

MID-AMERICA SEVENTH-DAY ADVENTIST NEWS & INSPIRATION

OUTLOOK

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CELEBRATING
THE GIFT OF
HEALTH



Driving

One Woman's Health Journey

P. 4

OCT 2021



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“After wasting years yo-yoing through different diets and spending hundreds of dollars on products and memberships, what is the most important thing I have learned about health?” —p. 6




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GRACIOUS SAKES ALIVE!

Promoting good health has always been important to Seventh-day Adventists as part of our emphasis on abundant living in Christ. Unfortunately, however, it is not uncommon to hear of conflicts in churches related to health. Many of these revolve around dietary preferences, Ellen White quotes (sometimes used out of context) and various interpretations of clinical findings.

Perhaps you have heard the colloquial expression “gracious sakes alive” which dates from the 1700s and alludes to the goodness and grace of God. Could this quaint saying help us remember that health ministry should always exist in an environment of grace and thankfulness to God who gives us life? Could it also help us remember to be patient with ourselves and others as we journey together on the path of wholesome living?

Indeed, could being gracious help us focus on always being encouraging instead of always being right? Then we could truly celebrate together the amazing and sacred gifts from the hand of God that sustain life on earth.



BRENDA DICKERSON
editor



ON THE COVER

Jeanine Qualls is a health educator who attends the Gladstone Adventist Church in Kansas City, Missouri.

More on p. 4
Photo by Jake Messer

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Thriving

One Woman's Health Journey

"Wherefore, it shall come to pass, if ye harken to these judgments and keep and do them ... the Lord will take away from thee all sickness and will put none of the evil diseases of Egypt which thou knows upon thee" (Deut.7:12-15).

It was not until I was introduced to the eight principles of the Adventist health message (trust in God, sunshine, fresh air, nutrition, exercise, temperance, and rest) that the above text became alive to me.

◆ How it all began

When I was 16 years old my mother bought me a fitness membership along with hers. I went to the fitness center in the evenings with her and started watching the ladies do their workout routines.

At age 20 I had a mentor who was a certified aerobics instructor and personal trainer. She helped me gain instructor certifications to teach water aerobics, step, high/low impact, interval training and cycle classes.

Later I decided to enter a bodybuilding contest. I hired a personal trainer, worked very hard and placed in two competitions. This encouraged me to

want to become a personal trainer and help individuals meet their fitness goals.

I studied for personal training certification and turned my garage and basement into a small but successful training facility. I was not a Christian at this time, but the Holy Spirit started drawing me to have a relationship with God.

When I accepted His call and surrendered my life to God, I cut back on training to spend time in prayer and really getting to know God.

◆ Knowledge is power

I continued consulting with a few clients, established my relationship with God, and eventually became a Seventh-day Adventist. However, all I knew about the health message was that most Adventists were vegetarians.

I had become a vegetarian after reading a book I inherited from my mom by Jethro Kloss called *Back To Eden*.

I stayed up half the night reading this inspiring book and gained so much new knowledge about disease and natural remedies, along with proper nutrition.

The next day I went to the health food store and purchased foods I had never heard of before that were healing to the body. It was a joy trying new recipes and discovering how tasteful fruits, nuts, seeds, grains and vegetables really are. My entire refrigerator had a makeover.

The vegetarian lifestyle was very different from what I had been taught during my years in the fitness industry. At that time I was not aware of the damage and disease that eating so much protein from animal sources can bring to the body, or how it causes the body to maintain fat and clog the arteries.

Then I went on an intense detox program to cleanse my system of the toxic buildup from substances

I had consumed that were contrary to God's way of eating, including sugary, salty processed foods.

It was a challenge making the necessary changes. But after I reset my system, I knew I would not go back to my former dietary habits. God, in His greatness, gave me strength to make changes and the desire to want to follow His ways and not mine.

◆ My new life: a plant-based diet

At one point I was going through a very troublesome and stressful marriage. My husband had been sick and was on lots of medications. Somewhere in his life he had opened the door to satanic influences and the daily spiritual warfare in my home life was emotionally exhausting and hurtful. I was still physically healthy, by God's grace, but spiritually and emotionally I was in distress due to the things that were going on.

An elder at our church recommended that I take my husband to A Pattern Health Retreat, a clinic in Missouri. I contacted the clinic and scheduled an appointment. At the time I was just trying to survive; I was not seeking help for myself. Yet God in His infinite power is so awesome. He always knows when and where to lead us just at the right time. As I look back, I can see that if I had not gone to the lifestyle clinic, I probably would have had a nervous breakdown.

At the clinic I met with the doctor and finally confessed that I was having spiritual and emotional problems and had also gained weight. I told the doctor that I wanted to be in the best physical condition possible to serve God to the fullest. The doctor showed me through Scripture and some of Ellen White's writings the eight principles of health and taught me more about the plant-based lifestyle.

I really appreciated the help and was determined to follow the laws of health. I started walking outside every morning getting fresh air. I cut out dairy and started eating only fruit, nuts, grains, seeds and vegetables. As I began implementing these lifestyle changes, my spirit started to be revived again.

I found myself less worried and stressed due to the problems in the home. I was focused on trusting in God, which to me is the number one law of health. My mind was clearer and I could awaken with thoughts of joy again.

I would immediately pray in the morning, then go on

my one hour walk in the quietness. This was a very spiritual time for me; it was just me and God. I could give all my perplexities to Him and rest in His presence throughout the day.

Finally, I was getting back on track in my life and becoming spiritually rejuvenated. I believe in my heart that God strategically led me to go to the lifestyle clinic in an effort to save me from falling apart emotionally, spiritually and eventually physically.* The health message truly is a spiritual rejuvenation!

◆ From surviving to thriving

Since that time I have been able to speak at several churches and educate others

regarding the principles of health. I hold a natural remedies certification as well, and have been in self-study for over three years regarding healing through natural remedies.

I am an African American, 50 years of age. I continue to implement the eight laws of health in my life and am blessed to not be on any drug medications and in my ideal weight range. I still offer personal training consultation, lead walking classes and assist individuals with disease prevention through natural remedies. 0

**Read the powerful story of Jeanine's escape, transition and healing process at outlookmag.org/transformation2*



Jeanine Qualls

Thrive In Health



Jeanine would love to assist you in thriving in health, not just surviving.

She focuses on helping make necessary lifestyle changes through education, time management techniques, reorganizing kitchen space, creating shopping lists and much more.

Jeanine is also connected with a network of additional experts for referrals, if needed.

Visit Jeanine on her **YouTube health page (Jenny Qualls Thrive)** or email her at **quallsjeanine@yahoo.com** if you are interested in fitness training, weight loss, natural remedies or skincare consulting.

helpministryprayer.com

Thank God I'm Alive!

One day not long ago

I was safely riding along the interstate with my husband behind the wheel of our car.

While scrolling through my Facebook newsfeed, I clicked on an article about medical trauma.

Suddenly, even though it had been 10 months since my emergency room visits, my chest tightened and my breathing quickened. I felt like I was back at the hospital in my hometown.



Rachel Ashworth always fights to rehab her body and come back stronger.

I'd gone in for severe and persistent pain after my mom insisted something was wrong. Twenty days of intermittent abdominal pain had turned into sleepless nights of tossing and turning and groaning in agony. But the ER doctor told me there was nothing she could do and walked out of the room, while I sobbed after her. That was my moment of medical trauma—the feeling of utter hopelessness and despair that I kept reliving.

The next day my husband and I went to another ER at another hospital. That's where I got the scan I needed, which prompted a surgeon to put me on an emergency surgery list. Four days later I came home realizing I had almost died. It was all I could think about—and still is sometimes.

The general surgeon who removed my appendix put

me on that emergency surgery list because my appendix appeared three times the size it should have been. When he got inside with his tools, he realized that my appendix was inflamed, for sure, but everything was not as it seemed on the scan.

Later he told me that most likely 15 days prior to my surgery my appendix had ruptured. But instead of making me dangerously ill, my bowel had wrapped itself around and around the appendix, covering the rupture and likely saving my life.

So not only did this surgeon need to perform an appendectomy, but he had to gently remove the tender tissue of the bowel from where it was fused to the appendix. Then he had to inspect it and clean any infection from it, and place it all back together and close it up with some nice surgical glue.

This guy saved my life! But first, God was saving my life every day since my appendix ruptured, and before that when it became inflamed, and even before that when He put me on a path to health so many years ago.

A bleak and challenging journey

When my appendix ruptured last fall in the middle of a global pandemic, I was on my 50th day of a 75-day “mental toughness” challenge. During those first 50 days I established lots of healthy habits and learned many things about myself. I began walking and was blazing through the Old Testament with an audio Bible. I lost 13 pounds and had progress photos to prove it. I was doing well. I was healthy!

The truth is, though, I was never as healthy as I thought—even when I was feeling my best. My relationship to health has not been a lover’s walk in the park. It has been an uphill climb all the way.

Nine years ago in a doctor’s office at a public clinic a man not much older than me said I wouldn’t lose weight because obesity was “genetic.” Then six years ago, just before my 29th birthday, I was diagnosed as being “pre-diabetic.” After years of working hard, the weight still comes off very slowly.

In addition, I’ve had injury after injury (ankle, hamstring, shoulder) and multiple surgeries—some emergency,

some planned. I experienced all these things and more... and yet many of my friends and family consider me the healthy one because I always fought to rehab my body and came back stronger.

Lessons I’ve learned along the way

God doesn’t promise perfect health; He promises us Himself. Even when the sinful diseases of this planet try to kill us, God still gives us abundant life in Himself.

Remember that Genesis 2:7 says, “And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.” When we’re overweight, we’re still living beings walking around Planet Earth with God’s breath in our lungs.

