew his spirit daily, refresh him from Your Word. May rivers of living water flow from You through him as You have promised.”

Guest speaker **Carlton Byrd**, pastor of the Oakwood University Church and speaker/director of the Breath of Life television ministry, shared lessons from Heb. 12:1-2. “As ministers of the gospel, in running the race of life, you should have only one thing that matters to you,” he said. “You should have one goal set before you. One aim. One purpose. One prize. And that’s seeing Jesus in His eternal kingdom and taking as many people as you can with you.”

Ordained pastors lay hands on Kent and Sarah as Robert Wagley offers prayer.

Lee Rochholz, ministerial director for the conference, expressed appreciation to Kent for his willingness to learn, to change, and to go above and beyond to reach people for Jesus. He also reminded Kent that ordination isn’t a transition in his ministry but a public acknowledgment of his calling.

“When I was ordained someone asked me if I felt different, and I was a little confused because I hadn’t felt different and thought I needed to feel different, and that maybe there was something wrong with me,” he said to Kent. “But the reality is you shouldn’t feel different today because this isn’t a transition. It’s a public proclamation that people have confidence God has called you to ministry. And I personally believe from visiting with your churches that they feel God has called you.”

Conference president **Dean Coridan** reminded Kent that he serves in a Protestant church. “You have not become a king, a priest or a pope,” he said. “You have become a

slave. A slave to Christ. Follow in His footsteps in service to His church.”

After expressing his heartfelt thanks, Kent shared his personal testimony and read from John 14 and 15, emphasizing his passion for friendship evangelism. “I love to tell people Jesus calls them his friends,” he said. “I want to help them understand they have a Savior who loves them so much that He died for them.” He stressed the importance of letting that love flow through us to others as we interact with them.

Kent was born and raised in Moberly, Missouri. After graduating high school, he studied business and computer programming at the University of Missouri and Moberly Community College, and began a career in the electric municipal power industry. There he met Sarah, who introduced him to the Adventist faith. Kent had not grown up with any church affiliation and had not accepted Christ as his Savior, so Sarah began claiming Acts 16:31 as she prayed

earnestly for him for 14 years.

After accepting Christ as his personal Savior, Kent was baptized in October 1994. He became an active member and took on various leadership roles. After 32 years in business and the power industry, he decided to take an entire year off work to serve the church. During that time, with much prayer and thoughtful consideration, he accepted the call to full-time gospel ministry in the Iowa-Missouri Conference. He served the Sioux City and Spencer churches in Iowa for nearly five years before transitioning to the Kansas City area.

Kent and Sarah have been married for 36 years with two grown children and one grandson.



Watch the ordination service online at youtu.be/Q7ed5oQ76qc.

Photos: Randy Harmdierks



Jefferson City Mayor Thanks Conference for Recent Disaster Relief Efforts

On Sabbath, June 8, Jefferson City, Missouri, mayor **Carrie Tergin** stopped by the Iowa-Missouri Camp Meeting in Centralia, Missouri, to express her thanks for recent disaster relief efforts Adventists have undertaken in and around the city.

“On behalf of Jefferson City, we appreciate each and every one of you,” she said. “We will rebuild. We will be stronger.”

Joining her were **Jody Dickhaut**, the conference’s disaster relief coordinator for Missouri, and **Jeremy Redman**, pastor of Capital West Christian Church in Jefferson City. CWCC donated space to the city to warehouse disaster relief supplies and serve as the distribution center for community members to receive supplies and resources.

Tornadoes tore through the Jefferson City community on May 22, impacting 729 homes—161 of which were destroyed, with another 235 sustaining major damage. Fortunately no lives were lost.

In addition to the tornado, the area has also been heavily impacted by flooding. Adventist Community Services Disaster Response volunteers, along with other federal, state and local agencies, opened resource centers for impacted residents in the days following the events.

Approximately \$8,000 was collected during camp meeting that will be used for disaster relief efforts in the Jefferson City area and other parts of Iowa and Missouri that have been impacted by disasters. The youth department at camp meeting also assembled 250

flood buckets that will be distributed to impacted residents in these areas.

“We’re so grateful for those who have volunteered around our conference,” said **Robert Wagley**, executive secretary for the conference. He also thanked Mayor Tergin and Pastor Redman for the opportunity to serve together in the Jefferson City community.

Articles on these pages were written by Randy Harmdierks, communication director for the Iowa-Missouri Conference.



For volunteer opportunities or to make a donation for disaster relief efforts in Iowa and Missouri, visit imsda.org/acsdrr.

Robert Wagley offers prayer for Mayor Tergin (middle right) and Jefferson City, as well as for Pastor Redman (right) and Jody Dickhaut as they serve their communities.



In Other News

There’s a lot more happening in Iowa-Missouri than will fit on these two pages each month.

Visit imsda.org to read stories such as:

- **Spencer Churches Partner** to Clean Yards for Elderly
- **Resource Centers Open** for Tornado and Flood Victims
- **Charles City and Mason City Churches Partner** to Clothe Those in Need
- **West County Church Hosts** Seventh Annual Health Expo
- **St. Louis ACS Hosts** BBQ Fundraiser
- **Andrews Christian Academy Celebrates** 100 Years of Adventist Education
- **New Video Series with Dean Coridan Examines** Adventist Church History and Governance

Volunteers Help Children in Transition

Distress and uncertainty collide when children are collected from a dysfunctional home. Abuse, neglect, or even the incarceration of a parent can take place before their very eyes. It is the shirt on their back that stays with them, as authorities such as Child Protective Services agents escort them into a new life in the unknown.

These children will no longer be hurt by the tragic situations they once endured, but to be thrust into frightening change—sometimes repeatedly—is no easy task. It's My Very Own is an organization that aims to ease the transition into a new home by giving a bag of love-filled items including books, toys, necessities and a handmade quilt that belongs to them no matter where they go.

Each bag is made with love by the volunteers of IMVO. But to reach more kids in more communities, more volunteers with this love are needed.

What does it look like to start? Here's how it went for Janet.

"I didn't know how this was going to impact my life in so many ways," says **Janet Tucker**, who fills bags of love in Bourbon County, Kansas.

Several years ago, Tucker sat in the Fort Scott Church and listened to a presentation that explained how to create durable bags with essentials and goods for children who are on the move within the foster care system. Her full-time job seemed an insurmountable barrier to being able to help, but she stored the idea in her prayers as she contemplated the call to be a part of this project.

After two years, Tucker decided to commit. "I jumped in with both feet," she says when describing her determination to bring IMVO to the children of her community.

She started by presenting the idea to her church board and requesting the use of

the fellowship hall to set up a sewing spot. After launching a date for the program to start, Tucker began to seek helpers. "I hit the ground running by talking to any person or group that would stop long enough for me to inform them of this endeavor," she says about the search.

Fast-forward four years and Tucker meets once a week with a group she describes as some of the most loyal and big-hearted women she has ever met. Two are members of her church and the others come from different walks of faith—all brought together to put a smile on the faces of little ones.

They are all different, and bring a rich diversity to the jobs that can be done each week: one irons the fabric, one ties the comforters, and some take fabric home to sew while others sew at the church. Each one dedicates a chunk of time to not only experiencing extraordinary

purpose for their own life, but to personally contribute to the well-being and high spirits of others who are thrust into a life of hardship at an early age.

What is the need?

Since the development of the IMVO project in Tucker's home church, several regional supervisors from the Department of Children & Families offices in surrounding counties have reached out to Tucker about expansion. When Tucker heard the number of children outside her own county, she knew her local group was too small to keep up with the need.

"It became my mission to seek out people who love to sew and set them up with the organization, but no one has stepped up to take the responsibility yet," says Tucker about forming an IMVO chapter in other counties. "They often want to help us, which is appreciated,



It's My Very Own eases the transition for children being taken from their family into a new home by supplying a bag of love-filled items, including books, toys, necessities and a handmade quilt.

Through *It's My Very Own* Organization

Janet Tucker stepped out in faith to bring *It's My Very Own* to Bourbon County, Kansas. She is able to support this program through donations from clubs, individuals and local grants.



Photos Courtesy/Janet Tucker

but the children in their counties would benefit so much more if they started their own work.”

The children in counties around Bourbon County are deprived of love-filled bags for lack of collaborators—Bourbon County is the only county currently being served out of 198 counties in Kansas and Nebraska.

Not sure about the money? God makes a way.

Tucker has received donations for the initiative from clubs and individuals in her community. Some churches in her area have collected listed items as their own mission project and some volunteers have cleaned out their sewing rooms to provide Tucker with the means to create warm blankets perfect for winter.

For the last two years, Tucker has applied for a local grant from the Fort

Scott Area Community Foundation and has received \$2,000. This money has covered the cost of batting and backing for quilts, as well as toys and clothing.

“My ladies have been wonderful, and I cannot even begin to express the gratitude I have for the community I live in,” says Tucker.

The impact on Tucker’s life

“Working with IMVO has strengthened my spiritual life and given me many new friends,” says Tucker. “God has sent people who have taught me so much about

myself, and within this timeframe I have worked on many of my shortcomings. My patience and understanding have grown, and I have gained a tremendous desire to help as many kids as I can. This mission has become my life.”

Christine Magnuson is story developer for *It's My Very Own*.

Would you like to start your own chapter?

Find out more about how to reach children in your county by visiting imvo.org.



For questions, requests for more information, or new chapter registration, contact:



Susan Schnell
International Director
423.408.3142
susan@imvo.org



Rasmussen Finds New Health and New Life in Jesus

My health issues began with a grapefruit-sized lump detected when I was two months old. Multiple surgeries throughout my life left me with only one inch of my small intestine, causing me to cry out to God for help.

Three years ago, He answered my prayer. I attended my dad's baptism, and there I met **Pastor Brian Beavers**. I told him my story, and he asked if I was willing to try a place he knew of that he believed could help me. "Yes!" I answered. I was desperate for help.

Because of Beavers' recommendation, I spent 16 days at Black Hills Health & Education Center in South Dakota. They personalized a lifestyle program for my needs and taught me about God's simple remedies.

I learned proper nutrition, exercise, rest, temperance, hydration, hydrotherapy and how to trust God for my health needs. I spent time outside in the fresh air soaking in the sunshine and learned about treatments I can do at home. With the help of BHHEC, I was able to cut down from 24 medications to eight in the 16 days I was there.

I have since lost 30 pounds and returned to eating solid foods rather than liquids. My pancreas is functioning again, my diabetes is under control, my neuropathy has receded and I can feel my feet again. Even my mom has improved her arthritis by following the recommendations



Courtesy Winona Church

As part of her discipleship class, Shelly Rasmussen studied the Bible with people close to her.

l-r: Rae (mother), Beth (sister), Shelly, Pastor Brian Beavers

I learned. She takes less medication, has lost 32 pounds and feels better.

A new purpose and mission

Because of the transformation in my health, I decided to do Bible studies with Beavers. We studied for a year, and I drew closer to my Savior. After earning my Bible study certificate, I was baptized at the Winona Church.

After baptism, I have become more involved in my church. I began discipleship classes, which teach how to study the Bible and give Bible studies. I participate in church outreach programs like Christmas Behind Bars

and door-to-door witnessing. I even share my testimony at cooking schools, health fairs and with jail inmates.

For discipleship class, my homework was to choose three people to study the Bible with. I asked my mom, my older sister (pictured above with their certificates) and my roommate. While giving the Bible studies, I noticed the Bible becoming more familiar and God giving me the right words. As a result, my family has even expressed interest in baptism.