David says in Psalm 139:13-14, “For You formed my

inward parts; You covered me in my mother’s womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well.”

When I was focused on outward affirmations, God worked among my inward parts. When I worried over my reflection in the mirror, the mirror image of God Himself was miraculously saving me. When the ER doctor at the second hospital saved my life after the first doctor sent me away, God knew what was happening... and He was working.

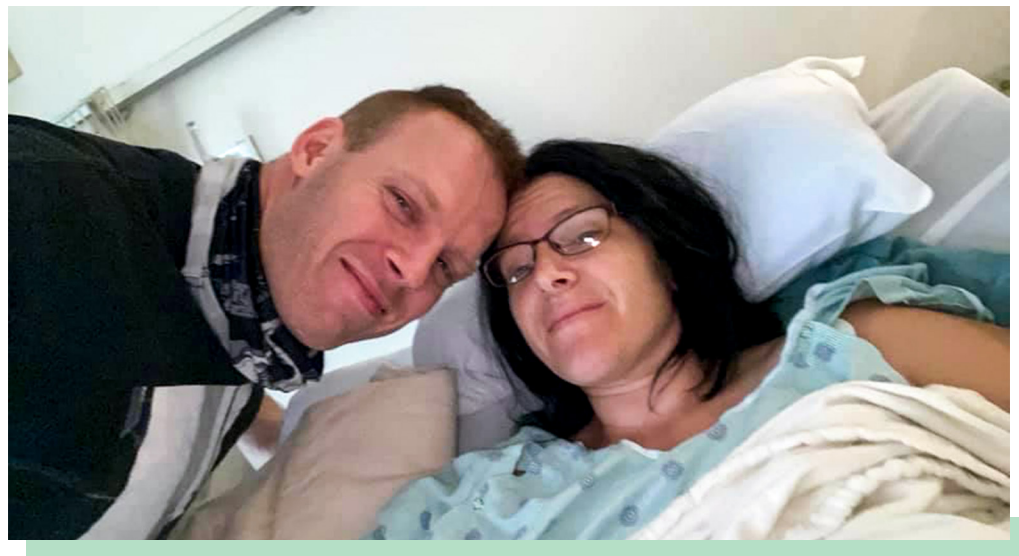
We live in a world filled with noise about health from all kinds of “experts.” Magazines tell us what size we should be and what we should wear. TV commercials tell us which products we should buy to make us attractive and healthy. On street corners and billboards we see

ads for pre-workout and hormone-balancing drink mixes. We have the World Wide Web, social media influencers and podcasters. We even have Veja-links and our own “health message.” Every tool is at our disposal to gain information on mental, physical and relational health.

Yet we often feel poorly and can’t hear the Maker remaking our inward parts.

After wasting years yo-yoing through different diets and spending hundreds of dollars on products and memberships, what is the most important thing I have learned about health? God is the one in charge of my heart and my health, and I need to listen to Him. That means removing anything that may interfere with hearing His voice. **0**

Rachel Ashworth is a volunteer blogger for OUTLOOK. Read more at outlookmag.org/author/rachelashworth.



Morrel Ashworth (left) travels the medical trauma journey with his wife Rachel.

Celebrating *the Gift of Health*

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth (3 John 1:2).

There are many facets to maintaining health, and much is based on having a healthy immune system. God gave us this miraculous mechanism called our immune system and it is obvious, now more than ever, how our immune system plays a critical role in our health. Much like our guardian angels and the Holy Spirit, our immune system silently functions every minute of the day, works to improve our lives, and oftentimes goes unnoticed or underappreciated.

Though our immune system is an involuntary response in our bodies, we can do our best to assist it in accomplishing the important task of warding off illnesses.

Supporting your immune system

Nutrition plays a key role in supporting our immune system. Foods containing high levels of vitamins A, C, and E as well as minerals iron and zinc all can play a vital role in supporting our immune system. Citrus fruits contain an abundance of vitamin C. Grapefruit, oranges, lemons, limes and clementines all contain vitamin C. Vitamin C is not stored in the body, therefore it is important to eat a citrus fruit or vitamin C containing food every day.

However, it is not enough to eat “healthy” when we are ill or take a vitamin C tablet when we are feeling under the weather. We must always be at work living a healthy lifestyle to glorify God with our bodies for which He paid the ultimate price.

Therefore, we need to pay attention to each of the eight natural, universal principles of wellness:

Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust in Divine Power (the NEWSTART plan). These same principles are expressed in CREATION Health (Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, Nutrition). For more information see creation-health.com and newstart.com.

I believe these are all great tools we can learn about and use to not only improve our immune system but delay many common illnesses that are plaguing our world today.

I'll leave you with a quote from Ellen White in her book *Counsels on Diet and Foods* which puts all this into perspective. After reading this quote please go wash your hands, pray, and do all you can to glorify our Savior with your body.

“Many have expected that God would keep them from sickness merely because they have asked Him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if His name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health (*Counsels on Diet and Foods*, 26). 0

20 Ways to Improve Your Health

As we think about the principles of good health, we know there are specific things we choose to do consistently (habits) that will impact both the quality and quantity of our lives. Sometimes we may want to set giant life-changing goals. But for most people, large goals can be difficult to stick with over time. I suggest making small changes to improve your health. Here is a list of 20 practical, "doable" ways to improve your health.

1. Drink more water daily
2. Reach 10,000 steps each day
3. Eat 3-5 servings of fruit each day
4. Maintain the same sleep schedule every day, getting 6 hours or more
5. Exercise 150 minutes each week
6. Spend more time reading
7. Visit the dentist at least twice a year
8. Spend time outside daily
9. Read Scripture daily
10. Start a prayer journal
11. Eat 3-5 servings of vegetables each day
12. Reduce screen time
13. Volunteer at your church
14. Make more time for friends and family
15. Wash your hands often
16. When eating grains make at least half of them whole grains
17. Cook at home for most meals
18. Maintain a personal budget
19. Eat more whole foods rather than processed foods
20. Remember the seventh day, to keep it holy

Welcome Autumn with Lentil Sweet Potato Chili

There are hundreds of varieties of chili in the world and not all of them are spicy. I want to share a chili recipe my family loves. Instead of filling up the chili with meat, our recipe substitutes lentils and sweet potatoes. This chili is wholesome, warming and nutritious. Visit outlookmag.org/warm-up-with-lentil-chili-and-sweet-potatoes for recipe details, including nutritional facts.

Visit outlookmag.org/author/dustinstegen for more delicious plant-based recipes and tips.



DUSTIN STEGEN, OUTLOOK's Health and Wellness volunteer blogger, is a registered dietitian and loves cooking and teaching others about living a healthy lifestyle and eating. He is the founder of Ten Times Better, a nutrition consulting business that focuses on connecting faith and food.





Hugh Davis

mentorship program and spiritual growth on campus.

Electing leadership

Elder Bryant, who chaired the 27-member Nominating Committee, led that group in conducting a thorough review of incumbent evaluations before presenting recommendations to the delegates. The delegates voted by a wide margin to elect **Gary Thurber** to continue serving as president and **Hubert J. Morel Jr.**, to continue serving as vice president of administration. An invitation is being extended to **David VandeVere** to serve as vice president of finance for the coming quinquennium.

Delegates also voted by strong majorities to elect the following officers and departmental directors to a five-year term: Communication, **Brenda Dickerson**; Education, **LouAnn Howard**; Human Resources, **Raylene Jones**; Multi-Language/Hispanic/Disabilities, **Roberto Correa**; Women's Ministries, **Nancy Buxton**. The positions of director for the Church Ministries Department and director for the Ministerial Department (both currently vacant) were referred to the MAUC Executive Committee.

More agenda items

The Constitution and Bylaws Committee brought a number of recommendations to delegates. Most were minor word changes, but an important addition to the bylaws was voted in allowing future virtual

Mid-America Union Delegates Focus on Mission

Delegates to the ninth regular quinquennial Mid-America Union Constituency Session gathered on Sunday, Sept. 12, in the College View Church in Lincoln, Nebraska for the purpose of receiving reports, celebrating mission achievements and voting church business.

The one-day session, themed *Yes, Lord!* brought delegates together in person—represented over 64,000 members in six conferences—to review and discuss the progress of mission in the Seventh-day Adventist Church in the heartland of Mid-America from 2016-2021.

Due to health considerations, attendance was limited to delegates only, which allowed for appropriate social distancing. Masks and hand sanitizers were also provided.

The afternoon began with musical praise presented by Union College students. **Elder G. Alexander Bryant**, president of the North American Division, shared a devotional

thought based on the verses in John chapter 14 that record Jesus' words: "Let not your heart be troubled." Bryant reminded delegates that all our troubles on this earth are temporary, and joy comes from knowing that there is room for everyone in God's house when Jesus wins the war against evil.

Fervent prayers were also offered for the presence and leading of the Holy Spirit.

When the business session opened, a quorum was established with 290 registered delegates present. Voting was conducted by voice when appropriate and also through electronic handheld devices.

MAUC's Religious Liberty counselor **Darrel Huenergardt** and lay member and attorney **Loretta Collins** served as co-parliamentarians. NAD treasurer **Randy Robinson** and NAD vice president of administration **Kyoshin Ahn** were on hand to assist if needed with proceedings, as was Elder **Thomas Lemon**, a vice president of the

General Conference.

Delegates voted to approve the minutes and receive previously shared written and video reports from MAUC administration and departments. These reports (available online* and in the September issue of OUTLOOK magazine) focused on ministry initiatives during the past quinquennium and summarized membership numbers and finances.