Between sharing my faith in the marketplace and assisting at church, God has given me purpose and a mission.

I encourage you to take up the medical missionary work.

It's this work that brought supernatural results into my life and changed me forever.

Ellen G. White tells us, "We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths" (*Testimonies for the Church*, Vol. 7, p. 62).

Shelly Rasmussen is a member of the Winona Church.

Conference Hires Education Superintendent

James Davis, Jr. brings passion for Adventist education

The Minnesota Conference is excited to announce that **James Davis, Jr.** began to serve Aug. 1 as education superintendent. Davis comes from Battle Creek, Michigan, with 22 years of education experience. Most recently, he served as principal at Battle Creek Academy, where he oversaw 18 staff and more than 100 students.

Prior to his tenure at Battle Creek Academy, Davis served as vice principal and math teacher for grades 7-10 at Walker Memorial Academy in Avon Park, Florida. His career started at Sunnydale

Adventist Academy in Centralia, Missouri, as the technology director and math and physics instructor.

In 2014, Davis earned a graduate certificate from Andrews University in educational leadership. He also holds a Master of Arts degree in architecture studies from University of Missouri—Columbia, and a Bachelor of Arts degree in physics from Southern Adventist University.

“Adventist education should be designed in such a way that the students we find in our classrooms are set up for success,” says Davis in

his Philosophy of Education statement. “Amazingly, at the turn of the previous century, our church was provided with a plan that can address the challenges and desires we face today. In 1903, the book *Education* was published. Written by Ellen White, it put forth a plan that is perfect for the needs of today’s students. In this book are many recommendations that, if revisited and further implemented in our schools, will set us apart and provide a quality program that is uniquely Adventist.”

Davis has been married to his wife, **Karon**, for 24



Courtesy Minnesota Conference

years. They have three boys, ranging in ages from 12 to 20 years old.

Savannah Carlson is assistant director of communication for the Minnesota Conference.

Reflections on Minnesota Camp Meeting

2019 marks 150 years of Minnesota camp meetings. Our guest presenter this year, **Dr. David J.B. Trim**, director of General Conference Archives, Statistics, and Research, told attendees that in 1868 the Sixth General Conference Session formally voted to encourage our people to hold annual camp meetings. In response to this vote, the Adventist community in Minnesota held their first camp meeting around 1869 on a farm belonging to Elder William Ingraham,

one of Minnesota’s Adventist pioneers.

Trim concluded that camp meeting played an important role in the development of the work in Minnesota since early church leaders held their meetings near major population centers to bring the Adventist message to as many people as possible.

In recent years that evangelistic flavor has shifted to the nurturing of church members. It is my conviction that the time has come for the church in Minnesota to again become

a movement of evangelism. Camp meeting should be a spark for a new evangelism circle, creating engaged fellowship with communities.

On July 14, 2019 the Minnesota Conference Board of Trustees voted that “we continue to use all camp meetings as evangelism tools” to help keep the church relevant to our communities.

Brian K. Mungandi is communication director and vice president of administration for the Minnesota Conference.



Brian K. Mungandi

Dr. David J.B. Trim speaks to attendees of the Minnesota camp meeting about its origin, history and impact.

Newday Church Offers Free Farmer's Market

Shawn Sajdak



Local residents in need are able to shop the farmer's market free of charge thanks to donations from Newday Church and Parker Task Force.

Newday Church is serving their local Parker community this summer by providing a free farmer's market at a local apartment complex. The market, which is a partnership with the Parker Task Force, offers fresh produce to residents who might not otherwise be able to afford it.

Each Sabbath afternoon, the

task force supplies Newday with high quality fresh fruits and vegetables. Volunteers from the church then transport the produce to Parker Hilltop Apartments, which the task force has identified as housing a high number of residents who are financially insecure. The volunteers display the produce just like

a traditional farmer's market, and residents from the complex are invited to come shop the market free of charge.

To publicize the market and encourage residents to come, Newday kicked off the season with a free barbecue on the market's opening day. Despite the hailstorm that rolled in during the afternoon, the event was well attended by both Newday members and residents of the apartment complex.

In addition to offering free produce, the market also features a sample station. Newday volunteers serve mini portions of simple, healthy recipes—such as strawberry

spinach salad or whole grain banana bread—that are made using some of the ingredients at that week's market.

One resident recently passed a note of gratitude to a volunteer at the market to express how much the market has meant to her.

"Thank you so much for your farmer's market," the resident wrote. "This month is very tight as I have to pay my child's bond fee at the end of the month. You help us!"

.....
Jamie Santa Cruz attends Newday Church in Parker, Colorado.

Mile High Academy Announces Debt-Free Status

When Mile High Academy opened its doors to a new school year, it welcomed students, staff and families to a 100 percent debt-free campus.

"It was truly a community effort," says **Jocelyn Aalborg**, MHA's VP of finance.

"Something that wouldn't have been possible without God's guidance and the support of our generous alumni, staff, families, churches and businesses. We can't say enough to thank our donors for their role in helping MHA become 100 percent debt free."

MHA relocated to its current Highlands Ranch,

Colorado, campus in August 2015. With this move and unforeseen operating expenses, the debt totaled \$4.7 million. Since the move, the focus has been to relieve this debt, while continuing to provide an excellent Christ-centered education to more

than 200 students annually.

During the 2019/2020 budget discussions, an anonymous donor brought to the table a proposal to eliminate the debt. A strategic campaign was launched, seeking contributions from current families, school board, faculty

and staff, alumni, churches, hospitals and businesses. The funds started to pour in. By the evening of July 8, 2019, MHA's VP of finance was able to report that the school was 100 percent debt free.

"The outpouring of generosity speaks volumes to the exceptional family that supports the current students and future generations of Mile High Academy," said Aalborg.

.....
Karrie Meyers is an administrative assistant at Mile High Academy. Jocelyn Aalborg is VP of finance for Mile High Academy.



Agape Hammond

Students Make Connections in China

Thirteen students from Campion Academy spent the first two weeks of their summer vacation in western China, where they visited schools, made friends and took in new sights.

The majority of the trip was spent in Kunming in the Yunnan Province, where the group visited four different schools to teach, learn and spend time with the local students.

“It was awesome to be able to see how different their school environment was,” said Abby, a student at Campion Academy. “Meeting and getting to know different students was the highlight of the trip.”

The group attended Chinese art and music classes in addition to leading discussions in English classrooms. “It was so much fun seeing how excited the kids were to show us their Chinese customs and culture,” commented Tristan, another Campion Academy student. “They had big smiles on their faces as they showed us how to play the Guzheng (a Chinese harp) and how to fold dumplings correctly.”

One of the highlights of the



Photos: Jillian Harlow

tour for many in the group was visiting a panda bear sanctuary near Chengdu in the Sichuan Province. “Seeing the panda babies was the cutest thing I have ever seen,” said Tristan. “Seeing them flop around and cuddle with each other was adorable!”

The group also visited the unique and majestic Stone Forest in the Yunnan Province, Asia’s largest flower market in Kunming, and the ancient and beautiful mountain town Lijiang.

The group was even able to worship with members of the Adventist church in Kunming. The pastor shared how the number of churches in the province has been growing rapidly, especially in rural areas.

A group of teenagers at the church who have dedicated

their lives to working for God shared their musical talents—singing and playing familiar hymns and local Christian songs using accordions, the Guzheng and the Hulusi (Chinese gourd flute).

The Campion Academy students also shared praise songs and testimonies. “Although

we had a language barrier and are from different parts of the world, we all love God and praise Him in similar ways,” explained Abby.

Jillian Harlow is ELL teacher at Campion Academy in Loveland, Colorado.



Leadership Forum



Local Church Leadership for the Future

Have you been asked to be a leader in your church?

Rocky Mountain Conference is hosting its first Seventh-day Adventist leadership forum. Presenters are Seventh-day Adventist leadership professionals who will provide beneficial, practical information.

When: Oct. 20, 9:30 am–4 pm
Registration: 9–9:30 am

Where: Porter Place, 1001 E. Yale Ave, Denver, CO (Next to Denver South Church)

Cost: \$75 per person (includes lunch, materials, and gifts)

Register by calling RMC office: 303.733.3771

Matt Mundall: Called to Chaplaincy

Matt Mundall loves the work of a chaplain—connecting and providing support to people in a medical setting when they need it most. And thanks to AdventHealth’s recently expanded chaplaincy internship program, Mundall spent this past summer getting practical experience in his dream job in their Denver healthcare facilities.

For him, it’s just one more confirmation that he has discovered his God-given calling. But his life direction hasn’t always been so clear.

First, he thought of

becoming a pastor, but he became disillusioned after seeing the discord in so many churches.

Then he set his sights on becoming a missionary. He completed an internship at a farm, enrolled in a year-long health evangelism course, and signed up to serve as a student missionary. While he had intended to go to Russia to use the Russian language skills he’d been working on, he took a health counselor position in Ireland.

Ireland is a predominantly Catholic country, so Mundall

found himself interacting and making friends with people of a different faith. “It really opened my eyes and changed the way I viewed God,” he said. “I found a more personal God, and it transformed my spiritual journey.”

As much as he loved his year as a missionary, he was still in search of a life plan. He decided to study nursing when he came home.

Union is first on the list

Mundall applied to an Adventist college, but the acceptance process dragged on, and he began to feel like God was leading him to seek out a different school. When he searched online for Adventist nursing programs, Union was the first college that came up.

Mundall had been on Union’s campus during high school, but he’d never considered attending. However, the response he got to his initial application took him by surprise. “They were so friendly. They wanted me here,” he said. “I was impressed that Union had such a good nursing program, and I felt God was opening doors for me.”

In the fall of 2015, Mundall enrolled as a nursing major. He got involved with campus ministries working with the student missions program, and became the religious liaison connecting the nursing

students with campus ministries. Then one day in clinicals during his sixth semester, he had a realization.

A catheter and an epiphany

“They were asking us who wanted to practice doing a catheter and starting an IV, and everyone else was volunteering,” he said. “I didn’t really want to do any of those things. Then the professor said, ‘We have a patient who is struggling and frustrated, and we need someone to listen to them and just be present.’ My hand was the first one up. I realized what I loved about nursing wasn’t all of the procedures and memorization—that was actually what I didn’t like. What I loved was that bedside connection and the ability to help people emotionally.”

That epiphany led Mundall to consult his adviser. “I’m so thankful for Union and the faculty advisers,” he said. “My adviser told me that God had a special calling for my life and that the nursing program wanted to help me find what that was.”

Mundall explained that he’d thought about becoming a pastor, but he didn’t feel that was the path down which God was leading him. “But my adviser told me there were different ways to be a pastor—and that’s where the idea of becoming a chaplain came in.

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Glenn Sackett

After discovering a passion for chaplaincy, Matt Mundall explored his future career this summer through an internship program at AdventHealth in Denver.

The more I thought about it and prayed about it, the more I got excited,” said Mundall.

He met with his new adviser in the division of religion, **Ben Holdsworth**, to further explore chaplaincy. “We talked about what a hospital chaplain would do, and I had seen a few chaplains at work during clinicals,” Mundall said. “And it all started to make sense—my time in Ireland as a health intern and getting to know people of different religions, my desire for missions and my desire to relate to people and help them through nursing. All of that brought me to this point.”

Mundall transitioned into a new major, a religion degree with a leadership minor. “After being in religion classes for a year, I’m more sure now than ever that God has led me to this path,” he said.