The most recent MAUC audit report from 2016-2019 was presented by **JoJean Birth** on behalf of the General Conference Auditing Services. After the vote to accept the report, a motion was made and passed with generous support to express appreciation to **Troy Peoples** and the MAUC treasury team for their diligent work over the past quinquennium.

Dr. Vinita Sauder, president of Union College, also shared a report. Union College is celebrating 130 years of operation, and the highlights of Sauder's report focused on their strong

attendance for Constituency Sessions and Executive Committee meetings.

Following a lively discussion, delegates also approved a proposed change to the union's Constitution and Bylaws regarding the number of individuals serving on the Executive Committee, raising the number from 35 to 38.

At the direction of the Mid-America Union Conference Executive Committee from a vote taken in November 2018 and reaffirmed in April 2021, the agenda for this session included a discussion of pastoral credentialing for both men and women pastors serving in Mid-America territory. The MAUC Executive Committee first voted "to support the ordination of women in pastoral ministry" on March 8, 2012, but no subsequent action was taken during the past nine years.

After a review of the history of this topic presented by Elder Thurber, a recommendation was brought before delegates that included a series of "Whereas" statements explaining the reasoning for the current recommendation (see Notes section).

Thurber explained that if the recommendation was approved it would be entirely up to a local conference as to whether they ask the Union Executive Committee to approve an ordained or commissioned credential for their female pastors to carry. He also clearly stated that because of the vote from the General Conference on this matter, the female pastor's ordination credential would not be recognized by the world church, but would only be valid in

Mid-America territory or any other conference in the NAD that has chosen to ordain its women pastors.

As with any large gathering of members, there were differences of opinion among delegates. An orderly process allowed delegates to voice their comments at microphones placed on the floor, and the discussion proceeded respectfully.

Following the hour-long discussion, 82 percent of delegates voted in favor of the following recommendation: *The Mid-America Union recognizes the right and responsibility of each local conference to prepare and recommend names for ordination, and will consider all recommended persons for ordination as submitted by the respective local conference Executive Committees.*

In his remarks following the vote, Thurber thanked delegates for their participation and expressed appreciation for the gracious spirit in which the discussion took place. "I hope we will keep our arms around each other and when we go from this place, we will send a message to our churches that the Mid-America Union Conference is Seventh-day Adventist to its very core and loves the world church and is thankful to be a part of it," Thurber said.

Thurber also stated that he is grateful for each female pastor in the Mid-America Union. "I hope more than anything today they know how important they are to our mission and that their pastoral leadership is vital to our territory," he added. **O**

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

Notes

Mid-America Union Conference Executive Committee action taken April 22, 2021, and affirmed by delegates on Sept. 12, 2021:

Voted: Whereas the Mid-America Union Conference Executive Committee (MAUCEC) voted on March 8, 2012, to look with favor on the ordination of women to the gospel ministry, and,

Whereas approximately 2/3 of the members of the Seventh-day Adventist Church's Theology of Ordination Study Committee determined that such ordinations are not a biblical issue but rather one of policy, and,

Whereas the MAUCEC affirms the Seventh-day Adventist beliefs that speak of the value and priesthood of all believers, and,

Whereas the MAUCEC affirms that the Holy Spirit is the final arbiter of His own gifts and calling, and,

Whereas the MAUCEC believes that God ordains those whom He calls and that our part is to affirm that ordination, and,

Whereas the MAUCEC wishes to respect the gifting and calling of both men and women for gospel ministry as identified by the fruit of their ministry, and,

Whereas the General Conference and its divisions were established to support and serve union conferences, and union conferences to support and serve local conferences, and local conferences to support and serve local churches, and local churches to support and facilitate the work of ministry by its members,

The Mid-America Union recognizes the right and responsibility of each local conference to prepare and recommend names for ordination, and will consider all recommended persons for ordination as submitted by the respective local conference Executive Committees.

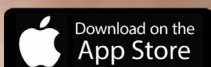
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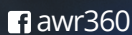
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Mid-Americans Attend ASI in Orlando

A group of Adventists from Mid-America territory were among the crowd of approximately 1,750 registered members and guests who traveled to Orlando, Florida, to attend the Adventist-laymen's Services and Industries International Convention on Aug. 4-7, 2021. Held at the Rosen Shingle Creek Hotel and Convention Center, the event was themed "Three Angels' Messages: Into All the World."

ASI is a membership-based organization of Seventh-day Adventist laypeople. In keeping with their motto of Sharing Christ in the Marketplace, they are business owners, individual professionals and supporting ministries who actively participate in the church's worldwide mission of spreading the gospel of Christ to the world.

In addition to heart-felt congregational singing and well-known Adventist keynote speakers, the convention featured youth classes with **Ben Roy** "The Science Guy" and a Young Professionals Conference on Friday with

three tracks and a variety of workshops themed around Create, Cultivate, Share Christ.

ASI projects and exhibitors

The ASI Missions, Inc. board, chaired by its president **Denzil McNeilus** from Minnesota, selected 28 projects to receive grants from the offering gathered on the final day of the convention, which typically exceeds \$1 million.

Over 150 ministries hosted exhibitions during this year's convention. Exhibitors from Mid-America territory included Black Hills Health & Education Center in South Dakota, Eden Valley Institute of Wellness in Colorado, and HeReturns, a ministry based in Nebraska that supports publishing, health and other church ministries in 14 countries around the globe.

"We love ASI, especially the fellowshiping and networking," said **Karen Phillips** (pictured), cofounder of HeReturns and vp of communication for the Mid-America chapter of ASI. "People

at ASI have a passion for sharing Christ wherever God has placed them—in their own marketplace. We got involved because it gave us a way to promote our ministry and a platform to connect and network."

Karen's husband **John Phillips**, IT manager for the Mid-America chapter, also oversees their TV production ministry and a music ministry under the umbrella of HeReturns.

ASI chapters

Each union within the NAD has a local chapter for ASI. In the Mid-America Union chapter, there are nine officers and five staff. There are 13 members on the board.

Currently, perhaps due to the pandemic, there are just under 50 ASI members in Mid-America. ASI membership is available to any Seventh-day Adventist church member in good standing who operates a business, provides a professional service, or operates a supporting ministry. Non-members are always invited and welcomed to attend events.



Brenda Dickerson

Barbara Taylor, Mid-America vp of logistics and a businesswoman and church planter from Colorado, began attending the ASI conventions 30 years ago. As a past president of Mid-America's ASI chapter, she has been very involved with the organization over the years.

One of the things Taylor loves most about ASI is the active participation. "ASI is an involved organization; it is not just about sitting in the church pews," Taylor said. **0**

Learn more at: asimidamerica.org.

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

MAUC Education Council Meets in Colorado

The Mid-America Union Office of Education hosted their annual summer Education Council in Littleton, Colorado on July 16-20, 2021. The Education Council committee of 35 members encompasses the nine-state Mid-America territory, gathering educators from each conference to represent grades K-12. This includes conference education superintendents,

senior academy principals, principals and teachers from junior academies, elementary schools, and small schools, the North American Division and Union College.

Educators had the opportunity to connect with their peers from other conferences and schools, hear reports, share ideas, and discuss similar issues they face. **LouAnn Howard**, director of education,

and **Gerard Ban**, associate director of education, provided a day of leadership training along with a guest speaker. The agenda also included announcements, calendar items, testing, and other items

required by policy to be voted by this committee. **0**

Barb Engquist is administrative assistant for the MAUC Office of Education and the Communication Department.

Barb Engquist



Debt Free Equals Set Free to Do

Agape Church burns mortgage

Photos courtesy Keith Hackle, Jr.



not to sit still but to press forward,” said **Pastor Keith Hackle, Jr.**, who has had the privilege of pastoring Agape for the past three years. “Similar to the story in Joshua chapter 6, we needed some walls to come tumbling down, and we asked God to bless us as we completed our walk to faith.”

The plan

In consultation with the finance committee and church board, a plan was developed to move to a combined budget. Ministry leaders submitted projections of what they would need to continue to do effective ministry for six months, spending was frozen, and anything outside of monthly bills was directed to eliminating the mortgage. The forecast was that the debt would be eliminated by August 2021. But with the faithfulness of the members and God’s grace, Agape made their final mortgage payment in May 2021!

During the mortgage burning ceremony, **Elder Tonya Anderson**, vice president of finance for the Central States Conference, stated: “This is not just a victory for Agape; it’s a victory for the conference.” These words were echoed by **Elder Roger Bernard**,

Despite the pandemic that caused not only Agape Church but churches around the world to suspend in-person worshipping last year, Pastor Keith Hackle Jr. (right) and Agape members were not deterred from becoming debt free.

The Agape Church in University City, Missouri, became debt-free last May after determining to pay off their mortgage and implementing a practical plan to do so. The dedication of this congregation to their goals and to faithful financial stewardship helped make this dream a reality.

The history

By the end of 1987, the Agape Seventh-day Adventist Church (formerly Park Avenue) was not just operating under a new name, but they were

worshipping in a new building. They’d relocated to a facility in University City, a neighborhood just outside metropolitan St. Louis. In the weeks to come they grew their church choir, enlarged their community services footprint, and experienced a growth in membership due to a focus on evangelism. The initial cost of the building was \$110,000.

Fast forward to 2021. Thirty-four years after relocating, the Agape Church is still located in University City, there’s still work to do in the community, still songs of praise

to be sung, and the church still had a mortgage—an almost \$60,000 mortgage, to be specific. And we can’t neglect to mention the pandemic that caused not just Agape, but churches around the world, to suspend corporate worship gatherings in person and transition to a digital presence.

“The logical thing to do would have been to maintain the status quo, batten down the hatches—as some would say—and just ride out the pandemic. But I kept feeling God was calling us to do something special, to do something different,

Greater Ministry

Jr., president of the Central States Conference, as he gave words of commendation to the members for their faithfulness.

Elder Bernard also thanked **Elder Ben Steele** and the treasury team for their exceptional service—no late remittances in over 34 years—and Pastor Hackle for his vision and leadership. At one point, Elder Bernard asked all the members who were there when the building was purchased to raise their hands. The numbers were few, but their presence symbolized

endurance in pursuit of a goal that has finally been achieved.

The victory

The mortgage burning celebration extended over a weekend. **Elder Cryston Josiah**, former pastor of Agape and now vice president of administration for the Central States Conference, gave a charge on Friday night for the members to remember the call to evangelize their community. He also played the piano during a time of praise and

worship on Sabbath.

Elder Maurice Valentine, also a former pastor of Agape and now North American Division vice president for Media Ministries, congratulated the church family and challenged them to plant a new church in the St. Louis area. There was a baby dedication, Father’s Day recognition and a fellowship lunch at a nearby school with which Agape is in the process of developing a partnership to provide financial coaching for parents.

“Today is extra special,” Pastor Hackle stated as he stood before the congregation. “Today we celebrate being debt free. Today

we take the next step in making sure we never have to argue about where we will get the money to do ministry and we just get to focus on what ministry God has called us to do. Today is also Juneteenth—a day commemorating the emancipation of enslaved African Americans—which, as of this week, is the newest Federal holiday. This is surely a high Sabbath! Praise God for the great things He has done, and let us boldly walk into what He is going to do for us and through us in the future!”

Information provided by Pastor Keith Hackle, Jr.



During the mortgage burning ceremony, Elder Tonya Anderson, vp of finance for the Central States Conference (center, speaking), stated, “This is not just a victory for Agape; it’s a victory for the conference.”



Watertown Food Pantry Thriving, Meeting Many Needs

Mark Piotrowski



In 2002, shortly after the Watertown Church moved into our new church building, the board agreed to have a food pantry in a room that

had been used as a choir room by the previous church. We got our food for the pantry from Feeding South Dakota in Sioux Falls, and for many years (to save delivery costs) we drove there to get the products.

Jan Rickard, Watertown Church food pantry director, oversees the distribution of food to an average of 200 individuals per month.

The first couple years the pantry was open once a week until we realized we could no longer keep up with the costs of providing the food items. We tried doing it twice

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a month, and then once a month, but it was still a struggle financially. So for a while we discontinued being open to the public and only had food available to our church family and others whom our members brought to the pantry. During that time we only picked up food every two or three months.

Eventually we learned that Feeding South Dakota had decided to deliver to pantries with a set delivery cost that was much less than it had previously been. So we decided once again try having a monthly pantry day and a

monthly delivery. That has been the case for many years now, and our clientele has grown significantly during that time.

While we do have a donations box in our pantry, we do not require or encourage any donations. Some people who come make donations and some have nothing to donate. Our church family is always generous in helping support our pantry. In addition, a few years ago our board voted to have our pantry ministry receive a percentage of our church budget, and this has been

very helpful.

The donations our pantry received last year from the North American Division were a tremendous blessing, and we were able to help many more people in a significant way. We have recently begun having our pantry open two days a month, with one of the times later in the day so those working regular hours can have opportunity to come to the pantry.

We generally serve 70-90 families each month, with a total average of approximately 200 individuals. We feel blessed to be able to help

many who are struggling, and we try to be aware of ways we can encourage them spiritually as well. We have had occasions where we have been able to pray with someone who seemed to be going through a rough time. We pray that the Lord continues to use us to bless others, and that we are always open to His leading. We want to be His hands and feet in any way He chooses.

Jan Rickard is food pantry director for the Watertown Church in South Dakota.

DAA Students Enjoy Camp Week

For Dakota Adventist Academy students and staff, camp week is a time of bonding and getting to know each other outside

the classroom. It is a time filled with laughter and joy that is punctuated by evening worship that opens our hearts and minds to the

love of Jesus. Camp week means simple fun, enjoying great company and a relaxed atmosphere.

Here are some comments from students who participated in this year's camp week held Aug. 22-25 at Northern Lights Camp in Bottineau, North Dakota.

"It is so much fun to start the school year out getting to know everyone better at camp week."

—**Tori** (freshman)

"Capture the flag is such a fun game, especially in

the dark when it is more challenging."

—**Hannah** (freshman)

"Capture the flag was the best."

—**Jeremiah** (sophomore)

"It is great to see a different side of our teachers."

—**Halie** (senior)

"Tubing was my favorite part of camp because **Mr. P.** was driving."

—**Daniel** (sophomore)

"Learning to slalom was my favorite part of camp week."

—**Wylee** (senior)

We are blessed that we can fellowship as a school in this way. Please keep our school and students in your prayers throughout this year and come join us for worship on Sabbaths!

Tracy Peterson is the recruiter and horse barn manager at Dakota Adventist Academy.

Tracy Peterson



Zak Adams



If you would like to receive the DAA school newsletter, email Tracy at tracyjo.peterson@mydaa.org.

God Takes Care of What Is His

Aadesh Biswa reflects on how God has led in his life

Courtesy Aadesh Biswa



Aaadesh Biswa was born in a refugee camp in Nepal. At 13, Biswa and his family immigrated to Kansas City, Missouri.

Biswa soon began school in the U.S. where he felt the need to quickly learn English. He spent hours studying the language. His hard work paid off as he was accepted into a summer science program at the University of Kansas. While there, he enjoyed the academic focus and living in the dorm.

Education struggles

One day, after his summer session ended, Biswa went to his cousin's house and overheard his uncle, who was a representative to the Nepalese community, talking with two men.

They were discussing an academy where students would learn and live in dorms, just as Biswa had done during his summer

Aadesh Biswa became a spiritual leader through a series of events that led him closer to God.

course. The men asked Biswa's uncle if his son, Biswa's cousin, would attend the school, Sunnysdale Adventist Academy. His uncle said no.

"I don't know why," Biswa later explained. "This is the most disrespectful thing in our culture, but I interrupted them. I said, 'I'll go.'"

Biswa convinced two friends and his cousin to go with him. The group found SAA's courses challenging and struggled to keep up with their classmates. After only one week, Biswa's cousin left. Later Biswa's friends left, leaving Biswa at SAA alone. Biswa stayed for one semester, then he too left.

"When I came back home, to the high school that I was going to I felt like I was back in a dumpster compared to what I had just experienced," Biswa confessed.

Youth ministries

After Biswa left SAA, he felt impressed by God to start a youth ministry in Kansas City. He met with his evangelical pastor and told him he

desired more youth involvement in the church. His pastor quickly dismissed the idea and Biswa felt unsure how he could accomplish what he felt called by God to do.

Toward the end of his sophomore year, **Anna Coridan** drove Biswa to visit friends at SAA. During the drive Coridan revealed that she felt called by God to start a youth group in Kansas City.

"I told her, 'Anna, you're not going to believe this,'" Biswa said. "So, I showed her what I'd been working on for months and she was like, 'Let's do it.'"

Biswa and Coridan started a group where youth would play at the park and then meet in Coridan's apartment to pray and have Bible studies. The group slowly grew to include more people and was eventually named NC4Y (New Change for Youth).

Later, the Coridan family invited Biswa to attend a Revelation seminar by **John Bradshaw**. Every night there was an appeal to be baptized.

"I remember being convicted every time Pastor Bradshaw would make an appeal," Biswa recalled. "My whole body was trying to move forward, but my brain was like, 'No.'"

Biswa did not go forward during the meetings, but he continued to hunger spiritually and decided to work as a magabooker.

Biswa experienced spiritual growth in the company of other young people who were on fire for God. He felt called to return to SAA for his final year of high school. However, Biswa found himself in a difficult situation. The year prior he was awarded a \$50,000 scholarship to any college, if he attended the same public high school he was enrolled in his junior year.

When Biswa told his mom he would rather attend SAA than keep the scholarship, she strongly discouraged Biswa from returning. However, he decided to follow God's calling.

Second chances

Upon graduation from SAA, Biswa attended community college but later dropped out so he could work to help his family pay bills.

During this time, Iowa-Missouri Conference ministerial director **Lee Rochholz** came to Biswa's house and offered Biswa the opportunity to attend SALT, an evangelism training program at Southern Adventist University. Rochholz explained that Biswa would return to the conference as a Bible worker. Biswa was shocked—this was exactly what he wanted, an opportunity to work for God and further his education.

"I knew this was an answer

Adventist Community Services Center Acts as Main Food Bank for Daviess County, Missouri

to prayer,” Biswa said.

At SALT, Biswa felt the genuine call for affirming his faith through baptism and was baptized by John Bradshaw. While he had silenced the voice years before to answer Bradshaw’s call for baptism, God gave Biswa a second chance to follow the still small voice.

After returning to Missouri, Biswa wanted to obtain a bachelor’s degree and then go to Andrews University for seminary. After some research, Biswa found a nearby community college that was reasonably priced. He applied and was soon accepted.

Biswa also applied for a full ride scholarship and won.

“Receiving the scholarship was a big confirmation not only to my family, but also to my community because of the [scholarship] I had [previously] rejected,” Biswa said. “Everyone was like, ‘What are you doing? You’re crazy.’ But now, I can say, ‘God takes care of what is His.’”

Stories on these pages were written by Christina Coston, communication director for the Iowa-Missouri Conference.



Read the full story at imsda.org/stories.



Gallatin Community Service Center opened its doors in 1997 as a food pantry. Since its establishment, the center has expanded and is now the primary food bank for Daviess County in Missouri.

Connected to the Gallatin Church, the center’s food bank serves 200 individuals in Daviess County, which (as of 2019) has a population of 8,278 (according to census.gov). Of that population, about 17.6 percent are in poverty.