Real experience in a dream job

The one thing missing was practical experience to immerse him in the culture and daily activities of a chaplain. Unfortunately, while internships and hands-on practical experience is common in some fields, very few opportunities exist for individuals studying chaplaincy.

Fortunately for Mundall, AdventHealth in Denver contacted Union looking to expand their internship program to include chaplaincy interns. When Mundall’s professors heard about the program, they encouraged him to apply. One interview later, Mundall was invited to become the first intern chaplain for Porter Adventist Hospital and Centura Health.

He said, “This process affirmed the calling that God put on my heart. God is so good—he opened up all of the stops and used Union as the conduit to do that.”

The internship is a 12-week program split into two segments. For the first six weeks, Mundall worked under the head of the mission and ministry department, shadowing and working on leadership projects. During the last six weeks, he shadowed chaplains to learn more about their role.

Mundall graduates in May 2020, and his ultimate goal is to become the head chaplain at a hospital. “Working in one of our Adventist hospitals would be a dream for me,” he said. “I have a burden for our ministry and interacting with people of different faiths who just need someone to love them.”

He explained that his time at Union prepared him for this journey. “The hands-on experience of the nursing program helped me identify the strengths God has given me and discover what I love about caring for people,” he said. “And the opportunities Union gave me to be involved with Campus Ministries changed me. **Pastor Rich [Carlson]** encouraged me—he told me there was nothing I couldn’t do. Union helped me realize that even though God is using my talents for chaplaincy, there’s so much growth that can take place within me. I just have to look at Christ and move forward on His path for my life.”

Lauren Schwarz is a Union College graduate and freelance writer based in Bozeman, Montana.

How to Choose Healthy Foods



For more information about our health and wellness programs, visit AdventHealthKC.com or AdventHealth.com/creation-life.

We face a lot of decisions when it comes to food. What kind of sandwich should I order? What kind of bread? Should I snack on cheese or popcorn?

With all the options available, it can be easy to get overwhelmed. But staying motivated to eat healthy doesn't mean giving up all the foods you love. It's all about moderation, says **Shelly Buehler**, Nutrition Clinic coordinator at AdventHealth Shawnee Mission.

"If we try to choose healthy foods most of the time, an occasional splurge is fine," she says. "It's not about being perfect. It's about finding healthy foods that give us energy to stay healthy and active."

At AdventHealth Shawnee Mission, we focus on whole-person health through the faith-based CREATION Life principles. The "N" stands for Nutrition, which gives us the fuel we need for healthy

bodies and minds.

CREATION Life also includes "C" for Choice. The daily choices we make can help improve our health and well-being. To help make better food choices, Buehler suggests the following tips.

Fill up on vegetables and fruits

According to the USDA's MyPlate guidelines, half of our plate should include fruits and vegetables. Find ways to incorporate fruits and vegetables into each of your meals. Try dicing up peppers to put in your omelet. Add romaine lettuce to your sandwich. If you have picky eaters in the family, try visiting a farmer's market and ask for their help to choose vegetables and fruits.

Choose whole grains

The Dietary Guidelines for Americans recommends that half of the grains you eat each day should come from whole

grains. Look for whole grain foods that have 3 grams of fiber or more per serving. To get more in your diet, swap your white bread for whole wheat bread and try brown rice instead of white rice. Whole grains are also found in oats, quinoa and barley.

Monitor your proteins

When it comes to protein, we need less than many people think. "I talk to patients about keeping serving sizes of meat to a deck of playing cards or the palm of your hand," says Buehler. She recommends choosing leaner meats such as fish, chicken and turkey. If you're looking for a meatless meal, you can get protein from other sources like eggs, legumes, tofu and soy.

Opt for reduced fat dairy

Dairy provides calcium and vitamin D to help keep our bones healthy. When drinking milk, reach for skim

or 1 percent milk over whole. Look for reduced fat options in foods like cottage cheese and string cheese, as well as low fat yogurt.

Include heart healthy fats

Not all fats are created equal—some can benefit your health. "Monounsaturated fats are better than saturated fats because they can help lower bad cholesterol," says Buehler. To get more heart healthy fats, try cooking with olive oil or canola oil. Monounsaturated fats are also found in nuts, seeds, avocados and olives.

Plan your meals

Life gets busy and sometimes it seems easier to eat out rather than cook. Preplanning our meals can help make it easier to cook healthy foods throughout the week. Buehler suggests getting the family together to look online for new recipes and help prepare the meals. "Sometimes we just need new ideas," she says. "And by involving the whole family, we can develop a menu plan that everyone's happy with."

Ann Muder is a writer/editor for AdventHealth Shawnee Mission.

Healing in the Wake of Tragedy

Hospital stands firm after third community school shooting

The STEM school shooting in Highlands Ranch, Colorado, last May was the third school shooting that involved direct transport of victims to Centura Health—Littleton Adventist Hospital, beginning with the Columbine High School massacre just over 20 years ago. This community of caregivers knows firsthand that tragedy can strike unexpectedly, and that a healthy, capable and coordinated team is critical to providing top quality care to patients and their loved ones—whole person care for the mind, body and spirit.

Critical care happens every day in hospitals and the staff at Littleton Adventist Hospital is ready at a moment's notice. The community surrounding the hospital, however, is often not.

Despite living in times where acts of violence are

almost commonplace, it's easy to fall into the comfortable belief that it "won't happen here."

When a shooting takes place in a K-12 school, the entire community surrounding the school goes on lockdown. Several area outpatient clinics were included in that mandate and were called on to create a safe and stable environment during the crisis.