Gallatin City Administrator **Lance Rains** said the food bank benefits the community greatly. “It is a vital facility in the City of Gallatin,” Rains said. “They provide a wonderful service for those in need.”

The food bank distributes 3,300 pounds of food each month to eligible county residents. The bank receives most of its food from Second Harvest Heartland, “one of

the nation’s largest, most efficient and most innovative hunger relief organizations,” according to their website.

In 2020 the food bank received a grant from the North American Division to help fund the replacement of the food bank’s walk-in refrigerator and freezer. With funds from the NAD, the Iowa-Missouri Conference and Second Harvest Heartland, the center was able to afford the \$29,000 units, according to **Karen Reed**, Gallatin Community Service Center director.

Reed said the operation costs for the food bank are \$2,000 per month. To help cover the utility costs and other expenses, the center runs a thrift store.

“The thrift shop through the years has paid for this whole place except what we got grants for,” Reed said.

The thrift store is housed in two buildings, the building joined to the church

and Bill’s Barn, a standalone building built in 2013 and named after Reed’s late husband. Patrons of the store can find an assortment of goods, including collectibles, clothing, home décor, books, games and bedding. All these items are donated to the center and sorted through by over 20 volunteers from various faiths.

Reed said that the volunteers create a loving, family-like atmosphere. “These people are amazing,” said Reed. “My volunteers are sweet, lovely people.”

Reed hopes the center will continue its service to Daviess County for many years to come thanks to its patrons, volunteers and God.

“The Lord has blessed this place over and over,” Reed said.



Photos: Christina Coston

Wichita Students Lead Worship Service

An encounter with Adventist Education

On May 15, 2021, the K-9 students of the Three Angels Seventh-day Adventist School planned and led the entire worship service at the Three Angels Church in Wichita, Kansas. The service included a slideshow testimonial of the students and their experiences throughout the school year.

Students told the children's story, rendered a memory verse recital, and sang beautiful acapella music in both Swahili and English. The sermon was presented by principal/head teacher **Mrs. Tara Bailey**, along with the eighth grade class of 2021. The sanctuary was transformed into a Bible classroom and everyone was able to experience a lesson from North American Division's recently adopted Bible Encounter Curriculum for Adventist Bible classes. Mrs. Bailey, a certified

trainer for the Encounter Curriculum, began "class" with an overview of the curriculum's transitional planning framework.

The four phases of this framework are used to build a solid knowledge of Scripture and provide time and opportunity to nurture every student's relationship with Christ.

The objective for the morning's Bible class was twofold. The essential question: *How does God get my attention?* The Big Idea: *God sometimes gets our attention by sending people to us with a message from Him.*

These objectives were met by intentionally focusing on the important fact that God does not give up on bringing us to His side but continues to call for us to come to Him! When beginning the lesson, an important note was

presented to the congregation: Talking is not teaching and listening is not learning. Your involvement will seal your learning.

The congregation instantly involved themselves in an interactive lesson on the prophet Elijah and how important it is to answer when God calls. They were able to share the power of a Bible story and make discoveries for themselves. Real life encounters in Scripture were recalled, and they were able to reflect on how we can make God's Word central in our lives.

The eighth graders shared their research on biblical examples of God's call to different individuals in the Bible, messages from God provided in the story of Elijah and how the division of God's people resulted in the reign of good and bad kings. All this emphasized how important it

is to trust God as He leads.

The message culminated with a demonstration of how distractions in this world take us away from the Lord's side and far from hearing His call.

The demonstration included the three eighth grade students holding a bowl that represented Elijah, Baal and Ashtoreth. Each bowl held small balls that represented the nation of Israel. As Elijah took balls from the other bowls, Baal and Ashtoreth could simultaneously take balls from his bowl.

This was to illustrate how distractions and sin in our lives take us away from God. At the conclusion of the message, everyone received an invitation in their hands to choose to spend time with their Heavenly Father.

Submitted by Tara Bailey, head teacher at Three Angels Seventh-day Adventist School in Wichita, Kansas.



Courtesy Kansas-Nebraska Conference

Students in grades K-9 planned and led a worship service last May at the Three Angels Church in Wichita, Kansas, that focused on how God gets our attention.



You can enjoy a recording of the student-led church service at bit.ly/ThreeAngelsChurch051521.

Bennett Commissioned to Gospel Ministry



Photos: Darin Gottfried

Pastor Kessia Reyne Bennett was commissioned to pastoral ministry at the College View Church in Lincoln, Nebraska, on Aug. 21, 2021. Family, friends and many church members gathered to celebrate with her this recognition of God's calling on Pastor Bennett's life.

Kessia Reyne Bennett was born and raised on the West Coast in a non-religious family. At age 13 she came to know Christ and became a disciple in the community of the Hockinson Heights Adventist Church. A year later she was baptized and

officially joined the worldwide fellowship of Seventh-day Adventists.

Theology immediately became a passion of hers, and her service in ministry started right away. She began serving on local church teams, teaching Sabbath school and preaching in her local church and at regional meetings. At age 19 her local church sent her to Southern Adventist University to study for the ministry, funding all four years of her ministerial education there.

While at Southern, Kessia Reyne met **Joshua Bennett**, who wooed her with his easy charm and steady kindness, and they fell in love while co-leading a Bible study. In 2005 they married and continued their studies at the university.

For two years Kessia Reyne served as a ministerial intern at the Collegedale Church, then in 2006 she graduated with a degree in ministerial theology and a degree in intercultural communication. She served as assistant

chaplain at Southern before moving back home to the Oregon Conference to serve in evangelism.

After earning her MDiv in 2011, she ministered at the Paw Paw Adventist Church in Michigan, where she had been serving as a student pastor. From Michigan she and Joshua moved to Chicago, where Kessia Reyne began her studies toward a PhD in theology at Trinity Evangelical Divinity School.

In 2016 they welcomed their first daughter, **Nika**, and not quite a year later the Bennetts accepted a call to serve the College View Church. Nine months after that **Junia** completed their family.

"I'm grateful for God's love and leading throughout my life," says Kessia Reyne, "and grateful to be in ministry with my family."

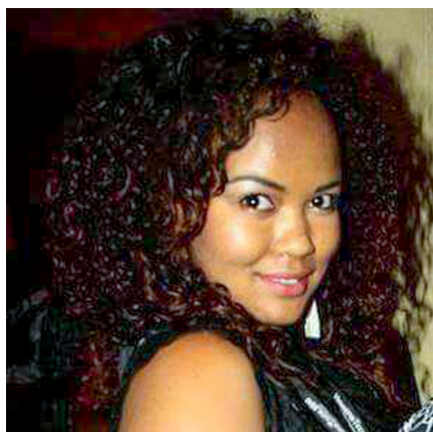
Pastor Kessia Reyne Bennett (front, third from right) is surrounded by her family and church leaders after the commissioning service that publicly affirmed her calling to pastoral ministry.



Information compiled by the Kansas-Nebraska Conference

Mental Health Initiative for Our African Adventist Community

Importance of awareness and resources



Cherie T. Nyabuto—a young African baptized member of the Minnesota Conference—took her life in 2017 during her battle with mental illness. Cherie’s family honors her memory by helping to bring education and support to others who may be struggling.

Not long after I became vice president for the Minnesota Conference, I had to face the grim reality of officiating at the funeral of a young lady who took her life. I had baptized this young lady earlier in my ministry when I was a district pastor. The father and mother remain active members of the church.

While talking with the parents and friends of the deceased young lady, I discovered that she suffered from mental illness. She felt isolated socially. This isolation was compounded by the fact that the African community is, by and large, a communal society. It was thus concluded by many in

our community that this social isolation and ostracization was the trigger point for her suicide.

This feeling of social isolation makes the prospects of reaching out for help very difficult, and many people in the Black community believe that a mental health condition is a sign of weakness, which results in a very low number of people seeking treatment. The stigma associated with mental illness also creates fear of negative reactions like discrimination by the community.

In my dialogue with community leaders and health professionals, I learned that Blacks make up 18.7 percent

of those affected by mental illness in the United States.¹ I also learned that there has been a history of discrimination in the healthcare system. Unfortunately, Blacks still experience provider bias, misdiagnosis, and inadequate treatment from mental health professionals.²

The State of Minnesota has many African immigrants. In fact, the immigrant population has increased to more than 90,000 since 2000. The immigrants in Minnesota come from more than 25 African countries, making the state the ninth-largest African community in the country.³

There are several reasons Africans leave their

homelands; some are fleeing political persecution or civil war, others are coming here to continue their education. The presence of such a large immigrant population presents a missiological challenge and opportunity to the Minnesota Conference. I believe, to meet this missiological challenge, the Adventist Church must contextualize its mission to the situation of the people in these communities.

Contextualizing mission

Mission contextualization is made difficult by mental illnesses because of all the

stressful factors associated with being immigrants, such as adjustment problems and loss of community identity or loss of loved ones. Studies show that these factors often lead to developing behavioral and mental health problems, especially among young people.

The Minnesota Conference administration has realized that mental issues and mental illness are real. And these issues are now threatening the stability of the Adventist Church. Our people are reaching out to their church for help.

In this ministry we realize that the “gospel is intimately connected to the workings of the mind and heart,”⁴ but we are also realizing that we are ill-equipped to help our communities. Consequently, African Ministries in the Minnesota Conference (through our churches) are beginning to reach out to health professionals to break the silence and stigma and help those who feel alone and isolated in their experience of mental illness. We are trying to learn how to get our people help specifically to meet their needs, and direct them to those resources.

Our largest African community church, Kenyan Community Church, organized a march and symposium with several panelists to help bring awareness to mental health and talk about available programs.

The Kenyan Community Church also hosted several Zoom meetings with **Dr.**

Karen Abdool of Beryllium Psychiatric Services. Several of our churches have reached out to mental health providers to make presentations in our community. In July, during the African camp meeting, we hosted a presentation on mental health and testimony of loss from **Elder Henry Nyamokeri**, who lost his daughter to mental illness.

Awareness and promotion of resources will help, but it's just the beginning. Learning to recognize the signs in those struggling with mental illness and guiding them toward getting the help they need will make a huge difference.

Brian Mungandi is vice president of administration and African Ministries coordinator for the Minnesota Conference.

1. www.possibilityministries.org/mental-health-wellness “Mental illnesses are health conditions involving changes in emotion, thinking and/or behavior. Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.”
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4279858/>
3. <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>
4. <https://www.twincities.com/2015/07/04/for-african-immigrants-st-paul-starting-to-feel-more-like-home/>
5. <https://www.nadadventist.org/news/gospel-and-mental-health>

Pastor Shares Testimony at MWA Week of Prayer Shows evidence of God's work



Malory Heinbaugh

There is a saying that “one of the most powerful pieces of evidence for the existence of God is a person's changed life.” Maplewood Academy students and staff witnessed this during our Fall Week of Prayer as we listened to our guest speaker, **Dennis Page**, associate pastor of the Village Adventist Church in Berrien Springs, Michigan.

On the first evening, Pastor Page shared his personal testimony as a means of acquainting us to his theme of Restore 10, a study on the law and character of God using the 10 Commandments. Page grew up on the streets, became a drug user and dealer, and was arrested and served time in a federal prison. Yet God won his heart and changed him.

Throughout the week, messages based on the 10 Commandments showed us God's faithfulness, holiness, integrity, commitment,

honor, compassion, purity, generosity, honesty and contentment. God longs for us to know and love Him and then fill our hearts with those same qualities. Interspersed throughout the talks were personal stories and examples which inspired the students as they reflected and interacted in small groups on the topics presented.

Maplewood students were inspired to see how God can change a lost and evil person into someone who just can't stop talking about God and His love. Page's faith in God amazed us, and he constantly gave God the glory for all He has done. This Week of Prayer gave us hope, encouragement and a picture of God's love.

Linda Vigil is the Bible teacher and chaplain at Maplewood Academy in Hutchinson, Minnesota.

Western Slope Camp Meeting Focuses on Spiritual Culture

Under the theme “Love of God,” the Western Slope camp meeting held Aug. 4-8 brought together more than 200 church members, many representing congregations from the region.

The seventh annual gathering convened at Mountaintop Retreat in Montrose, Colorado. “It’s so great to be back experiencing the joys of visiting [with] the old and making new friends,” said **Ron Johnson** from Grand Junction, whose connection with the event goes back to its inception.

Choosing the special guest speaker required a lot of prayer. “We were looking for God’s leading,” said **Nate Skaife**, pastor of the Grand Junction Church, who helped organize the camp meeting.

The 2021 invitation went to **Dr. Joseph Kidder**, professor of pastoral theology and discipleship at Andrews University. Skaife explained that the organizers were looking for someone relevant “who’s able to challenge us, to take us deeper in terms of

our understanding, but also in terms of how we implement our beliefs, how they impact our lives, how we’re able to minister to our communities.”

Dr. Kidder’s evening presentations primarily dealt with the relationship with God, which ultimately leads to worshipping God. During the afternoon seminars, he focused on practical aspects of church members engaging within their own communities, drawing closer to Jesus, and helping others know Him and love Him.

“Spiritual amnesia is one of the challenges today,” Kidder said. He added that “the most effective evangelist is you.”

His message challenges the church. “Be contagious, and others will follow,” he stated.

Also speaking in the afternoon was **Gary Force**, pastor of the Durango district. He dealt with the relevancy of the messages of the three angels of Rev. 14:6-12. He explained how the messages are just as relevant today as they were throughout the course of history.

“The fellowship was



Photos: Raimund Dabrowski

golden,” said **Mickey Mallory**, RMC Ministerial director, who represented the Rocky Mountain Conference at the event. He commented that “after taking a year off due to the pandemic, it was great being back together again.”

Several attendees expressed their appreciation for meeting at Mountaintop Christian Retreat. According to Ron Johnson, the camp facilities are being continually upgraded, the results of which will be seen in the future.

“We’ve had your group up here for about the past six years. And every year is the same as this year. You guys are excellent, probably the cleanest group I ever have up here,” commented

Kenny Easton, Mountaintop Christian Retreat director. He added that the group produces almost no trash and are respectful, kind and generous people.

On the final two days of the event, musical appetites were filled with performances by the King’s Heralds. “I would listen to their songs at every gathering,” said one attendee.

The organizers recognize that the gatherings of the future will need to attract more young people. Dr. Kidder expressed this sentiment: “Churches have to be very intentional about attracting young people. They have to change the way they do things.”

Rajmund Dabrowski is communication director for the Rocky Mountain Conference.

RMC Office Staff Bid Farewell to the Barnetts



Colleagues and friends assembled in August to fellowship one last time before outgoing president **Ed Barnett** and his wife **Shirley** left the mountains of RMC for the beaches of Florida. The informal gathering included a meal, lively entertainment, gifts and tributes from various employees with whom Barnett has worked during his seven-and-a-half-year run as president.

“The evening was reflective of the beautiful life of service that Ed has given to the church and Shirley’s commitment to her life’s work in healthcare,” said **Lori Goebel**, RMC Human Resources assistant director.

Human Trafficking Is Real and It Is Happening in the Church

Human trafficking is a serious issue within Christian churches, according to **Karen Fettig**, founder of Beneath Our Wings ministry based in Worland, Wyoming. Fettig explains that 47 percent of pastors support or contribute to human trafficking by viewing pornography.

Beneath Our Wings was designed to inform, prevent and educate the public on the signs and dangers of trafficking. Fettig has a unique approach that involves using mules in her ministry.

“I felt impressed to use mules because it was something different. I had a newspaper reporter ask me if it was because they [drug and human traffickers] use mules for smuggling drugs and children. [But it’s because] mules represent the children who are innocent and get forced into partaking in a crime.”

How is pornography tied to human trafficking? Fettig explains you can’t have one without the other “because most of the people who are posing for pornography are being forced. Pornography can go from pictures to videos to snuff films. Snuff films are the worst of the worst, but it’s also a billion-dollar industry.”

It affects not only girls but boys too, explains Fettig. “It is happening to boys. It’s happening to girls. There are many who are forced into posing for pictures and videos and snuff films. They are put to death in snuff

films. They are also doing this to babies. Some babies are being born specifically for human trafficking.”

Fettig began discussing this issue 20 years ago, but was called by God in 2018 to begin full-time ministry. She travels to schools, churches, meetings and seminars to help educate people on the dangers that social media poses for our children and how children can protect themselves from becoming victims.

The church has not always been open to discussing this topic. “We did a seminar in Worland and no one showed up. People are very resistant to this,” Fettig commented. “I have done seminars in various churches on protecting children from child molesters. I’ve had church members who were very against it. God has never let up on my heart and I’ve wanted to quit so many times.”

The results and effectiveness of the ministry can often be discovered in one-on-one interactions and conversations. “I had a parent call me and ask if I would send her daughter something on human trafficking. I said, ‘Why don’t I just come and talk to her?’” Fettig went on to explain that it was good she talked with the daughter because the girl was being groomed by a trafficker.

To the doubters who claim that the Adventist Church doesn’t have to deal with this issue because it is only



Karen Fettig, founder of Beneath Our Wings ministry based in Wyoming, shares alarming facts in her presentations.

a world issue, Fettig had strong words. “If there’s molestation happening, I can bet there’s trafficking happening because trafficking is about money. There are silent victims who are crying for help. If you don’t know what you’re looking for, you will never help them.”

Some of the statistics tied to human trafficking are very alarming. Every 30 seconds, another person becomes a victim of human trafficking and the average age of a trafficking victim is 12 years old. One of the most sobering statistics is 300,000 underage girls are sold for sex in the United States per year, and 15 times per day a trafficked minor is sold for sex.

Fettig’s own children support her ministry, but they also fear for her safety because exposing traffickers can be very dangerous. “They worry about me being hurt doing this. One girl can make

a trafficker \$250,000 a year. If he’s running five to six girls, he can make a million dollars a year.”

Fettig explained that Beneath Our Wings helps inform and educate individuals on preventing this illicit trade, which could cost the traffickers their wealthy lifestyle—the reason for her children’s concern for her safety.

Jon Roberts is communication/media assistant for the Rocky Mountain Conference.



Fettig is available to speak at schools, churches or community centers. Discover more about the ministry at **facebook.com/BOWMWY** or email **wyorose689@gmail.com**.



Union College plans to build a 54,000 square foot expansion to the existing campus wellness facility. The new building will be named the AdventHealth complex thanks to a leadership gift from the Florida-based health care system.

Fit for the Future

Union announces plans for expanded wellness center

Modern technology increasingly makes our lives easier, but rarely healthier. Today's college students find it increasingly difficult to maintain the active lifestyle they need to relieve stress, stay healthy and improve their ability to study.

"Many people think that exercise is just about looking better, but it's actually making you a better person from the inside out," said **Boss Sirisatit**, who graduated in 2020 with a degree in international rescue and relief. "Exercise is the way I give myself time to improve and think things through. Exercise every morning gives me a sense of accomplishment and the motivation to start the day."

Union College is now building on a tradition of helping students live healthier, well-rounded lives and has officially launched a \$13 million capital campaign this past summer to

fund the construction of a new wellness center. The campaign will significantly expand the college's fitness and athletic facilities.