Tracy, an MA at a Highlands Ranch clinic, said she remained calm on May 7 when the first message was received from building management alerting them to a lockdown. "I didn't feel scared or worried. I just felt like I needed to keep order in the clinic with our patients and my fellow coworkers. We did everything we could to keep our people safe and informed," she explained. We honor

and thank Tracy and other staff members for putting the safety and concern of their patients and coworkers first.

The Clinical Mission Integration Team has been working in the outpatient area of Littleton Adventist Hospital for over a year now. CMI specialist **Jacque Bauer** has been working with associates and leadership in the clinics surrounding Littleton Adventist Hospital for several months offering spiritual support to the teams. She has been building relationships with them and being a gift of presence to the associates there as they navigate challenging seasons in their personal and professional lives.

Bauer was immediately made aware of which clinics went on lockdown and made it a point to reach out to them following the shooting. She

spent several hours allowing them to debrief and talk through their experience. Many had friends and family members who were directly affected by the incident.

"I was humbled with their intrinsic loyalty to each other and was honored to pray with them," she said. "I listened to the stories of selflessness by physicians and associates who cared for each other and their patients during the shooting, demonstrating the relevance of spiritual care in our community clinics."

Centura Health's commitment to whole person care means meeting the physical, mental and spiritual needs of not only our patients, but our hard-working, dedicated associates and caregivers as well. Healthy, well cared for teams are one reason Centura Health's hospitals and clinics are so well equipped to provide outstanding care to our patients—care for not only the body, but the mind and spirit as well, care that binds us as a community and is so critical in times of unexpected tragedy and loss.

Wendy Forbes is director of media relations and public relations for Centura Health.

As dusk settles on Littleton Adventist Hospital, the lights serve as a beacon for all who need them.

Courtesy Centura Health



Bachmann, M. Evelyn, b. March 6, 1916 in Lincoln, KS. d. May 24, 2019 in Middletown, OH. Member of Bismarck (ND) Church. Preceded in death by husband Willie; 1 sister. Survivors include children Clayton, Myrna Vert, and Sharon Frey; 6 grandchildren; 12 great-grandchildren.

Beierle, Harold E., b. Jan. 21, 1934 in Hudson, CO. d. May 10, 2019 in Brighton, CO. Member of Brighton Church. Preceded in death by 2 brothers. Survivors include wife Joyce Ring; daughters Cheryl Brandon and Kim Sievert; sons Lonnie and Glen; 1 sister; 1 brother; 5 grandchildren; 6 great-grandchildren.

Cline, Marlyn F., b. Aug. 14, 1937 in Wichita, KS. d. May 29, 2019 in Montrose, CO. Member of Montrose Church. Survivors include wife Geraldine Engstrom; sons Jeffrey and Jon; daughter Jill; 12 grandchildren; 4 great-granddaughters.

Craft, Esther Mae, b. May 26, 1926. d. Feb. 4, 2019. Member of True Life Community (CO) Church. Survivors include sons Kevin and Kent.

Fridge, Rosemarie Garnet, b. Oct. 14, 1927 near Merriman, NE. d. May 9, 2019. Member of Twin Peaks (CO) Church. Preceded in death by husband Richard, Sr.; 4 brothers. Survivors include daughters Renee McKey and Roberta Dillon; sons Richard, Roger, Ronald, and Randy; 11 grandchildren; 13 great-grandchildren.

Gallen, Smehl K., b. Feb. 14, 1951 in Pohnpei, Federated States of Micronesia. d. Jan. 30, 2019 in Omaha, NE. Survivors include wife Kedin; daughter Thelma Gallen-Makaya; sons Kevin and Jim; 6 grandchildren.

Greenland, Mary J., b. Jan. 13, 1952 in Loup County, NE. d. Aug. 23, 2018 in Lincoln, NE. Member of College View (NE) Church. Preceded in death by 1 brother; 1 sister. Survivors include sister-in-law Jan; friend Joann M. Herrington.

Harmon, Newell Albert Jr., b. Aug. 14, 1929. d. Sept. 16, 2018. Member of True Life Community (CO) Church.

Hickman, Patricia Merlene, b. Aug. 28, 1937 in Wellington, KS. d. Feb. 17, 2019 in Cañon City, CO. Member of Colorado Springs South (CO) Church. Preceded in death by son John R. Purcell. Survivors include husband Kenneth; son Terry Dale Purcell; 1 grandson.

Kabrick, Ralph A., b. May 5, 1947 in Spencer, IA. d. May 22, 2019 in Spencer, IA. Member of Spencer Church. Survivors include 1 sister.

Kasino, Anna B., b. Feb. 27, 1933 in Texas. d. June 1, 2019 in Springfield, MO. Member of Nixa (MO) Church. Survivors include children Raymond, Vicki, and Terry; 1 brother; 9 grandchildren; 16 great-grandchildren.

Keller, Twila Colburn, b. Oct. 23, 1928 in Colorado Springs, CO. d. May 10, 2019 in Pueblo, CO. Member of Colorado Springs Central Church. Preceded in death by first husband Kenneth L.; second husband Henry. Survivors include daughters Lynne Schwab and Judy Wilson; sons Leon and Harold; 2 siblings; 6 grandsons; 7 great-grandchildren.

Lauterbach, Dennis Ray Sr., b. Jan. 9, 1946 in Sumner, IA. d. May 24, 2019 in Tex-

as. Survivors include wife Shirley; children Denise Solts and Dennis Jr.; 4 siblings; 10 grandchildren.

Lukert, Doris J., b. Sept 4, 1932 in Kingsport, TN. d. May 29, 2019 in Newton, IA. Member of Newton Church. Preceded in death by husband Richard.

Miller, Dale, b. March 3, 1927 in Manfred, ND. d. May 29, 2019 in Harvey, ND. Member of Manfred Church. Preceded in death by 3 sisters; 1 brother. Survivors include wife Darlene; children Denise Weikum, Lynn Dale; 4 grandchildren; 1 great-grandchild.