Current plans call for a new 54,000 square foot building next to Larson Lifestyle Center that will contain expanded workout rooms, athletic courts, a walking track and a turf field. The new facility will connect to the existing facility so patrons can continue to use the 25-meter pool that has served Union and the Lincoln community for 40 years.

Why build a new wellness center?

Updated fitness facilities have long been at the top of the list for students and employees when asked what Union should build or improve. "Students are asking for a better wellness facility," said **Vinita Sauder**, president of Union College. "We believe this is the next logical step as

we continue the master plan to transform our campus to support the great learning experience our students already receive."

Many fitness-minded students now purchase memberships at off-campus fitness centers because they don't like to wait in line in the crowded workout rooms to use the few cardio machines, weight machines or free weights. "I really wish there was a running track," said **Brittany Fast**, who graduated in May with an OTA degree. "Running on the treadmill gets boring after a while. A running track

would make it easy to come run inside—especially in Nebraska winters."

Union alumnus **Rich Reiner** became passionate about the project when he came out of retirement briefly in 2016 to serve as Union's interim CFO. "Every day I like to work out," he explained. "I was not too impressed with the space capacity and variability of the cardio and strength equipment at the Larson Lifestyle Center."

He quickly saw the value students put on recreational activities. "There's only one gymnasium on campus and it is used constantly for gymnastic practice, PE classes, intramural sports, varsity volleyball and basketball practice and it really excludes the majority of the student body," he explained. For the last five years, he has been dedicated to realizing this vision of better facilities for a



Photos Courtesy Union College

healthier Union, and Reiner is now the campaign chair—helping to raise money for the new facility.

Room for growth

According to **Frankie Rose**, who until recently served as Union’s vice president for academics, current research shows that a key component of a thriving college is to offer quality wellness facilities. “It’s also an important part of your curb appeal,” he explained. “When people visit, they’re trying to envision themselves there on your campus. If your facility is really out of date or unattractive, it does factor into a student’s decision to enroll or not.”

Forrester Research found that 75 percent of college students use recreation centers and 68 percent of college students said campus recreation facilities influenced their decision to attend a college—or continue attending a college.

Both *U.S. News* and *Forbes*

report that colleges are investing in new recreational centers because students want them and are even willing to be taxed for centers that won’t be completed until after they graduate. Union College students proved this to be true when the 2018 Student Association leadership decided to give \$120,000 of SA funds to the project.

“Our students crave social spaces,” said Sauder. “They want to exercise with their friends. Our new building will have space for that. That’s all a part of living a healthy life. I hope these good habits will develop here and last our students a lifetime.”

Thanks to its Seventh-day Adventist heritage, Union College has been committed to helping students develop physically as well as mentally since its founding in 1891. Healthier living is even built into the curriculum—every student must take activity courses as well as Concepts of Wellness, a class that teaches

nutrition, fitness and balanced living.

Serving the Lincoln community

The Larson Lifestyle Center has served the Lincoln community for 40 years, providing indoor swimming and workout facilities for the College View neighborhood. Union offers year-round children’s swimming lessons and gives more lessons than any other pool in the city—including all three YMCA pools combined.

The building project will also impact the pool facility through much-needed roof and HVAC repairs. Community members will be able to take advantage of the expanded workout rooms, courts and track in the new facility.

Fit for the Future

After his experience trying to exercise at Larson Lifestyle Center, Reiner is now a champion for the new project and serves as chair of the \$13 million Fit for the Future capital campaign to fund the new building.

Reiner and his wife, **Lynette**, also gave a leadership gift and the Reiner Wellness Center will be named in their honor. “I believe Union needs a new wellness facility to support the needs of our students and employees, to attract our local community and to live out the health principles of our faith,” he said.

Union publicly launched this campaign with more than \$9 million in gift commitments for the project.

Thanks to a lead gift from AdventHealth, the entire

facility—which will house the Reiner Wellness Center, the Larson Aquatics Center, the Nursing Program and the Health and Human Performance Program—will be called the AdventHealth Complex.

Construction is expected to begin in 2023, and the college plans to have the building ready for the 2024-2025 school year.

The new 54,000 square foot facility will be built next to the current Larson Lifestyle Center building. Plans call for tripling the current space for cardio and strength training equipment, a field house with bleachers for varsity basketball and volleyball games, new locker rooms for home and visiting teams, an additional basketball court for recreation and a turf practice area for soccer. The facility will include a walking track and will be connected to the current Larson building so patrons can continue to use the 25-meter swimming pool.

Union College plans to continue to use the Thunderdome, its current gymnasium, for classes and athletic team practices even after the new facility is completed.

Ryan Teller is executive director of integrated marketing and communications for Union College.

(left) Current plans for the new wellness facility call for a turf field and walking track for students to use when forced indoors by Nebraska weather.

(below) The new wellness facility will include several athletic courts and be the new home for the Warrior volleyball and basketball teams.



Learn more and support the Fit for the Future campaign at ucollege.edu/fit.

AdventHealth Shawnee Mission Helps Bring COVID Vaccines to Diverse Communities

Vaccination clinics are important in providing access to the COVID vaccine. But some people may find it difficult to attend for reasons like language barriers, transportation issues or specific medical needs.

Any of these issues can make it especially difficult for people in vulnerable populations to get the vaccine, says **Taylor Brown**, manager of procurement and project delivery for AdventHealth Shawnee Mission.

“People of color, Hispanic and Black, and those with special medical needs are more at-risk for COVID complications,” says Brown. “It’s important to make sure they know the benefits of the vaccine and want to make an appointment.”

While Brown was attending another vaccination clinic, she noticed the lack of diversity among people coming in to get their shots. She met with the AdventHealth leadership team about ways to expand their community outreach.

“We discussed ways to bring in people who might not otherwise have the opportunity,” she says. “AdventHealth provided resources, including 500 doses of vaccines to set up clinics specifically for these vulnerable communities.”

In March 2021, Brown and her team set up clinics to bring vaccinations to diverse populations throughout Johnson County, Kansas. Brown worked with AdventHealth team members **Christina Hiatt**, information technology relationship manager; **Sayree Chanvitayapongs**, director of pharmacy; and **Ashley Jones**, nursing director of the mother/baby unit.

“Our mission was to bring the clinics to where patients would be comfortable,” says Brown. “That might mean planning a clinic where the volunteers could speak their language or having a clinic that could handle special needs patients.”

Along with community partners, including Church of the Resurrection, New Haven Seventh-day Adventist Church and Ridgeview Elementary School, they reached out to community members to explain the importance of getting the vaccine. Brown and Hiatt made phone calls to hundreds of people helping them schedule their appointments.

For the Hispanic community, clinics were held at El Centro in Olathe, which offers education, healthcare resources and advocacy for Latino community members.

At the clinics, volunteers who could speak Spanish were on hand to help guide people through the process.

For special needs patients, clinics were held through AdventHealth’s Special Pediatric-to-Adult Need (SPAN) program. Led by **Laura Gaffney, MD**, the program provides health-care services for those with conditions such as Down syndrome, autism, cerebral palsy and genetic disorders.

“We had great feedback from parents and caregivers about how grateful they were for that clinic,” says Brown. “The healthcare team knew how to accommodate their needs and take extra time with each person, whether that meant singing with them or having stickers available.”

A confidential vaccination clinic was also held at Safehome, a women’s shelter in Johnson County for survivors of domestic abuse.

To help with the issue of transportation, Brown and her team worked with Johnson County to provide drivers and cars to help people get to and from their

clinic appointments.

Brown says that in total, they were able to make phone calls to 485 people from these diverse communities and schedule them for a vaccine.

“We got so much positive feedback from the community,” she says. “They said we were able to vaccinate people who never thought that they would have access, including those who might need extra support or might be worried about issues like deportation. I’m so proud of the work by our team and to see how it made a difference in people’s lives.”

Ann Muder is a writer for AdventHealth Shawnee Mission.



For more information about COVID vaccinations and community outreach at AdventHealth Shawnee Mission, visit **AdventHealthKC.com**.



Courtesy AdventHealth Shawnee Mission

AdventHealth Shawnee Mission's team of volunteers assists at a COVID vaccination clinic at Ridgeview Elementary School in Olathe, Kansas.

Bridging Cancer Treatment Gaps for Women in Minority Groups

Most often, we assume that access to health-care is the sole responsibility of the person seeking it. But in reality, there are unseen barriers that prevent some from taking active steps to get the care they need.

Cancer diagnoses are prevalent for women of color across the United States, with Black women having the highest cancer mortality rate of any racial group, according to the U.S. Department of Health and Human Services Office of Minority Health. Yet, there have been reports of low rates of screening and late diagnosis among many Black women, which unfortunately continue to reduce their chances of survival.

Rather than sitting on the sidelines, Centura Health sought to understand the deep-rooted barriers that have led to this growing trend. Findings revealed that many women from minority groups either lacked access to information on cancer screening, didn't make enough time to see a provider or were worried about how much it would cost them to see a provider due to a lack of insurance.

Some of the reasons have also been attributed to a lack of providers, lack of transportation access to a provider as well as the unavailability of technology to make a telehealth appointment within minority communities. Poor diet due to a lack of high-paying jobs and inadequate exercise have

also been linked to the high incidence of cancer deaths among minority groups.

"If there is true health equity, we will likely see higher rates of screening for Black women and better outcomes of early diagnosis, which improve their odds in terms of survival," said **Oswaldo Grenardo, MD**, chief diversity and inclusion officer for Centura Health. "When there is unequal access to education or any number of social determinants of health that can affect someone's ability to get screened and get the appropriate treatment, that's when we begin to see the health disparities within the minority communities. We've got a lot of work to do on a variety of levels."