Palmer, Ronald L., b. April 3, 1942 in Lincoln, NE. d. June 22, 2019 in Syracuse, NE. Member of Nebraska City (NE) Church. Preceded in death by first wife Joyce; infant son; 1 brother. Survivors include wife Karen; 1 brother; children Mike Sellers, Ken Scurto, Annette Block, Keith Scurto, Jim Scurto, and Loretta Teixeira; many grandchildren; many great-grandchildren.

Peters, Eddie C., b. March 8, 1936 in Van Buren, AR. d. May 11, 2019 in Houston, MO. Member of Houston Church. Preceded in death by wife Wanda; 2 sisters. Survivors include daughter Pamela Kell; son Michael; 2 siblings; 4 grandchildren. Served in U.S. Army.

Rice, Pete E., b. May 22, 1929 in Savannah, MO. d. May 24, 2019. Member of Three Angels (MO) Church. Preceded in death by wife Rachel; 3 siblings. Survivors include daughter Cindy Felix; son Stanley; 3 siblings; 5 grandchildren; 10 great-grandchildren.

Shields, Betty J., b. June 7, 1927 in Horton, KS. d. April 27, 2019 in Littleton, CO. Member of Sidney (NE) Church. Survivors include husband Harland; daughters Harla Shields Knapp and Deborrah Matthews Jackson; 3 grandchildren; 7 great-grandchildren.

Wahlen, Gregory Allen, b. May 18, 1947 in Benson, MN. d. Nov. 23, 2018 in Lincoln, NE. Member of College View (NE) Church. Survivors include wife Peggy; daughter Amy Finch; son Brien. Served as a pastor, teacher, counselor, and men's dean throughout the North American Division.

Wampler, William D., b. May 16, 1929 in Harrisonburg, VA. d. Jan. 22, 2019 in Chattanooga, TN. Survivors include wife Betty; daughter Debbie Haas; sons Jim and Gary; 5 grandchildren. Former president of the Iowa-Missouri Conference.

Wren, Ira Leroy, b. Jan. 28, 1929 in Arvada, CO. d. March 11, 2018 in Lakewood, CO. Member of True Life Community (CO) Church. Survivors include wife Marilyn; sons Timothy, William, and Lonnie; 4 grandchildren; 1 great-grandson.

Yeager, Gary, b. Oct. 14, 1945. d. June 19, 2019 in St. Helena, CA. Member of Brighton (CO) Church. Survivors include sons Mike and Marc; 3 sisters; 2 grandsons.

SERVICES

Black Hills Health & Education Center: Are your health challenges interfering with your life goals? Worried that you won't be there to walk your daughter down the aisle? Play with your grandkids? Dive deep in the blue waters of the Caribbean after retirement? If your bucket list has been reduced to getting up in the morning, why not come to the quiet, serene healing beauty of the Black Hills Health & Education Center and discover the Pathway to Wellness. We'd love to help you expand your list! Life's too short to miss it. Call today at 605.255.4101. www.bhhec.org.

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FOR SALE: House in Maricopa, AZ. 3 bed, 2 bath, 1,800 sq. ft. Located on corner lot with grapefruit, orange, and lemon trees. House is fully furnished with linens, kitchen items, furniture, and three TVs. Also includes outdoor grill, fire pit, heater, and two outside tables and chairs. \$199,995. For more information, contact Ron Biloff, 402.430.6707 or email vrbiloff@gmail.com.

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Stallant Health: OB-GYN, Pediatrician, Nurse Practitioner and Physician's Assistant needed for Adventist owned/operated Rural Health Clinic on the campus of Weimar Institute at Weimar, California. Competitive pay. Call Dr. Randall Steffens at: 615.604.0142.

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Walla Walla University is hiring! To see the list of available positions, go to jobs.wallawalla.edu.

tion conference (Jan. 14-18) High Springs, Florida. Since 2013 AdAgrA encourages, supports and mentors those who wish to follow God's agriculture plan. Great information and inspiration for how and why Adventists need to be in the garden. Registration and info: www.adventistag.org.

GYC Southeast—The Wife of Jesus: Wedding of an Eternity. Join young people from across the Southeast region Oct. 9-12 as we study the end-time church. Dean Cullinane will be the main speaker, with other great breakout session speakers. Location: campus of Southern Adventist University in Collegedale, Tennessee. Details and registration: www.gycse.org.

Oak Park Academy Alumni Weekend Oct. 11 and 12, 2019. All alumni, former faculty and staff are invited. 2019 honor classes are: 1937, 1942, 1947, 1952, 1957, 1962, 1967, 1972, 1977. Location: Gates Hall, 825 15th St., Nevada, IA. Plan to attend. For more information: Allayne Petersen Martsching, 402.312.7368 or email: allaynemartsching@gmail.com.

Plainview Adventist Academy/Sheyenne River Academy/Dakota Adventist Academy Alumni Weekend, Oct. 4-5, 2019 at Dakota Adventist Academy, 15905 Sheyenne Circle, Bismarck, ND. Come and renew your friendships. Honor Classes: '45, '50, '55, '60, '65, '70, '80, '90, '95, '00, '05, '10, '15. Call 701.751.6177 x210 or visit www.dakotaadventistacademy.org for more information.

Farmers & Gardeners: (AdAgrA's) 6th annual Adventist Agriculture Associa-

SEPTEMBER 2019

SUNSET CALENDAR	COLORADO	Sept 6	Sept 13	Sept 20	Sept 27
	Denver	7:23	7:12	7:01	6:49
	Grand Junction	7:37	7:26	7:15	7:03
	Pueblo	7:21	7:10	6:59	6:48
	IOWA				
	Davenport	7:27	7:15	7:03	6:51
	Des Moines	7:40	7:28	7:15	7:03
	Sioux City	7:51	7:39	7:27	7:14
	KANSAS				
	Dodge City	8:02	7:51	7:40	7:30
Goodland	7:10	6:59	6:47	6:36	
Topeka	7:46	7:35	7:23	7:12	
MINNESOTA					
Duluth	7:38	7:24	7:10	6:56	
International Falls	7:46	7:31	7:16	7:01	
Minneapolis	7:41	7:28	7:15	7:01	
MISSOURI					
Columbia	7:32	7:21	7:09	6:58	
Kansas City	7:41	7:30	7:19	7:07	
St. Louis	7:24	7:13	7:01	6:50	
NEBRASKA					
Lincoln	7:51	7:39	7:27	7:16	
North Platte	8:08	7:56	7:44	7:32	
Scottsbluff	7:20	7:08	6:56	6:43	
NORTH DAKOTA					
Bismarck	8:13	7:59	7:45	7:31	
Fargo	7:57	7:43	7:29	7:15	
Williston	8:26	8:11	7:57	7:42	
SOUTH DAKOTA					
Pierre	8:09	7:56	7:43	7:30	
Rapid City	7:20	7:07	6:54	6:41	
Sioux Falls	7:54	7:41	7:28	7:15	
WYOMING					
Casper	7:31	7:19	7:06	6:54	
Cheyenne	7:24	7:12	7:00	6:48	
Sheridan	7:36	7:23	7:09	6:56	

TRAVEL

ISRAEL TOUR WITH PASTOR JIM GILLEY AND FRIENDS. Nov. 17-25, 2019. \$3,295. Includes air, breakfast and dinner buffets daily, all tips and taxes. From New York, Chicago or Los Angeles. Other departure cities available. Call Maranatha Tours at 602.788.8864.

EVENTS

ALL ARE INVITED TO WORSHIP WITH US: Pastor Stephen Bohr, a long-respected member of the Adventist Church, will be speaking at the Sedalia Adventist Church Friday night, Saturday, and Sunday, Oct. 18-20. He will be addressing difficult issues within the church as well as encouraging unity and revival within our ranks. Please join us Sabbath for a blessed fellowship and a healthy potluck.



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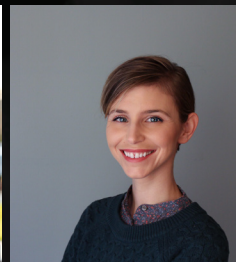
Speakers



Tiago Arrais



J Harold Alomia



Kessia Reyne Bennett



Deneil Clarke



Lilianne Doukhan



Adriana Perera



Mic Henton



Marcus Larivaux



Devon Howard



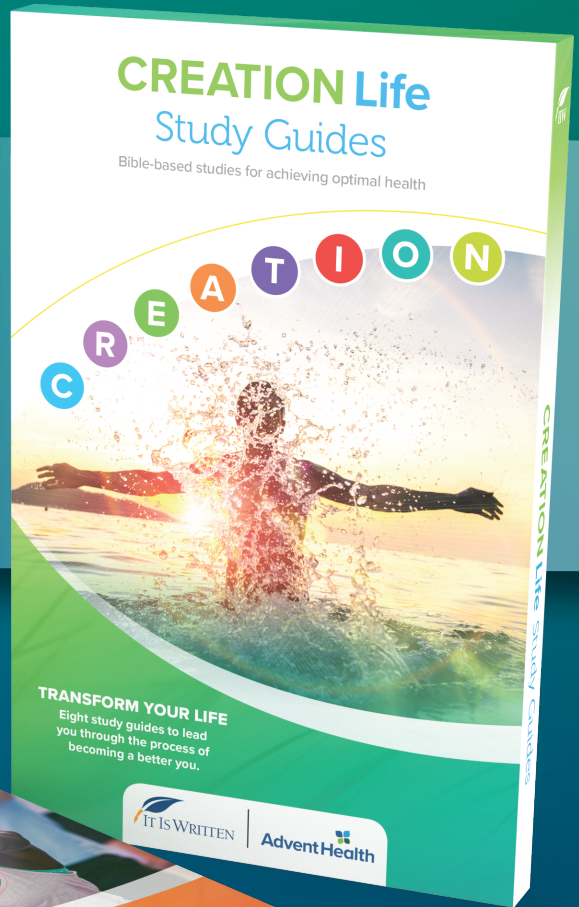
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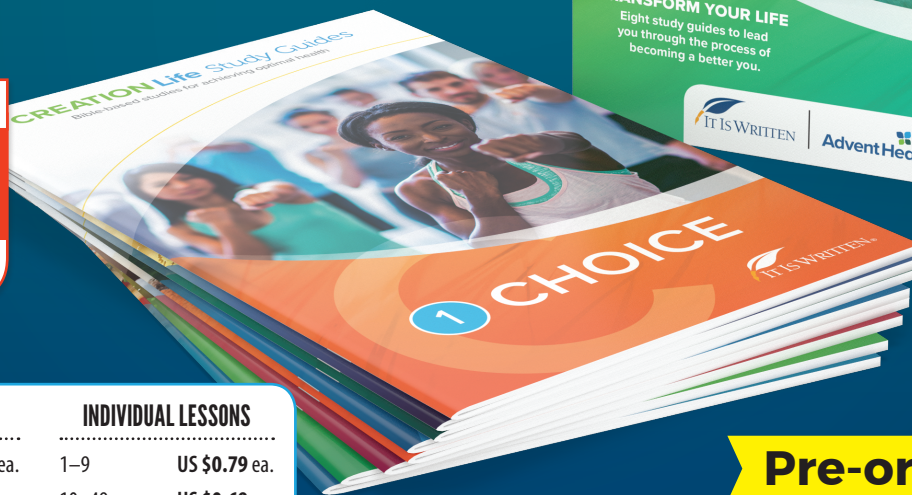
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