Just like any other life-threatening health condition, time is of great essence when it comes to breast cancer issues. Centura Health has advanced plans to address these health disparities in the communities that it serves through meaningful partnerships.

"We feel it's an injustice if we say, 'Here is your screening mammogram, but we have no way to follow up with you,'" Dr. Grenardo added. "So, we have begun discussions to partner both internally and externally to look for resources for patients to actually pay for screening if patients can't afford it. We are also looking to our own providers, radiology groups,



Courtesy AdventHealth Rocky Mountain/Centura

physicians and other external foundations to provide some of the followup care."

Alan Evans, MD, is a radiologist at Centura Health who has encountered many minority patients with challenges of accessing proper care. He said helping to address these issues is something he is deeply passionate about.

"Seeing minority groups being unable to access the care they need due to these barriers is really disheartening. Everyone deserves better care, and we are working to identify external organizations who can provide funding and other resources to these minority groups," he said.

Dr. Grenardo further revealed that the necessary structures were being put in place to collect and analyze data of women from minority groups, consisting of patients and others within

the broader communities Centura Health serves.

"I'm excited about the journey that Centura is about to take on and how we are going to work on some of these issues," said Dr. Grenardo. "It's high time we in our organization and around the nation really make sure that health equity is a priority for us. Because we cannot continue to have the same disparities that we've experienced throughout the last several decades."

Ama Akoto-Boateng is an AdventHealth corporate communications intern.



For more information, visit [Centura.org](https://www.centura.org).

Bogges, Alyce D., b. March 15, 1938 in Amsterdam, OH. d. June 20, 2021 in Casselberry, FL. Member of Spring Meadows (FL) Church. Survivors include husband Bob; daughter MariAnne Burns; sons Bob, Dave, and Tom; 1 brother; 7 grandchildren; 3 great-grandchildren. Served as executive secretary in New Jersey Conference.

Burton, Esther Louise Hoehn, b. Oct. 6, 1933 in Valley View, TX. d. July 24, 2021 in Lincoln, NE. Member of Manhattan (KS) Church. Preceded in death by husband Wilbur; infant son Wilbur Eugene; 1 sister; 1 brother. Survivors include daughters Mary, Joy, Jamie Snyder, and Wilma Bing; son Reginald; adopted children Yasko Mendiola and family, Surangel Whipps and family, and Chely Dicken and family; 9 grandchildren; 8 great-grandchildren.

Chambers, Robert "Bob", b. March 16, 1925 in Las Animas, CO. d. March 22, 2021 in Longmont, CO. Member of Mountain View (CO) Church. Survivors include wife Jeannine; daughter Sharon Christensen; 2 granddaughters; 3 great-grandchildren.

Coggins, Anthony Y., b. Jan. 31, 1980 in Ellsworth AFB, SD. d. May 28, 2021 in Oconomowoc, WI. Member of Rapid City (SD) Church. Preceded in death by stepmother Sharon; 1 sister. Survivors include father Earl; mother Choe Hye; 1 sister; 1 brother.

Deede, Nellie Beatrice Harris, b. July 12, 1931 in Heaton, ND. d. July 24, 2021 in Harvey, ND. Member of Manfred (ND) Church. Preceded in death by 2 sisters. Survivors include daughters Nancy Tarasenko and Kathleen Tebelius; sons Thomas and Wayne; 9 grandchildren; 8 great-grandchildren.

Gillett, Debra, b. Jan. 24, 1953 in Denver, CO. d. July 14, 2021 in Wray, CO. Member of Yuma (CO) Church. Preceded in death by daughter Rhiannon Newton. Survivors include son Michael; 3 brothers; 5 granddaughters.

Hill, Marilyn Kay, b. Feb. 20, 1943. d. July 19, 2021 in Grand Junction, CO. Member of Grand Junction Church. Preceded in death by husband Ed. Survivors include 1 daughter; 2 sons.

Kennard, Stanley James III "James Rice," b. June 9, 1991 in Rapid City, SD. d. June 9, 2021 in Rapid City, SD. Member of Rapid City Church. Preceded in death by Robert Rice, Jr., (a father figure); 1 sister. Survivors include parents Stanley Kennard and Tami Rice; daughter Aridesia; son Odysseus; 5 siblings.

Koobs, Clayton Tyler, b. Aug. 12, 1993 in Lincoln, NE. d. July 31, 2021 in Franktown, CO. Member of Newday (CO) Church. Survivors include parents Todd and Julie; 3 sisters; grandparents; extended family and friends.

Paradez, Kenneth "Ken," b. July 27, 1960 in St. Paul, MN. d. April 9, 2021 in St. Paul, MN. Survivors include mother Helen; 2 sisters; 1 brother.

Pike, Richard Elga, b. June 19, 1941 in Sioux Falls, SD. d. July 30, 2021 in Sioux Falls, SD. Member of Watertown (SD) Church. Survivors include wife Diane; daughters Judy Tyree, June Rickard, Janna Wright; son James; 13 grandchildren. Served in U.S. Army as part of Operation Whitecoat in Frederick, MD.

Poor Thunder, Isadore E., Jr., b. May 22, 1960 in Red Shirt Table, SD. d. July 1, 2021 in Martin, SD. Member of Dakota Conference (SD) Church. Preceded in death by daughter Santana Sioux Standing Bear; 2 sisters; 3

brothers. Survivors include children Virginia, Isadore III, Joey, Sammi Jo Blacksmith, Leslie Bartlett and Delta Blue Leg; 5 sisters; 6 brothers; numerous grandchildren.

Sanders, Kaye Francis, b. Oct. 5, 1930 in Detroit, MI. d. June 23, 2021 in Joplin, MO. Member of Carthage (MO) Church. Preceded in death by husband Jim; 1 son; 4 brothers. Survivors include daughters Debi Timlin, Diana Fidler, and Kathy Sanders; adopted son/grandson Gene; 1 brother; 6 grandchildren; 18 great-grandchildren, 8 great-great grandchildren.

Sauer, Robert Arthur, Jr., b. Aug. 30, 1971 in Elgin, ND. d. July 11, 2021 in Carson, ND. Member of Dakota Conference (SD) Church. Survivors include sons Robert Lee and Mark; 3 sisters; 1 brother; 1 grandson.

Sharp, Muriel, b. Aug. 15, 1934. d. Aug. 5, 2021. Member of Norfolk (NE) Church. Survivors include husband John; daughters Janet Sharp and Jeanine Jackson.

Shufflebean, Sherry G., b. Dec. 6, 1955 in St. Joseph, MO. d. Aug. 11, 2021 in St. Joseph, MO. Member of St. Joseph 3 Angels (MO) Church. Survivors include daughters Angel and Stacy; 2 sisters; 2 brothers; 3 grandchildren; 3 great-grandchildren.

Wepner, Sarita, b. Oct. 17, 1956. d. July 24, 2021 in Woodbury, IA. Member of Sioux City (IA) Church.

October 2021						
COLORADO	OCT 1	OCT 8	OCT 15	OCT 22	OCT 29	
Denver	6:41	6:30	6:20	6:10	6:01	
Grand Junction	6:56	6:45	6:35	6:25	6:16	
Pueblo	6:40	6:30	6:20	6:10	6:01	
IOWA						
Davenport	6:43	6:31	6:20	6:10	6:00	
Des Moines	6:55	6:43	6:32	6:22	6:12	
Sioux City	7:06	6:54	6:42	6:32	6:22	
KANSAS						
Dodge City	7:22	7:12	7:02	6:52	6:44	
Goodland	6:28	6:17	6:07	5:57	5:48	
Topeka	7:04	6:53	6:43	6:33	6:25	
MINNESOTA						
Duluth	6:47	6:33	6:20	6:08	5:56	
International Falls	6:51	6:37	6:23	6:10	5:58	
Minneapolis	6:52	6:40	6:27	6:15	6:05	
MISSOURI						
Columbia	6:51	6:40	6:30	6:20	6:11	
Kansas City	7:00	6:49	6:39	6:29	6:20	
St. Louis	6:43	6:32	6:22	6:12	6:03	
NEBRASKA						
Lincoln	7:08	6:56	6:45	6:35	6:26	
North Platte	7:24	7:12	7:01	6:51	6:41	
Scottsbluff	6:35	6:23	6:12	6:01	5:52	
NORTH DAKOTA						
Bismarck	7:22	7:08	6:55	6:42	6:31	
Fargo	7:06	6:52	6:39	6:26	6:15	
Williston	7:32	7:18	7:05	6:52	6:39	
SOUTH DAKOTA						
Pierre	7:21	7:08	6:56	6:45	6:34	
Rapid City	6:33	6:20	6:08	5:56	5:46	
Sioux Falls	7:07	6:54	6:42	6:31	6:21	
WYOMING						
Casper	6:45	6:33	6:22	6:11	6:01	
Cheyenne	6:40	6:29	6:17	6:07	5:58	
Sheridan	6:47	6:34	6:22	6:10	6:00	

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EVENTS

Midland Adventist Academy Alumni 2021: Friday and Saturday, Oct. 15 and 16. Honor Classes: '00/'01, '05/'06, '10/'11, '15/'16. Visit www.midlandacademy.org/supporters/alumni for updated information.

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Description	Yr. Avg.	Sept.
Total number of copies	28,000	28,000
Total paid/requested outside-county mail subs	24,854	24,461
Total paid/requested inside-county mail subs	0	0
Sales through dealers, carriers, street vendors	34	34
Other classes mailed through USPS	0	0
Total paid/requested circulation	24,888	24,495
Total complimentary distribution	30	30
Total distribution	24,918	24,525
Copies not distributed	3,082	3,475
Total	28,000	28,000
Percent paid and/or requested	99.88	99.88



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